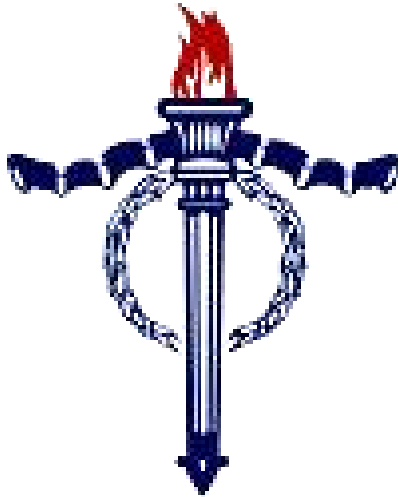
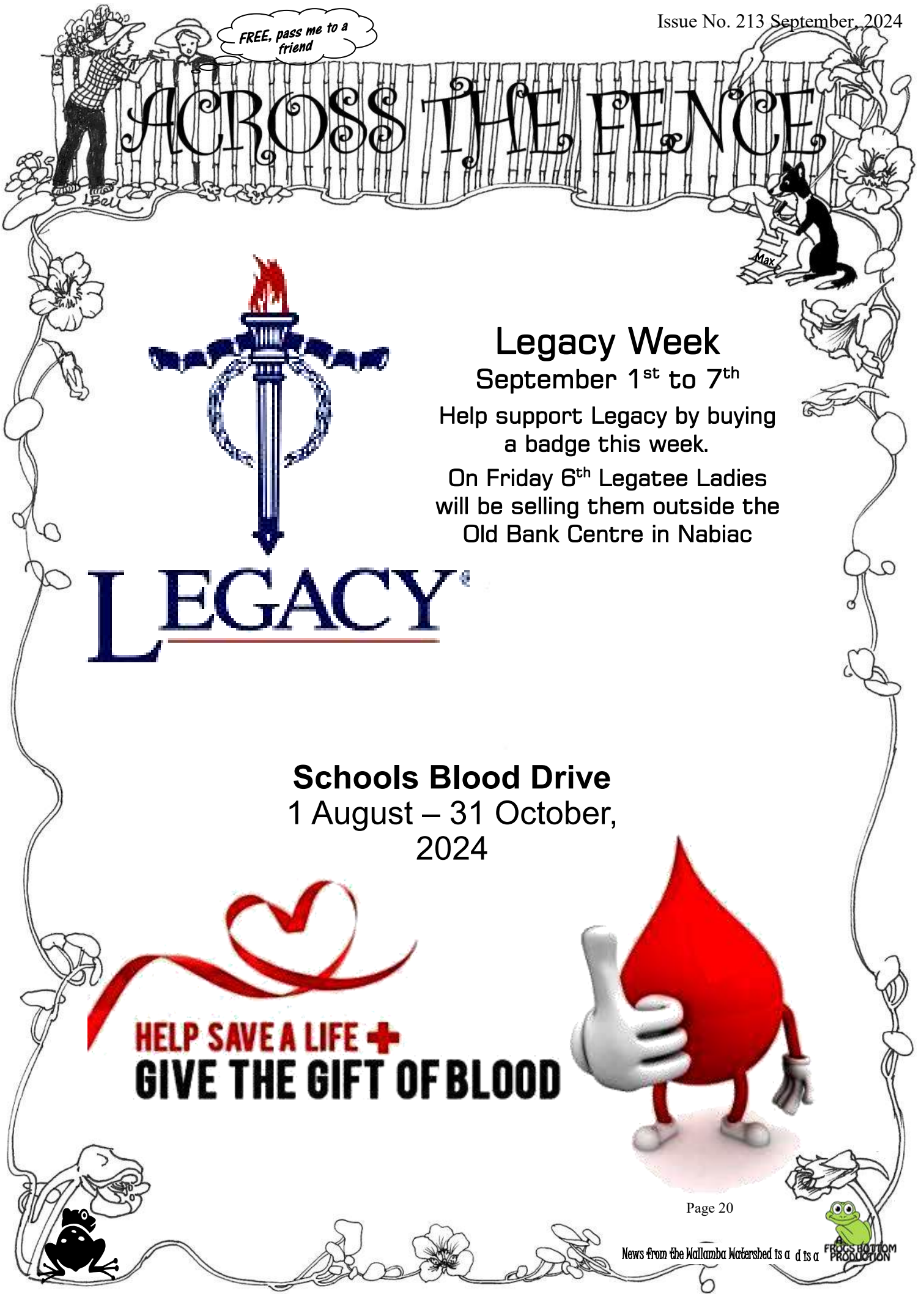


FREE, pass me to a friend

# ACROSS THE FENCE



## Legacy Week

September 1<sup>st</sup> to 7<sup>th</sup>

Help support Legacy by buying a badge this week.

On Friday 6<sup>th</sup> Legatee Ladies will be selling them outside the Old Bank Centre in Nabiac

# LEGACY<sup>®</sup>

**Schools Blood Drive**  
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2024



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Page 20



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### Editorial.

Hi all,

Spring seems to have sprung as the days have been a bit more than warm, but the winds have arrived with it. I am not complaining as I have actually managed to get half a paddock mown, now just have to wait until the rest is dry to finish it off.

Remember you now NEED to get a FIRE PERMIT before you light up. Permits have been brought in early again and with some of the windy weather of late I can see the reason. My gutters need clearing every couple of days. The grass is growing the Bindii have come back with a vengeance, but I do have some blossoms on the orchids and the rock orchid is magnificent this year, best ever.

We have another new advertiser who does pest control—probably a good time to get the bugs sprayed before they invade the home.

The show is still looking for a new Secretary and Treasurer, especially the treasurer as Mark won't be able to do it show time as he has his Cattle Section to look after. Any takers are welcome.

Legacy week this week if you managed to get the paper before 7th. They do fantastic work in helping our returned service member and their families. Go on an buy a badge in Nabiac.

The schools seem busy with excursions coming and sports events and some actually getting taught CPR. Great idea, learn early.

I had to check on part of CWA's report as I thought Pam had made an error putting in White House Café and Nook, only to find I haven't noticed the Café which is on Failford Road. Thought she had meant the Green House. Bit of a copy cat naming idea! Seems I don't go out much to keep on top of things!!

The blood bank is still after people to donate blood, they seem to have had a very poor few months due to people having colds and cancelling. Never knew that they approached school for volunteers.

It also seems to be AGM time, and TAX time, from the notices this month.

Anyone interested in raising poultry will be happy to know that there is a new poultry club opened up in Nabiac. Page 3 for details.

Remember to vote on Saturday 14<sup>th</sup>

And lastly, I hope all the dads had a fabulous Father's Day on Sunday. Unfortunately too early for the usual best wishes on the front page.

Until next month, keep well & warm and stay happy  
*Lyn & Timidthy*



### WHAT'S HAPPENING IN SEPTEMBER, 2024 Markets & Events.

- Bulahdelah (1st Sat) 7<sup>th</sup> 8am to 1pm
- Blackhead Bazaar (1st Sun) 1<sup>st</sup> 8am to 12 noon
- John's River Country (2nd Sat) 14<sup>th</sup> 9am to 1.30pm
- Wingham Farmers (1st Sat) 7<sup>th</sup> 8am to 12 noon
- Myall Quays (3rd Sat) 21<sup>st</sup> 9am to 1pm
- The Hub Taree Showgnd (3rd Sat) 21<sup>st</sup> 8am to 12 noon
- **Krambach** (3rd Sun) **15<sup>th</sup>** 8:30am to 1pm
- **NABIAC** (Last Sat) **28<sup>th</sup>** 8am to 12 noon
- Old Bar (Last Sun) 29<sup>th</sup> 7am to 1pm
- Pacific Palms (Last Sun) 29<sup>th</sup> 9am to 1pm
- Forster Town (2nd Sun) 8<sup>th</sup> 8am to 2pm
- Halliday's Point (1st Sun) 1<sup>st</sup> 8am to 11am -?
- Town Head (every Mon) 8am to 2pm
- Mt. George (4th Sat) 28<sup>th</sup> 8am to 2pm
- Forster Farmers Market (3rd Sat) 21<sup>st</sup> 8am to 12 noon
- Bobbin Community —<sup>th</sup> 9am to 2pm
- Tuncurry Markets (4th Sat) 28<sup>th</sup> 8am to 1pm
- Burrell Creek (2nd Sun) 8<sup>th</sup> 9am to 12.30pm
- Gloucester (2nd Sat) 14<sup>th</sup> 8am to 12 noon
- Wingham Markets—showgrounds

Check out [barringtoncoast.com.au](http://barringtoncoast.com.au) for more info & confirmation

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au

Production: Lyn Reid

Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly, N.S.W. 2429 or c/- Modern Motors, Nabiac, N.S.W. 2312 - **please phone WHEN you have left articles there to be collected**

Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.

**ALL ART WORK IN JPG ONLY**

Disclaimer: The editor has **no affiliations to any advertisers** and the opinions expressed by submitters are their own.

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| Advertisements Size      | 1 Mth    | 6 Mths (per month) |
|--------------------------|----------|--------------------|
| Business Card - 9 x 5cm  | \$ 25.00 | \$ 15.00           |
| T'ween Size - 9 x 7.5cm  | \$ 30.00 | \$ 20.00           |
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| Full Page - 19 x 27.5 cm | \$110.00 | \$100.00           |

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### **Nabiac Landcare**



Wow, what happened to winter? The birds are singing, flowers are blooming early, the fireweed is rampant and hay fever season has begun early! I must admit that warm sunshine and dry laundry sure beats those cold, wet days we experienced this past winter.

Our members numbers at working bees has been sadly depleted recently and we would love to have some new participants. Although we work most Wednesdays, you don't have to commit to working every week. A few hours in the bush, morning tea and a chat are good for the soul and pulling a few weeds is a great way to release those murderous tendencies. Training and tools are provided. It's a great way to learn more about our local native plants and weeds. If you don't care to use poisons, there are plenty of weeds out there to hand pull and dig.

On the weed front—privet is starting to bud up. If you've got time, try to control it now. It's actively growing and you will avoid trying to control it when it's blooming and activating your hay fever! I've noticed lots of privet seedlings popping up in the areas we've cleared of mature plants. It's really important to get on top of seedlings early, otherwise you may create an even denser stand of young privet that completes with any natives regenerating.

Another garden escapee to control now is Yellow Bells, Tecoma stans. If you have it, get on to it now. See NSWweedwise for control information. My guess is that it will flower early this season.



Remember, even if you can't help in the bush, you can do your bit for our lovely area by removing weeds from your own backyard and removing fruit and seeds from exotic plants that the birds and wind will spread. Most of all enjoy a walk in the local bush! If you're interested in joining us, having a look at our projects or just having a chat, give me a ring on **6554 3196**.

**Liz Rees**

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### **Krambach & District Garden Lovers News**



This month "*us gardeners*" went to visit **Beth** in her garden at Nabiac. It was good to see how beautifully things had grown.

**Cindy** gave a very informative talk on **HOYAS**

If you would like to join us, please phone our Secretary, **Kathy**, on 0470 584 689

Until next time

Happy gardening

**Judi** 6559 1375 or 6550 2590

### **Nabiac Poultry Club**



At the Wallamba Agricultural Show in March this year, the Poultry Steward, **Tony Schubert**, was chatting with a few of his friends when they decided how great it would be to have a club in the Nabiac area to encourage exhibitors of poultry (especially junior exhibitors).

Five months later - **Tony Schubert, Val Schubert, Dwayne Kelly, Michelle Kelly** and **Mark Waters** have got together and formed the **Nabiac Poultry Club**.

Their ethos for the Club is have fun, exchange tips and encourage any person who is interested to exhibit poultry.

Their first **AGM will be on Sunday, 29<sup>th</sup> September from 12:30pm** at the poultry shed at Nabiac Showground. Everyone is welcome!

Please RSVP to [nabiacpoultryclub@gmail.com](mailto:nabiacpoultryclub@gmail.com) (or to their Facebook page) if you want to join them for lunch as well at the Nabiac Pub from 1pm.

More information about the AGM is on their Facebook page - search for Nabiac Poultry Club and follow the page for updates including shows coming up.

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### Between the Pages

### Nabiac Library News



**Spring is back!!!** Our Winter closing hours a thing of the past winter months. **Nabiac Library will be open 3-5pm on Mondays and Tuesdays.** We will look forward to seeing you there, enjoying our library and the extra time to browse, jigsaw puzzle, use the computers and borrow.

**Reader's Picks.** If you've seen our **Staff Picks** around Nabiac library shelves and been inspired to broaden your reading range, how about checking out what other readers have enjoyed and recommend?



Perhaps you'd like to try **Jackie French's Miss Lily series**? Or if mystery is your genre the **Vera Stanhope series by Ann Cleeves** may appeal to your deductive skills?

MidCoast libraries currently have 11 volumes in the book series or if DVDs are your preference there are 12.

Here are the first five volumes. Some may even be in large print. Check and see when making your reservations either online in the catalogue search or at Branch libraries.

**Not sure what author you would like to read next?** Or perhaps you've read all the books your

favourite fiction author has written and would like the same genre and a similar writing style? You could sign up for an individual account and experience two weeks free access to Who Else Writes Like...? It's a database to help you select your next great read. You can search by author, theme, genre or country.



**Interested in reading an Australian saga?** Four women discover the society is much more than an opportunity to chat about flowers. It offers them the chance to lend a helping hand to people whose lives need a bit of care and attention right along with their gardens. Between pulling up weeds and planting natives, the women learn from each other; that seeds can lie dormant for a long time before they spring to life, and careful tending is the key to lives and friendships that reach their full potential. Another great **Sophie Green** novel!

**Browsing the MidCoast Library website** can lead to discovering more available resources to entertain, learn and enjoy. Why not have a look today, or whenever you have a little time to spare? As always our helpful volunteers are looking forward to seeing your smiling faces at our wonderful Nabiac Library. **Keep reading, learning and growing.** See you soon!!



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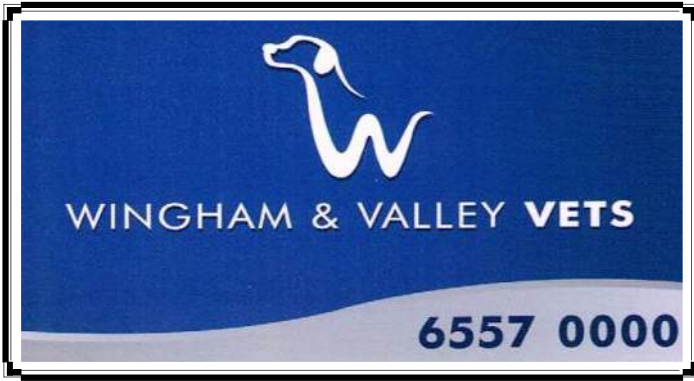
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**LEGACY WEEK 2024**



*Buy a badge this Legacy Week and support local families of veterans*

Forster Tuncurry Legacy is calling upon the local community to buy a badge this Legacy Week – Sunday 1<sup>st</sup> September to Saturday 7<sup>th</sup> September, 2024.

For over a century, Legacy has kept the promise to thousands of veterans’ families – helping provide financial and social support during times of hardship and grief.

The needs of our veterans’ families have drastically changed over the years, becoming more complex. Legacy is adapting by providing more tailored support and the money kindly donated during this Legacy Week will go towards the ongoing care of our families.

*When it comes to donations, “what is given locally, stays local”.*

Club Representative, *Trevor Jones*, said that “Forster Tuncurry Legacy currently looks after approximately 200 veterans’ families, providing services like home visits, day trips, education support, holiday camps

for Legacy Youth”.

Legacy merchandise, including badges, pens and Legacy bears will be available at various locations from Nabiac to Hallidays Point to Forster Tuncurry to Pacific Palms areas.



*On the morning of Friday 6<sup>th</sup> September, you will find a Legatee selling this merchandise outside the Old Bank Centre in Nabiac.*



Legatees at Forster Tuncurry Legacy Office busy getting Badge Trays ready for Legacy Week

To find out more about Legacy, visit [www.legacy.com.au](http://www.legacy.com.au) or call Forster Tuncurry Legacy on **0478 076 774** or email [forstertuncurrydivision@tareelegacy.com.au](mailto:forstertuncurrydivision@tareelegacy.com.au)

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## MINIMBAH MATTERS



Minimbah Rural Fire Brigade's first Minimbah Matters appeared in the Across the Fence in July 2007, when we let our community know of our exciting news – construction of our new Fire Station had commenced. Seventeen years later and we can now let you know that the damage repairs are well under way. The damage to the Station was caused by the hail storm that swept down Minimbah Road on Boxing Day last year. Soon we should be as good as new!

**The Bush Fire Danger Period in the Mid Coast District commenced on 1<sup>st</sup> September, 2024.  
Fire Permits are required from that date.**

Fire permits are important to make sure that fire is used safely. When you have a permit, it tells you the rules for starting and keeping a fire, and it also informs firefighters when you are burning things on your property. That helps to prevent firefighters making unnecessary visits to a well-controlled legal fire.

### So, what's new?

You can now apply for a free permit online via the NSW RFS website.  
Go to [rfs.nsw.gov.au/fire-information/BFDP](http://rfs.nsw.gov.au/fire-information/BFDP)



There you will find helpful and accurate up-to-date information regarding the Bush Fire Danger Period and Fire Permits. By following the links, you can start the application process which will notify your local Fire Permit Officer of your intention to burn. It is a very user-friendly site.

### What remains the same?

- An RFS Fire Permit Officer will inspect your proposed burn pile/area, give you some advice and handy hints regarding safe burning, and issue the Permit.




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- It is your fire and therefore your responsibility.
- Before lighting any fire, ensure that:
  - You have sufficient equipment and personnel to make sure it can be contained and controlled within the specified area (usually your boundaries)
  - It does not contain toxic materials such as rubber tyres, plastics, paint etc., and
  - It must not cause an air pollution problem by producing excessive amounts of smoke.
- At least 24 hours prior to lighting up you are required by law to give advice to your immediate neighbours and the RFS.
- You must also check:
  - Whether a No Burn day has been declared
  - Whether a Total Fire Ban is in force
  - The expected weather conditions.

Not everyone has the advantage of using the online facility, therefore for those amongst us that know who your Fire Permit Officer (FPO) is and have their contact number, you are still able to make the direct approach. If you aren't sure who to contact, a call to the


**Mid Coast Fire Control Centre on 1300 643 262** is advised.

Just tell them we sent you, and they will answer all your questions. They will also know that you read Minimbah Matters.

**Mid Coast Fire Control Centre 1300 643 262**

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### News from Muse



Spring is finally here and Muse is bursting with babies!! Ceramic sculptor, *Roy Difford*, has delivered not only 1 baby but 3! We have a beautiful baby echidna (a puggle), a baby wombat (a joey) and a baby platypus (a puggle).

*Anne Keen's* books, *Single at Fifty* and *Karamea House*, have been getting good reviews and stocks are running low, so grab your copy while you can.

The gallery is filling up with birds too (nothing unusual there). We have Owls, Kookaburras, Fairy Wrens, Emus, Cockatiels, Kingfishers and even a Toucan (think he took a wrong turn somewhere!). Beautiful paintings, sculptures and photographs that will grace any home.

Muse welcomes Tea Gardens artist, *Hellen Siller*, to the family. Her monoprints are beautiful in their simplicity, monoprints being the most unique prints you can get, because unlike other print processes, monoprints can only be printed once.

As with all our art Muse only has original art, or strictly 'limited edition' photographs.

The art Academy is going from strength to strength. Gwen Roberts' Masterclass demonstration was sold out and everyone was blown away.

September classes are almost fully booked already. We have 1 place left in *Karen's* Mandal Painting class on Sept 14<sup>th</sup> and 1 place in *Leigh Hooker's* Mixed Media class on Sept 28<sup>th</sup> (her Sept 1<sup>st</sup> class is full). You may have noticed we don't have as many fb posts advertising our classes, that's because the alumni of the academy have first option to book and many of them book all the classes, another reason to book your first class.

Muse is Open Thursday to Sunday, 10am-3pm, so pop in and check out the art and the classes.

You will also get to meet the lovely *Tilly*, our Gallery dog. Tilly is regularly found sitting on somebody's lap giving them therapy. In fact, between Tilly and the Artwork, Muse is the perfect place to unwind; indeed we get a lot of people who love to come in and 'feed

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their soul' regularly.

So Tilly & I look forward to meeting you all when you come in to 'feed your souls'.

Kind regards

*Janice Dance*

### Nabiac Memorial Neighbourhood Centre Association



**Notice of Annual General Meeting** to be held **Thursday 10<sup>th</sup> October, 2024 at 7 pm** at the Nabiac Memorial Neighbourhood Centre.

**Nomination** forms for Committee positions are available from the Secretary [secretarynmnca@gmail.com](mailto:secretarynmnca@gmail.com) or phone 0409 585 635.

Nomination forms must be *received by the Secretary by 7pm on Thursday 3rd October*.

**Members fees for 2024-2025** should be received by the Treasurer by 30<sup>th</sup> September

#### Agenda

#### Reports

President's Report, Financial Report and Sub Committee Reports from the following Sub Committees

- ◇ Nabiac Second Chance Opportunity Shop;
- ◇ Nabiac Community Technology Centre;
- ◇ Nabiac Village Futures Group;
- ◇ Nabiac Landcare;
- ◇ Nabiac Farmers Market;
- ◇ Nabiac Nook;
- ◇ Mid North Coast Quilters.

**Election of New Committee** – President, Vice President, Treasurer, Secretary and 5 committee members.

#### Appointment of Public Officer

**The AGM will be followed by a meeting of the new Management Committee.**

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## COOLONGOLOOK PUBLIC SCHOOL NEWS



Hello once again to our Across the Fence readers!

What an exciting start to the term we've had! Our classrooms are buzzing with energy, and it's been a joy to see our students fully immersed in their learning.

We recently revelled in the magic of Book Week! The event was a spectacular celebration of reading, with students and staff dazzling in colourful, imaginative costumes that brought their favourite book characters to life. The fantastic turnout from our community underscored the vital role literature plays in our lives. This year's theme, *Reading is Magic*, perfectly captured the enchantment that books bring. It was a wonderful reminder of the joy and wonder that stories can inspire.

Earlier in the term, our 3-6 students had an unforgettable adventure at Lake Keepit in Tamworth. The students reported having a blast, with memories and fun captured in fantastic photos. A heartfelt thank you to the teachers for chaperoning the students and ensuring a safe and memorable trip.

We are thrilled to welcome our newest little lizards, **Neve, Aiden, and Evan!** We eagerly anticipate getting to know each of you better during our upcoming Kindy transition visits. We're confident you'll quickly feel at home and become a cherished part of our school community.

This term, our 3-6 students were also given the invaluable opportunity to learn CPR, thanks to **Cameron** from *Royal Life Saving*. Mastering this life-saving skill is crucial, as it can be the difference

## MIDCOAST RURAL PROPERTY MAINTENANCE

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between life and death in emergencies. We are grateful to Cameron for equipping our students with this essential knowledge and helping them become responsible, prepared individuals.

A round of applause goes to **Natalie** and **Justin** for their stellar performance at the Zone Athletics Carnival! Your achievements were exceptional, and we are incredibly proud of you.

Looking ahead, we are excited about our Swim School program running from September 16<sup>th</sup> to 20<sup>th</sup>. This crucial part of our curriculum emphasises water safety and swimming skills, ensuring that all our students develop into confident and capable swimmers.

We're also pleased to announce that the *Life Education Van* will visit us on September 23<sup>rd</sup>. This important program offers essential health and wellbeing education, focusing on making safe and healthy choices. It's an initiative that supports our mission to foster informed, responsible individuals.

Lastly, save the date for our school's **140<sup>th</sup> anniversary** celebration on Friday, November 1<sup>st</sup>! Festivities will kick off at 11am with the opening of a time capsule from 1984, old-time games and dancing, photos from the decades, special guest speakers, and much more. This celebration is a wonderful opportunity to honour our rich history and the vibrant community that makes our school special. Stay tuned for more details in the next edition of the newsletter.

For further information about the school, please visit our website or check us out on our Facebook page.

**Take a longer look...**

Best regards,

**The Coolschool Team**

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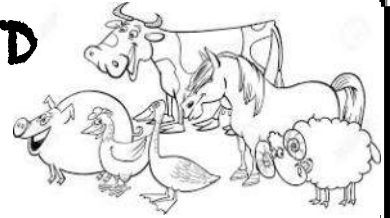
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## WALLAMBA CWA REPORT

**W**ell here we are three quarters through the year already and summer is just around the corner especially with the weather warming up

Our meeting was again held at the usual venue, Community Church Hall, and President *Margaret Weller* welcomed 9 members and received a further 3 apologies.

The meeting began with the Anthem, and CWA Motto and Prayer before all paused to remember departed family members, friends and local residents, namely *Margaret Pollard* ( a Quota friend of President Margaret), *Peter Sherwen of Hinton* (brother in law to member Pam Muxlow), *Barry Bates*, (brother in law to member *Jill Hammond*) *Greg Martin* of Krambach and *Louise Smith* from Wingham (friend of Pam.)

We also sent our thoughts to member *Noma Food* who had a fall and was hospitalized in the Manning Base Hospital and also to former CWA member *Patsy Maurer* who needed hospitalization due to pneumonia.

The thought for this meeting was provided by President Margaret and was **"Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other"** – making CWA such a safe and welcoming community group.

We thank our recent delegates, *Merle* and *Jenny*, who represented the Branch at 2024 Conference at Coff's Harbour and graciously decided to decline reimbursement as it was close to home. Next year's conference is to be held at Wagga and maybe cost reimbursements will be given to our delegates if we have anyone attending.

A number of correspondence items were received and including invitations to MNC Group International Day at Macksville on August 22<sup>nd</sup>, the MNC CWA July Council Agenda, Invitation to Yarrahappini International day 13<sup>th</sup> August for which we sent apologies.

Information was received from Linked Community Services who provided subsidised community transport and social outings and are prepared to come and speak to one of our meetings.

Information received advising the 2024-25 membership fees will be \$48.50 inclusive of Conference Fees and TSP.

CWA Awareness week is from 1<sup>st</sup> -7<sup>th</sup> of September with the topic "highlighting gender-based violence".

Next month all our end of year reports are required to be sent to the appropriate Group Officers and this also includes our choice of Country of Study for International work and Primary Product for Ag and Environment.

Roster for upcoming Group days 2024-2025 received advising the Wallamba Branch to host the A & Handicraft Day in June, 2025. Details to be worked out over the next couple of meeting.

The next major event is the MNC CWA AGM Conference at Nambucca Heads Bowling Club on Tuesday 22<sup>nd</sup> October and it is hoped that we might have representatives attend.

Thanks to Treasurer *Jenny* for her Financial report and we are still in the black. Discussion was also on the agenda re securing an auditor for the books which are done at the end of September. We have been lucky to have *Kerry* undertake the task but sometimes clashes with her holiday and it was suggested we ask another qualified local, *Ross*, to see if he might be able to take it on.

International Officer *Pam Muxlow* gave a report on French costumes which was taken form "Folk Costumes of the World". There are a number of individual costumes of France depending on the regions. Most costumes are neat and precise for the ladies with blouses and skirts being simple whilst skirts allow for plenty of room for movement. There are so many different fabrics used, silks, velvet, wool linen or plain cotton.

Pam also explained how the steel saved from repairs to the Eiffel Tower was used in the production of the medals received by the athletes in the Paris 2024 Games – Australia winning 53 medals in total across the various sports.

Penny mentioned that local jeweller, *Michelle Cheers*, had made the rings for the Australian Hockey teams participating at the Paris Olympics.

*Fay* and *Merle* gave the handicraft report and were pleased to see members working on the branch project of 4 pin cushions to fit into a shoe box. *Moya* had made 2 mice pincushions, *Jean* had crocheted a turtle and *Jenny* made a patchwork cushion. We still have time for members to work on other designs before Christmas if possible. It

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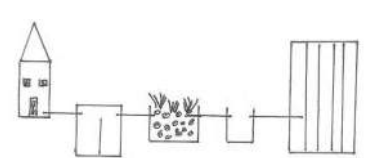
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has been decided that these items could be sold at The Nook as a fundraiser for the Branch. Another class in the Open section involves items made of resin, wire or woodwork and must be the work of a member.

Unfortunately AG & Environment Officer, *Beth*, was unable to be with us today due to family health issues but had sent along her Primary product study on Seaweed. An amazing product which has only just been recognised for its versatility and many uses in Australia. Seaweed has been used by coastal nations since before the invention of the wheel and early evidence is 14,000 years ago in Chile. In Hawaii over 40 varieties of seaweed are eaten and Japan is another country where seaweed is estimated to make up as much as 10% of the average diet.

Cookery Officer *Jean* gave a number of reports received from Group Officer *Denise Hawdon*, and read out the most important ones. The CWA Group Cookery competition will be held 19<sup>th</sup> February, 2025 at Bonny Hills together with the Friendship Day, so we hope to have some entries tried and tested for that event. *Jean* spoke about making her "Magic bean cake" – a gluten free kidney bean and chocolate cake and brought along one for members to 'taste test'. Yummy.

*Jill* gave us her Cultural report and let us know that Radio 2RE have

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free community announcements and maybe we could utilize the service to publicise our meetings and events.

*Margaret* told us how she had attended at High Tea at Club Taree for the Car Club.

*Jean* let us know that the White House Café and Nook (on Failford Road) were to hold a fashion parade and high tea as a fundraiser on Friday 30<sup>th</sup> August

*Moya* told us how her grandson proposed to his girlfriend on the Eiffel Tower, whilst in Paris for the Olympics. Congratulations to the young couple.

Wallamba CWA are hoping to continue to go ahead with a Bric-a-Bac/Garage Sale which has been moved to 30<sup>th</sup> November. Members are asked to go through their cupboards and find items we can sell.

No further business the meeting closed a little after noon when members then enjoyed a light bring and share lunch over lots of chatter.

Next meeting to be held Tuesday 10<sup>th</sup> September at the usual time and venue.

**Pam Muxlow-**

Wallamba CWA Publicity Officer

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### News from Nabiac Second Chance Op Shop

*A big thank you to all who have made Donations to the Op Shop and Shed. They are very much appreciated.*

*All profits go back into the community.*

*A friendly reminder we are unable to accept toys, electrical, car seats for babies/children and mechanical items.*

#### Change of opening hours for Saturday.

A friendly reminder our Saturday opening hours are 9.00am to 12.00pm except for the last Saturday of the month when the Farmers Markets are on, the hours will be 9.00am to 1.00pm.

#### Op Shop

As we are now in spring and the weather is getting warmer, we will be hanging more summer clothing out. Our clothing is 10 items for \$10.00 or \$2.00 per item. Priced clothing is not included.

#### Shed

The shed is looking for furniture to sell. If you have a dining table, bed side tables, stools and chairs that are in good condition that you

no longer need, come in and see us in the Shed and bring some photos if possible.

If you have any fiction books you would like to pass on, please bring them to Op Shop. We have had big sales of the fiction books and would love to be able to restock.

The Sale on DVD's is still available in the shed. 20 DVD's for \$5.00. There are a lot of DVD's for the kids.

#### The History of Nabiac and District.

Books are still available from Nabiac Op Shop and the Shed and the Nook in Nabiac.

The Cost is \$30.00. If you haven't purchased a book and would like a copy we still have some books available.

The Op Shop and Shed only have 8 copies left to sell, so if you don't want to miss out, come on in a get your copy before they are all sold. All profits from the sale of this book will be going back into the community.

Kind Regards

**Kathryn and all the amazing volunteers from Nabiac Second Chance Op Shop.**

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## NABIAC PUBLIC SCHOOL



Following on from our previous update, we attended the **Shine On** Performance and were so impressed, what an incredible display of talent! Well done to all students who participated and teachers for all of their hard work. What an amazing opportunity for the students to be a part of!

Our School Leaders attended their second UPP (Unleashing Personal Potential) Leadership workshop. The workshop focused on different leadership types. Students completed a Leadership Profile task to help identify their leadership strengths that can be utilised when working as a team.

In honour of the Paris Olympics we held our own Nabiac Olympics; it was a fun day of games with Wallamba taking home Gold! Thank you to **Les-lee-Ann Twemlow** who kindly made medals for all the children.

Last week we held our annual Book Week Parade and Bookfair. It was great to see the imagination of our students and hear about their favourite book characters. Thank you to our families and community for joining us!

This term, teachers have been focusing on music in Creative Arts. We are trialling a new program called, *Amplify*. Amplify is an online platform that incorporates high impact teaching strategies that meet all curriculum outcomes. Every lesson is a contemporary reflection of music in the world today. Music on the platform can also be utilised throughout the day in other lessons. We have had students singing, dancing, using percussion instruments and absolutely enjoying music.

Our P&C are holding their Father's Day stall this week and on Friday the 30<sup>th</sup> is our Father's Day Breakfast and Assembly. We hope all

Fathers and Father figures have a great Fathers' Day and feel appreciated!

Week 6 is School Administrative and Support Staff (SASS) recognition week. We are incredibly fortunate to have such a caring and talented team. On behalf of our entire school, thank you to our SASS team for everything you do, you are very much appreciated.

Coming up later in the term is our Stage 3 Canberra Excursion. Students will spend a week in Canberra jam packed with educational and fun experiences, including Parliament House, The Mint, Questacon, The Australian Institute of Sport, The Dinosaur Museum, Bowling and a visit to the snow at Perisher!

The next P&C meeting is September 2<sup>nd</sup> from 6:15pm, in Mr Tickle's room.

Don't forget if you would like to stay up to date with the 'best little school... anywhere' you can follow us on Facebook -

<https://www.facebook.com/NabiacPublicSchool/>

**Amelia**

School Administration Officer

## Krambach Hall Country Music Bash Report

Last Sunday, 28<sup>th</sup> August, we had our quarterly Country Music Day with bands and walk up singers.

It was lovely to meet and greet our friends and there was much singing and dancing as well as a great BBQ and morning and afternoon teas.

Why not come along and enjoy yourselves at our next get together pre Christmas on the last Sunday of November??

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## NEWS FROM BUNYAH

We are thrilled to announce some new and exciting businesses opening right here in the heart of Bunyah, committed to uplifting your spirits, and empowering your journey, and here's one now..

Forest Creek Retreat is coming soon to Bunyah!!



This newly renovated, fully accessible Respite Home is designed for individuals with all levels of disabilities.

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The **Retreat** will be overseen by a Nurse with 20 years experience in the Disability Sector, ensuring top notch care, accommodation, and food.

The Website will launch in the coming weeks and the Retreat aims to open

by the end of September.

For more information or to express interest in an early booking.

**Contact Mel Campbell on 0416 131 062**

**Calling all Gravel Lovers!!**

Feed your Soul and Navigate like a Boss as, **The Manning Valley Cycle Club and Bourke's Bicycles** are throwing a fun, social gravel ride on Sunday September 15<sup>th</sup> at **Bunyah**, our little piece of paradise, and you're all invited!

Cost is \$30 and includes coffee and lunch at our lovely **Bunyah Public Hall**. For all information and Registration contact the event page; <https://www.trybooking.com/events/landing/1265558?embedded>  
 The **Manning Valley Cycle Club**, can't wait to ride with you so get ready to roll and register.

There is expected to be 50 plus riders participating in the event from approximately 9:30 am to 1:30pm so we would like to express that



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For more bookings of our Bunyah Public Hall please contact **Stacey Cardy** on [bunyahhallbookings@gmail.com](mailto:bunyahhallbookings@gmail.com)

Notice any changes on our recent Bunyah Rates Notice??

Our Bunyah **Zone Category** has changed to **Residential**. For further information on how these changes may impact our individual properties and our community please contact local **Michael Graham** on 0457680420 or [Michael.graham@lpnsw.org.au](mailto:Michael.graham@lpnsw.org.au)

Warm Regards,

**The Bunyah Public Hall Committee**

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**Market news:**  
The August market was a huge affair! Falling on a 5<sup>th</sup> Saturday, there were extra stalls and plenty of customers.  
People enjoyed the ambiance, enhanced by the beautiful sunny weather and music by Brendon Harvey.  
Susie's palm weaving workshop was great, with participants concentrating hard at learning the new skill and looking pleased with their pieces afterwards.



With Father's Day the next day, popular purchases included relish, wine and gin.  
Fresh produce, meat and bread were all sell-outs.  
Barrington Coast joined us for a fun morning too, promoting our beautiful region as a tourist destination.  
Today was all-round another fabulous market.



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- \*market BBQ \*pizzas \*curries \*Thai food \*live music \*coffee

Thank you to everyone in our community for making our market great. Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their patrons, we appreciate you all.

See you at the next market on Saturday 28th September - there are 3 market shopping days 'til Christmas!

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Laura Pennington on behalf of the Nabiac Farmers' Market committee



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- Avocados contain magnesium, which has around 300 roles in the body
- Avo contains the digestive enzyme lipase, which helps our bodies break down and absorb fats. Fat is one of the 3 essential macronutrients (along with protein & carbohydrates) our bodies need to function
- Avocados are a good source of fibre.

How to enjoy:

- On its own.
- Guacamole
- Smoothies
- In salads
- Desserts



Delicious smoothie ideas:

Avocado, spinach, orange or mango, & mint.

Coconut cream and banana turns it into a dessert

Upcoming workshop & field day:

“Connect with the soil”, in partnership with *Greg Burch*, a local soil & weed aficionado. We will explore the link between healthy soil, plants and humans and ways to build soil health.

We will be learning about the microbial network under the ground, in which plants use to communicate. I will be talking about gut health and the role of microbes in the human body, which are key to our survival.

Tickets: <https://www.naturalspacenutrition.com/event-list>

Sunday 15th September. 9-30-12pm



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[www.naturalspacenutrition.com](http://www.naturalspacenutrition.com)



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Eat Well & Be Well everyone, **Laura** xx.



## Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

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## REAL KULTCHA

The Olympics and ho boy, am I sportsed out? We've been told repeatedly it was our most successful games **EVER** and that may well be true but there was an elephant in the room – there was no Russian team! China also made its presence felt and that could be an harbinger for future games.

Back in my April rant I mentioned break dancing was in (yes, I'm going there) and, quoted from a news item that said the judges were expected to give a display of what they were looking for in the event. I don't know if that did happen but if it did, one of our contestants missed it. *Raygun* did her own thing (which looked ridiculous) and was given the appropriate score – zip. All hell then broke loose! My thoughts? All sports have rules, goals and history and these guide a contestant's participation. For instance, if I were to enter the 100 metre freestyle swimming event I'd better be proficient in the stroke that will get me up and down the pool as quickly as possible. I'm not going to win the event if I breaststroke, butterfly or backstroke - it's that simple. The examples of years of competitions have set the bar and I'll need to comply if I want to be competitive. To put it bluntly, *Raygun* dog paddled, was surprised when she failed and in this day-and-age where *everybody gets a prize*, the chant went up, "She had a go!" Well, yes she did, but had a go at what? Thankfully, break dancing will not appear in LA and I doubt we'll ever see it again in the Olympics.

Several other issues arose in the Paris games that came as a surprise to the organisers. The latest pie-in-the-sky thinking has us all going green - 100% or better. Well, guess what Shylock, it doesn't always work. The cardboard beds with little or no mattresses played havoc with contestant's bodies and sleep so mattresses had to be acquired quick smart. In an effort to keep the games green there were no air conditioners and it was a very hot summer – athletes were not happy! The bulk of the food supplied to the athletes in the village was plant based – **meat was OUT!** Guess what? While the food probably looked nice and may even have tasted nice, it didn't have anywhere the calories the athletes required to perform at their best so after howls of dismay, the French had to reverse the idea and bring in lots of real meat. On top of that, there were said to be French chefs a plenty and the inference of course, was they were the best cooks since .... forever! Well, in a restaurant on the Champs-Elysees maybe, but in the village there were cries the meat wasn't cooked or not prepared to the liking of the various athletes! **Lesson:** you may think your cuisine is the best in the world (the French certainly do) but that



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doesn't mean everybody else thinks that and you're supposed to be catering for them.

I don't know why they bother! Australia has played a couple of games of Rugby against a touring South African side and there may be more to go – but who's paying attention? So far the *Wallabies* have escaped with just a thrashing but you know what's going to happen – those who play the game *that is* (said to be) *played in heaven* will front up again and if the South Africans play their best team, another cricket score will happen. It's been said that only mad dogs and Englishmen go out in the midday sun .... I wonder if there's a term for Aussie Rugby players?

Where do you stand with the idea of the Rugby League Hall of Fame and then the elevation from that group, to the status of an Immortal? Les Boyd got the nod into the Hall of Fame recently despite his horrible record of (I guess) playing the man rather than the ball. I'll have to check out the criteria and who makes the selections.

Still no word (that I'm aware of) regarding the selection of the 18<sup>th</sup> team into the NRL – Perth, Gosford, PNG or another team from New Zealand? Who knows.

In the **BIG GAME** (i.e. politics) things could be changing with the NSW Parliament talking about a booze ban! Yep, there have been a few members next to blotto in the house and some folk are a bit tired of it. Meanwhile, down in Canberra (and down there you have to ask what is Ba-a-a-rnaby Joyce doing) there's talk about a *revolutionary new workplace code* that could see member's pay docked or their being banned from Parliament for bad behaviour. It all sounds quite good but given a goodly portion of the members are lawyers, I think it has about as much chance of getting up as a snowball in hell! But, it sounds good and I think that's the only reason it's being touted – to give the impression to we punters that they're concerned. It'll never happen! Saw a couple of comments recently in relation to Trump and thought they were quite good: *He's managing his life on the cafeteria plan – self-service only* and *If Moses had known him, there would definitely have been another commandment or two.*

Talk at you next month,

**The Hillside Critic**

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**TABLE BLOOD DONOR CENTRE**  
**Schools Blood Drive**  
1 August – 31 October, 2024



Welcome to our first update for the **Schools Blood Drive 2024**. *Lifeblood* has gone to appeal this week as Australia's blood supply has felt the freeze this winter with the percentage of people cancelling appointments due to cold and flu symptoms the highest it's been in five years.

**Current red cell supply levels**  
Updated 6:00am (AEST), 21 August 2024



An average of 1 in every 5 blood donors has cancelled or rescheduled their donations due to cold and flu symptoms each week during winter. This means as many as 1,000 donor chairs have sat empty each day due to people calling in sick throughout the colder months. The drop-off has prompted Lifeblood to urgently call for 8,500 people over the next week to help replenish stock. And, with Spring just a few short weeks away, we're hoping our local schools can help answer this call and reserve a seat today to help fill our vital appointments.

We are currently running our annual **Schools Blood Drive**. So, if you would like your school to be involved, please get in touch so we can send your school information to share with staff and families.

Contact Ruth Harrison on [ruharrison@redcrossblood.org.au](mailto:ruharrison@redcrossblood.org.au)

We are pleased to say that during the first 3 weeks of the Schools Blood Drive, 263 donations have been given, helping save up to 789 lives and 4 first-time donors have rolled up their sleeves!

**Our goal is to reach 5,250 lives saved (1,750 donations) – but we need your help to hit the target!**

Below is a copy of image and copy you can cut and paste to share on your school's preferred socials or newsletter to help spread the word. And remember to tag – **#lifebloodau**

**Urgent call for blood donors.**  
**Record cancellations prompt urgent call for people to donate!**  
As many as 1,000 donor chairs have sat empty each day due to people calling in sick. @lifebloodau will struggle to meet patient needs if they can't find new donors to fill the gaps. Let's help Lifeblood reach those new donors by sharing this post and filling those empty seats.

#lifebloodau <https://app.donateblood.com.au/9jSM>  
An hour of your time could mean the life-time to someone else ☑  
Book your life-saving donating with life-changing outcomes today!  
Lets take a look at the leading schools so far...

**Top 14 Schools: Week 3**

It takes just 3 simple steps to get involved!

| Rank | Organisation Name                   | # Donations |
|------|-------------------------------------|-------------|
| 1    | Saint Ignatius College River-view   | 9           |
| 2    | Daramalan College                   | 8           |
| 2    | Orange Public School                | 8           |
| 2    | Padua College (Kedron)              | 8           |
| 3    | Bishop Druitt College               | 7           |
| 3    | Shalom College (Bundaberg)          | 7           |
| 3    | Toooloa State High School           | 7           |
| 4    | Centenary Heights State High School | 6           |
| 4    | James Sheahan Catholic High School  | 6           |
| 4    | The Glennie School                  | 6           |
| 4    | Wagga Wagga Public School           | 6           |
| 5    | Bundaberg State High School         | 5           |
| 5    | Taree High Schools                  | 5           |
| 5    | All Saints Anglican School          | 5           |

1. Check you are Eligible to Donate on our website [www.lifeblood.com.au](http://www.lifeblood.com.au)
2. Visit our website or download our free Donate Blood App to enrol, create your Donor Account and join your **Lifeblood Team**;
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## Show News

The Wallamba District Agricultural and Horticultural Association Inc. held their AGM on August 13<sup>th</sup> and after thanks were given by the outgoing Committee to everyone for the work they had done during the year in giving the area a fabulous show in 2024, the following people were voted in:-

**President:** Warren Gregory      **Vice President:** 1<sup>st</sup> Trevor White  
2<sup>nd</sup> Mark Farley

**Secretary:** Lyn Reid      **Treasurer:** Mark Farley

**Public Officer:** Lyn Reid

**General Committee:** Cherie Paterson, James Newell, David Simon,  
Brian Styles

As both Mark Farley and Lyn Reid have been 'filling in' since the prior Secretary and Treasurer resigned in April, there were hopes there would be someone who would stand for both of these vacant positions. No such luck, so both Lyn and Mark have accepted the positions again on a temporary basis to keep the show running.

**ANYONE OUT THERE WILLING TO TAKE ON EITHER POSITION would be welcomed with opened arms!!!**

Following the AGM a general discussion was held about events for the 2025 show, who would be Head Stewards on the different sections, and the cancelling of the Children's Pet Show as there have, apparently, been only a couple of entries during the last couple of shows. It was voted on and passed, so cancelled. A Pity!

Now starts the hard work of getting everything in place for 2025 Show which is on **5th March**. Entry for your diaries!

If you would like to help as a volunteer on the day or during the run up to the show, give me a call on 6559 1811

Cheers

Lyn Reid



## Wallamba FC AGM

### Annual General Meeting

Join us for the Wallamba FC 2024 AGM—All Welcome

**Location:** AUB FERRIS SPORTS COMPLEX (Showground Lane Nabiac)

**Time:** 21st of October, 2024—7:00pm

**Positions:** All Positions to be vacated

**History and Agenda:** Wallamba FC has been attended to by the same volunteers since before COVID times. The current committee will be standing down and we are looking

for new volunteers to take the reins on a great community club with 50 years of History. The current committee will still be around and involved in the club in different capacities for any help/questions you need

If you would like to be involved or know someone who would be interested please pass the word around to come to the AGM!

Further Enquiries here: [wfc@wallambafc.com.au](mailto:wfc@wallambafc.com.au)

### Church Bulletin Bloopers!

*The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon*

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday

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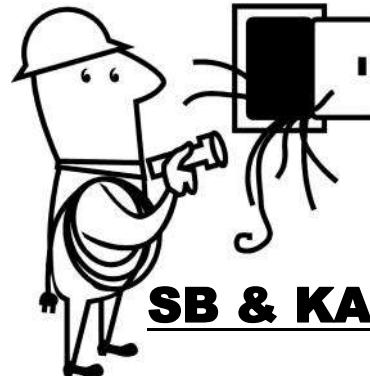


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## Welcome to Deb's Gardening,



My gardening used to consist of the 3 Ms – Mulched, maintained and manicured. Now it has turned upside down to the 3 Ws- Weeds, weigh-down, and worry. In the past month I have spent a total of 1 hour in the garden. Time and weather have been a factor. I still have a paint brush in my hand with no end in sight, the builders are finishing off some part of the build and it needs to be primed and 2 coats of paint. The positive side is that at least it is getting closer to completion.

One of my favourite gardening shows that I religiously watch on TV is Gardening Australia on the ABC, however in winter they have a break as winter is a slow time in the garden and I guess that they don't have many stories for the winter season. But as I look around my garden there are so many jobs to do that if I don't get to them soon, I am too late. Such as the pear tree, it needs a good prune, and the best time to prune deciduous fruit trees is late winter - The red hot pokers need to be cut back before they come back to life - The dahlia bulbs all need digging up because I am going to give a lot away and want to relocate them and the best time to dig up dahlias is when they are dormant in the winter time - The salvias should have been cut back already to remove spent flowers and re-proportion the top heavy plants - the roses are waiting to be pruned and it's also time to start sowing next seasons vegies such as tomatoes, capsicums and egg plants and raise them up in my seed trays. I am exhausted just typing this and noting the jobs that need doing. My plan was now that the weather is getting warmer and the days getting longer, is to spend just 1 hour every afternoon and try to attack the garden and get back to a M word and to cut back on painting time. But in my head I tell myself that I will just finish painting this wall or this roof and before I know it I have ran out of puff and hours. Then not to mention the clean up time, if only I didn't have to clean up paint brushes after a day's work!

I went into the vegie patch to pick broccoli and noticed that the peas are disappearing and stems broken off. I think it's the birds that are annihilating my pea patch. I am surprised that they can find them with all the weeds growing up around them but they are. I am so devastated because I love pea time.

I have also noticed that the mulberry trees are waking up and the berries are starting to form. I have both the black mulberry and white mulberry tree and the past 2 years I have hardly had any berries from them because the birds have eaten them all. The trees are about 7 years old now and getting a decent size about them but it occurred to me that previously I used to get enough berries to make loads of jam and plenty to eat and give away, so why are birds eating them all now. Then I remembered that I used the old wives tale method and hung tinsel and old CDs in the tree, hence why maybe I got more berries back then. I took the tinsel down a few years back

because the tinsel was fading and braking but I never thought to put it back up, so maybe the old wives tale worked. Which made me think that there are a lot of old wives tales or myths that I use in the garden.

One being – "Talking to plants or paying music makes them grow better". When I had my tomato farm I always had the music blaring in the hot houses because I read that it works and the music is always playing here at home and blaring out into the garden. They do say that classical and jazz works better but not my favourite genre of music. Apparently a Japanese scientist did ground breaking research with water, providing proof that thoughts and feelings do in fact affect physical reality. Positive influences create positive effects. Since humans are over 50% water and plants are over 90% water (along with other great reasons). More positivity could help us all. Plus, when we sing or talk we exhale carbon dioxide which plants use to help grow so that helps too.

Another myth - peeing on the ground around lemon trees is good for it (in moderation) - I make the other half take is leak when he is outside and pee on all the citrus trees. Urine is high in nitrogen, phosphorous, potassium and other essential plant minerals that promote healthy growth! A natural and cheap fertiliser! Don't worry, urine is actually sterile so it is quite safe as long as those doing the peeing are healthy and not on any special medication or antibiotics.

Crushed egg shells is another myth and old wives tales that I have been using for ages. Egg shells are filled with calcium, which can benefit our plants and soils. I crush the egg shells and scatter around the plant when they are being planted, it helps deter snails and slugs because they don't like going over the grit.

Gathering herbs by the light of the moon. Some herbs, pollinated by moths, have their oils at night to attract night insects. So if you need it at its strongest, pick it at night.

Red sky at night, sailors delight. A red sky appears when dust and small particles are trapped in the atmosphere by high pressure. This scatters blue light leaving only red light to give the sky its notable appearance. A red sky at sunset means high pressure is moving in from the west, so therefore the next day will be dry and pleasant.

A good one is when you are stung by an insect such as a bee or wasp, grab an onion, cut a slice and rub it on the sting. In a few minutes the sting will be gone. I have used this old wives tale for years and it definitely works.

It's time for me to think about getting out into the garden.

So until next time, - By all means let's be open minded, but not so open-minded that our brains drop out. – Richard Dawkins

Deb

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*The Empire State building is struck by lightning*

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## DYERS CROSSING LANDCARE GROUP NEWS.



Hi All,

Joining LandCare was one of the best decisions we made after moving to our 100-acre property back in 2010.

The opportunities for learning and broadening knowledge have shaped our journey with the land.

There is not a "one size fits all" approach when it comes to managing your land and I've enjoyed meeting a great network of people, experts and other landowners, and discovering our own methods for our property.

Our Dyers Crossing LandCare group has enjoyed a couple of interesting field days during winter.

**Back in July, we met at Sonja & Kevin's beautiful 2000-acre beef cattle property in Krumbach.**



We gained insights into the methods they have used to make decisions, understand weeds, observe animals, and manage pasture holistically, using *Allan Savory's* methods.

We learned about the nutrients and growing cycles of various grasses and weeds. Thank you Sonja & Kevin!

**Recently, we met at Paperbach Farm, hosted by vegetable farmers Bec & Dan.** Some of you may know them from their veggie stall at NABIAC Farmers' Market.



We learned about various methods they were using.

Insights included: growing comfrey to make compost tea, which is then added via the irrigation.

Putting a small pool for the ducks under each fruit tree in turn, then pouring it out onto the nearby tree and moving it along; great way to fertilize. Thank you Bec & Dan!

**Upcoming field days:** I'm excited to be attending the field day on drought resilient farming at Yeo Farm in Bulahdelah in September. (I think it's booked up – but head to Limestone Permaculture's website and find this event there.)

**I am hosting a workshop with Greg Burch "The Soil Connection", on Sunday 15<sup>th</sup> September.** We'll look at natural methods to improve our health, through the health of our soil, plants and animals. Learn about the network of microbes in the soil and their link to microbes in our gut. \$45.00pp. Click on the link for tickets:

<https://www.naturalspacenutrition.com/event-list>

**Weed management field day, including GPG- in Wingham.** Here are the details:

Hi folks

Are Giant Parramatta Grass and other pasture pests driving you spare? Looking for a fresh perspective on wicked weed problems?

Join pasture gurus *Harry & Carol Rose* at a field day near you for a holistic, integrated look at practical pasture management, thanks to our

friends at Hunter Local Land Services.

Craven 17th Sept

The Branch 18th Sept

Wingham 20th Sept

For more info and to register, follow [this link](#)

Joël Dunn



## Pasture & Invasive Grass Days - MidCoast

Do you want to better manage your pastures? Learn about options to combat invasive grasses?

Come along to one of our Pasture and Invasive Grass Days and hear from Hunter experts Harry & Carol Rose.

- Preventing weeds using Integrated Pest Management
- Mechanical, cultural, biological, chemical control options
- Maintaining ground cover
- Biosecurity control aspects
- Ecosystem services to consider - some weeds could have benefits
- Requirements of a weed management strategy including flexibility
- Much more

Location- Dates - All 9am - 2.30pm

- CRAVEN - Tuesday 17 Sept
- THE BRANCH - Wednesday 18 Sept
- WINGHAM - Friday 20 Sept

Register via the link or scan the QR code:

<https://comms.lls.nsw.gov.au/pub/pubType/EO/pubID/zzz66ab04b5ad455284/interface.html>



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[matt.kennedy@lls.nsw.gov.au](mailto:matt.kennedy@lls.nsw.gov.au)  
0428 686 178

**Would you like to host a DCLG meet-up?** It's easy! The group is self-sufficient, bringing chairs and their own food etc. It's inspiring to share knowledge and insights and a fun way to meet people. Each property is unique, so it's always great to see different places and ways of doing things.

Let me know if you can host. Call, email, or find me on FB messenger.

**The next DCLG gathering is on Thursday 26<sup>th</sup> September at Kings Creek Retreat.**

**RSVP for details. (phone & email are below) In addition to insights from our hosts, the following topics are also on the agenda:**

- Discuss spending our group's funds.
- We'll find out more about an opportunity for an upcoming 2-day farm planning workshop, run by the LLS, specifically for the Wallis Lake Catchment. Julia Emerson from Local Land Services is coming along to provide more information. Sounds like an exciting opportunity.

**It's worth becoming a member, for just \$10.00 per year.** Contact our local LandCare Coordinator, Joel Dunn, for membership. You'll receive emails about upcoming field days and workshops. Joel Dunn: [greatlakes@midcoast2tops.org.au](mailto:greatlakes@midcoast2tops.org.au)

Our local Dyers Crossing LandCare Group comes under the umbrella of Karuah & Great Lakes LandCare (KGLL)

Thankyou,

Laura Pennington - Dyers Crossing LandCare coordinator.

[laura@candlerahfarm.com](mailto:laura@candlerahfarm.com)

0409 997 309

**Jason Packer**  
Director / Bricklayer

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**Taree:** 📍 144 Victoria Street, Taree NSW 2430 ☎️ 6557 8910

✉️ [david.gillespie.mp@aph.gov.au](mailto:david.gillespie.mp@aph.gov.au) 🌐 [davidgillespie.com.au](http://davidgillespie.com.au) 📘 DavidGillespieMP

Authorised by Dr David Gillespie MP, National Party of Australia, 44 Victoria Street, Taree NSW 2430.



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**Do Not Fear**

A phobia is defined as the 'irrational fear' of certain things or situations. Arachnophobia is the fear of spiders ... or that might be rational. I'd rather face a spider or snake than a frog or slug though ... don't know the name of frogphobia. Then there's globophobia and xocolatophobia ... what a mouthful. Along with four hundred other documented phobias it seems we can become afraid of almost anything. The world can seem a scary place.

When the Israelites in the Old Testament were given the 10 Commandments they trembled with fear because of the thunder and lightning ... I remember this scene in the film Ten Commandments ... and Moses told them 'do not be afraid', *Exodus 20:18*. This and 'fear not' are the most common phrases in the Bible ... some claim found 'over 300 times'. Clearly God doesn't want us to live in fear.

Have you heard of achluophobia ... I haven't, but it is the fear of darkness? 'Being in complete darkness is unnerving and yet physical darkness is nothing compared to emotional, relational and spiritual darkness'. Perhaps you are in a dark place ... girlfriend's left you ...or may be heading for divorce ... feeling depressed ... serious illness ...

'If that's your story, there is help, and there is hope'. Jesus said I am the light of the world, *John 8:12* ... not a light but **THE** light ... not just for some, but for the whole world. If you follow Him you will not walk in darkness ... because if you turn on the light, darkness 'has to leave' ... great thought, you can't sweep darkness away ... or blow it away; you have to turn on the light!

Amusingly, xocolatophobia is the fear of chocolate ... are you kidding!! Two workers at a Mars candy factory fell into a large vat of chocolate ... what a predicament! They were waist deep in the

confection and couldn't get out ... till fire fighters cut a hole in the side of the vat ... you've heard of going with the flow ... maybe they developed xocolatophobia after that. The OT prophet Jeremiah was lowered into a cistern and sank down into the mud ... why ... because King Zedekiah didn't like his prediction that the king would be overcome by his enemy. This was not a sweet story at all but, luckily for Jeremiah, he was brought back up after one of the officials advocated for his well-being, *Jeremiah 38*. No wonder he is called the 'weeping prophet'.

Globophobia is the fear of balloons ... maybe a joke ...

Seriously, we can be 'afraid of all kinds of things' ... fears creep into our lives like spiders but, regardless of whether you live in Sydney, London, Timbuktu or Nabiac, Jesus is your answer if you're living in darkness. Come to Him and step into the light.

The children's song says "Our God is an awesome God, He holds us in His hands"

*Quotes from Our Daily Bread, Word for Today*

*The Counsellor*

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An announcement of a birth, birthday, passing?  
Some personal message?  
Do it on the back page to get full attention

\*\*\*\*\*  
\* **Need to advertise** something for sale or wanted to buy or a  
\* freebie?  
\* An announcement of a birth, birthday, passing?  
\* Some personal message?  
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\*\*\*\*\*

**News From The News**

**Nabiac Village Community Church**

Services are held every Sunday at 10:00am  
Holy Communion is celebrated with the service on the 3<sup>rd</sup> Sunday  
For information regarding the Nabiac Community Church please contact **Margaret Weller** (0427 570 039),

**St Bernadette's Catholic Church, Krambach**

**September** Mass times are Saturday 7<sup>th</sup> at 5:00pm, Saturday 14<sup>th</sup> at 5:00pm, Saturday 28<sup>th</sup> at 5:00pm  
**October Mass** Saturday 5<sup>th</sup> at 5:00pm  
(contact **Helen Legg** on 6559 1211)

**\*Note: During the winter months Mass is held @ 5:00pm**

**Krambach Bible Church** (a ministry of Wingham Presbyterian)

A Family Service is held every Sunday at 11am.  
All denominations are welcome to join in.  
Any enquiries please phone **Robert** (0400 310 357) .

**St Paul's Anglican Church, Nabiac**

Service each Sunday at **11:00 am**. All welcome  
Enquiries: Contact **Kit Carson** (0493 278 243)

Every Week Day Before and after school care by **KIDS SHACK**  
We also provide Vacation time care.  
Call **Joy** on 0438 273 360.

**St Isidore's Catholic Church, Nabiac**

**September Mass** time is Saturday 21<sup>st</sup> at 5:00pm  
**\*Note: During the winter months Mass is held @ 5:00pm**

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| Essential Energy - Power outages           | 132 080      |
| Police                                     | 131 444      |
| FAWNA (NSW)                                | 6581 4141    |
| MidCoast Koalas in Care                    | 6552 2183    |
| WIRES (Wildlife Rescue)                    | 1300 094 737 |
| RSPCA (Taree)                              | 6552 7177    |
| Post Office - Dyers Crossing               | 5565 1222    |
| Post Office - Krambach (closed 1pm to 2pm) | 6559 1240    |
| Post Office - Nabiac                       | 6554 1211    |
| Fire Permits                               | 1300 643 262 |

### Wanted

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### Do you need a *Justice of the Peace?*

Then contact

Stuart Weller on 6554 1904 (Nabiac)  
Gordon Foy, 2949 Bucketts Way, Belbora on 0417 290 874  
Lance Fletcher, Blackbutt Drive, Failford on: 0409 850 671  
Karen Tyler, The Bucketts Way, Kundibakh on 0425 226 699  
Kate McIntosh, on 6554 1144 or 0434 589 048 (Minimbah)  
Vicki Turner, on 0422 115 454 (Nabiac & Minimbah)  
Amanda Chapman, on 0437 067 117, 3392 Wallanbah Road Dyers Crossing  
Jane Hallock, on 6554 1107, 82 Clarkson Street, Nabiac. 9am-3pm weekdays.  
Brett Dennett, on 0459 988 241 (Failford)



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Barb available on Monday - Tuesday - Wednesday - Thursday  
Jess available Friday, Saturday (by Appointment) Otherwise we are shut Sat.

Hi everyone,

Just letting everyone know that Barb will be away from the 4th September for a few weeks.

Hope she has a well deserved holiday.

Now to hope all the wonderful men in our lives, both past and present had a wonderful Father's Day.

"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way. Have a wonderful Father's Day."

Belinda, Barb & Jess



## Garage/pre-moving sale Saturday 14th September

Household goods including.  
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