

FREE, pass me to a friend

ACROSS THE FENCE

Rock 'n' Roll

at

Bunyah Hall

Saturday 12th October

Details page 3



Enjoy a safe & happy holiday kids



Daylight Savings Starts on Sunday 6th at 2am
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Editorial.

Hi all,

Don't know what has happened to Spring, think it decided to pull the blankets up and wait for a couple more weeks to rise again.

I have just had my paddocks all totally scoured by a forestry mulching machine (thanks Brad) and for the first time since moving in, I can actually see all of my fences. Place looks enormous! Going to be a lot of mowing needed when the grass grows!

There were some logs left unmulched and loaded onto the bonfire, SO, NATURALLY it RAINED! I will now have to wait to burn off.

The main reason for the job was that I wanted a fire break from the unused paddocks of next door as I am a bit worried that we might be in for a fire season again. (Got a bit carried away and had the whole paddocks cleared). Looking at the regrowth everywhere since the fires went through, a stranger to the area would be hard pressed to believe our area looked like a ravished desert not long ago. That's nature for you.

Bunyah Hall has a fabulous sounding dance happening on the 12th; a good excuse for the ones who remember how to "rock n roll" to drag out their old 60's & 70's clothes (if you still have them) and get out and show the younger generation how it was done. Have fun!

Their committee is certainly getting things moving in Bunyah.

Ticks are rampant at the moment and there is an interesting article from Wingham Vets on treatment including a new 12 month one for dogs in the form of an injection. Saves having to remember to treat your pooch more frequently. Looking forward to when they develop one for cats.

Bindii weed is rampant this year, after the dry weather, the rain seems to have sprouted weeds by the zillions and a lot are of a new variety not seen for ages. Kids will be doing the Bindii Hop for a while if they don't wear shoes, and who wants to wear shoes in spring when playing outside???

Our librarians have listed some more books for you to read. They are all avid readers and their recommendations all sound very interesting. Remember, it is local, use it or we might lose it and they are in need of volunteers to help keep it open on more days. If you have some spare time and are interested, pop in and speak to the ladies.

Until next month, keep well & warm and stay happy

Lyn & Timidthy



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

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

Check out 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

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Nabiac Landcare



I'm sitting here typing this out and enjoying a glimmer of sunshine on the wet grass (and weeds) in my garden.

The local bush was starting to dry out and make it harder to pull those pesky privet and camphor laurel seedlings so the rain was most welcome.

Nabiac Landcare is having an event and you are invited! You may have seen the flyers around town or on Facebook.

Please join us for a **Riparian Regen Walk and Talk** and morning tea in the bush. *Chris Scott*, of Sustainable Natural Resources Group, will lead the walk. Chris and his team have assisted Nabiac Landcare with management advice and control of some of our more troublesome weeds. Chris has been involved with the Lilypilly Bend site on Woosters Creek since we started working on the site 10 years ago.

The tracks in the area are pretty easy to navigate but are not suitable for wheelchairs or rolling walkers.

To attend contact **Joel Dunn** by email at greatlakes@midcoast2tops.org.au or book at <https://events.humanitix.com/riparian-regen-walk-and-talk-nabiac-landcare>

Weed wise what's happening?.....everything....seedlings popping up everywhere, winter flowering plants setting seed and everything, good and bad, blooming! My tip for the moment is birth control and infanticide! Get rid of flowering weeds and kill the babies if you can.

We all know the saying, 'Good fences make good neighbours'. Don't be the neighbour who lets your garden creep under and through the fence to invade your neighbours garden or the adjacent bush. You may love your bamboo, wisteria, honeysuckle or jasmine that you've planted to screen off your neighbours but they may not, your local bushcare/landcare group definitely doesn't.

Nabiac Landcare normally works each Wednesday (weather permitting) 8-9am to 11am, followed by a very yummy morning tea. Membership is only \$2.00 plus an occasional donation to the morning

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tea fund and new members are always welcome. Training, tools and safety gear are supplied by Midcoast Council. Give us a ring if you are interested.

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

Get ready to Shake "Rattle" and ROLL!

Rock 'N' Roll

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Dance night

Bunyah Public Hall

Saturday 12th October 2024

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Between the Pages

Nabiac Library News



Welcome Nabiac Library friends and patrons to this month's news from our lovely Library. It is hard to believe that it is already October and the spring school holidays are here! Where have the months gone? The old adage "Time flies when you're having fun!" must be the answer! Soon it will be the Labour Day long weekend, with daylight saving starting on the 6th October, Nabiac pool will be reopening for summer and the Old Bar Beach festival will be celebrating Kombi Vans old and new! All great reasons to enjoy our local area!

Holiday Craft for Kids



We have a creative children's craft activity: Lion embroidery wall hanging workshop happening at Nabiac Library on **Tuesday 1st October** which will teach children some basic embroidery stitches. This is a cute embroidery activity that you can put on display. Using a wooden frame, felt pieces with pre-cut holes and coloured thread you can sew this 'Lion

Wall Hanging' measuring 27.5cm in diameter. Suitable 8+ yrs.

Bookings essential. [Lion embroidery wall hanging workshop - Mid-Coast Council \(nsw.gov.au\)](https://www.midcoast.nsw.gov.au)

Tech Savvy Seniors Workshops: Tuesday 22nd October

Nabiac Library will be offering another Tech Savvy Seniors One-on-One workshop sessions on Tuesday 22nd October.

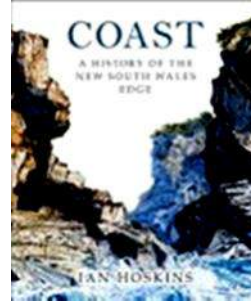
Sessions available to book will be: 2:30-3:00pm, 3:00-3:30pm, 3:45-4:15pm and 4:15- 4:45pm.

This free one-on-one session will be tailored to your individual need, helping you gain confidence and navigate the jargon of new technology.

Understanding your device is the priority and topics covered could include making and receiving calls, adding or accessing contacts or apps, sending texts, emails, messages or photos, accessing the internet or just discovering where all those little things are that make using your smartphone, tablet or computer easier. BYO device.

Bookings are essential. You can book by calling **phone 7955 7001** or **pop into your local branch to book into a one-on-one session** or go **online to library.events@midcoast.nsw.gov.au**

Library Closure for the October Long Weekend. Monday 7th October
Just a reminder that all Midcoast Libraries will be closed on **Monday 7th October** for the Labour Day Public Holiday long weekend.



Australian Non Fiction:

This month's Nabiac Library focus is on our Australian section of the Library. We hope you may like to explore some of these fascinating insights into our geography, history and culture available in our local library.

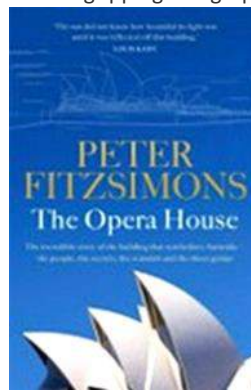
A fascinating history of our NSW coast extending from Eden to Byron Bay, including all the waterways and inlets and their

history. From the original indigenous lives to the settlements and industries which eventuated, and onto our current fascination with its current culture of a seaside lifestyle. A book worth reading!

Bill Swampy Marsh is a well renowned Australian author and in this book, he has gathered the stories of our volunteer firefighters. The devastating 2019-2020 Black Summer bushfires threw the importance of our volunteer firefighters into sharp focus. But these brave men and women don't just step up to protect life and property in fires; they are also there to help in road accidents, plane crashes, natural disasters like cyclones and floods - and, yes, they even rescue pets that have got themselves into strife.



In this gripping biography, *Peter FitzSimons*



marvels at how this magnificent building came to be, details its enthralling history and reveals the dramatic stories and hidden secrets about the people whose lives have been affected, both negatively and positively, by its presence. He shares how a conservative 1950s state government had the incredible vision and courage to embark on this nation-defining structure; how an architect from Denmark and construction workers from Australia and abroad invented new techniques to bring it to completion; how ambition, betrayal, professional rivalry, sexual intrigue, murder, bullying and breakdowns are woven into its creation; and how it is now acknowledged as one of the wonders and masterpieces of human ingenuity.



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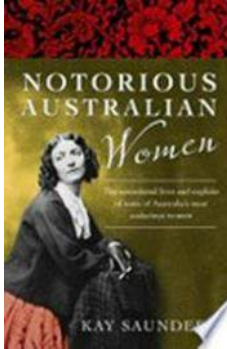
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OUR EXPERIENCE  YOUR IMAGINATION

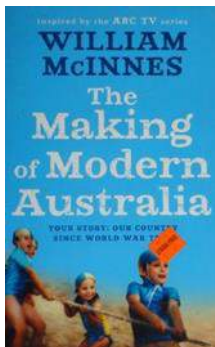


This book explores the sensational lives and exploits of some of Australia's most audacious women; including Mary Broad Bryant -- Helena Rubinstein -- Adela Pankhurst -- Annette Kellermann -- Lady Maie Casey -- Florence Broadhurst -- Pamela Travers -- Enid, Countess of Kenmare -- Tilly Devine -- Sunday Reed -- Rosaleen Norton -- Charmian Clift -- Lillian Roxon.

An affectionate journey through the post-war years in Australia filled

with stories from regular Australians and woven throughout with William's own anecdotes and observations. This book pieces together the celebrations, sorrows and spirit of the last 50 years to offer a national picture of our past and present.

Come on in to Nabiac Library to explore these books and more. We have much to offer you! We are currently open on Mondays and Tuesday from 3-5pm and on Saturdays from 10-12am. We look forward to your visits.



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Krumbach & District Garden Lovers News



On Monday (the last day of the month) we had our monthly meeting and because of the rain it was held in the Krumbach Hall.

We were lucky and had a great roll up.

We were all looking forward to seeing Jacquie's garden, but instead she bought her orchids to the hall and gave a most informative talk.

We also greeted two new members and one visitor.

Happy gardening

Judi

6559 1375 or 6550 2590



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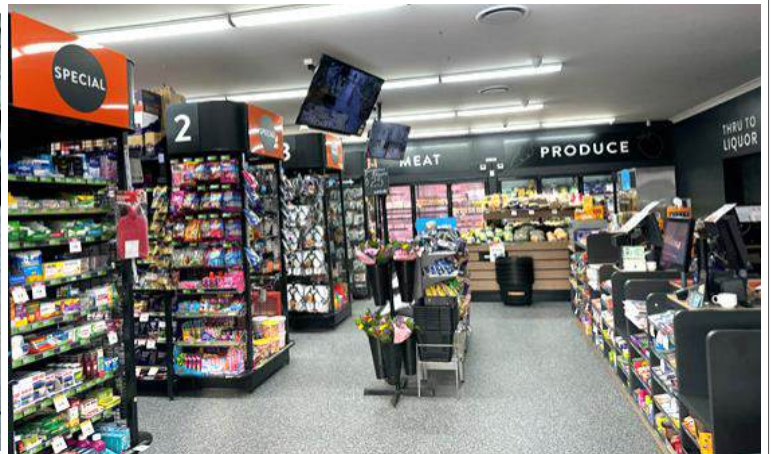
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Minimbah Rural Fire Brigade – believe it or not – has no control over the weather, whether we have a no fire rating day, a high fire rating day or even a day of total fire ban. We are just like the rest of the community. We have to take what comes along. That’s why we need to have a good understanding of what’s what. What conditions are likely to produce what outcomes, and how we can best manage those outcomes.

Spring has sprung,
the grass has ris,
It’s a sign!!
It’s a sign to know what
this is.



It’s a sign that you need to become familiar with. You need to understand it. You need to know where to find these signs. You need to have a *written* Bush Fire Survival Plan that has taken into consideration every one of the Ratings on this sign. There are four simple steps to developing or updating your Survival Plan.

- ◆ **Discuss** what to do if a bush fire threatens your home.
- ◆ **Prepare** your home and get it ready for bush fire season.
- ◆ **Know** the bush fire alert levels.
- ◆ **Keep** all the bush fire information numbers, websites and smart phone Apps handy.

The recent NSW RFS Get Ready Campaign was the ideal time to become more familiar with all the above and to get some help to prepare your Survival Plan. Unfortunately the repairs being carried out on our Fire Station, meant we weren’t in a position to hold our community information day on the main Get Ready Weekend. The Brigade has chosen to be open and welcome the public on

Saturday 9th November, between 11am and 2pm. Write it in your diary. Stick it on your fridge. We would love to see you there. Bring your questions. Bring your open minds. Bring your ideas. Bring your children.

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

You can now apply for a free permit online via the NSW RFS website.

Go to rfs.nsw.gov.au/fire-information/BFDP



By following the links, you can start the application process which will notify your local Fire Permit Officer (FPO) of your intention to burn. Or, you can call your FPO directly if you know who they are and have their contact number. If you aren’t sure who to contact, please call the **Mid Coast Fire Control Centre on 1300 643 262.**

Spring is also the time many people make the most of the great conditions to plant, prune and prepare their gardens. Here’s a few things to consider when making your choices for a spectacular garden with a reduced bush fire risk.

- Choose a species which is less fire prone than others. Australian Natives have a high oil content, and while they are spectacular in the garden, they are also very spectacular when they are on fire.
- Keep trees and shrubs away from the house and ensure the lower branches are regularly pruned.
- Fire is less likely to take hold through a circular garden bed than long thin beds.
- If you are designing a completely new section of the yard, remember that paths can be useful for more than just walking on – they can be like mini firebreaks.
- Mulching has many benefits, but the down side is that mulches such as bark mulch and straw, are very fire friendly.
- Lawns should be low and luscious. Lizards thrive in long grass, and so does fire.

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News from Muse



Well September passed in the blink of an eye, with lots of activity in the Inner Muse Art Academy. *Christine Onwards* Acrylics class, *Leigh Hooker's* Mixed Media and *Karen Slater's* Mandala classes were all booked out and very successful.

So much so that October's classes are fully booked. People often come in to ask for a schedule of classes. We never have one, because the Alumni from the Academy get first dibs on any new classes, so they never get posted on FB. So check out our Facebook page for new class dates and any cancellations!!

We are still getting new artists all the time, last month *Helen Siller* joined the Muse family with her beautiful monoprints. This month we welcome local resident *Fred Barber*. Fred is creating beautiful jewellery in dichroic glass. Reasonably priced, these pieces would make a lovely Christmas present for someone special!!!

Yes, I said it, Christmas!!!! It will be here before you know it. So instead of panicking last minute, why not start buying bits and bobs now? Not only will it ease the stress, but also spread the cost. Muse is so much more than paintings on the wall, we have gifts and cards to suit all ages. What better gift than a lovely piece created by hand and locally to boot? A one of a kind gift for the special people in your life.

We will be having a Mini Art & Craft Market on Saturday 19th October, with stall of local artists and crafts people, the perfect opportunity to start your Christmas Shopping.

Don't forget our monthly Meditation and Sound healing with *Maureen and Bernie*. This is a small group, but well worth trying, if you haven't already. The next session is on Thursday October 24th at

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5.30pm until 6.30 with light refreshments afterwards and only costs \$35. To book your spot please call 0403 826 439. The gallery is open Thursday to Sunday, so if you call on days we aren't open, leave a text/message and we'll get back to you on the Thursday.

This month's editorial is short and sweet, but November's will be bursting with updates and news.

Until then, take care and drop in and say hello

Kind regards

Janice Dance



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COOLONGOLOOK PUBLIC SCHOOL NEWS



Excitement is in the Air!

Holidays are just around the corner, and as we wrap up another incredible term, I can't help but feel grateful for everyone who has supported our school this year.

First off, a huge thank you to all the community members who joined us for our End of Term Assembly! It was truly heart-warming to see so many parents supporting our amazing students and celebrating their achievements. Congratulations to our award winners—you've shown that hard work and dedication really do pay off and we couldn't be prouder!

Last week was nothing short of spectacular as our students dove into Intensive Swimming at the Great Lakes Aquatic Centre. They exhibited fantastic behaviour and made incredible strides in their confidence. A massive shoutout to our incredible instructors for their unwavering support and dedication in helping our students shine in the water!

Recently, we were thrilled to welcome back the *Life Education Van*. The students absolutely adore *Healthy Harold's* visits and this year was no exception. They left with a wealth of knowledge about health and well-being, thanks to our fantastic teacher *Amanda*, who delivered such engaging lessons that kept everyone on the edge of their seats.

Looking ahead, I'm excited to announce an amazing opportunity during the second week of the school holidays. **Ausbike** will be hosting a **safe bike riding program** right here at our school. This one-off event is the perfect chance for your child to experience the joy of biking in a safe and fun environment. Mark your calendars for **Wednesday 9th October**, and spread the word to all students in our area! For more details and registration, check out our school's Facebook page.

And as if that wasn't enough, get ready for our **140-year celebration**

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FREE QUOTE | NO OBLIGATION

as we move into Term 4! On **Friday, 1st November**, we'll be opening our doors to the community to honour our rich and exciting school history. Expect a day filled with photo displays, inspiring guest speakers, old-time games, dancing and much more. It promises to be a fantastic afternoon for everyone, and we can't wait to celebrate with all of you!

Community is at the heart of everything we do at Coolongolook Public School and we can't wait to see you at our upcoming events. For more information about all the exciting activities happening in Term 4, be sure to check out our school's website or Facebook page. We look forward to seeing you soon!

Best regards,

The Coolschool Team



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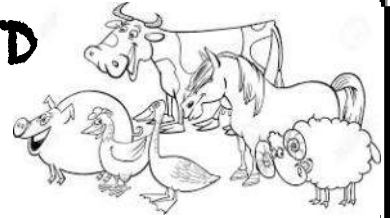
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Sunday Closed

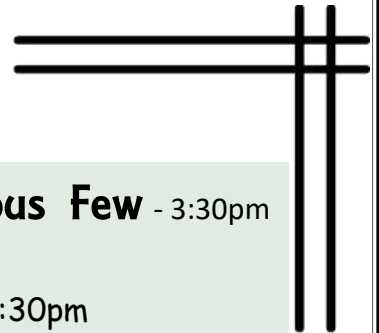
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WALLAMBA CWA REPORT

Our September meeting was held on Tuesday 10th September with President **Margaret Weller** in the chair and she extended a warm welcome to 7 members and received apologies from a further 4 members. Following the opening formalities the members paused to remember the passing of member **Beth Brewster's** daughter **Eileen**, **Tim Brewster** – ABC Journalist and author and friends of member **Pam**, **Val Dean** of Tinonee and **Ken Gorton** of Gloucester.

Special thoughts were also sent to our Patron **Norma Flood**, who after a fall has been recovering in Forster Private Hospital. We all wish her a speedy recovery to good health and hope to see her with us again real soon.

Jill provided our monthly thought which was **"If your life was a story, would you enjoy reading it"**. Pam to supply October's thought.

Many thanks to member Jill who has been able to have our meeting date and time along with events advertised on our local radio station 2RE and Great Lakes FM101.5 and several members have said they have heard them. We hope this might the branch gaining some new members.

A number of Group functions have been held but unfortunately our members have not been able to attend due to private reasons, but we do get a report on them.

Memberships for the coming year have been advised and this year will be \$48.50 and due prior to our AGM which is set down for 8th October. Members agreed that we pay \$50 with the balance going into our account as a donation.

Several of our in house positions have been served by members for more than permitted and this includes that of Treasurer and we are hoping a member will step forward and fill this position which has been in the capable hands of member **Jenny**.

Our International Officer Pam told members how her cousin's daughter, husband and their 2 sons were the lucky winners of "Sunrise's" trip to the Paralympics in France valued at \$31,000. Pam didn't see the actual announcement but found it later, on the computer. From all reports they had a wonderful time and something

they will long remember. Congratulations go out to local Halliday's Point/Diamond Beach resident **James Turner**, who won gold in the 100m and carried the Australian flag in the closing ceremony. Well done to all our amazing athletes.

Handicraft officers **Fay** and **Merle** are collecting the pincushions for competition and they reminded members they need entries in the State Handicraft competition. Merle also showed us the pincushions so far completed – a patchwork one from Jenny, **Moya's** cute mice, **Jean's** knitted turtles and Merle's beaded pincushion.

Jean advised members of the 'Hints and Tips Day' which was set down for September 25th at the Wingham CWA rooms. Jean also spoke about the types of cakes, slices and biscuits that tend to sell well on stalls and reminded all about our upcoming Trash & Treasurer sale day planned for Saturday 30th November.

We didn't have a report in our Ag & Environment segment as Officer **Beth** was away with family commitments and going through a difficult time. Members are putting forward Cashews as a Primary Product for consideration. This is a burgeoning niche industry in Australia and we currently import them from overseas.

Medical Research to be forward is Functional Neurological Disorder with Cambodia as our Country of Study.

Jill's Culture report shared two significant issues in our fast paced, electronic focused society – The mobile phone/computer and the living life as a mad dash. Where will this lead our youth in the future?

Penny has made contact with Liked Community Transport Service and they will coming to our November 12th meeting, at which members of the local community are welcome to come and join us for a light lunch at a cost of \$5 which will be followed by the Linked Transport presentation

Our next meeting will be held Tuesday 8th October and will be our Annual General Meeting – hopefully we will have a MNC CWA VP mentor to preside as Returning Officer for the meeting, which will then be followed by a short general monthly meeting.

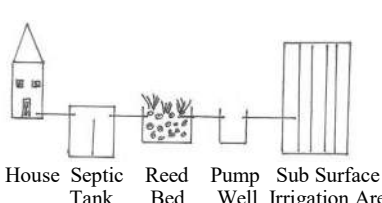
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News from Nabiac Second Chance Op Shop

The Op Shop and Shed will be closed Monday 7th October 2024 for the Labour Day Public Holiday.

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.

Donations.

A friendly reminder regarding donations. Please be mindful when donating clothing.

We have no use for dirty, smelly and ripped clothing. Please do not send any items that we are unable to sell.

Please show some respect for volunteers who will be sorting these items. It would be appreciated if these items were disposed of correctly and not dispose them at the Op Shop.

Op Shop

We have been busy replenishing the summer stock. We still have winter clothing available.

Our clothing is 10 items for \$10.00 or \$2.00 per item. Priced clothing

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Shed

We have received furniture. Just to name a few items. A timber and glass cabinet, coffee table, a beautiful old desk, old chairs in good condition. If you are interested please come in to the shed.

Thanks to those who have donated furniture.

In saying that, the shed is still looking for furniture.

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.

There is only one book left. If you haven't purchased a copy yet and would like the last one, come into the Op Shop and ask one of our lovely volunteers.

Kind Regards

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

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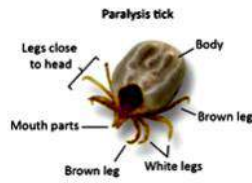
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TICK PREVENTION IS ESSENTIAL ALL YEAR IN THE MANNING VALLEY

In the Manning Valley, we consistently see cases of deadly tick paralysis in all twelve months of the year. **It is a myth that tick paralysis is only a problem in the hotter months.** We commonly see cases of tick paralysis in pets whose preventative treatment has been forgotten or has deliberately lapsed, even if only by a week or less in some cases! It is heartbreaking when animals are severely affected by a preventable disease. Many of our patients requires supplemental oxygen for 24-48 hours to survive. Our hospital has piped oxygen to all treatment areas, so we can maintain multiple tick patients from prolonged periods on oxygen therapy.



Tick paralysis is fatal if left untreated and unfortunately not all animals treated for tick paralysis can be saved, especially when they present to us late in the disease course with severe difficulty breathing. The treatment for tick paralysis reverses any tick toxin that remains in the bloodstream, but where the toxin has already bound to the animal's muscles, causing paralysis and breathing difficulties, in these cases the animals have to metabolise the toxin themselves – it cannot be reversed with tick antiserum - so it is very important to have your pet treated as soon as they show signs of paralysis (incoordination, weakness or wobbliness in the back legs) as this will neutralise any circulating toxin that is yet to bind and make the animal's symptoms worse. Early recognition of symptoms and treatment gives pets the best chance of survival. We often warn owners that patients tend to get a little bit worse before they get

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better, even after treatment, so early Veterinary attention is critical.

Signs to look out for include:



- Difficulty or inability to rise
- Weakness or wobbliness in the hindlimbs
- Change in bark or 'huffy'/ grunting sounds
- Breathing difficulties
- Regurgitation/vomiting

YEAR-LONG FLEA & PARALYSIS TICK PROTECTION FOR DOGS, WITH JUST ONE DOSE

There are lots of options that are effective for tick prevention, including a slow release injection for dogs that lasts a full 12 months to prevent fleas and paralysis ticks.

This will be lifesaving for many dogs, because in this area it isn't *if* your dog will get a paralysis tick, it is *when*, and it can be very easy when life is busy to forget to keep their tick prevention up to date. The weeks can pass very quickly, even for the most diligent of pet owners.

The long-acting injection is suitable for administration to dogs and puppies from six months of age and takes 3 days to exert its full effect. Unfortunately, it is not yet available for cats, however there are some very effective preventatives available for cats such as Bravecto spot-on.

Please call us on 6557 0000 if you would like further information about tick prevention in your pet or to arrange an appointment for the long-acting preventative injection.

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NEWS FROM BUNYAH

Bunyah was abuzz with energy this month with two fabulous Events booked at our Bunyah Public Hall, and the beginning of preparations for our Special Spring Dance scheduled for Saturday the 12th of October.



We all Indulged our body, minds and spirit and enveloped our senses in pure bliss at the launch Party of Bunyah Botanicals-Boutique Apothecary, held at our Bunyah Public Hall.

Melanie was truly inspirational, embarking us on a skin health care journey of confidence and empowerment with her revolutionary skin care range for all the family, including our fur babies.

We were captivated by the scent, consistency and feel with each application as our skin embraced the hydration and melted away stress and tension. With a Diploma of Medical Herbalism and a Natural Practitioner Certificate, the quality and affordability of Melanie's Skin Care Range totally reflects her passion and genuine care for healthy and well being.

We were absolutely thrilled that Melanie has a vision to base her business in Bunyah and incorporate our Bunyah Public Hall with many more workshops and women's circles to come.

I am sure everyone will agree that we stepped out looking and feeling ten years younger so thank you so very much Melanie for such a brilliant presentation, full of fun, friendships and, of course, great food and beverages. For more information please visit Bunyah Botanicals- Boutique Apothecary Facebook Page, or contact Melanie ph: 0448 824 917



In conjunction with **Bourkes Bicycles** and **Manning Valley Cycle Club**, 75 Participant immersed themselves in 65 km's of our breathtaking scenery



throughout Bunyah and surrounding suburbs as they rode on a myriad of gravel roads and tracks. A special thank you to Hosts **Paul**

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Bennett and **Justin Woollard** for booking our Bunyah Public Hall, being impressed by the large amount of off Road Parking, ample space for food and coffee vans and outdoor seating which contributed to make their inaugural **Gravel fun Bike Riding Bash** an absolute success and we are thrilled that they want to book us again next year. To view all the fun and hive of activity head to our **Bunyah Public Hall Facebook Page**.

For your next successful Event, choose Bunyah Public Hall. Bookings: bunyahhallbookings@gmail.com or phone **Stacey** ph: **0412 089 507**

And last but definitely not least **October 12th** will also be humming with activity at our **Bunyah Public Hall** with an invitation extended to our **Local MP Tanya Thompson** to get ready to "Shake" "Rattle" and "Roll " at our **Spring Rock and Roll Dance Night** !!!

Our **Bunyah Pubic Hall** dance nights are an enormous fun social night for all the family, so dust off those "Blue Suede Shoes" and gather all your family and friends to "Rock Around the Clock" with your local community.

Music will kick off at 7:30pm by the 5 piece band **The Mud Bishops** from **Old Bar** and there will be great prizes to be won on the night. Entry is **\$15pp** and children under **17 are Free**.

BYO drinks, **Hot Dogs** and "**Spiders**" for sale and a light supper will be provided.

No Bookings are necessary.

For more information please contact **Jess** ph: **0423 072 379**.

Looking forward to seeing you all there!!

Warm Regards,

The Bunyah Public Hall Committee

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NABIAC RSL SUB BRANCH NEWS

The Nabiac RSL Sub Branch was recently host to A Current Affair, channel nine's program, hosted at Sonny's Place. It involved interviews with **Matt Sun, Max Frost** and **Jeff and Teresa** from Old Bar SB. We were interviewed in regard to the significant progress our branches have made in boosting RSL numbers and awareness in our district.

We are now looking for more local service personnel to join us. We have a very strong commitment to the health and wellbeing of all service personnel. Please feel free to contact us at any time if you or someone you know is in need of assistance or just mateship and understanding.

Our recent outings have covered, Social needs, coffee walks, fishing; Nutbush dancing and Orienteering up next.

Please note there will be a **Remembrance Day** service at the Nabiac Cenotaph, in the park, 11am, 11th of November. Lest we forget.



The **Nabiac RSL Sub Branch** holds its monthly meetings at the Nabiac Village Cafe, First Saturday of each month, at 1100 hrs.

If you are serving or have previously served in the Australian or British Defence forces, you are more than welcome to attend our meetings and join us at our monthly social outings.

This extends to you and your families. Our aim is to assist and support veterans in their mental health and wellbeing and are a not for profit organisation.

Coming up, we have interbranch activities; Wingham Sub Branch has a **Nutbush Dance day**(13th October in the big park in Wingham)

We look forward to seeing or hearing from you soon.

Three Local Men's Tables Open to New Members

The Men's Table is national grassroots, not for profit, focused on community building and connection for men. With over 200 Tables across the country, every month groups of 8-12 men gather to connect with other men, get stuff off their chest and talk about the highs and lows of their lives.

"There are no fees, men just pay for their meal and a drink once a month," says **Dave Robinson**, Regional Host for New England, Mid and Coffs Coast. "It's all about connection. Having deeper conversations as opposed to just pub or sports banter; creating a trusted place to get stuff off your chest; and making men's health and wellbeing a real priority."

There are three Tables close by for local men and all have seats available. "It's a great opportunity for men new to the area to meet people," says Hallidays Point member **Tom Eckersley**. "We're all from different backgrounds, some are retired, some aren't, but we're all interested in having some good conversations, developing a social network and providing support for one another."

Men join a Men's Table for all sorts of reasons - some are having a rough time and need somewhere to be able to talk without judgement, others are looking to widen their social circle, and some are transitioning through a change in life circumstances.

"It can be really helpful to hear other men are going through similar things and sometimes a bit of peer support can be powerful," explains Dave.

Men's Tables in Hallidays Point, Forster and Taree are all open to new members and local men interested in joining can email

hello@themenstable.org or call **1800 636 782** to find out more.

Health Action Group Calls for Service Upgrades

Bulahdelah, Forster and Gloucester health servicing needs were on the Manning Great Lakes Community Health Action Group's radar in talks held on Tuesday 27th August.

The Action Group Committee was invited to attend a meeting at Forster with members of the State Government's Select Panel whose brief is to investigate the recommendations brought down by the 2021 Inquiry into Health Service Access and Delivery in Rural, Regional and Remote NSW. The Panel is chaired by Dr Joe McGirr, the Independent Member for Wagga. Tanya Thompson, our local member for Myall Lakes and part of the Select Panel, was also in attendance.

"The meeting allowed us to demonstrate that our current crisis has deepened. Some time was devoted to providing suggestions to seek quick solutions to tide the community over in the meantime until the hospital redevelopment can be completed," action group President, Eddie Wood, explained.

Later in the day, the Committee met at Taree with Dr Ramsay Awad, Executive Director of Infrastructure, Planning and Sustainability of Hunter New England Local Health District, to discuss proposed content to the draft Clinical Services Plan for our area. That discussion included the provisioning of a Multi-Purpose Service at Bulahdelah and an Urgent Care Centre at Forster. Attention was also drawn to the reduced services provided at Gloucester Hospital.

"It was a very fruitful discussion where not only the issues surrounding service gaps at Taree and what needs to be included to remedy that situation, but also the needs of our neighbouring towns were highlighted," Mr Wood said. "We have been working closely with the Bulahdelah Committee and a plan of action to progress their cause is on the table," Mr Wood added. "It was a refreshing approach from the Hunter New England Local Health District to welcome community input."

For Stage 3 completion of the Manning Hospital Redevelopment to happen immediately after completion of Stage 2, that needs to be supported by a Clinical Services Plan that covers the service elements to be provided within the Stage 3 development.

"The health district is on board with us on that so it's crucial that the community and Mid Coast Council continue to support our efforts to push for the additional funds to be allocated in State Government budget appropriation for 2025-26 to fund Stage 3 completion," Mr Wood explained.





'Nabiac Natress' is a nature based educational program that was named by children attending Nabiac Early Learning Centre. Our discovery adventures encourage essential life-skills including: self risk detection, resilience building, problem solving, decision making skills as well as interdependence and social collaboration.



Our In-nature program includes identification of local flora, fauna and fungi, seasonal topics such as weather patterns, water and life cycles, environmental responsibility and acknowledges Aboriginal and Torres Strait Islander perspectives. Nabiac Natress helps children master physical challenges navigating bush terrain, includes tree climbing and log balancing, bush craft, camp fire safety awareness and essential sensory system development.



The program supports holistic learning and fosters place based connection as well as incorporates pre literacy, numeracy and STEM. It aligns with the approved learning frameworks outcomes that children connect to their world as well as develop dispositions for learning such as curiosity, creativity, commitment, enthusiasm, persistence, imagination and reflectivity.



There is a focus on self-help skills and emotional regulation as these are the top requests of kindergarten teachers relating to school readiness requirements. Numerous studies indicate that time spent in nature improves children's ability utilise calming techniques when faced with stressful situations. It promotes positive wellbeing, improves focus, impulse control and reduces dependence on electronic devices as children become more connected to the natural world. Nature connection builds self confidence, trust and empathy, which are also core values of the experienced facilitators, it's also a lot of fun!

If you are interest in your child being part of "Nabiac Natress" give the centre a call to join our 2025 waitlist.





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Last Saturday of each month,
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Next market: 26th October.

Market News:

The September market was a great day. The weather had all involved on a roller coaster! The forecast showers and windy weather mostly stayed away!



The Nabiac RFS were a big hit, with kids enjoying sitting in the driver's seat.



The Mid North Coast Australian Native Bee Association were popular, with people stopping to find out more about our fascinating little native bees. They offered workshops building bee hotels.

Our much-loved Gnome, Fred the Farmer, donated by Leslie Twemlow, helped kick start market promotion.



The Poke Bowl Workshop with Laura (me!), in the kitchen was fun. With a group of 7 people out together to celebrate a birthday. (next column)

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Popular stallholder Karen, from Hillview Herb Farm always has a range of interesting herbs, produce and condiments.



Peter from Little Dara Farm sells out every market.



Happy Shoppers with full baskets and coffee.

Barrington Coast joined us for a fun morning too, promoting our beautiful region as a tourist destination.

Today there were less shoppers than the August market, but still a really good market day.



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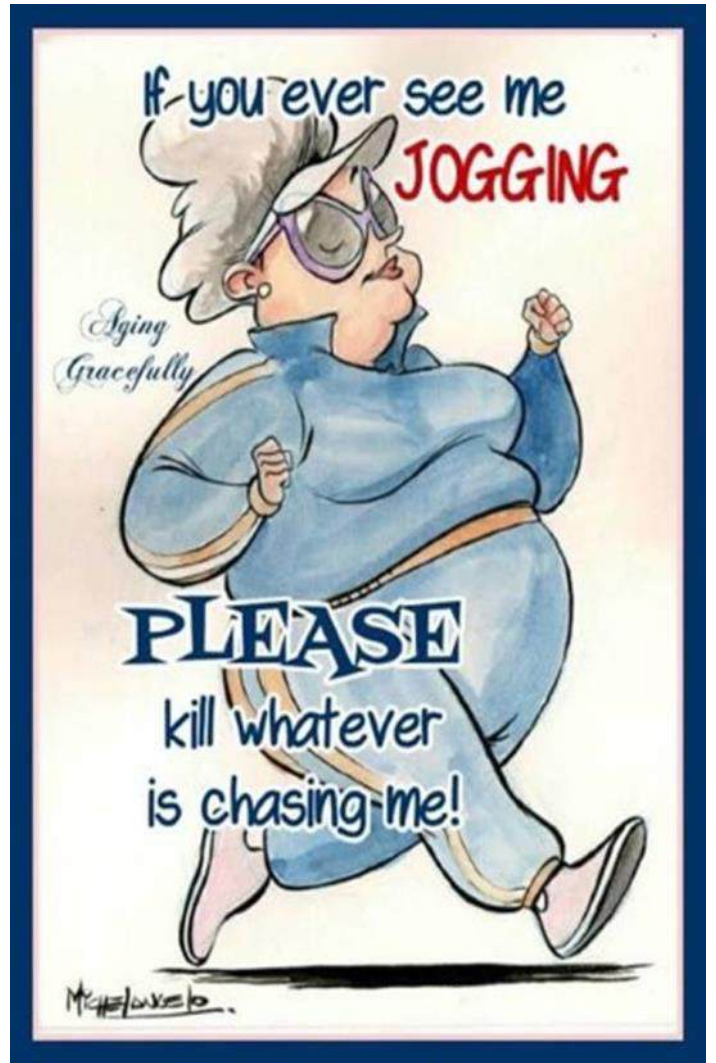
- *fresh produce, *seedlings *microgreens *mushrooms *flowers
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- pasture-raised meat *eggs *specialty tea *plants *crafts *textiles
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- *mosaic garden art *compost *dog collars & leads *ginger beer
- *jewellery *natural beeswax products* sourdough bread *
- 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 26th October... there are just 2 market shopping days 'til Christmas!

www.nabiac.com nfmcoordinator@gmail.com 0438 012 781

By Laura Pennington on behalf of the Nabiac Farmers' Market committee.



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Hello Everyone,

I love beetroot and have enjoyed a good crop in the veggie patch this year. It has grown well amongst the flowers.



My favourite is grated, in poke bowls. It's great thinly sliced in salads, roasted with goat's cheese and it makes a great dip. Beetroot is perfect in smoothies.

Beetroot contains antioxidants to protect the body's cells from damage from free radicals, reducing risk of disease. It also boosts Nitric Oxide in the body. This acts as a vasodilator and improves blood flow, helping to prevent stroke or heart attack.

Dip: Cook beetroot, cool, then blend with a pinch of salt a little garlic and natural yoghurt.



This smoothie is loaded with nutrients to keep you healthy and reduce inflammation in the body:



- 1 small beetroot, chopped or grated (antioxidants, fibre, energy)
- 1 apple, peeled (energy, vitamin C)
- Water

- 1 stick celery – chopped (prebiotic fibre to feed the beneficial gut bacteria)
- Half an avocado – rich in fibre, healthy fats and loaded with micronutrients.
- Optional: 1 small banana (potassium, energy) – adds sweetness and creamy texture

For a protein rich smoothie, add chia seeds, coconut milk or almond meal. I use a Nutri bullet. Enjoy experimenting with your favourite fruit & veggies.

Workshops: The September workshops went well, with people enjoying harvesting the produce, nibbling the fresh herbs and delighting in creating a bowl of nourishing food.

Many people have shown an interest in how to create a veggie patch, so I'm running this workshop here on the 20th October. Click on the link for tickets. Or head to the website and click on events

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

If you enjoy reading these articles, let me know! I'd love to hear from you.



thenaturalspace_ www.naturalspacenutrition.com
Eat Well & Be Well everyone, Laura xx.



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REAL KULTCHA

OK, the 2024 Olympics are over and the 2 Oz teams (Olympics and para-Olympics) have done well. Before we move on though, I'd like to mention my "inspirational moment". There was an item (SMH p 39 2/9/2024) showing Sheetal Devi (she's from India) competing in an archery competition. She was however, born with *phocomelia* a rare congenital disorder leading to her arms not fully forming. So how does she do it? Well, the photo shows her seated, holding the compound bow between the toes of her right foot; *she then pulls the string back with her shoulder before releasing the arrow with her jaw*. I have no idea how that happens but she competed - just missing out on a medal - and I will never complain of that pain in my back or the stiffness in my legs ever again.

By the time you read this the AFL grand final will be over and it will be the first time for many years that a Victorian team will not feature at the MCG event. Mind you, given the *Sydney Swans* used to be the *South Melbourne Swans* and the *Brisbane Lions* used to be the *Fitzroy Lions* it's possible many old Melbourne stagers will feel it's still two local teams playing! If I were a betting man (and I'm not) my \$0.50c would be on Brisbane.

And the ARL Grand Final will follow the week after. Given *The Heavenly Cohort* isn't playing, I have little interest but again my \$0.50c would be on *The Panthers* over *The Storm*.

And speaking of the NRL, **The Boss** (Peter V'landys) has asked his boffins to put together a case for the league to buy an aircraft. The reason? Well, it seems he thinks there is a case for the League to have a plane to move the out-of-Sydney teams around especially if they expand the league to 20 teams which could include the *Western Bears* (out of Perth) a side in Port Moresby and/or the south island of New Zealand. As I understand it, none of those teams have been confirmed but he's looking ahead.

And the *Manly Sea Gulls* are in the news again. A report has surfaced saying the Board wants to cut costs so are talking to the Blacktown Workers Club to take on Manly's Jersey Flegg team (their under-21s) and their women's premiership team. Former club champion Anthony Watmough (*the brick with ears*) is incensed. I think this has a bit more running in it given their close rivals the *North Sydney Bears* - who are linked to the possible new NRL team to be based in Perth, are on the rise again. If the reports are true it's just

silly, silly, silly. But that kind of thinking had me smiling when I read this t'other day: *Jellyfish have survived on this planet for around 650 million years despite not having a brain. This fact should give so many Manly supporters some hope.*

For those of you who follow F1 you'd be aware of the rise and rise of the new Oz driver Oscar Piastri. While you've been watching him however, you may not have noticed the drop and drop of Daniel Ricciardo. He was seen as the *golden boy* when he drove for Red Bull (2014-18) but since then he's been on the slide. He could only manage 18th place in the recent Singapore F1 and the pundits are all whispering he's for the high jump! Just to add a wrinkle to the story though, late in this event, Daniel managed (with new rubber) to set the fastest lap time. If he goes down it looks like he's going down fighting.

Babe Ruth's name has appeared in the media a couple of times of late. The first was in August when his playing jersey from the 1932 World Series, went up for auction. Would you believe somebody paid \$US24.1 million (\$A35 million) for it? Then in mid September, stories of *The Babe's* eclipse as the greatest batter ever burst on the scene as Shohei Ohtani unloaded on the *Miami Marlins* during a 20-4 rout by his *Los Angeles Dodgers* team. In that game he achieved a first in the 148-year history of baseball in that he has hit over 50 home runs AND stolen over 50 bases in a single year! In the last report I have he was batting .294 (which is good), he has 51 homers, 120 RBIs along with 51 stolen bases and he's only been caught 4 times! He's the player (if you recall) who signed a 10 year contract with the *Dodgers* last year for \$US700 million (\$A1.03 billion) and he looks as if he's worth it.

And speaking of money, Tom Brady (possibly the greatest quarterback in American football history) has signed a 10-year contract to commentate on Fox Sports for \$US375 million (\$A560 million). Who says the Rupert Murdoch is short of cash?

This is not sport - it's Kultcha. Jack Hibberd died on August 30th. Who was he? He was a great Australian playwright and among his classics was *Dimboola*. *The Child Bride* and I saw it as a stage play in Canberra many years ago and cried laughing. If you haven't seen it, you should. I won't spoil the plot but it really is a close look into a portion of the Australian way of life.

Talk at you next month,
The Hillside Critic



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Field Day at Yeo Farm

In September, I attended the Drought resilience field day at Yeo Farm which was packed with useful ideas and information.

Membership to LandCare is \$10.00 per year and is currently free for new members. Contact Joel Dunn, for membership. You'll receive emails about upcoming field days and workshops.

Joel Dunn: greatlakes@midcoast2tops.org.au

Our local Dyers Crossing LandCare Group comes under the umbrella of Karuah & Great Lakes LandCare (KGLL). We meet at different properties across the region, to gain insights and inspiration from each other.

Laura Pennington - Dyers Crossing LandCare coordinator.



DYERS CROSSING LANDCARE GROUP

October News

Our meeting at Kings Creek Retreat on 26th September, was packed with ideas and info. Many thanks again to **Carla & Spud** for being wonderful hosts.

We enjoyed a look around the retreat, a walk along the riverbank to discuss nature regeneration and it was also interesting to learn about the positive impact of Crown Rot Fungus. Carla & Spud explained that 4 local landholders introduced the crown rot fungus about 5 years ago, to help control the spread of Giant Parramatta Grass. It has definitely been successful in reducing the spread and also the vigor of the plants.

Julia Emerson from the LLS came along and provided an overview of a project they are planning in conjunction with local landowners.

The project involves two field days and monitoring of land in between. Guest speakers and workshop. Landholders will benefit from gaining strategies and insights into land improvements.

The Event: Landscape positive farm planning in the Wallis Lake Catchment pilot.

Max 20 people from Wallis Lake catchment area

Goal: Provide landscape-scale and farm-scale perspective to traditional farm planning. Upskill landholders to identify and measure the baseline condition of their natural assets.



Joel Dunn, our local LandCare Coordinator explained some bush regeneration weed management strategies.

We also discussed how to spend some of the groups' funds.

Jason Packer
Director / Bricklayer



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Our Grey Ghosts have been on the road again!

"We leave for the Murray on Thursday" she said. "What?" So we did.

Two couples leave Nabiac, meeting three other couples on the way to Mildura for a 4 day trip on a 20metre houseboat.

Through the tunnel at Sydney which saves a lot of trouble but not sure about being charged about \$40, being the same rate as a semi-trailer because of our van.

Camp the first night at Jugiong along with many others. Great place with lots of like minded folk but plenty of room, leave early and call at Gundagai to visit the truck Museum and plenty of horror stories of the old Hume Highway which was, in many ways, an embarrassment to be called as such. Call at Tarcutta and the truckies Honour Wall where those who are no longer with us are honoured. Very moving and so many young people lost in accidents.

Backtrack a bit and meet the Murrumbidgee for the first time on the Sturt Highway.

The headwaters of the Murrumbidgee (3rd longest river in the country at 1,458 kms) begin in the Snowy mountains around Cooma to where it meets the Murray near Balranald. In years past a very busy river as paddle wheelers travelled as far as Wagga Wagga some 1,200 kms from the Murray. This all came to an end, of course, with the construction of the railways in the early 1900's. Onto Darlington Point where we meet another couple and camp beside the Murrumbidgee.

Spring Fair here so spend some time (and \$). Not really looking forward to the 240 kms to Balranald via the Hay Plains, still following the river but it must be done. Whilst not boring the scenery changes with Hay the only town of significance on the trip.

Wild flowers are in abundance and the horizon seems a hundred kms away. Country is as flat as a plate, not a hill to be seen and covered with stunted saltbush less than a metre high with the occasional gidgee scrub perhaps 4m. Camp tonight at Balranald and a couple of hours will see us in Mildura on Sunday to board the houseboat on Monday.

Park the vans in a paid secure facility and meet at the houseboat business. Quick lesson to our two recruits how to avoid other craft and away we go. 20m long, 40 tons with a 2nd deck above where the hot tub sits and 5 self contained cabins, twin Mercury's on the back

and about 9kts. Doesn't sound much but it takes a while to respond to the helm so a lot of zig zagging going on.

Staggering at the number of similar craft, private and commercial and this is just one small section of the Murray's 2,500 kms length. Some enormous house boats here much larger than us but also in the \$10k per WEEK range.

The border between NSW and Victoria is the river with NSW "owning" the river and evidently includes some land on the Vic side, but all shared by many agreements.

Down river and we are shown how to navigate lock 11 by the boat owners rep. Most locks will accommodate boats about 40 m and raised (or lowered) about 4m.

South as far as Wentworth where the Darling meets the Murray. The Darling, nearly 1,500 kms long, was once trafficable as far as Bourke by paddle wheelers in years past.

Camp at night tied up at banks with suitable trees to anchor with.

Back upstream and do the lock thing on our own, Captain Garry doing a great job (but don't forget the deck crew), travel past our starting point at Mildura to Trentham winery for an expensive cheese platter. Down stream again and tie up for the night at the Gol Gol pub wharf and go ashore for our last night pub dinner. Windy here and had some calls from the business re our ability to handle the conditions as the boat is similar to a large sail and wants to follow the wind, but our captain saw us through although another boat tried several times to dock between us and another and bumped the other boat with minor damage.

Return our boat (un damaged) after doing some 110kms over some 4 days.

The girls bought food beforehand and we had very little left on the last morning. Good housekeeping. Most slept in until the first up blew the warning horn (usually at 6.30) with the result some grumpy passengers for breakfast. Lot of fun with like minded folks.

Great trip, a lot of first time experiences and met a lot of interesting and nice fellow Australians. Recommend.

**Another great sounding trip to be added to the travel guide ED*

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Welcome to Deb's Gardening

Since the weather has warmed up, I have been out in the garden and finally got parts of the garden under control and it didn't take me long at all. Life is so much easier when you have the right tools, a few hours on the whipper snipper and all the chickweed, radium and pimpnel weeds in the garden beds got cut down and that became my mulch. The faithful hedger made light work of the row of red hot pokers and camellias. The chainsaw sawed through the Hibiscus easily, which made the other half happy to see them go. I just had to get down on my knees and weed around a few plants and I was done. I have even been to the nursery and bought a few perennial plants to replace the hibiscus and plants that the builders trod on and killed. (Perennials are characterised by their ability to live and bloom for more than 2 years. They may die back or not, but the plants lives on to flower year after year).



The vegetable garden is ready to plant; I have pulled out most of the broccoli and cauliflower. The peas have been turned into the soil, compost, blood and bone and organic life pellets have been added and the beds are mulched. The tomatoes and capsicums are planted and protected with mulch. I am waiting a few more weeks to sow the corn, zucchini, pumpkin, watermelon and cucumber. The weather even though we have had warm days and nights, spring is unpredictable and a cold snap could happen so October is when I like to sow the seeds as they prefer a warm soil and there is a better chance for the seeds to germinate and less chance of a frost.

Other parts of the garden are still, what I will call in disaster mode - two big trenches have been dug from the house straight through some of the garden beds into the orchard to accommodate pipe works to a new tank and the new septic system that had to be installed. Hence losing more plants, fruit trees, steps that I put in, and leaving mounds of dirt everywhere. I wasn't prepared to see so much earth works that I keep repeating to myself "no mess, no progress" to keep me sane. I took photos of the garden of what it looks like today with all the trenches and mounds of dirt and posted them to my children as they love my garden. My daughter made the

comment "just as well you love to garden mum".

The one benefit that has come out having the trenches dug is that my other half has been installing taps all throughout the garden. There are taps everywhere, so now to water the lawns in dry times I just need to have short hoses and sprinkler heads and both the garden beds and lawn will be getting watered at the same time. The other half had to drag big irrigation pipes and set up jet irrigation sprays that would hit the road and hit the house which was leaving water stains as we use dam water to water the garden. I won't need to rely on the other half to set up the irrigation to water the lawn any more.

Where building materials have been left on the ground, (and since removed) which smothered the lawn, all that has grown back is bindii, so much in fact that it will take me a month of Sundays to remove by hand which I have done in the past, and since time is of an essence at the moment I will be bringing out the big gun, and I don't mean Round-up. Studies show that direct contact with Roundup or glyphosate may cause health issues, including a greater risk of developing cancer called non- Hodgkin lymphoma, and other illnesses such as celiac disease, leaky-gut syndrome, even autism. Glyphosate is also reported to be acutely toxic to fish and birds and can kill beneficial insects and soil organisms that maintain ecological balance. It can also disrupt bee navigation. Homemade sprays work just as effectively and for me more environmentally friendly.

There are homemade and natural alternatives for herbicide that I use in the garden when the need arises and it's not very often that I need to use them but when I do they are so simple to make and just as effective-

Baking Soda - it is an incredible weed killer. Baking soda will suck the water of the weeds, causing the plant tissue to dry up and eventually die. I use it sometimes to sprinkle over pathways to the kill the weeds.

Boiled water—Simply pour boiled water over the areas with heavy growth, and in between pavement cracks. The hot water may not always go to the roots but it dries up the weeds and the next day the weeds are dead.



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Vinegar + salt + detergent – This recipe is what I will be using on the bindii. Mix 2 parts Epsom salt, 1 part white vinegar and a tablespoon of dishwashing liquid. The dish soap acts as a surfactant that reduces surface tension, letting the solution bead on the leaves instead of getting absorbed by the plant.

Vinegar is an inexpensive natural weed killer and any vinegar that contains 5% acetic acid can be used as the acetic acid is the active ingredient that breaks down the weeds cell wall and removes moisture. I simple mix it up and use a spray bottle. This herbicide recipe is most effective when you apply it on a sunny day or when there is direct sunlight. It will also kill grass and other plants, so if you do use this recipe only spray directly on the weeds.

Once the bindii have died and now that the weather is warmed up I will heavily sow the patch with lawn seed, keep the soil moist and soon enough I will have a lawn back.

Until next time

"Gardening requires lots of water, most of it in the form of perspiration"

Deb

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Nabiac Community Technology Centre

is open on Tuesday, & Friday mornings (Wednesday photo copying only – see Suzie in the OP-Shop) from 9.30am until 12 midday in the Neighbourhood Centre, 37 Nabiac Street.

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Season swim passes

Get ready for the swim season by purchasing your season pass that will give you access to Nabiac, Krumbach, Bulahdelah and Stroud pools. Swim season starts **Saturday 5 October**.

At the MEC

Don't miss Pianist with the Hair on show **Saturday 19 October** for an interactive experience as Julian Gargiulo captivates his audience with technical precision and humour.

Barrington Coast Air Show

Get your tickets for the first-ever **Barrington Coast Air Show** at Taree Regional Airport on **Saturday 9 November** from 9am to 5pm for a day of high flying thrills!

Coolongolook Bike Skill Course

A **free** bike skills course will be offered at Coolongolook Public School for children aged 8 to 12 years on **Wednesday 9 October**. Bookings essential. Bring a bike, helmet and some water

Unsupervised pools are opening for the swim season

MidCoast Council's outdoor pools are opening for the swim season on Saturday 5 October 2024.

There will be a number of changes to the way Nabiac, Krumbach, Bulahdelah and Stroud operate this season. Residents are encouraged to purchase their annual passes soon to make the most of the season.

These pools will reopen as unsupervised pools with entry fees for users. Access will be controlled through an electronic entry system.

The cost of a casual entry for an adult is \$5 and a season pass is \$50. Concession season passes are available for \$40 (proof of concession is required). Entry for children under 16 is free with an accompanying adult. A swim pass will grant entry to all four pools.

From today, you can purchase your season swim pass in person at any of MidCoast Council's customer service points. Simply fill out a form, make your payment and you will be given your season pass on the spot.

MidCoast Council staff will also be heading out to each pool to sell season passes before the start of the swim season. Payment will be by card only. Cash payments can be made at Council customer service points. Come and see our friendly staff to purchase your season pass at:

Nabiac

Tuesday 1 October 9.30am to 12.30pm on grassed area near IGA

Wednesday 9 October 3pm to 6pm outside Nabiac Pool

Krumbach

Wednesday 2 October 9.30am to 12.30pm at Leo Carney Park

Thursday 10 October 3pm to 6pm outside Krumbach Pool

Season and casual passes will also be available to purchase at select local businesses from the start of the swim season on Saturday 5 October. A list of businesses will be available on each pools page on Council's website closer to the opening date.

Season passes are also available to purchase on Council's website. Applying online for a season pass will take up to two days to be processed. You can then collect your pass from a customer service point or have your pass mailed out to you. Casual swim passes will be available to purchase from our website from the start of the swim season. To purchase your swim pass online, visit <https://www.midcoast.nsw.gov.au/Services/Facilities-and-venues/Find-a-Facility/Outdoor-Facilities> and search for your local pool.

MidCoast Council Media

Those living in Residential Aged Care Facilities (RACFs) in Taree, and surrounding areas will now have access to more personalised and timely healthcare thanks to a new Residential Aged Care (RAC) In-reach team.

Member for Myall Lakes Tanya Thompson said the service will bring expert care from a team of nurses, geriatricians, medical officers and physiotherapists directly to residents, reducing the need for hospital visits.

"I have been sounding the alarm about the stress and pressure the Manning Hospital and Myall Lakes health system is under especially after a concerning increase in emergency department presentations in the recent BHI data," said Mrs Thompson.

"The new RAC In-reach team is a step in the right direction to reduce the demand on emergency departments and ensure older members of our community can receive timely and personalised care in the comfort of their own home,

"With an aging population in the Myall Lakes, services like this are so important for better healthcare outcomes."

Available at no cost to patients, the service operates from 8am to 4pm, seven days a week, and will cover 65 RACFs across the region by November 2024.

Cedar Party Creek Bridge detour to open

The Cedar Party Creek Bridge detour will open at 5am on Monday 23 September, with the current bridge closing to traffic to allow work to begin on its replacement.

During construction of the new bridge over Cedar Party Creek at Wingham, the intersection of Wingham Road, Wynter and Combined Streets will be closed, and bridge traffic will follow a detour over a low-level bypass to the west of the current bridge.

The bypass will be open at all times unless water levels make it unsafe. If the bypass is closed due to flooding, flashing light signage will alert motorists. Temporary turnaround bays will be provided either side of the bypass to allow vehicles to turn around. If the bypass is closed, motorists will be required to use alternate routes, including Tinonee Road, Gloucester Road, and The Bucketts Way.

The bypass has been designed for vehicles up to 12.5m, with checking vehicles, semi-trailers, and B-doubles, able to pass each other by keeping left. Council will monitor the situation and impose restrictions on semi-trailer and B-double usage if circumstances require it.

The new bridge will bring many benefits to the Wingham community and commuters alike. It will be elevated to meet or exceed the 100-year flood level, and will provide a safer, more comfortable ride across Cedar Party Creek and into the town of Wingham. The project also includes a new roundabout at the Wingham Road, Wynter and Combined Streets intersection, which will allow for better traffic flow in the area.

"As the gateway to Wingham, the bridge is a vital regional road connecting communities and supporting local industry," said Mid-Coast Council's Director Infrastructure and Engineering Services, Robert Scott.

"We know the temporary lack of pedestrian access will cause an inconvenience for some in the community. Unfortunately, the bypass is not safe for foot traffic, and we don't have the budget to construct a temporary pedestrian crossing."

MidCoast Council manages the second-largest road network in NSW. With a relatively small rate-paying population across the area, the transport asset budget is stretched.

Road users should expect changed traffic conditions and are encouraged to slow down and take extra care when driving in or near the construction area.

Completion of the new bridge is expected in late 2025.

For more information and regular updates on the project go to <https://www.midcoast.nsw.gov.au/cedarpartybridge>

Lyn's Larder

CREAMY CHICKEN & SWEET POTATO BAKE

A quick and easy meal

INGREDIENTS

1 kg Sweet potatoes, peeled, cut into 5mm slices
300ml Crème Fraiche
125ml Cooking Cream
2 Garlic cloves, crushed
1 tbsp Chopped fresh tarragon
200g BBQ Chicken meat, shredded
2 Green Shallots, chopped
105g Cheddar Cheese, grated

METHOD

Preheat oven to 200c (180c fan forced). Place the sweet potato in a large microwave safe bowl with 1/4 cup water. Cover with two sheets of plastic wrap and cook in the microwave on High for 8 minutes or until tender. Drain and set aside.

Meanwhile, lightly grease a 6cm high, 30 x 20 cm (base measurements) baking dish.

Combine the crème fraiche, cooking cream, garlic and tarragon in a jug. Season with salt and pepper.

Layer the sweet potato, chicken, shallots and 80g (1 cup) of the cheese in the prepared dish, pouring a little of the cream mixture between each layer. Pour the remaining cream mixture over the top. Scatter over the remaining cheese and bake for 30 - 35 minutes or until golden and the cheese is melted and bubbling. Set aside for 10 minutes before serving

The 'luck' of the Irish

One day an Irishman, who had been stranded on a deserted island for over 10 years, saw a speck on the horizon.

He thought to himself, "It's certainly not a ship."

As the speck got closer and closer, he began to rule out even the possibilities of a small boat or a raft.

Suddenly there strode from the surf a figure clad in a black wet suit. Putting aside the scuba tanks and mask and zipping down the top of the wet suit stood a drop-dead gorgeous blonde!

She walked up to the stunned Irishman and said to him, "Tell me, how long has it been since you've had a good cigar?"

"Ten years," replied the amazed Irishman.

With that, she reached over and unzipped a waterproof pocket on the left sleeve of her wet suit and pulled out a fresh package of cigars and a lighter.

He took a cigar, slowly lit it, and took a long drag.

"Faith and begorrah," said the castaway, "that is so good! I'd almost forgotten how great a smoke can be!"

"And how long has it been since you've had a drop of good Bushmill's Irish whiskey?" asked the blonde.

Trembling, the castaway replied, "Ten long years."

Hearing that, the blonde reached over to her right sleeve, unzipped a pocket there and removed a flask and handed it to him.

He opened the flask and took a long drink. " 'Tis nectar of the gods!" shouted the Irishman....."Tis truly fantastic!!!"

At this point the gorgeous blonde started to slowly unzip the long front of her wet suit, right down the middle. She looked at the trembling man and asked,

"And how long has it been since you played around?"

With tears in his eyes, the Irishman fell to his knees and sobbed, "Jesus, Mary and Joseph! Don't tell me that you've got golf clubs in there too!"

Bet you didn't see that coming!

**Life is short! Break the rules!
Forgive quickly! Kiss slowly!
Love truly! Laugh uncontrollably.
And never regret anything that made you smile**

Wallamba Netball Club – 2024 Season Recount



This season our little club grew to 56 members; we were so excited to welcome some new players to learn and love the game of netball. Despite some challenging weather our players always showed up with positive attitudes and a smile.

Our **Set's Team** grew in confidence over the season as their skills and understanding of the game grew.

Our **Go Team** was made up of a mixture of experienced players and newcomers, they soon come together and found their rhythm! They were commended on their positive sportsmanship throughout the season.

Our **Junior Green Team** excelled this season winning the Grand Final against Hallidays Point. They were just incredible to watch as their skills and bond grew, they began to play intuitively. All season it was a close competition against Hallidays making it an incredible grand final game. At full time it was a draw going to extra time of two, seven-minute halves that also ended in a draw. Then to win the girls had to get up by 2 goals. They dug deep to score 2 quick goals and won! Thank you to everyone who came to cheer them on, we had an amazing cheer squad.

Thanks to our wonderful sponsors this season we were able to tick off a bucket list item – going to watch a professional game in Sydney. We watched The Swifts vs The Giants and it was such a great day that we hope to make this an annual trip. The girls were so excited to see that we made it on the big screen – a sea of royal blue - and laughed that the surrounding spectators had their ears covered. We sure know how to cheer.

Thank you to our players, families and sponsors for being a part of the club during the 2024 season. We hope to see you all next year, until then enjoy your Saturdays.

Registrations will open in January 2025; in the mean time you can stay up to date with the club by following us on Facebook and Instagram – "Wallamba Netball Club". For any questions we can be contacted via email:

wallambanetballclub@gmail.com

A wife's eulogy at her husband's funeral:

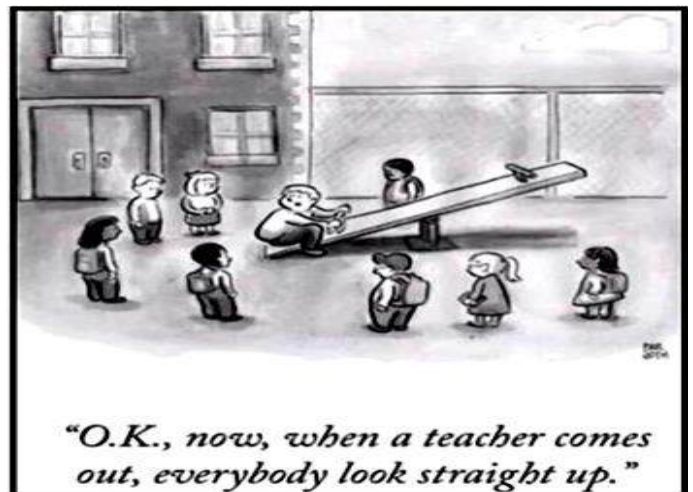
"Norman needed a blood transfusion, but his blood type was not on record, so the doctors asked me if I knew what it was.

They urgently needed to know, to save Norman's life. Tragically, I had never known his blood type, so I only had time to sit at his bedside and say goodbye.

I'll never forget how supportive my Norman was.

Even as he was fading away, he kept on whispering to me, "Be positive, be positive, be positive!"

That was my Norman! Always thinking of others."



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ABOUT

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Good Medicine

Father's Blessing

Have you been excited to discover the story behind a name you've known for ages? This was my experience after reading about George Cadbury. As a child the name Cadbury Bourneville cocoa meant a warm drink or something for cooking - I can still see the packet in the pantry. The story is that in the 1800's George Cadbury and his brother took over their father's failing enterprise and built the Cadbury chocolate business. George decided to build a new and better factory for his workers so moved to a rural site and, calling it Bourneville, built more than 300 homes, plus playgrounds, schools and churches. His workers were 'paid good wages and offered medical care' and improved conditions. This was the opposite to the usual factories of Victorian England which had 'high fatalities' and people living in poverty.

This came about because of his Quaker faith. Imagine how things could be different if God was in charge of our neighbourhoods and workplaces ... as in the Lords Prayer, 'Your Kingdom come, Your will be done' ... when He is, people flourish.

We recently celebrated Fathers Day. This began as a Christian holiday with the Coptic Church celebrating fatherhood from the fifth century on St Joseph's Day. The Catholic Church did the same from the 14th century. At the present time when the value of fatherhood is often diminished it's great to remember the value of fathers to their children. In Australia today 'close to one million children go to sleep without their father in the house' ... this is sobering and makes me cry. The cure for fatherlessness is ... 'intentional fathers simply showing up and getting involved'.

We need strong dads a child's idea of God comes from their father's influence. Our earthly fathers are an imperfect

representation of our Heavenly Father, they have been tasked with modelling the love, care, nurture and discipline of God! Often fathers (and mothers) do not see the results of their labour in this lifetime, some do not fulfil their task but this doesn't change God's plans. *Psalm 103:13* says a father's compassion on his children is like the Lord's compassion on those who fear Him. A father disciplines 'the son in whom he delights', *Proverbs 3:12*.

Fathers are blessed to be a blessing to their children. In the Old Testament fathers intentionally blessed their sons before they died ... eg. in *Genesis 27: 27-29* Isaac's blessing to Jacob included 'dew from heaven, fertile fields ... he was a farmer ... and respect from his relatives' as well as the words 'May those who bless you be blessed'. The blessing included laying hands on the child, a kiss and embrace of acceptance ... and praying for their success in life.

There is **A Fathers Blessing** which a father can use to bless his children ... it says among other things, You are special, you are a gift from God, I am proud of you, I rejoice over you.

Just as George Cadbury saw the need for help to families, organisations like Dads4Kids promote fatherhood and help men who might find fatherhood difficult. Their goal is 'to turn the tide of fatherlessness and focus on harm prevention'.

Even if your father was not a positive role model, God still wants to be your Heavenly Father, *1 John 3:1*. On November 19th the world will celebrate International Men's Day, but God can be your Father every day.

Quotes from Our Daily Bread, Word for Today, The Daily Declaration, www.Dads4Kids.org.au

The Counsellor

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 3rd Sunday
For information regarding the Nabiac Community Church please contact **Margaret Weller** (0427 570 039),

St Bernadette's Catholic Church, Krambach

October Mass times are Saturday 5th at 5:00pm, Saturday 12th at 6:00pm, Saturday 26th at 6:00pm
October Mass Saturday 5th at 5:00pm
(contact **Helen Legg** on 6559 1211)

***Note: Mass is held @ 6:00pm from Saturday 12th daylight savings**

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 19th at 6:00pm
***Note: Mass is held @ 6:00pm again - daylight savings**

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

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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

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Belinda, Barb & Jess ♥

Wanted: Euchre Players

We play every Thursday night in the old Catholic School Centre at Krambach. We start at 7:00pm and generally finish about 9:30pm

We then have a cuppa and a chat, all for \$5.00.

Doesn't matter if you are only a beginner, you would be most welcome

To find out more please ring

Helen on 6559 1211 or 0429 778 011



Remember if you want to know what is happening in Nabiac,
just look it up on the web - nabiac.com
If you want to advertise an event, visit the web site and click
SUBMIT

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

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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* An announcement of a birth, birthday, passing?
* Some personal message?
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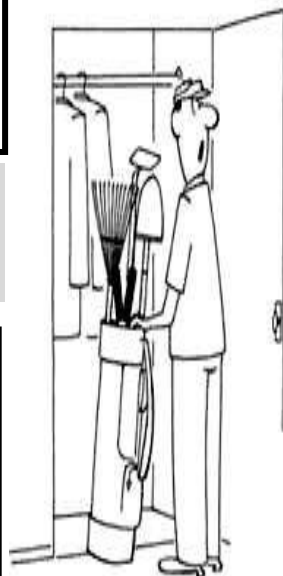
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