

FREE, pass me to a friend

ACROSS THE FENCE

REMEMBRANCE DAY

on the 11th of the 11th @ 11am

Take time to bow your heads and remember all of the fallen, injured and serving men and women who have defended our country and us in wars during the last century and who are still defending us.



Sinfonia
MNC

Your Community Orchestra is back @
the Manning Entertainment Centre with
"Three Choirs & and Orchestra"
on Sunday 24th November @ 2pm
Adults \$25, Concession \$20
Details page 17

Wallamba CWA

Details page 32

"end of Spring"
trash & treasure
sale

Krambach Country Music
Saturday 24th November
Details page 3



News from the Wallamba Watershed is a

FREE BOTTOM PRODUCTION



Sean Stokes
Qualified Diesel Mechanic

0409 397 211
asstokes@hotmail.com

19 Aerodrome Rd,
Nabiac

Gutter Snipes

ROOF GUTTERS &
DOWNPIPES CLEANED

Fast - No Mess
30+ Years of Experience

Phone Peter on **0404 793 966**



Editorial.

Hi all,

Apologies for the late delivery, but I was unsure if it was even going to be printed.

The company I have been dealing with for the last 16 odd years, and where I have been printing the issues for the last 8 months, went into voluntary receivership on 23rd with out me being informed until 29th. Instant panic as my copier, I thought, needed a part and needed checking. Fortunately Toshiba honoured my contract and sent out a repairer yesterday (Monday) to say it was fine and now I am waiting for staples to be mailed to me to do it as I can't get them at a shop.

My thanks to Cameron Steele at Steele Real Estate for his offer to let me print on his machine if I was stuck. It would have been a greatly appreciated lifesaver if it came to be the only way to print.

Now I just have to sort out a new machine of a different brand that can be cared for by a local supplier as Toshiba will not be reopening a shop locally. A real headache!

A busy month coming up with CWA's 'trash & treasure' sale, Sinfonia's Orchestral night again at the Manning Entertainment Centre, Krambach's Country Music day again and early reminders of events for Christmas next month.

You might have noticed some changes at the Muse shop in Nabiac as it has been sold and some interior are being made there before it reopens, apparently working along the same lines as before.

Janice is moving on to pastures greener to be back near family.

The Op Shop has had to increase prices on some goods to help keep up with inflation. Like everyone else, increases affect them as well.

A good article this month for those of you with horses and how their teeth need attention, just the same as ours do, to keep them healthy.

Remembrance Day is approaching and whilst we remember our fallen we have to give thought to those who are STILL falling in other parts of the world to keep us all safe. An awful waste of lives given because of the greed of others.

Fire permits are needed again and with the rise in temperature in the last couple of days I have a feeling it is going to be a bit of a fire danger summer. Keep your places clear and ready for any changes.

Bunyah Hall's Rock & Roll night apparently was enjoyed by all. They are certainly working on ideas to entertain the locals.

Lastly, from the report I received, Coolongolook's 140th Anniversary Day do was a huge success. Will I be still here for their 150th report? Time will tell.

Until next month, keep well & stay happy

Lyn & Timidthy



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

• Bulahdelah	(1st Sat)	2 nd	8am to 1pm
• Blackhead Bazaar	(1st Sun)	3 rd	8am to 12 noon
• John's River Country	(2nd Sat)	9 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	2 nd	8am to 12 noon
• Myall Quays	(3rd Sat)	16 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	16 th	8am to 12 noon
• Krambach	(3rd Sun)	17th	8:30am to 1pm
• NABIAC	(Last Sat)	30th	8am to 12 noon
• Old Bar	(Last Sun)	24 th	7am to 1pm
• Pacific Palms	(Last Sun)	24 th	9am to 1pm
• Forster Town	(2nd Sun)	10 th	8am to 2pm
• Halliday's Point	(1st Sun)	3 rd	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	23 rd	8am to 2pm
• Forster Farmers Market	(3rd Sat)	16 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	23 rd	8am to 1pm
• Burrell Creek	(2nd Sun)	10 th	9am to 12.30pm
• Gloucester	(2nd Sat)	9 th	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
Disclaimer: The editor has **no affiliations** to **any** advertisers and the opinions expressed by submitters are their own.

ADVERTISING COSTS

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
Half Page - 19 x 13 cm	\$ 60.00	\$ 50.00
Full Page - 19 x 27.5 cm	\$110.00	\$100.00

6 months cost based on payment in advance.

Extra costs if artwork is required or extra ink used RE DESIGN
Lost & Found & Freebies are free.
For Sale, Wanted, Special Sizes etc. are charged by size of ad.

ROY & NEV'S

PLUMBING SERVICE

ABN: 34 225 665 588 Lic. No. 67367C

MIKE: 0412 888 746
0427 007 366



Log book service
General service
Brakes
Steering
Suspension
Electrical repairs
Welding
Break down assist
25 years experience
Reliable quality workmanship
Competitive pricing
Servicing the Manning and Great Lakes

Craig & Elysha Huggett
0410 655 920



AVALON MACHINERY REPAIRS & MAINTENANCE

- Mobile diesel mechanic
- Agricultural machinery
- Onsite repairs & services
- Compact construction equipment
- Warranty logbook servicing
- 15+ years experience



Nathan Langdon: 0488 241 094

Nabiac NSW 2312

Email: nathan@avalonmachinery.com.au

Facebook/Google: Avalon Machinery Nabiac

Nabiac Landcare



Recently someone asked me 'Why do you 'do' landcare?'

After all, the group is working on public land that's not just over their back fence. I think it's because we all enjoy the bush and like to see natural areas in and near town available for others to enjoy, for kids to explore, for a quiet walk, for the unexpected pleasure of the scent of native flowers or sunlight glinting on new leaves.

Last month we had the pleasure of hosting a Sunday morning walk through the Lilypilly Bend Reserve followed by morning tea. Chris Scott from the Sustainable Natural Resources Group and Joel Dunn, local Karuah and Great Lakes Landcare coordinator, led the walk along Woosters Creek. Participants were able to see the progression that has occurred from where work started ten years ago to areas of large privet that are currently being controlled. The walk was sponsored, in part, by Essential Energy.

The slow progress is not just a matter of man power and time. The slower approach allows the recovery of canopy and ground cover, protecting the soil, the creek and the plants and animal present. Like most urban bushland, the local reserves will need regular follow-up maintenance because weeds don't respect boundaries.

Chris highlighted that this area will never return to the original bush...we don't even know what that was...and surrounding conditions have changed in the area. What we are aiming for is a diverse community of plants, animals and 'wee beasts' that is stable and protecting the land and water and fulfills a variety of purposes for the local community.

The Nabiac Landcare team is currently working on Wednesday mornings at the Cowper Street end of the reserve doing follow-up weeding and privet control. If you're interested in having a look, give me a call on 6554 3196 or drop by at 11 for a cuppa at the boat ramp end of the Bullock Wharf Reserve.

Oh, this month's weed....they're all out there, all the regulars! *Go for it!*

Liz Rees



FOR LEASE SELF STORAGE UNITS

All enquires to First National Commercial
Forster—Tuncurry **6554 5011**



Tuncurry Pest Control

David

License No. PMT/TP 5068580

Termite Specialist and all pests

T: 0403 386 460

P.O. BOX 25 Tuncurry
NSW 2428

tuncurrypestcontrol@gmail.com

Krambach & District Garden



Lovers News

Hello Gardeners,

This month our garden club visited member *Julia's* lovely garden at Krambach and we had a full house.

It is some time since I have walked around it and it is quite extensive. I do not know precisely how big the garden is, but I will say 2 paddocks, approximately.

The newest section is about 6 years old and her plants have settled in nicely. To think that all this was barren land 20 years ago is unbelievable.

She has swathes of similar plants planted and it is very pretty, as are her roses.

The weather has been great the last few weeks and I have been able to get in weeding within the garden as they still flourish.

Have you planted your tomatoes, lettuce, cucumbers and herbs for your summer salads? It is starting to feel like it is here.

Happy gardening

Judi

KRAMBACH HALL

PRESENTS

COUNTRY MUSIC



LOCAL & VISITING WALK UPS

BACKING BAND

RAFFLES

TEA, COFFEE, CAKES BBQ LUNCH

LUCKY DOOR PRIZE

10:00AM - 4:00PM

ADMISSION ADULTS \$5.00 FAMILY \$15.00

SUNDAY 24TH NOVEMBER

Contact - Meryl 0429 647 393

Laurie 0411 583 890

CACHIA UPHOLSTERY

REPAIRS & RECOVERY - FURNITURE
CARAVANS - MOTOR TRIMMING - MARINE
SHADE SAILS - BISTRO BLINDS
ON SITE REPAIRS - FREE QUOTES

PH - 6554 1842
MOB - 0410 635 741

5 Norfolk Close, Tuncurry



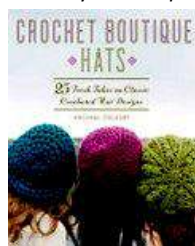
Between the Pages

Nabiac Library News



GREAT NEWS!!! Nabiac Library will open once again on **Thursdays 10am-12pm starting on Thursday 7th November!!!** Our helpful volunteers look forward to seeing and helping you then. Just a reminder! *Nabiac Library opening hours Mondays and Tuesdays 3-5pm, Thursdays and Saturdays 10am-12pm -Farmer's Market Saturday we open 9am.*

Feeling creative? How about making a fascinator to wear for The Melbourne Cup? Be quick, these books will teach you. *"So pretty Felt"* is available at Tea



Gardens. You can reserve it online or borrow direct from Tea Gardens branch.

"Crochet Boutique Hats" is available at Stroud. It can take about a week for your reservation to arrive at Nabiac Library.



November is International Games Month. Come and play all your favourite games at MidCoast libraries throughout the whole month. Bring your family! Bring your friends! Come along and have fun!! Need more information, ask our friendly staff and volunteers?

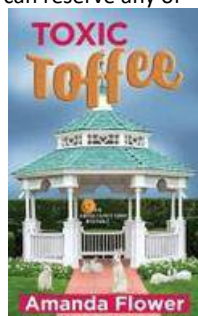
You may prefer jigsaw puzzles? It's confirmed!!! **28th November, 10am.** Where? **Nabiac Library** of course will enter the **annual Inter Branch Puzzle Off.** Come along, have loads of fun!!!

Cosy mystery lovers, I've discovered **Amanda Flower**, author of several cosy mystery series. Here are some examples of her work. I enjoyed reading *"Crimes and Covers"* from her magical bookshop mystery series. *"Farm to Trouble"* is from the *Farm to Table* series or perhaps *"Toxic Toffee"* an Amish candy shop mystery.

You can reserve any of



these books online or ask our friendly volunteers for help if needed.



Jill Flower - NDIS Provider

ABN 30165865771

Your local NDIS provider
Endorsed Enrolled Nurse providing
Community Nursing, Home Support and
Aged Care Support

**"PROVIDING HIGH QUALITY CARE
WHILE
PROMOTING INDEPENDENCE"**

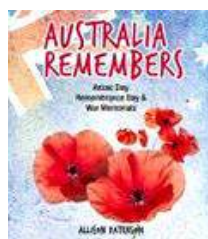
Full insurances

Please call Jill: **0418 966 940**

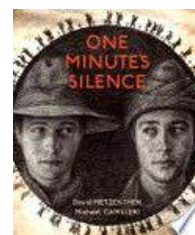
Email: jillaflower@yahoo.com.au

On a more serious note is **Remembrance Day 11th November.** It has been observed since the end of World War 1 at the 11th hour

commemorating those men and women who have died in the service of their country. The poppy and a sprig of rosemary are symbols of remembrance and our gratitude for their individual and ultimate sacrifice. **Let us not forget.** Here are two books that will explain and enlighten us about Remembrance Day.



"Australia Remembers" is available at Tea Gardens or may be reserved and *"One Minutes Silence"* is available at Forster, Hallidays Point, Tea Gardens, Gloucester and Harrington.



Summer Reading Club join the challenge! Who can participate? **0-17 year olds** This year's theme **Oceans of Possibilities.** Registrations open **30th November, 2024 - 18th January, 2025** at library.midcoast.nsw.gov.au. Win prizes for completed challenges! Definitely come to the SRC party!! Feeling creative? Ages 0-17 year old's please design a bookmark for our Summer Reading Club - the theme *Oceans of Possibilities* – Think of a book you have explored that took you on a journey, design a bookmark that captures your favourite point in that journey. First, pick up your bookmark template from Nabiac Library. You can use paints, textas, crayons and more – make it bright and bold, avoid using lots of words – we're excited to see your art! **Please return your completed bookmark design by Saturday, 16th November, 2024 to any MidCoast Council Library branch including Nabiac.** Be sure to include your contact details for us to contact you if you win! Winning designs will be professionally printed and shared across the community. Winners will receive a book voucher or a party for up to 6 people at a local entertainment venue. Grab your art supplies and start designing!!!!

Until next month, keep reading, learning, and enjoying our wonderful Nabiac Library!!!

NRG

Lic. No: 43824C

NABIAAC ROOF & GUTTERING & PLUMBING

Ph: 0410 506 044

SUPERIOR ELECTRICAL & SOLAR SERVICES

MICK HANSEN

Level 2 Authorised Contractor
Lic. 45366c

M: 0468 344 767

E: superiorelectrix@gmail.com

W: superiorelectricalservices.com.au

OUR EXPERIENCE  YOUR IMAGINATION



Donaldson
**PLUMBING &
AIR CONDITIONING**

Phone 0419 534 606 Lic No 343867C

Phone Aaron @ Nabiac

0419 534 606

 Plumbing  A/C  Roofing  Gasfitting

Nabiac Memorial Neighbourhood Centre Association Inc.



Neighbourhood Centre AGM was held in October.
Elected Committee are:-

President – Kit Carson

Vice President - Colin Henderson

Treasurer – Ross Dearing

Secretary – Louise Collins

Committee Members - Kathryn Murphy, John Baker, Christal Pearce
and Liz Van Reese.

All these members are local residents and they volunteer their skills
and time to the many groups connected to the Neighbourhood
Centre – the Op Shop, Farmers Market, Futures Group, and Nabiac
Landcare.

Membership We have around 130 members at any time throughout
the year. All members are covered by our insurance for volunteers.
Some volunteers have been with us for many years and a few stay
only a short time. The members of the Nook, Op Shop, MNC Quilters,
NVFG, Nabiac Landcare, Farmers Market, and the CTC are all
members of the Neighbourhood Centre.

Much of our focus is on

- continuing to provide a neighbourhood centre for the benefit of local people,
- providing environmentally sustainable opportunities (including the reuse and recycling of clothing and household items)
- supporting the provision of community facilities as per (but not limited to) the Nabiac Community Strategic Plan

This month it's a timely to remember Margaret Fenn's message almost 30 years ago...

"after four years of working to keep the land and building in the hands of the community ... use we now have a Neighbourhood Centre which will remain with our community ... If we want something badly enough, we'll work for it and get it. This is your Neighbourhood Centre. We hope that you'll support it in whatever way you can. Nabiac and district is a growth area and there are a number of groups working to achieve benefits for all residents. It can only be achieved by community involvement."

Next meeting Thursday 12th December, 2024, 7 pm, Neighbourhood Centre.

Contact us at Nabiac Community on Facebook or
secretarynmnca@gmail.com

FOODWORKS
LIQUOR

NABIAAC

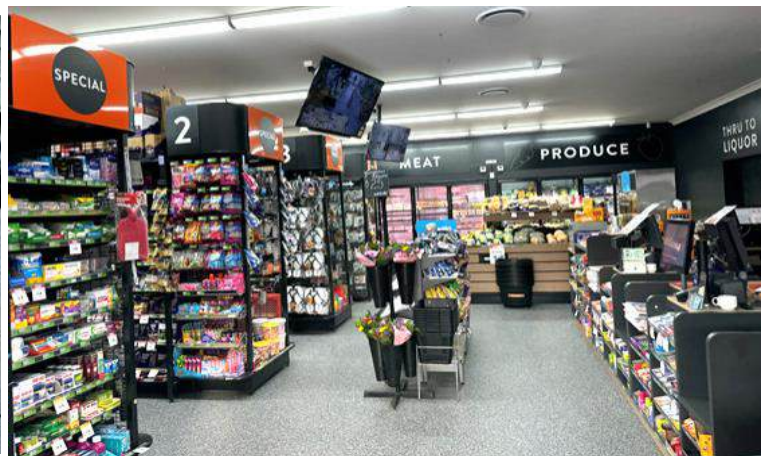
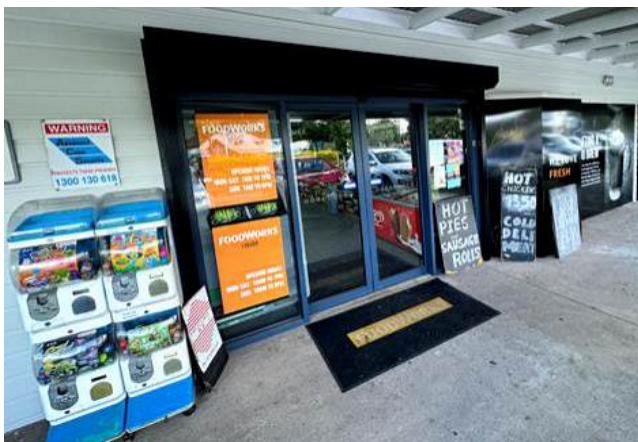
Shop 4/1 Nabiac Street

7:00am to 7:00pm Monday to Saturday

7:00am to 6:00pm Sunday

Liquor 10:00am - 7:00pm M/Sat - 6pm Sun

FRESH PRODUCE - McGRATH MEATS - DELI SPECIALS
WEEKLY SPECIALS - BEST HOT CHICKEN ON THE COAST



Greater Taree • Manning Valley • Great Lakes • Gloucester



STABLE
SHEDS & GARAGES


Ph 6551 6006
E: stablesbeds@westnet.com.au
www.stablesbeds.com.au

147 Manning River Drive, TAREE SOUTH
The Stable Pty Ltd (Est. 1977) trading as Stable Sheds & Garages
ABN 26 008 538 529 LIC# 179074C

Rawleigh's
HEALTHCARE

Susan & Neville Harris
Independent Distributors

1099 Bunyah Road
Bunyah NSW 2429
02 6559 1521
0427 591 680



MINIMBAH MATTERS



Minimbah Rural Fire Brigade's Station has been undergoing repairs to damage caused by the severe hail storm that swept along Minimbah Road and surrounds last Boxing Day. We are nearly "all done" with the final installation being our two new roller doors, which are now up and rolling. It seems like the perfect opportunity to have an Open Day, so that's exactly what we are doing.

*We request the pleasure of your company
at our Get Ready Open Day
at our Fire Station
on Saturday 9th November, 2024
from 11am to 2pm*

This would be the perfect time to get to know your local Fire Brigade Members, ask all the questions you have always wanted to ask, pick up some handy information and even meet some of the neighbours you never knew you had.

If you've got a question, don't be shy – ask us. Someone will have the answer.

These sample FAQs may act as prompts or inspiration for you.

- ◇ How do I get a free Fire Permit?
- ◇ Who is my closest Fire Permit Officer?
- ◇ Do I need to give at least 24 hours' notice to neighbours all year round?
- ◇ Why do I need to have a written and practiced Bush Fire Survival Plan?
- ◇ What apps do you advise us to have on our phones?
- ◇ I can't afford all the fancy PPC for when I am protecting my property during a bushfire. Can I just use the things I have at home?
- ◇ How do I join the Brigade?
- ◇ Do you think I would look good in "fire brigade yellow"?
- ◇ What are the most non-combustible shrubs and trees to plant?

New to the area!

Picture This Custom Framing
NABIAC



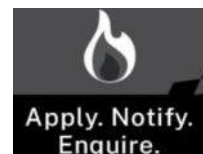
We assist by framing...

- Fine Art and Drawings
- Jersey and Sports Memorabilia
- Canvas Stretching
- Needlework and Tapestries
- Sentimental Pieces
- Photography

25 NABIAC Street, NABIAC
0402 717 900
www.picturethisframed.com.au



These icons may lead to many questions.
Ask about them.



It is now officially the Bush Fire Danger Period in the
Mid Coast District.

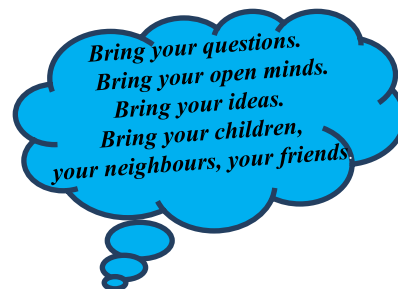
Fire Permits are required.

You now have the option to apply for a free permit online via
the NSW RFS website.

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

For contact details of your local Fire Permit Officer, and to ensure you receive accurate and up to date information, please call the **Mid Coast Fire Control Centre on 1300 643 262.**

Out of respect for the privacy of our volunteers, we do not publish their private telephone numbers.



Saturday 9th November, between 11am & 2pm.
Minimbah Fire Station
681 Minimbah Road
Minimbah

Report unattended fires to
Triple Zero (000)

Manning Valley
LEGAL & CONVEYANCING

Wills & Estates - Conveyancing & Property Law
Money & Other Disputes - Criminal, Traffic & Family Law

For all your Legal needs: We're here to help
75 Isabella Street, Wingham, NSW, 2429
6553 0500
www.mvlc.com.au help@mvlc.com.au



Looking for that unique gift?
Something a little different and locally made?
Then drop into Muse and see our amazing
range of art, craft and gifts.

76 Clarkson Street, Nabiac NSW
Email: museartandcrafts@gmail.com Ph: 0403 826 439

News from Muse



Well our Mini Art & Craft market last month was the best yet!! We had new stall holders as well as some of the regulars and the quality and variety of the work was excellent!! Once again a huge thank you to Modern Motors for allowing us to use their forecourt too.

Keep your eyes on our FB page for details of the Christmas Market!!!!

Well, this is the last I will be writing this column as the owner of Muse Art & Crafts! Yes, as from November 1st Muse will have new owners.

After a long search, I found a new owner to continue to build and grow Muse to reach its full potential. Locals, **Philippa & Simon Bird** are taking over and taking Muse to the next level.

Philippa is probably better known to many as the creator of Frog in a Sock pottery and has been a member of the Muse family since the very beginning.

It is my understanding that Philippa & Simon will be continuing to run Muse as it has been for the past 2 years, but will be increasing the Inner Muse Art Academy classes. They will still have the Meditation and Sound healing once a month and the quarterly Mini Markets. I'm sure they have a lot of new and exciting plans, but that's for them to tell you next month, once they've settled in. The Gallery will be closed for a few days at the beginning of November for Renovations, so don't panic, just keep an eye on the Muse art and crafts Nabiac FB page for details of the re-opening.

I think you will agree Muse has become a valuable addition to the Nabiac offering to (what) our visitors can expect when they drop into Nabiac. The fact we have survived what has been a rather fragile economy is testament to the fact that it was the final piece that completed the Nabiac shopping landscape.

**WT
HOWARD
FUNERALS**
HELPING NABIAC SAY
GOOD BYE SINCE 1922

4/25 MANNING ST. TUNCURRY
PHONE 6557 6757

**Can I be a service
to you ?**

**Bobcat and Tipper
hire!**

Fully
Insured!
Lives
Local!

- Site clean
- Levelling
- Driveways
- Post hole auger
- Hoe attachment (trenching)
- Road broom
- General excavation



Call Sam!
Ph: 0417 659 131

**Friendly, reliable,
experienced operator**

The Inner Muse Art Academy is another example of something that our area lacks, yet needs. Art classes are few and far between in this region and the Academy has had students from as far away as Newcastle and Gloucester.

I hope you will all continue to support the new owners as much as you have supported me for these past two years. I couldn't have done it without your support and for that I will always be grateful, thank you.

I move on to pastures anew comforted by the fact that Muse is in safe hands and will continue to grow.

So for the last time,

Thank you

Kind regards

Janice Dance



**MATRIX
THORNTON**
CONSULTING ENGINEERS

**Structural, Civil,
Mechanical & Acoustic**

**Providing quality
professional
engineering
solutions for the
Mid North Coast**

PH: 02 6553 2577

144 Oxley Island Rd, Oxley Island NSW 2430

Email : info@matrixthornton.com.au

www.matrixthornton.com.au

Harcourts **Nabiac Real Estate**

"Enter as strangers, Leave as Friends"

Graham Russell 0434 630 010

Glenn Russell 0493 087 932

Michelle Property Manager 02 6554 1450

Email: nabiac.info@harcourts.com.au

www.nabiac.harcourts.com.au

Shop 2 Village Green
Nabiac Street
Nabiac, NSW 2312
02 6554 1450

Rural, Residential, Property Management

MIDCOAST RURAL PROPERTY MAINTENANCE

**FOR GENERAL INQUIRIES,
PHONE BRAD REARDON ON;
0429 156 088**



105 Tennants Road, Nabiac NSW 2312
bradreardon69@icloud.com
ABN: 92 918 340 525

- Bobcat & tipper hire
- Light land clearing
- Mulching & slashing
- Hole boring
- Post ramming
- Stick raking
- Trenching
- Drive way repairs
- Rubbish removal
- General welding
- Large animal burial
- Farm equipment maintenance & repair

FREE QUOTE | NO OBLIGATION

NABIAC PUBLIC SCHOOL



What an amazing start to Term 4 we have had here at the best little school anywhere..

On October 25th we celebrated World Teacher Day. Students wore a range of hats to tip their hat to their teacher. We are very fortunate to have such an exceptional and dedicated group of teachers!

Our Grandparents and Friends Day and Colour Run was a joyful, community-filled event, organised by our dedicated SRC students and teachers. A huge thank you to our amazing parents for helping spray water on the course, and to the P & C for coordinating the t-shirt packs. Special thanks to the Nabiac Rural Fire Service for bringing the fire truck and keeping our students cool with a fun water spray! It was a fantastic day full of smiles and laughter! Students have been fundraising and our wonderful P & C have supported this by providing not only a pizza party to the class that fundraises the most but a \$50

Stocklands gift card to the student who raises the most in each class. Thank you to everyone for supporting our school!

We have some very excited crafters to attend the November Farmer's Markets. They have been working hard making a range of amazing gift ideas including candles, bath salts, Christmas decorations and cards.

In week 9 we will be holding our **Carols by Candlelight event on Monday the 9th of December, 5:30 - 7:30pm**. More details to come!

Coming up this term we have more 2025 Kindergarten Orientation Days. If you are yet to enrol your child please contact the front office on 6554 1247.

To stay up to date with our school you can follow us on Facebook – "Nabiac Public School"

Kind Regards,
Amelia Bridge

**19 Nabiac Street
Ph: 026554 1211**

Since
1904

**Open Mon - Fri 7am to 7pm
Sat & Sun 7am to 6pm**

The Old Bank Centre

Nabiac's One Stop Shop

LOCAL LIQUOR

THERE'S ONE NEAR YOU



Australia Post

We are the biggest **Bottle Shop** in town with the widest range. **Post Office** for all your mail. **Lottery's** for that "wouldn't it be nice" feeling. **Newsagents** for the news & stationery to get back to work or school. **Fresh Fruit n Veg** from Newcastle markets 3 times a week. **Groceries** for those last minute bits you need for dinner.

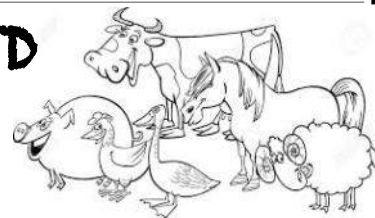
Family owned and operated, we pride ourselves on customer service. If we don't have what you want, just ask and we will do our best to get it for you.



Follow us on facebook for specials and new stock.

NABIAC HAY & RURAL PTY LTD

3178 Wallanbah Road,
DYERS CROSSING



Phone: Wendy - 0419 713 339
Ken - 0488 042 595
Trish - 0488 246 387

6550 2222

OPENING HOURS - 6 DAYS

Monday to Friday 7:30am to 5.00pm

Saturday 7:30am to 4:00pm

Sunday Closed

LARGE VARIETY & QUANTITY OF Small Bales, Rounds & Large Squares, Barley, Lucerne, Oaten, Grassy Lucerne, Straw,
BAGGED PRODUCTS FOR: Horses, Cattle, Pigs, Sheep, Goats, Poultry, Rabbits & Guinea Pigs, Calf Milk Powder, Bird Seed, Backrub Self Feeder & Backrub Oil
DOG & CAT FOOD - Dry & Tinned
MOLASSES & CATTLE DRENCH
LICK BLOCKS Dominator 15kg & 40kg; Equine Blocks
FENCING & GATES: Black & Gal Posts, Wire & Barbed, Pliers, Wire Spinner, Post Lifter, Hinge Sets, Yard Panels, Crushes, Loading Ramps, Bale Feeders, Gate in Frame, Slide Gate, Race Bow
GARDEN: Poly Pipe Fittings & Pipe now in stock, also gulf Western Oils & Cements Sugar Cane Mulch, Wood Shavings & Potting Mix (many varieties) Fertilizer, Rye Grass Seed, Grazon & Axie Howl
SHIPPING CONTAINERS - 20ft & 40ft - B Grade & New
Pick up & Delivery by Arrangement

One for the farmers! Did you know that cows produce 200 times more saliva than humans - what a lot of drippl!

KRAMBACH

Est. HOTEL 1890

Sunday November 10th - 3pm - Music

SHANIA BONITA KICKIN' ON

Saturday November 23rd - 7:30pm - Band

KRAMBACH BISTRO & TAKEAWAY

OPEN WEDNESDAY to SUNDAY, LUNCH AND DINNER

WEDNESDAY

RAFFLES & MEMBER'S DRAW

FRIDAY

RAFFLES & JOKE DRAW

LIVE MUSIC

CHECK FACEBOOK & INSTAGRAM FOR UPCOMING GIGS

FREE COURTESY BUS!

3736 THE BUCKETTS WAY, KRAMBACH

6559 1201



NABIACT BUTCHERY

WHOLESALE - RETAIL - PORK SPECIALIST

TRADITIONAL SMOKED HAM & BACON

SUPPLIERS TO CLUBS RESTAURANTS & HOTELS


FINEST QUALITY BEEF, LAMB, PORK, AND POULTRY

SPIT HIRE

2 Nabiac St, NABIACT NSW 2312

PHONE (02) 6554 1273

Email: admin@nabiacbutchery.com.au

NABIACT MOTORS

6554 1226

- Computer Wheel Balancing
- E-Safety
- New Vehicle Servicing
- Tyre's & Batteries
- 4WD Servicing & Repairs

Collin & Renee Went

WALLAMBA CWA REPORT

The Branch's October meeting is always a long one and full of information as it is not only our monthly meeting but also our Annual General Meeting and this year it was 60th AGM and was attended by 9 members and special Guest, Branch Mentor and Group Vice President *Eunice (Topsy) Roberts* from Lake Cathie CWA Branch. Apologies were received from President **Margaret Weller** and **Lyn Matthews**.

The meeting opened as usual with the National Anthem, CWA Motto and Prayer before members paused to remember departed friends of member **Pam, Shirley Delaney** (nee Bird) from Tinonee and well known Wingham lady Mrs **Noreida Fotheringham**. Others remembered were Dame **Maggie Smith**, **Lex Marinos** and **Kris Krisofferson**.

The minutes from the 59th AGM were read and confirmed and Vice President **Merle Barber** then invited each office bearer to present their reports which began with President Margaret's report read by **Jill Hammond** in which she thanked the members for continued support over the past year including **Penny** in her role of Secretary and **Jenny** our very capable Treasurer.

Sadly we lost 3 members during the year due to personal reasons but other members carried on in their various roles and represented the Branch at the many Group and neighbouring Branch functions during the year. Our Wallamba Branch had a busy year celebrating their 60th Birthday marking its formation and they also hosted the World Day of Prayer Service and members had entries in the Wallamba Show.

2024 was the year we studied FRANCE and each month we heard snippets of this country including history, places, people and, of course, the Olympic and Paralympics which took place in Paris.

Following the presentation of all reports Vice President Merle, standing in for President Margaret invited **Eunice** to chair the election with the following filling the various positions.

President Margaret Weller was nominated and returned unopposed, Vice Presidents Merle Barber was also returned for a further term with Pam Muxlow being nominated as 2nd Vice President. Secretary Penny Britton was returned to her position with Assistant Secretary Pam Muxlow filling this position. Our very capable Treasurer **Jenny Ang** was also returned unopposed but the position of Assistant Treasurer is yet to be filled. Pam Muxlow was returned as International Officer, Jill Hammond has filled the position of Cultural Officer whilst Handicraft Officer was filled by Merle Barber. Cookery

Officer sees Margaret Weller filling this position and Jill Hammond taking on the role of Agriculture & Environment Officer with **Beth Anderson** being her assistant. Jill Hammond and Pam Muxlow filled the roles of Publicity Officers. Patron, **Norma Flood** was unanimously voted into this position by all members.

The AGM was then closed with VP Merle Barber thanking our Guest, Eunice (Topsy), for being present and chairing our AGM. The monthly meeting was then held with 2nd Vice President taking the chair as 1st VP Merle had to leave for an appointment.

The thought was provided by Pam and was called "Always Finish" – If a task is once begun, never leave it till it's done. Be the labour great or small, do it well or not at all". Merle is to bring November's thought.

A number of items of correspondence were dealt with including Group events, reports and invitations.

Treasurer Jenny presented her report showing balances for the month and all members had paid their 2024-2025 dues prior to the AGM commencing.

International Officer Pam gave her report on the Pont Alexandre 111 Bridge in Paris which is one of the 37 bridges that cross the river Seine in Paris and is one of the most decadently designed in Paris with elements of Beaux Arts and Art Nouveau style with delicate gilding. The bridge was named for Tsar Alexander 111 of Russia who forged an historic alliance with France and his ill-fated son Nicholas 11 laid the spans cornerstone in 1896.

We have been advised that the 2024-5 country of Study is South Korea and Penny gave Pam an article from Sunday Life which included Adam Liaw's Korean recipes in it.

Merle and **Fay** presented their Handicraft report and congratulated the ladies on their colourful and different designed pincushions for the upcoming State Competition. Fay thanked Merle for all her support in this position and unfortunately has decided to step down. Pincushions and a knitted rug were received to go into the State Handicraft competition for the coming year and a number of CWA members items have been sold at the Nabiac Nook with funds going towards the Branch's income.

Cookery Officer Jean reported on the Hints and Tips Day hosted by Wingham CWA which was attended by 4 of our members. It was an interesting and very informative day with lots of taste testing of jam, preserves and cakes. Jean has finally mastered the Magic Bean Cake

Minimbah Rural Management & Maintenance



- Property Management
- Excavator & Tipper – Dam maintenance, driveways, trenching, dirt & rubbish removal
- Tractor & Mulcher – Slashing, mulching, fire break clearing
- Fencing – Entrance, internal, boundary – wood & metal
- Cattle Husbandry – tagging, drenching, mustering, etc

Call: Bill Thomson 0437 413 047
minimbahrural@gmail.com

nabiac pharmacy  **alliance PHARMACY**
where local health matters

1/1 Nabiac Street, Nabiac NSW 2312

T: (02) 6554 1511 F: (02) 6554 1911

E: **nabpharm@ninet.com.au**

   @nabiacpharmacy
alliancepharmacy.com.au

**Still making
QUALITY FARM
MACHINERY
after 30 years**

WINGHAM FARM MACHINERY

Your Farm Machinery Manufacturing Specialist



Want great advice on

Farm equipment?

**OPEN HOURS - Mon to Fri 6.30am to 4.00pm
Saturdays 8am to 12noon**



Distributor for:
EWA Earthware parts and attachments



Hydraulic Rams/
Fittings/valves



Full stockist
Huge range of stock

SEE US FOR ALL YOUR FARM EQUIPMENT NEEDS. WE ARE STILL MAKING QUALITY FARM EQUIPMENT

13 Industrial Close Wingham - Phone 6553 5729 - - www.winghamfarmmachinery.com.au - sales@winghamfarmmachinery.com.au

and has also trialled the peppermint slice recipe brought it along for a taste test over lunch.

Ag & Environment Officer Beth told us this year's topics and they include Frogs for our Fauna, Saltbush and India or Common Mynah Bird as the Foe and Australian Cut flowers for our Primary Product. Penny presented Beth with a potted Australian Creeping Saltbush in keeping with the topics.

For our Cultural segment, Jill gave a history on how our local monthly newsletter "Across the Fence" came into being with the Uniting Church being the initial producers. Jill also showed us the NRMA magazine article that focused on Forster as a place to visit.

Jean spoke on how she and husband *Kevin* had attended the NDIS fashion parade at the White House Café and Nook at Failford.

Members discussed the funeral arrangements for *Linsey Phegan's* funeral and how they would assist the local Wallamba Show Ladies Committee with the catering for it – thanks extended to *Moya* for all

her work with this event.

Jenny and Penny have indicated that they will represent the Branch as the MNC CWA AGM on 22nd October at Nambucca Heads.

November will see Linked Community Services present information at our next meeting on November 12th with a light lunch to follow that will be open to all Nambucca locals with a cost of \$5 pp.

Don't forget the upcoming **END OF SPRING TRASH & TREASURE GARAGE SALE** in the Uniting Church Grounds on Saturday 30th November during the morning and possibly for some of the afternoon. Posters will be placed around the village beforehand to let everyone know about it.

The meeting then closed and members enjoyed a shared light lunch, chat and catch up.

Pam Muxlow-Wallamba CWA
Publicity Officer

ATHERTON ANGUS STUD, FIREFLY.

(Previously Moredun Creek Angus Stud at Firefly)

YEARLING BULLS NOW AVAILABLE. READY TO WORK FROM DECEMBER FOR SPRING CALVING 2025.

- ◆ Quiet and easy to handle. Excellent stock for small landholders.
- ◆ Local born, acclimatised to coastal conditions /diseases.
- ◆ Bred using best Angus genetics by Artificial Insemination.
- ◆ Bulls from \$5,000 to \$15,000 ex GST.
- ◆ Young heifers, Top class breeders. \$1500 ex GST.

All enquiries to Hamish Barker on **0414 914 598**. Email enquiries to hamishtb@hotmail.com

Nabiac Second Chance Opportunity Shop

Established 1993

Open Monday to Saturday
9am to 12noon
Market Saturday 9am to 1pm
37 Nabiac St, Nabiac
6554 1876



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.

A friendly reminder to be mindful when donating. If you wouldn't buy it for yourself, Family or a friend, please do not donate it. Thank you in advance for your co-operation and understanding.

Christmas closure dates:

As Christmas is fast approaching I would like to advise the community of our trading hours over Christmas and New Year period.

The Op Shop and Shed will close early on **Friday 13th December, 2024 at 11.00am for our Christmas Party.**

Will open on Saturday 14th December, 2024. This is our last day for 2024.

Op Shop and Shed will be closed on the **Monday 16th December, 2024 and open again on Monday 6th January, 2025 at 9.00am.**

Please hold all your Donations over the Christmas closure as all our volunteers will be enjoying a well-earned holiday.

Op Shop

IMPORTANT INFORMATION FOR ALL CUSTOMERS.

Price Increase of clothing as of 1st January, 2025

Please see full page advertisement for further information.

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

Our clothing prices will remain at the current pricing until we close in December for the Christmas Holidays.

Between now and when we close come in to get your clothing at the current prices.

The new prices will come into effect as of January 2025 when we reopen.

Shed

We have received more furniture over the last month.

Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

Workshop and Gallery open every Saturday from
9:00am to 2:00pm

New members, men & women, are very welcome.

If you like "messaging about" with wood, please visit us or contact us as follows:



Address: 100 River Street, Taree

Phone number: 0404 481 084

Email: mglwoodworkers@yahoo.com.au

Web Site: www.mglwoodworkers.com

MODERN MOTORS

NABIAC



78-80 Clarkson St Nabiac NSW 2312

Email modernmotors@bigpond.com

Phone (02) 6554 1235

Family owned since 1947

There are 2 lovely extendable dining tables, 1 table comes with four chairs \$140.00 - ONO.

The other one is a Parker Furniture dining table without chairs \$200.00 - ONO.

See our face book page for photos.

They just need a little TLC to the table tops otherwise generally in a good condition.

If you are interested please come in. take a look.

We are still looking for furniture so if you have any items you wish to give to the Shed please come in and speak to the guys.

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

Books are still a \$1.00 each and kids' books are free.

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.

All our Christmas decorations will be available as of the 1st November in the Shed.

The History of Nabiac and District.

We have sold out of the Nabiac History Book and are looking at getting more printed. If you or your friends and family are wanting a copy, we have started a list.

Come into the Op Shop or call on 6554 1876 and we will take your name and phone Number.

We will contact you once the books are available.

Friendly reminder:

Please remember the speed limit is only 5km's when driving into the carpark, and take notice of the No Smoking signs attached to the fence around the preschool.

Please consider the children.

Thank you in advance for you co-operation.

Kind Regards

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

WELNAR CLINIC

Dr Lynette Arnoldus-Lewis

BA; Grad.Dip; MSc; PhD; MAPS

Psychologist

Respected Confidential Professional

☞ Grief & Bereavement ☞ Domestic Violence ☞

☞ Survivors of Childhood Abuse ☞

☞ Marriage Counselling ☞ Work Related Injuries ☞

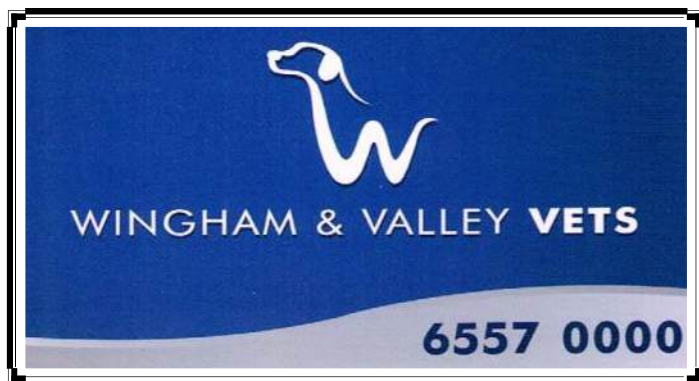
☞ Conflict Resolutions ☞

☞ Carers Support ☞ Family Issues ☞

☞ Approved DVA Provider ☞

50 MINIMBAH ROAD
NABIAC 2312

PHONE: 6554 1535
MOB: 0429 190 142



Mid Coast Fitters

0407 720 541
midcoastfitters@gmail.com

Mechanical Breakdowns - on Site Repairs

Machine Maintenance

Tractor/Excavator Repairs

Welding Fabrication + Repairs

Hydraulics

All forms of mechanical assistance

Essential Equine Dentistry: Why Regular Check-Ups are Crucial for Your Horse



Did you know that your horse should have a dental check-up every year? Regular equine dental care is crucial for maintaining your horse's overall health and comfort. Horses are unique in their dental needs due to their natural grazing habits and the physical demands placed on their mouths during their life. Here's why keeping up with your horse's dental care is so important.

The Natural Wear and Tear of Horse Teeth

Horses spend over 18 hours a day chewing rough fibre from grasses and hay. This constant chewing wears down their teeth at a rate of approximately 2-3 mm per year. To compensate for this natural wear, a horse's teeth continually erupt through the gums as they age. Our companion horses often experience reduced chewing activity and changes to the normal grinding action of teeth. This can lead to the development of sharp edges on their teeth, causing discomfort, ulceration on gums and eating problems.

Additionally, horses that are ridden and work in bridles experience additional pressure in their mouths.

Why Regular Dental Care is Crucial

Equine dentistry aims to maintain optimal oral health and maximize the comfort and function of the horse's mouth. Inaccurate dental work can lead to a range of serious issues including: exposed pulps, tooth loss, bone fractures and abscesses. To avoid these problems, Equine Dentistry should be performed under sedation by a qualified Veterinarian. This allows for a thorough examination and treatment of the oral cavity and provides a more comfortable experience for your horse. Only registered Veterinarians can legally sedate horses.

Signs Your Horse Might Need a Dental Check-up

- Difficult eating or chewing, or chewing only on one side
- Dropping feed when eating
- Weight loss
- Behaviour changes such as head tossing or biting, especially while being ridden.

What to Expect During a Routine Dental Assessment

When you bring your horse in for a dental check-up, our thorough examination includes:

1. Full Physical Examination: An overall assessment of your horse's health.
2. External Examination: A seven-point examination of the head to check for changes associated with dental disease.
3. Oral Soft Tissue Assessment: Evaluation of the soft tissues inside the mouth, incisor occlusion, and function, along with a detailed examination for any signs of pathology.
4. Dental Chart: We create a comprehensive dental chart during the visit, which we can email to you for future reference.
5. Floating of the Teeth: We smooth out sharp points, waves and overgrowths. This is done using a combination of an electric power float and hand tools, to provide more accurate and precise treatment to their dental disease. These tools should legally only be operated by a veterinarian.
6. Close Examination for Minor Changes: We look for small issues that could escalate into significant problems if left untreated. This includes overgrowths opposite gaps where feed might pack, leading to periodontal disease, and other deviations.
7. Any major dental defects or treatments may not be addressed immediately, however we will formulate a follow-up plan to ensure your horse receives the necessary care.



Regular dental check-ups are essential for preventing dental issues that could affect your horse's comfort and health. By staying on top of your horse's dental care, you contribute to their overall well-being and longevity. If you have any questions or would like to schedule your horse's next dental examination, please contact us on 6557 0000. We're here to ensure your horse enjoys a healthy, comfortable smile!

Jason Packer
 Director / Bricklayer

PACKER
 Bricklaying

[f](#) [ig](#)

0409 765 515
 e: packerbricklaying@bigpond.com

RESIDENTIAL | COMMERCIAL | INDUSTRIAL

NABIAC
 EARLY LEARNING

Inspiring learning, growth and connection through nature
 02 6554 1140



Farm and Home

12 Nabiac Street, Nabiac NSW 2312

PH 6554 1204

www.farmandhome.com.au

Mon-Fri 8am - 5pm & SAT 8am - 2pm

**Stockfeed - Hay - Animal Health
Sand, Soil, Gravel & Garden Supplies
Hay, Pellets, Fert Inc in Bulk Loads
Pumps, Troughs, Firefighters & Tanks
Hardware, Tools & Plumbing. Steel,
Fencing & Yards. Great Specials.**



NEWS FROM BUNYAH

Our **Bunyah Public Hall** was blessed yet again in October with another busy month of Hall bookings and Community Spirit.

Our 🎸 **Rock and Roll** 🎸 **Dance Night** at the **Bunyah Public Hall** was definitely a Win Win for our community and I would like to extend a tremendous ☆ **THANK YOU** ☆ to each and every one of you who joined us on Saturday night the 12th October.

Your support means everything to us and it was absolutely lovely to see you all and we hope you had as much fun as we did planning the event.

Your presence and engagement meant a great deal and we hope to see you all at future events and continue the community spirit and a sense of belonging.

The Mud Bishops showcased all-time favourites and introduced the young ones to “the good ol days”, giving us a beautiful night to dance, catch up with friends and family, meet all the new neighbours and most importantly having fun and a good old laugh.

We would like to take the opportunity to express our genuine gratitude for all the hard work and dedication of the **Bunyah Public Hall Committee** which played a crucial role in the success of the night.

Thank you, team, for orchestrating such a great get together.

The creativity and planning, the decorations, lighting, food and beverages was incredible and the donations for our prizes were exceptional.

The **Bunyah Public Hall Committee** would also like to extend a big shout out and the warmest ☆ **Thank You** ☆ to our **local businesses** who once again spoilt us with their generosity for our prizes on the night which contributed greatly to our night's success:—

Cherry Pie Cafe, Coolongolook Mobil Service Station, Myall Coast Radio FM, 2bob Radio Taree, Great Lakes FM, Bulahdelah Preschool and Across the Fence

Monday 21st October sparked our first introduction to regular 🧘 **Yoga Sessions** 🧘 with Nadine.

Nadine's passion for Yoga was infectious as she guided everyone into feeling, calm, energised, totally refreshed and aligned.

Bring a mat and come join us 5:30pm Monday 11th November at the **Bunyah Public Hall**. For just \$15 per session, get ready to immerse yourself in sheer relaxation and catch up with all your friends in the community, a great way to end the working day.

Do you have an hour to spare once every couple of months, have a vision to make tangible differences in our community, and the power to inspire and create goodwill, fun, and lasting friendships? **The Bunyah Public Hall Committee** is looking for volunteers to join our team and we would absolutely love if you could help us out. Our next quarterly meeting will be held on the Wednesday 13th November @5:30pm at **The Bunyah Public Hall**.



Warm Regards,

The Bunyah Public Hall Committee

NEW SEATING AND SHADE AROUND TOWN CREEK



Construction of the new picnic shelter near Town Creek will commence on 11th November, 2024.

As previously reported in the May edition of ATF, the Neighbourhood Centre, using funds raised through the Op Shop, made a formal offer to MidCoast Council to fund additional seating around Town Creek.

The new shelter will be located on the western side of the creek and positioned near the footbridge. Its appearance will match in style the ones located around the children's play area near the tennis courts.

One of the principal objectives of the new shelter is to provide a comfortable and shady seating area for all users including those with mobility issues

The tables to be enclosed within the structure, will be designed to have an overhang of 450mm at the end for comfortable positioning of a wheelchair or walker, thereby allowing full engagement with the rest of the table. Regular bench seating will be positioned along each side.

This project that will certainly benefit both the local community and the many visitors who choose Nabiaca as a great place to visit.

Colin



CTC on TUESDAYS, & FRIDAYS
9.30am - 12 noon

Nabiaca 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 Nabiaca Street.

We have new fast computers available for your use or bring in your laptop to use our Wifi - \$5 for the morning.

We are all available to help with computer, tablet or mobile phone software problems - Word, Excel, PowerPoint, Publisher, editing photos, emailing, or searching the internet.

We have a colour scanner. Bring in your old photos & scan them to an external hard drive or DVD.

We also do copying, printing, (20c a side A4 black & white, A3 - 40c) laminating, scanning & binding.

Alan, Terry, Stewart, Jillian and Sheila.



COOLONGOLOOK PUBLIC SCHOOL CELEBRATES 140 YEARS!

What a remarkable day it was on Friday, 1st November, as Coolongolook Public School celebrated its 140th anniversary! The atmosphere was filled with joy, nostalgia, and a sense of pride as past and present members of our school community came together to honour this significant milestone.

The day began with a heartfelt assembly, where students and staff gathered to reflect on our rich history. We were especially honoured to welcome special guests **Beryl Ede** and **Enid Pugh**, who shared their fond memories of attending the school in the 1940s. Their stories painted a vivid picture of school life from decades past, and it was heart warming to see how much the spirit of Coolongolook has remained unchanged. We also heard moving speeches from Mrs **Karen Weller**, who spoke about her mother, the late Mrs **Neryl Gordon**, and from current student, **Paisley**, who beautifully shared her mother **Theresa's** experiences at our school.

One of the highlights of the day was the placing of our new time capsule, a treasure trove of memories and mementos that will be opened in 10 years alongside the capsule from 1984 during our 150th anniversary celebrations. This serves as a reminder of our enduring legacy and the generations of students who have walked through our doors.

The celebrations continued with a delightful array of old-time games and dancing. Students and visitors alike enjoyed participating in activities such as the heel and toe dance and the classic egg and spoon race. Laughter and camaraderie filled the playground, makes Coolongolook Public School so

A truly touching moment came with dedicated to both Mrs Beryl Ede and our school has left an indelible mark. participated in the ribbon-cutting alongside Mrs Ede, symbolising the connection between our past and special chair serves as a lasting tribute



community. We also extend a big thank you to Mrs Weller for her generous donation of a "Buddy Seat" for our students to use, promoting kindness and friendship among them.

The success of this special day would not have been possible without the hard work and dedication of our P&C, staff and students. A heartfelt thank you goes out to everyone involved in organising and running the events. Your efforts truly made this anniversary one to remember!

As we look ahead to the future, we are excited for our next gathering in 10 years to celebrate 150 years of educating at Coolongolook Public School. Here's to many more years of learning, laughter, and community spirit!

Best regards,

The Coolschool Team



showcasing the vibrant community spirit that special.

the unveiling of our "cherished chair," the late Mrs Neryl Gordon, whose dedication to Mrs Karen Weller, representing her mother, ceremony ongoing present. This to their invaluable contributions to our school





Three Choirs and an Orchestra

Our Mid North Coast Orchestra, Sinfonia MNC, continues to celebrate 25 years, with a Concert at the Manning Entertainment Centre, on **Sunday 24th November at 2pm**. Sinfonia will play together with three local Choirs, Kantabile, Company of Voices and the young choir of the Manning Valley Anglican College.

A beautiful programme of Orchestral music and choral works includes: Dvorak's 8th Symphony (the 4th Movement), Elgar's Chanson de Matin, as well as three well known works by the French composer Faure. The Finale is a celebration of African inspired music including "Africa" made famous by the group Toto, plus John William's "Dry your Tears, Afrika."

This event marks the first time since 2019 that Sinfonia has combined with Kantabile and Company of Voices, and once you add the young voices of Manning Valley Anglican College this will be a truly remarkable local event.

Elizabeth Berry is Leader of the Board of Sinfonia MNC, as well as being a Musical Director of Kantabile. Elizabeth says "Kantabile and Company of Voices are looking forward to sharing the stage with Sinfonia again. Bringing several choirs and an orchestra together to perform is always a challenge for the Conductor as there are limited opportunities for the vocal and instrumental groups to rehearse together and to adjust to each other."



"Two of the Faure songs we are singing are quite different from each other; the Cantique is spiritual and religious while the Pavane is like an Impressionist painting. Faure's Benedictus is then being played as a beautiful cello solo, featuring our young soloist Charles Hammond. This is a really contemplative work."

"By contrast, the African songs feature the rhythms and sounds of Africa. We will also have a Teddy Bears Picnic piece, which is nostalgia and fun for those of us old enough to remember it. Having said that, the piece does keep the singers very busy, as the melody weaves between the parts at a pace."

Elizabeth says, "I should also mention that there will also be a new Australian piece performed, which has been written by **Matt Kolba** in honour of all who have served."

- RESIDENTIAL
- COMMERCIAL
- PRE-SALE / VACATE
- AIR B&B
- AGED CARE / NDIS

0438 665 439
stacey@forrestfresh.com.au



Working with Elizabeth is Sinfonia's Percussionist, **Cameron Waugh**. Cameron says "The Orchestra Sinfonia plays a wide range of musical types in its programmes, the traditional classical symphonies such as the Dvorak's 8th, which is our fabulous opening number, with a big role for drums and timpani." "We will have a Burt Bacharach medley, with many favourites, as well as the song "Africa" made famous by the Band Toto. Everyone will recognize this!"

"That's followed by the African inspired "Dry your Tears, Afrika" by John Williams, which has a fantastic drumming part, and a magnificent role for our three Choirs."

"I'm currently finishing my Bachelor of Music at UNE, and all the work I do with our local Orchestra Sinfonia, and also with Manning Valley's Choirs, really expands my experience and opens my eyes to playing and listening to music."

Sinfonia's aim is to broaden community cultural life through music and the Orchestra has members aged from School age to Retirement age, with a wide variety of musical experience represented. The Orchestra also provides Scholarships to young performers, via its Quaver Fund.

Kantabile is a community based Choir, with musical direction shared between **Lynne Macfarlane** and Elizabeth Berry, together with **Sandra Kwa** (accompanist). Kantabile frequently performs at the Manning Regional Art Gallery in Taree.

Company of Voices is led by **Leigh Vaughan** and frequently performs in Forster and Tuncurry, where it has raised funds to support local Charities.

For further information and booking for "Three Choirs and an Orchestra", <https://manning.sales.ticketsearch.com/sales/salesevent/139712>

Contact: **Jennie Wright** – tel: 0418 205 971



P&L McKinnon BUILDING



BUILDING THE FUTURE

RESTORING THE PAST

Email: p.lmckinnonbuilding@gmail.com Phone: 0412 526 354 Builders Licence No. 141672C

P&L McKinnon Building are a local building family servicing the Mid North Coast for over 30 yrs.

Follow us on Facebook, Instagram or check out our website:



P&L McKinnon Building



[p_lmckinnon_building](https://www.instagram.com/p_lmckinnon_building)

www.pandlmckinnonbuilding.com.au



Adam Negulic

The bathroom renovation experts

We are experts in all the following areas:

- Re-designing
- Demolition
- Building and carpentry works
- Waterproofing
- Plumbing and drainage
- Electrical
- Gyprocking
- Floor and wall tiling
- Painting
- Installation of bathroom fixtures & shower screens, etc.

p. 0423 342 748
e. info@allcoastalplumbing.com.au

Lic. 257661C
abn. 45695534127

DELIVERING FOR OUR COMMUNITY



Dr David GILLESPIE MP

Federal Member for Lyne

He Listens. He Cares. He Delivers.

THE NATIONALS
for Regional Australia

For more information about community project funding, assistance with Federal Government services or to have your say on our Vision 2030 Plan visit **www.davidgillespie.com.au**



Wauchope: 📍 Shops 2&3, 43 High Street, Wauchope NSW 2446 📞 6586 4462

Taree: 📍 144 Victoria Street, Taree NSW 2430 📞 6557 8910

✉️ david.gillespie.mp@aph.gov.au 🌐 davidgillespie.com.au 📘 DavidGillespieMP

Authorised by Dr David Gillespie MP, National Party of Australia, 144 Victoria Street, Taree NSW 2430.



• Fresh local produce
• Innovative artisan work
• Live workshops
• Delicious food stalls
• Live music

LAST SATURDAY OF EVERY MONTH
8am—12 noon
Nabiac Showground,
Nabiac Street, Nabiac

Largest farmer's market on the Mid North Coast
All proceeds go to community projects.

0422 177 122
nfmcoordinator@gmail.com

TA5384605

Facebook icon
Instagram icon



**Home Baked
Home Made
Home Grown.**
Nabiac Showground 8am-Midday.
Last Saturday of each month, except December

Next Market 30th November

Market News:

The weather fairy was super kind for the October Market which created a relaxed atmosphere and people browsed, shopped, sipped coffee and selected from a range of delicious food. Including Gozleme, Dahl, pizzas, Thai, kransky and market BBQ of course!

Fresh squeezed juice is also popular, offered at Doraville Organics and Off The Rayles curries.

New stallholder SkinB skin care had a great first day.

Utopian Tea was busy the whole time.

Eggcellent news! ... Our egg guy can no longer make Nabiac Farmers Market, however, several of the produce stalls are now supplying eggs. Including Boali Farm (find their eggs at




Good Ol' Mums); Shaz's Hummingbird Haven (ethical meats and eggs); and several of the produce stalls, with varying supply. Local fresh farm eggs are oh so good.



Did someone say "Cheese"? Sunhill Dairy Goats' cheese, skin care and soaps are beautiful quality products.



MID COAST LIQUID WASTE Pty Ltd
SEPTIC SERVICE
STEVE COBLE



0412 460 873
1760 The Lakes Way Rainbow Flat 2430

Port-a-Loo Hire now available

Phone 65536388 0412460873
Email office@midcoastliquidwaste.com.au

Handcrafted toys from Little Farmers' Farms create play with purpose and fun. They were busy taking orders for Christmas.

Christmas Shopping:

Another fab market day all round. There is now just ONE market day until Christmas!



Come along

to join in the throng of happy shoppers. Pressie ideas include pottery, jewellery, wood crafts, mosaic garden art, skin care, plants, textiles and crafts in the hall, baby wear, soft toys, wooden toys, art, wine, gin, a range of culinary delights, from gingerbread to preserves, curry packs and specialty teas



Nabiac Farmers market is proud of our high-quality stalls: Check out this range of local producers and artisans:

*fresh produce, *seedlings *microgreens *mushrooms *flowers
*wine *cheese *plants *woodwork *macadamia oil *boutique gin
*chutney *honey *gingerbread *garlic *cakes *gluten-free desserts
*art *hand-spun wool products* unique artisan wares *
pasture-raised meat *eggs *specialty tea *plants *crafts *textiles
*baby clothes *soft toys *wooden toy farms
*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 30th November there is just 1 market shopping day 'til Christmas. We're excited!

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

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




"Cherish Love, Cherish Life"

Bridget Smith
Registered Marriage celebrant

TAREE
NSW 2430
0475 133 796

bridgetsmithcelebrant@gmail.com

Coastal Computing Solutions

Matt & Tim
Shop 4, 11-17 Manning Street, Taree, NSW
In Osborne Chambers

PH: (02) 6551 8877

Email: admin@coastalcomputing.com.au

Find us on Facebook

Nabiac Second Chance Op Shop.

IMPORTANT INFORMATION FOR ALL CUSTOMERS.

Price Increase of clothing as of 1st January 2025

I would like to advise all our loyal customers of an upcoming price increase for clothing at Nabiac Op Shop.

The Op Shop hasn't had a price increase for at least 8 years.

The time has come to make some small increases.

This is mainly due to increasing insurance and other costs.

We will still be the best and cheapest Op Shop in the area.

It's not a large increase just enough to help with our overhead charges to keep the Op Shop running, maintenance and repairs to the Neighbourhood Centre.

We can't do as much with the same amount of money.

The changes will come into effect as of 1st January, 2025.

At the moment you can buy 10 unpriced items of clothing for \$10.00. The cost as of the 1st January will be \$15.00 for 10 items.

The increase is 50 cents per item.

Single items will be \$3.00 unless priced, increase \$1.00.

Denim Jeans will be \$5.00 unless priced, increase \$2.00.

There will be revised price lists available and on show throughout the Op Shop as of 6th January, 2025 when we open after the Christmas break.

Thank you to all in advance for understanding of our price increase. These changes will make a big difference towards our needs.

Regards

Kathryn and all our amazing volunteers.





0409 997309

Nutrition Coaching Laura Pennington

- Pantry makeovers
- Grocery shopping consults
- Home detox
- Creating healthy meals
- From \$65.00

www.naturalspacenutrition.com



Nutrition & Wellness Coaching – Laura Pennington.

www.naturalspacenutrition.com
0409 997309

Benefits of Extra Virgin Olive Oil (EVOO)

Hi All,
Summer is nearly here! BBQs are a big part of local culture and olive oil is a staple for summer fare. It is essential to choose the right olive oil, so, let's take a closer look.

Benefits

- Good quality Extra Virgin Olive Oil (EVOO) is loaded with health benefits. It contains Oleic acid, which boosts heart health and brain health. It reduces "bad" cholesterol and helps prevent high blood pressure and diabetes.
- Fats are important in our diet, for absorption of fat-soluble vitamins: - A,E,D & K (For more info on Healthy Fats, head to the website blogs).

How to choose:

- Make sure it is in a dark container. Olive oil's precious beneficial compounds are damaged through oxidation when exposed to light, air and high heat cooking. Never choose the ones with extra herbs, etc., which come in a clear bottle. Even though they look pretty, the olive oil could be harmful rather than beneficial. Select Extra Virgin Olive Oil
- Check it has a harvest date – not just a use-by date
- Choose Australian, or European, which have high standards in the Olive Oil industry. In the USA, olive oil can include palm oil or other additions
- Use on your skin – a great moisturiser.

How to use:

- Generously pour straight onto salads
- Use for low heat cooking, sauté, with some butter
- Drink it straight from a tablespoon
- Create dressings and marinades.



iroofandgutter

►New roofs ►Re-roofing ►Repairs ►Ridge capping ►Re-Pointing
►Roof ventilators ►Leaf guard ►Gutter & valley renewals

Ben Strange

Lic 95657c

m: 0418 285 951

e: iroofandgutter@outlook.com

TOTAL CARAVAN REPAIRS

Over 30 years experience
Roll Out Awnings, Insurance Work, Renovations
Camper Vans, Alterations, Service & Spare Parts

Garry
0411 066 516

Ph. 6554 1089
Fax: 6554 1098

Merve
0417 599 288

totalvan@bigpond.net.au

1/18 Ferris Place NABIAC 2312

Here's my favourite salad dressing go-to:

- 3-4 tablespoons of EVOO
- 1-2 teaspoons raw local honey
- ¼ tsp turmeric
- Black pepper
- 1 tsp grated or ground ginger
- 1 tsp apple cider vinegar
- 1-2 tablespoons lemon juice
- Add a little salt if needed.
- Pop into a small jar, mix well. Taste and adjust

BBQ tips: Cook meats at lower temperatures and add Rosemary. This will reduce the risk of exposure to Advanced Glycogen End products.... Look it up! It's worth understanding the risks of high temperature cooking of meat.

Events:

The workshops are always fun. Hosted here at Candlarah Farm, or at NABIAC Farmers Market.

The upcoming November workshop, "Paddock to Plate" on Sunday 17th November, combines tips for growing food and the benefits of eating fresh produce. Head to the website for tickets. 10 spots available.

For more recipes and blogs about healthy living, head to the website and type your key words into the blog search. I just posted a pesto recipe, a great way to use EVOO. Enjoy summer cooking everyone.

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



[thenaturalspace_ www.naturalspacenutrition.com](https://www.naturalspacenutrition.com)
Eat Well & Be Well everyone, Laura xx.



**Garden to Table
Workshop in
Firefly**
Sunday 17th Nov
10-12pm
\$55 pp. brunch inc)

Veggie patch tour & talk
followed by:
Farm Fresh frittata & salad
Head to website events, or click on link
in caption to purchase your ticket
www.naturalspacenutrition.com

Mind & Body Wellness Retreat

Sunday 23rd February
9-12pm - in Firefly - \$70pp



A morning of
mindfulness &
nourishing food with
Sonja & Laura



Includes morning tea &
Farm Fresh Poke Bowl

SAVE THE DATE - Tickets opening soon.

www.naturalspacenutrition.com



NABIAC PEST CONTROL

10 years experience in the identification and control of termites, cockroaches, spiders, etc.
Pre-purchase and timber pest inspections
Fully licensed and insured L2050

Nick Sites

0479 067 958

nabiapestcontrol@gmail.com

Bowen Therapy & Reiki Healing

BC BOWEN THERAPY
KRAMBACH & FORSTER

Mind Body Bowen and Reiki Healing. Creating balance
from the inside out and the outside in, a holistic and
energetic approach to your health.

CALL OR MESSAGE BELINDA ON 0415 117 101



WWW.BCBOWENTHERAPY.COM.AU



PLUMBING

777 Minimbah Road
Nabiac NSW 2312

Daniel Monk

Licence No. 14313

Licensed Plumber

Drainer, Gasfitter

Bathroom Renovations

ARCTick Trading Authorisation
Au: 11166

Phone: 6554 1188

Mobile: 0404 864 112

Email: ranmon@bigpond.com

REAL KULTCHA

Well, here we are heading towards the *derriere* of 2024 but as I write this I realise right now we are – sports wise – on a sort of plateau – the football season has finished but the cricket season is yet to get fully under way. The child bride and I are still watching baseball from the USA as their season comes to a head. Now don't get me wrong, there's still some women's League and Oz Rules being played, there's the Pacific Championships on and The Sheffield Shield has started but just now it's all a bit messy.

That doesn't mean of course, decisions won't be made. Steve Smith decided he didn't like batting at #5 in the Test side so when Warner retired, Smith put his hand up to have a go up the top. How can I put this he was pathetic! Then, to top it off, in the first Shield match at the MCG he was hopeless scoring 3 and a duck. There's an old saying in Oz cricket: *it's harder to get out of the Galahs than it is to get in!* What that means is the selectors tend to hold onto older players hoping they'll *find form* rather than face the reality they're past it, cut them and bring in a younger player. Test matches are just over the horizon and by the time you read this you'll know what the selectors decided. My \$0:50c says they'll stay with Smith and hope.

And speaking of my \$0:50c on the AFL and ARL grand finals – I got 'em both – Brisbane and Penrith. Just wish I'd actually placed the bets!

And then there's The Commonwealth Games next year in Glasgow, Scotland. Yep, they were supposed to take place in Victoria but after enthusiastically grabbing them (because Victoria is the Centre of the Sporting World [according to the then Premier of Victoria]) they discovered just how expensive they'd be to run so then said, No! They were fined a motza and a good portion of that was passed to Glasgow when they said they'd host a trimmed down version of the games. To say the Scots took a chainsaw to the programme is no understatement as there'll only be 10 sports there. Rugby Sevens has gone, as has cricket, hockey, cycling and I think also squash, volleyball and triathlon. There have been squeals from many quarters but as the pared down games are still expected to cost around £114 million (\$A222 million) I doubt there'll be many changes to the list.

Up front and no fibs: when it comes to sailing, I'm a blank canvas! I have very little idea what's going on especially the rules that govern who has right-of-way on the course. However, the child bride and I watched the final couple of races in the 2024 America's Cup off

Barcelona's front beach. If you have memories of the winged keel that Alan Bond and Ben Lexon came up with to beat the Americans way back when and you think that might still be the go these days, have I got news for you! As I remember, the rules for the Cup revolve around calculations regarding hull size and sail area (or something like that) and the arbitrator of any appeals is a court in New York. Well, when the New Zealanders finally won the Cup (after we won it and then lost it almost immediately) they decided to look outside the box and came up with a catamaran that met the calculations. There were squeals of course, as the idea of one hull had always been the norm but the appeals were thrown out of the New York court and now the folk from the shaky isles have added foils that get the vessel up and out of the water and they go like the clappers! Would you believe during some of the races they got up to speeds of 55.6 knots and that's just over 100 km/h or 60 mph!!! In the series off Barcelona's main beach, the New Zealanders beat the Brits 7-2 in the best-of-13 final. And that's 3 wins on the trot for New Zealand.

For those round ball aficionados (soccer to the rest of us) there's a new team in the A-League. There's a very rich Texan involved and he's bankrolled it – The Auckland FC or as he likes to call them, *The Black Knights*. The result is there are now 13 teams in the A-League, they've just started their season and *The Black Knights* have won their first game. I wonder if V'Landys has purchased his aircraft yet as he could use it to shuttle the A-League teams around in the ARL off-season! I'll keep an eye on them and let you know how they go.

And how's the BIG game in America going? From this distance you'd have to think Trump has lost his marbles! The things he says would see a normal politician kicked out of the running, but this is America! By the time you read this you might already know the election result but I saw these two comments recently and you can do with them what you will: *"You could hardly say he murders the truth: he never really gets close enough to it in the first place, to do that!"* and *"The way he handles the truth, he should work for the weather bureau!"*

Talk at you next month,

The Hillside Critic

REAL ESTATE NABIAIC

Steele
PROPERTIES

Experience & Local Knowledge /

Professional Approach

No Obligation Free Market Appraisals

We Service All Local Areas From

Bulahdelah – Nabiac – Forster - Gloucester

82 Clarkson Street Nabiac JP Service Available 9pm – 3pm

Cameron Steele: 0412 609 890 Office: 02 6554 1107

Web: www.steeleproperties.com.au

Great Lakes Air
and Mechanical Services

INSTALLATION MAINTENANCE & SERVICE
ABN 74 931 244 025 • Lic. No: 123069C • ARC Lic. No: L022257

ARCTick Trading Authorisation AU11166

Mark Tidbury

P.O. Box 858, Forster, N.S.W. 2428

Mobile: 0427 500 329

email: greatlakesair@bigpond.com



Level 2 ASP Electrician

Construction - Maintenance - Defect rectification

0457081186 caibanelectrical@icloud.com

Lic: 365318C

DYERS CROSSING LANDCARE GROUP

Hello all,

Just a quick one from me this time! It's a busy time of year. And we have not had another gathering since the last edition of Across The Fence.

DCLG in a nutshell:

- ◇ Founded over 2 decades ago by local farmer *Les Roberts*, who, with his wife, had a passion for animal health. They practiced natural, holistic methods, moving cattle regularly to allow to reduce diseases and allow pasture to regenerate. He comes along to meetings to share knowledge.
- ◇ We meet around 4-5 times a year
- ◇ Gatherings are at various locations, including member's properties. Each is unique and we learn so much from each other.
- ◇ It's great to have a local LandCare group because topics raised are specific to the area, which has its own climate, flora and fauna.
- ◇ We have our own books on identifying grasses, weeds and trees in this area
- ◇ You're welcome come along to Dyers Crossing LandCare meet ups and field days.

You can contact me at laura@candlarahfarm.com

As a member of LandCare, you'll receive notifications about upcoming field days across the region. I'm excited about the upcoming Dung Beetle workshop at Villa D'Esta Winery. There are many more like this.

There are resources, such as books, information and equipment to share.

Anyone new wishing to join LandCare, contact *Joel Dunn*, our local LandCare Coordinator. It's a great way to meet new people and find out local insights into farm management and life on the land.
greatlakes@midcoast2tops.org.au

I wish you a wonderful summer, with plenty of green grass and rain twice a week, just at night.

Laura Pennington - Dyers Crossing LandCare coordinator.





NEALE BROS.
(NSW) **FLOOR SANDING & CORK SPECIALISTS**
SINCE 1970 Lic. No. 354 88C
Craig Neale
0414 561 067
(Servicing the Mid North Coast)



Audiomation

- ANTENNA & SATELLITE INSTALLATION
- INTERNET, WIFI & NETWORKING SPECIALISTS
- TV & MUSIC SYSTEM SALES / INSTALLATION
- REMOTE CONTROL SYSTEMS
- TECHNOLOGY MADE EASY

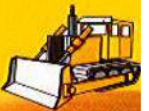
Your Local technology experts now located in NABIAC

OFFICE: 02) 6554 1500 MOBILE: 0405 723 852
www.audiomotion.org



Hire EARTHMOVING & MACHINERY

No Job to BIG or small



Locally Owned & Operated

Dozer - Excavator - Backhoe - Truck Hire
Laser Levelling - Construction - Civil
Driveways - Slashing - Seeding
Earth Rejuvenation

Forestry Dozer with Rake & Tree Pusher

Dam Building - Cleaning & Repairs
ABN: 81 126 182 723

GCE Earthworks
0414 837 124

Krambach
Email: gceearthworks@gmail.com
NO DRY HIRE



Our Grey Ghosts (just don't want to stay home)

In this episode (wal) means "worth a look" on the net.

Last month saw us leave the 20m houseboat after 4 days cruising the Murray River with four other couples. Some very expensive riverside homes for many kms, mainly on the NSW side of the river. We then went our separate ways. One couple to Wallendbeen to visit her 100 year old mother, another to Cooma to assist in shed building, another to the Lakes Entrance for a large Chev car show, Dave to Melbourne to pick up a penny farthing bicycle he had ordered and we went west to Adelaide.

The only food we had at the SA quarantine border was a 1/2 tub of honey, assured we could keep, which they took. Foodless we travelled to Loxton to stock up on essentials. On the way we passed some 10kms of seemingly endless rows of almond trees, some on both sides of the Highway. Marginal country in some places but wheat and barley for some sections of the remainder to Loxton.

Still following the Murray (the 3rd longest river evidently on the planet after the Amazon and Nile) we turn at Swan Reach and witness soaring cliffs rising from the river in many places. Very spectacular. We are heading for Mannum for a few days.

Visit the National Auto Museum at Birdwood. Very worthwhile and recommended. GMH had a factory at suburb Elizabeth and many unique Holden's have found a home at Birdwood including the one to seventh millionth Holden built in Oz. Many never released project examples from GMH are also on display as well as a great range of other makes.

A day trip into Adelaide from our base at Gawler, via metro card, virtually free travel on all public transport. Very clean and pleasant city with heaps of history.

Many original buildings remain in use. The sandstone train station is well worth a visit with it's massive vaulted ceilings and mostly original decor, beautiful.

The overland telegraph line from Darwin to Adelaide (3,200kms) was completed in 1872 and connected Australia to the rest of the world for the first time by undersea cable to Java. Some 30,000 wrought iron poles were erected 80 m apart and repeater stations every 250 kms manned by a small band of operators with horses and wagons to service the line. Adelaide had already been connected to Melbourne and Sydney by wire so this completed the connection to those cities. A massive undertaking even if done today.

Leave the Murray and Gawler and camped at Elfon, (pop 200) where the old school grounds have been turned over for public camping and to some 20 fellow campers such as us.

We are following the east coast of the Spencer Gulf, the massive gash in the Great Australian Bight investigated by Mathew Flinders (and his cat Trim) in 1802 during his voyage of discovery on the first circumnavigation of Australia.

On our way to Port Augusta at the tip of Spencer Gulf for a train trip, but spend a few days at Port Pirie some 90kms south. This deep water Port is the reason that there is (pop 14,000) a lot happening here. One of the worlds largest lead smelters began operation here in 1889, processing ore brought by train from Broken Hill some 270 kms away. A big complex where silver, gold and sulphuric acid are just some of the by-products and exported all over. Magnificent city scene at night.

Port Augusta is the start of the original Ghan railway. Originally construction began in 1929 with a narrow gauge (3'6") line to connect with Alice Springs then Darwin. It only ever got as far as the Springs via Quorn and Farina (wal) and was abandoned after a new standard gauge 4'8 1/2" line was laid in 1956 and then in recent years continued after so many false starts, now onto Darwin.

A steam train runs as far as Quorn (wal) most w/ends (diesel during fire season and bookings essential) over the original track (Pichi Richi rail.(wal) and bridges, which is why we were here, (with the flu). Two

hours each way (30kms by car). Great trip, original restored carriages and 100 year old engine still in use.

We leave Port Augusta and travel through semi desert marginal country again (Goyder Line. wal) and pass through Peterborough. In our late 1800's rail history, each state was its own colony & didn't trust the others (some things never change) and went their own way on rail. (wal). Qld went narrow gauge (3'6") NSW, SA and WA standard gauge (4'8 1/2"), and Vic broad gauge (5'3")/ This meant no travel interstate or freight without changing trains was possible. The result was two very long stations at Albury and Wallangarra (on the Qld border.(wal) where trains from both directions could meet and transfer freight and passengers across the station to the other train.

In Peterborough SA, however, broad gauge carriages (not engines) from Vic were lifted and the dollies were changed to standard gauge to suit SA and WA tracks and the reverse when eastbound.

These massive facilities, whilst no longer used, still exist and very well worth a visit.(wal) Either way a massive cost for Australia. Only in recent years has it been possible to travel from Brisbane to Perth by standard gauge without change. Internally Vic and Qld still retain most of their old gauges. Only the capital cities, however, are connected by standard gauge.

We are now on the Barrier Hwy to Broken Hill. SA is in drought and not just the country is suffering, probably not one farmer is going to get a barrow load of grain this season after all their costs and efforts. Very dry, not many kangaroos and these take their own lunch. Occasional emus. This continues as we bypass Broken Hill and continue to Wilcannia and Cobar. Feral goats, however, are in their thousands, every colour imaginable and even invaded our space in a overnight stop at "Meadow Glen", west of Cobar.

Leave Cobar, and the goats have disappeared, not one seen again after 450kms of them, and the country starts to change, becoming softer with patches of green paddocks until we see our first crops again. Cotton west of Nyngan with what seems thousands of multi coloured bales awaiting dispatch. Wheat and barley becoming more prevalent with good crops on the road to Warren, Gilgandra and finally Coonabarabran. Camp here and within striking distance of Tamworth to visit some folks.

Tamworth, and the country looks great, fat cattle and the town's humming. A few days here and time to go. Been over the range via Port Stevens Cutting many times and although narrow, it saves nearly an hour to home. Work on the road put paid to that and so home over via the Moonbi Range and Walcha. About 10°C colder here than Tamworth as we are at over 1,000m. Bouncing along the range, quick stop at Nowendoc, then low range in the 4WD coming down the long last 6km off the range towards Gloucester.

Bit over 3k for the trip, met a lot of nice folks, experienced a lot of neat stuff, no trouble to speak of but always get a lumpy throat and grateful to see the Nabic sign.

MICHAEL BOURKE PLUMBING

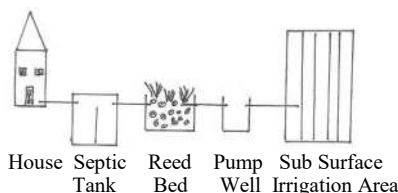
Lic. No. L14046

NABIAC

0413 935 447

Licensed Plumber, Drainer, Gasfitter, Metal Roofing,
Bathroom Renovations, Septic Systems

**SPECIALISING IN ROSEWOOD
REEDBED ONSITE SEPTIC SYSTEM**



- * No Chemicals
- * No Service Fees
- * Easy Maintenance
- * Environmentally Friendly



NABIAC EXCAVATION SERVICES

Phil & Ben Martin

Mobile: 0407 948 755



We are a local Coffee bean distributor based in NABIAC.

We can help supply and set up equipment for your cafe, coffee van or home office.

Our range of fresh Coffee beans, chocolate, chai's, alternative milks, takeaway cups, commercial machines and grinders will provide you and your customers with the delicious brew they need.

Weekly deliveries throughout the Midcoast. Barista training available

www.labrocogourmetcoffeesupplier.com.au

Email: labroco.mark@gmail.com

Mark 0429 928 533 or Jennifer/Office 0417 442 247

Welcome to Deb's Gardening



If there is one big down fall for my renovation that is that I have had to remove all my house plants out of the house and relocate them outside to another environment, and most of them have not liked there new location. Most have received too much sun or had wind damage, or didn't like the cold exposure. One of my favourites was the African violet, it has really been affected and has not liked its new location, but there haven't been a lot of options. Most of my house plants I have had for a long time and raised from a tub stock. Some have been cuttings from my mother and grandmothers plants. The important thing for me to remember is that they are still alive and once I bring them back indoors to their own preferred environment, protected from strong direct light and wind, and with a little TLC they will recover.

It's funny how indoor plants over the years seem to have come in and out of fashion. I have always had indoor plants where ever I have lived. I must have known that there was some benefit to having house plants before I knew that there was any real evidence to back my theory.

Research has proven that indoor plants will help your immune system fight any viruses. They create an environment where you can relax and rest properly, a rested mind and body means a stronger immune system. This happens because plants have certain chemicals that help reduce your stress levels and this works as a natural boost to your immune system. Plus when you're round plants, you end up getting a lot of great chemicals that will aid you in fighting many illnesses. All of this explains why people who have indoor plants in their homes can more efficiently combat any bugs. They tend to have fewer headaches, coughs, skin issues and even nausea.

In short, plants are powerful healers even if you just use them as décor. This is probably the most widely known benefit of owning indoor plants. It is also known that having plants in your home or office removes toxins and pollutants from the air you breathe (and even convert them into energy), working as

natural air purifiers. Indoor plants release more oxygen into the air you breathe, with more oxygen your organisms get a natural boost and are able to work more effectively. As a result, your brain won't feel as tired and you won't feel as dull. Poor indoor air quality can result in headaches, allergies, fatigue, nausea and more.

If there is one thing I have noticed this year since I have not had any indoor plants inside the house, the other half as had more colds and flu this season than he has had in a long time, and it has taken him a long time to recover. I to have had more headaches than usual

Hospitals and rehab centres, even hotels, are introducing more indoor plants into some rooms, and there reason for that: plants can make you feel happier. For one, because the green pop of colour and the pleasant scent of some plants brings a bit of the outside to a room, which helps it feel more welcoming, calm and open. No one likes feeling like they are trapped inside a box. Finally, it's been proven by NASA that rooms with certain types of indoor greenery tend to have less dust and mould.

Best indoor plants for your immune system: Aloe Vera, Chrysanthemums, mother in law tongue.

Best indoor plants for productivity: Peace lily, philodendron, Lemon balm

Best indoor plants for air quality: English ivy, spider plant, Chinese evergreen

Best indoor plants for mental health: Lavender, jasmine, and aloe Vera

Best indoor plants for sleep problems: Lavender, jasmine, and gardenia.

I am looking forward to the day when this renovation is over and I can bring my plants back into the house. I know I will sleep better, feel better and not have such sick other half.

Until next time - "A beautiful plant is like having a friend around the house"

Deb



7 NABIAC Street,
NABIAC NSW 2429

Phone: 6554 5327
Phone: 0407 481 918

Email: info@shelliescountrywear.com
Web: www.shelliescountrywear.com

Open: Tuesday to Friday - 9.00am to 4.00pm
Saturday - 9.00am to 2.00pm

Closed: Sunday & Monday

Selling: Thomas Cook, Just Country, Gidgee Eyewear,
Bear Equestrian, Ringer Western Wear & Ariat



Diagnostic Assessment TAREE

for students who have:

ADHD & Autism
Reading & Comprehension difficulties
Light sensitivity & headaches/migraines

0409 653 700

irlentaree@gmail.com



NOW LOCATED IN GLOUCESTER

SADDLERY - TACK - BOOTS
COUNTRY CLOTHING
EQUESTRIAN WEAR

NEW STOCKIST FOR



Winter Hours Open 6 days - Mon to Fri 9.00am - 3.00pm - Sat 9.00am - 2.00pm



47 Church Street, Gloucester NSW 2422 Ph: 02 6558 1968

www.mustangcosaddlery.com.au

afterpay



AN INTERESTING FACT! IF YOU PUT BREAD INTO THE FREEZER, IT STAYS FRESH. PUT IT IN THE FRIDGE AND IT WILL GO MOULDY AND STALE FASTER THAN IF JUST LEFT ON THE COUNTER TOP OR IN A BREAD BIN



NABIAC WATER CARRIERS

Supplying all your Water requirements

Domestic, Swimming Pools, Rural

Servicing: Nabiac, Dyers Crossing, Coolongolook, Krambach
Burrell Creek and all Surrounding Areas

Reasonable Rates

Mick & Donna Eason

Phone: 0408 541 482

**Heart to Heart Healing
Encounters
VIRGINIA EDE
0414 696355**

**Specialising in Innovative & Non Invasive
Natural Therapies**

<p>Bowen Therapy Reiki Therapy Cat, Canine & Equine Bowen Technique Horse 'Medicine' Restorative Experiences Lifestyle Transformation Workshops www.ambiencewellnesscentre.com.au</p>	<p>Gentle Trauma Release Empowerment Coach</p>
---	--

The Power of Heart Centred Healing

In the rush of daily life, we often forget to check in with ourselves. The demands of work, family, and routine can leave little room for tending to our emotional and spiritual well-being. Yet, the path to feeling truly whole often begins when we allow ourselves the space to slow down, breathe, and reconnect with what truly matters.

Inner healing isn't just about addressing physical symptoms or emotional struggles – it's about tapping into the deeper parts of ourselves that may have been neglected or overshadowed by the pressures of modern life. Whether it's stress, grief, or simply feeling disconnected, finding ways to restore that sense of inner calm and balance can make all the difference.

Many find healing in quiet reflection, in spending time in nature, or through the calming presence of animals. These moments of connection allow us to step away from the noise and demands of the

Sam The Handy Man Can.....

M: 0416 373 172

<p>FIX IT Doors Windows Fly Screens Tiles Gyprock Paint Any Brick Problems Leaky Tap/Showers</p>	<p>BUILD IT Extensions Concrete Footings Retaining Walls Bag Rendering Block Laying Stone Work Curved Walls Water Features Wood Fire Ovens BBQs All Brickwork</p>	<p>CLEAN IT Rubbish Removal Property Maintenance Gutter Cleaning Lawn Mowing Garden Care</p>
---	--	---

ALL WORK GUARANTEED 'Service with a Smile'

MINI DIGGER HIRE
4 - in - 1 bucket, Auger Post
Hole Pier Drilling, Mixer,
Rubbish Removal and much
more.....

outside world, offering a chance to reset and reflect. It's in these spaces of calm that we can begin to release the tensions we carry and find a renewed sense of clarity and purpose.

Taking time for self-care is not a luxury; it's a necessity. When we care for ourselves, we're better equipped to face life's challenges with resilience and grace.

In today's fast-paced world, creating moments of genuine connection and reflection is more important than ever. It's an opportunity to restore balance, find clarity, and nurture the part of you that's ready to thrive.

If you've been feeling the need for a little extra support or simply want to explore new ways of nurturing your well-being, it might be time to create space for your own healing journey.

Virginia Ede

**STEVE MERRICK
FAMILY SWIMMING POOLS**

0412 686 180
Lic No. 178556C

FREE MEASURE & QUOTE





TAREE BLOOD DONOR CENTRE

Mid Coast locals with common genetic condition save 450 lives every year

When Mid Coast locals diagnosed with the common genetic condition **haemochromatosis** roll up their sleeves, their donations save them as much as they save other people.

Over the past year, 150 people with haemochromatosis donated their blood to Australian Red Cross Lifeblood across the mid coast, saving 450 lives.

New Lifeblood research shows that there could potentially be more, with 73,000 bags of blood discarded at pathology services across Australia each year, when people could instead donate at Lifeblood and their blood could be used to help patients.

Haemochromatosis is the most common genetic condition in Australia, affecting almost 100,000 people with Anglo-Saxon heritage.

The genetic condition causes the body to store too much iron which can result in serious organ damage and cancer if left untreated. The good news is that people can live completely normal and safe lives through regular medical treatment such as venesection (the removal of blood) or by donating blood at a Lifeblood donor centre.

Researchers at Australian Red Cross Lifeblood found that 40 per cent of people with haemochromatosis, who had previously donated at Lifeblood, didn't know their blood could be used to save lives.



775 Minimbah Road
NABIAC NSW 2312

Balanced Dressage
Level 1 EA Dressage Coach

Anne Hawke
balanceddressage.com.au
0408 882 730

f Instagram

"Most people choose where to do their venesection to treat haemochromatosis based on a recommendation from their GP, suggesting that many patients may not know that giving at a Lifeblood donor centre is an option," said spokesperson, Ruth Harrison.

"Almost 90 per cent of all haemochromatosis blood donations can be used to help save trauma victims, mothers giving birth, and people undergoing cancer treatment."

In 2022, Australia also became the first country in the world to allow people with haemochromatosis to donate plasma, encouraging them to think of themselves as 'donors' rather than 'patients'.

"People with haemochromatosis are exceptional donors and we encourage them to donate blood in centres if they can, where it will make a life-changing difference."

People with the condition are also encouraged to join a Lifeblood Team set up by Haemochromatosis Australia to track donations and lives saved.

"We initiated this team to make sure those who are new to donating blood at Lifeblood don't feel alone and rather part of something bigger – that together we can make a huge contribution," said Hemochromatosis Australia spokesperson Matthew Howie.

Anyone with the condition wanting to give is encouraged to discuss the option with their GP and referrals can be made to Lifeblood using the High Ferritin App.

To book a donation call 13 14 95, visit life-blood.com.au

GOOCH

AGENCIES

Real Estate & Livestock

CATTLE SALES:

NABIAC on the Last Saturday of EVERY Month
GOODS & CHATTLES @ 9:00am
CATTLE @ 12:00noon

GLOUCESTER — CATTLE Store Sales Fortnightly on Thursdays

MAITLAND — CATTLE every Monday

TAREE — CATTLE Fortnightly on Mondays

AUCTIONEERS OF CLEARANCE SALES

ALL LIVESTOCK & GENERAL ENQUIRIES CONTACT

DAVE CALLAUGHAN

0457 707 573

JAMES GOOCH

0409 923 068

61 Church Street
GLOUCESTER NSW 2422

Email: livestock@goochagencies.com.au
Internet: www.goochagencies.com.au

Office Phone: 02 6558 1205

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

CURFEW

The word "curfew" comes from the French phrase "couvre-feu," which means "cover the fire." It was used to describe the time of blowing out all lamps and candles. It was later adopted into Middle English as "curfeu," which later became the modern "curfew."

In the early American colonies, homes had no real fireplaces so a fire was built in the centre of the room.

In order to make sure a fire did not get out of control during the night it was required that, by an agreed upon time, all fires would be covered with a clay pot called - a "curfew."

HOT OFF THE PRESS

As the paper goes through the rotary printing press friction causes it to heat up. Therefore, if you grab the paper right off the press it's hot. The expression means to get immediate information.



Wallamba CWA Invitation

Please join us for a light luncheon followed by a presentation from



outlining their transport and social outings services in our area.

When? Tuesday 12th November

Time: 12Noon

Where? Uniting Church Hall
44 Nabiatic Street
(Opposite Showground)

Cost? \$5

For further information and to RSVP please contact Secretary
Penny Britton 0418 605 009

PEACE **NOEL**
Krambach Bible Church
is having a Community
CAROLS NIGHT
on
SUNDAY 22nd December
at the Church starting with a
free sausage sizzle at 6:30pm
and
CAROLS at 7pm.
Please bring a folding chair / blanket.
Call Robert on 0400 310 357
Christmas JOY



I asked a supermarket worker where they kept the tinned peaches.
He said, "I'll see," and walked away.
I asked another and he also said, "I'll see," and walked away.
In the end I gave up and found them myself, in Aisle C.
(You just have to think a bit with English!)

Nabiatic Public School
PROUDLY PRESENTS
CAROLS ON THE OVAL
9TH DECEMBER
5:30-7:30PM
Save the date!
More information to come.

HAIR STUDIO 13
JO FAZIO
0427 009 377
hairstudio-13@hotmail.com
13 Carefree Road Nabiatic

Nabiac and District Pre-school

37 Nabiac Street, Nabiac
(02) 6554 1170
Open: 8.00am to 6.00pm

Proudly Community Owned

Nabiac Kids' Shack

5 Clarkson Street, Nabiac
0438273360

Before school care: 7am-9am

After school care: 3pm-5.30pm

Vacation Care: 7am-5.30pm



Children—Too Precious to Profit

Good Medicine

Daily Bread

On particular occasions in Australia, we honour the memory of soldiers who fought for their country, Remembrance Day is one of these. Bravery and sacrifice are words which we associate with war. Many of the soldiers were only young, a fact noted by my teen grandson while watching the story of The Light Horseman.

The aftermath of WW2 in Europe left 'homeless, hungry children orphaned by the battles'. They were placed in large camps and given food and care ... however they didn't sleep well at night and were 'nervous, fearful and fidgety'. A psychologist told the carers to offer each child a piece of bread every night, not to eat, but to hold in bed. The children then began to sleep through the night because they realised they wouldn't go hungry the next day.

Bread is something most of us have in common ... being a worldwide food and coming in 'all shapes and sizes' ... perhaps as scones in the UK ... bagels in New York ... injera in Ethiopia ... damper in outback Aussie. You see people in the supermarket buying bread and milk which seem to be diet staples.

It was also a principal and nutritious food of the Bible ... the holy bread of the Old Testament temple ... manna in the wilderness ... and the gospel story of the feeding of the five thousand. In *John 6*, Jesus tells us He is the bread of life ... if we come to Him He will be to our soul what food is to our body.

Many people worldwide are without food or shelter, due to war, famine, or persecution. Children who are malnourished are more prone to disease and 'in danger of their organs shutting down' if

Apologies for St Bernadette's & St Isidore's attendees for my little screw up of not changing all months in last month's times.

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

November Mass times are Saturday 2nd at 6:00pm, Saturday 9th at 6:00pm, Saturday 23rd at 6:00pm & Saturday 30th at 6:00pm

December Mass Saturday 7th at 6:00pm
(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

November Mass time is Saturday 16th at 6:00pm
***Note: Mass is held @ 6:00pm again - daylight savings**



- Pool Coping & Tiling
 - Paving
 - Decks
 - Excavations/Tipper Hire
 - Stone Work
 - Irrigation
 - Retaining Walls
 - Drainage
 - Fencing
 - Water Features
 - Turfing
 - Tree Felling
 - Log Splitting
 - Grounds Maintenance
- auscapelandscape.com.au
@auscape_landscapes

medical help is not available

There is a story about a medic with the US marines who gave plasma to an injured enemy soldier despite objections ... because Jesus said love your enemies, *Matthew 5:44*. Irene Sendler was a Polish woman who smuggled over 2,000 children out of concentration camps ... Desmond Doss, a doctor who saved many lives on the front lines without 'ever holding a weapon' ... he was a conscientious objector. And the diary of Anne Frank was a young girl's story which became known for depicting the plight of civilians caught 'in the crossfire of war'.

When the orphan children in the camps held their piece of bread it gave them a sense of protection ... they were safe ... importance ... somebody cared about them ... and happiness ... there will be more bread tomorrow. Those three things were what those children needed ... and they are what we need as well. These can all be found in a relationship with Jesus.

Reading your Bible every day can be like your daily bread. If you would like help to read the bible ... or just want to read a daily message, you might like *Our Daily Bread*. It's the source of many of these stories.

This is available at - Our Daily Bread Ministries PO Box 15 Kilsyth VIC 3137 Australia.

Or online at australia@odb.org

The ministry is not funded by any group or denomination and there is no subscription fee.

Jesus said 'I am the living bread'.

The Counsellor

NEVILLE EARTHWORKS

BOBCAT, EXCAVATOR
& TIPPER HIRE

DRIVEWAYS, EXCAVATION
GRAVEL SUPPLIES, NARROW
ACCESS SPECIALISTS



Prompt Reliable Service Covering
The Great Lakes & Manning Region 0412 075 835

Belinda's

BEAUTY SALON

NABIAC

CNR NABIAC & CLARKSON STREETS

6554 1326

Barb's

Hair care...

0431 168 318

Belinda available Monday - Tuesday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

Jess available Friday, Saturday (by Appointment) Otherwise we are shut Sat.

Useful Numbers

EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
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 - Krumbach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262

Your local Wallamba CWA

is holding an

"end of spring"

Trash & Treasure Garage Sale

Saturday 30th November

at the NABIAC Church,
44 NABIAC Street.

Come along and grab a bargain.



Life is an echo.

What you send out, comes back.

What you sow, you reap.

What you give, you get.

What you see in others, exists in you."

Belinda, Barb & Jess ❤️

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

★ **Need to advertise** something for sale or wanted to buy or a
★ freebie?

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)

Need to advertise something for sale or wanted to buy or a freebie?

An announcement of a birth, birthday, passing?

Some personal message?

Do it on the back page to get full attention



David Morgan

Electrical Contractor

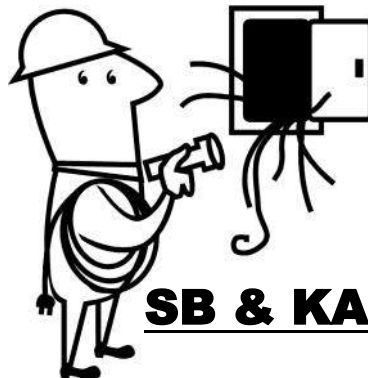
ABN: 29 032 481 894

EC: 30592

New Homes, Renovations,
Maintenance and Repairs

📍 Dyers Crossing

M: 0418 459 094



Electrical Contractors

Lic No 178059C ABN 22 307 897 254

SB & KA McMILLAN

Call Stuart for quotes and work on all your
Domestic, Rural, Commercial and Industrial needs.
Prompt reliable friendly service to all areas.

0438 168 147

6559 1219