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ACROSS THE FENCE



to all the lovebirds in the area



it's nearly show time are you ready? at NABIAC. March 8th



Krambach Country Music



Sunday 23rd February
Details page 13



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Editorial.

Hi all,

I am back on deck after the holiday break and consequently, I am also short a number of articles as the missing articles are from the schools and associations which have also been on breaks, so no news I have had to use a lot of jokes/fillers to replace their 'spaces' so I hope they are good for a laugh.

Apart from that little problem, I hope you all have had a lovely time during the festive season and weathered the weather we have been having.

Talk about weird - Queensland flooded and Victoria on fire and our little area getting more than its share of water, although we really did need a lot to get the grounds hydrated again and the plants growing.

A few new business ads for your address books.

A new builder - always handy; gardener/handyman - needed at the moment if your place has exploded with grass and weeds, like mine, and an architect.

A month not doing the paper has me a bit slow trying to get into the swing of things again.

Bunyah Hall is having its AGM 18th February, if you want to attend.

A lovely photo of the ex Krambach Golf Club's Lady players having a reunion is on page 20

The Show is looming and so everyone who wants to enter articles in the hall will have to get a move on and I hope the weather holds for those wanting to enter flowers and produce.

There are some great prizes in the raffle, check out the lists in the shops where tickets are on sale and support the show by buying a ticket.

There is a very interesting article for the beef farmers to read about 'three day sickness' in their beasts, by the Wingham Vet on page 13

Also a good read about the treatment of 'army worms' in your lawns from Agland Turf on page 6.

Weeds seem to be flourishing everywhere at the moment and the bugs have been in plague proportions - this weather has been an ideal breeding season for them, especially the cicadas and little beetles and FROGS! Over Christmas I couldn't hear from their noise.

Let's hope the New Year is a good one and a healthy one for us all.

'til next month

Lyn & Timidthy



WHAT'S HAPPENING IN FEBRUARY, 2025 Markets & Events.

- Bulahdelah (1st Sat) 1st 8am to 1pm
- Blackhead Bazaar (1st Sun) 2nd 8am to 12 noon
- John's River Country (2nd Sat) 8th 9am to 1.30pm
- Wingham Farmers (1st Sat) 1st 8am to 12 noon
- Myall Quays (3rd Sat) 15th 9am to 1pm
- The Hub Taree Showgnd (3rd Sat) 15th 8am to 12 noon
- **Krambach** (3rd Sun) **16th** 8:30am to 1pm
- **NABIAC** (**Last Sat**) **22nd** 8am to 12 noon
- Old Bar (Last Sun) 23rd 7am to 1pm
- Pacific Palms (Last Sun) 23rd 9am to 1pm
- Forster Town (2nd Sun) 9th 8am to 2pm
- Halliday's Point (1st Sun) 2nd 8am to 11am -?
- Town Head (every Mon) 8am to 2pm
- Mt. George (4th Sat) 22nd 8am to 2pm
- Forster Farmers Market (3rd Sat) 15th 8am to 12 noon
- Bobbin Community —th 9am to 2pm
- Tuncurry Markets (4th Sat) 22nd 8am to 1pm
- Burrell Creek (2nd Sun) 9th 9am to 12.30pm
- Gloucester (2nd Sat) 8th 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.

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Nabiac Landcare



The Nabiac Landcare team is still on their summer break but we will be back in the local bush on the first Wednesday in February. I have a feeling that we might be taking it a bit slow for a few weeks....the recent rain plus heat will give us very muggy working conditions.

I haven't had a chance to get far into our reserves since the last bout of rain, wind and flood but I did notice some trees down and that Maderia Vine is growing at an alarming rate. Yes, it's a great season for weeds but also should give the plantings we did last year a great boost.

On the weed front, I have noticed some isolated patches of yellow showing up along our roads. I wasn't able to stop, but from the colour I would guess either some early flowering Easter cassia (*Senna pendula* var. *glabrata*) or Winter senna *aka* Arsenic bush (*Senna septemtrionalis*). I don't know why winter senna is called arsenic bush but it is considered to be toxic to livestock.

Now is also the time to control blackberry if you have a problem with it on your patch. I secretly admire it's ability to send out canes (up to several metres long) that root at the tips when they touch moist ground, hence, very rapidly cover a large amount of ground.




Blackberry isn't simple to control and is best attacked by a multi-pronged approach using both physical and chemical means. Consult NSW Weedwise [NSW WeedWise](#) for appropriate control measures. Birds and fruit eating animal spread the seed as well. They seem to have much more success accessing the berries than I do!

Whether you are a town gardener, have a small bush block or have serious agricultural pursuits be on the lookout for plants that you haven't seen before or weeds that have suddenly seemed to 'take-off'. The combination of drought (and fire) followed by successive wet seasons (with flooding), winters with fewer heavy frosts and a much wetter than average spring last year all contribute to allowing new problem weeds to emerge. Don't forget to identify before you 'exterminate' it could be a valuable native plant taking advantage of the conditions as well.

The Hunter Local Land Services (LLS) is offering a session on Brush and

Garden Groves

Steve Groves
Horticulturalist Gardener Landscaper
Farm & Garden Handyman
0409 879 080



Bush Management. Representatives from their 'Land Management, Private Native Forestry and Natural Capital teams will be available to answer questions and go through critical decision-making on what can and can't be done. Search for Hunter Local Land Services on Facebook for more information or contact *Julie Emerson* on 0477 954 302.

Nabiac Landcare normally works each Wednesday (weather permitting) 8-9am to 11am, followed by a very yummy morning tea. Membership is only \$2.00 plus an occasional donation to the morning tea fund and new members are always welcome. Training, tools and safety gear are supplied by Midcoast Council. Give us a ring if you are interested.

Remember, even if you can't help in the bush, you can do your bit for our lovely area by removing weeds from your own backyard and removing fruit and seeds from exotic plants that the birds and wind will spread. Most of all enjoy a walk in the local bush!

If you're interested in joining us, having a look at our projects or just having a chat, give me a ring on 6554 3196.

Liz Rees



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Between the Pages



Nabiac Library News

A Very Happy 2025 One and All!! It's hard to believe that January is almost over and our children will be returning to or starting school. We hope everyone has had a safe, joyful Christmas and New Year celebration and are ready for a spectacular 2025 in Nabiac Library.



School Holiday Activities were a great hit!! Our very own delightful **Siobhan Earley** helped our creative kids make these wonderful **Origami critters at Nabiac Library Monday 13th January.**

Tuesday 21st January Lego Day at Nabiac Library

The result an excellent Lego racing car. I'm sure everyone had lots of fun assembling and crafting. Well done all!



Excitedly anticipating and looking forward to Yasmine's **February Library wall display!!!** I wonder will it be a Valentines' Day theme or something entirely different? Any ideas? I know it will be awesome!! Speaking of Valentines' Day, what will you plan and do to make the day special? Nabiac Library can help, we have DVDs to share, or cookbooks to make that delicious meal, dessert and treats!! If you're crafty or artistic, why not make a unique gift? Come and discover and browse, make your very own Valentine memories.

The library will be showcasing an eService each month. February is the newspapers available on the Borrowbox App. Information will be sent out to the community through the library newsletter. Find out what's happening at our local branch. If you currently don't receive our newsletter and would like to, you can subscribe on the library website.



The Borrowbox App provides free access to newspapers such as the Sydney Morning Herald – both weekly and weekend, The Saturday Paper and The Age, but also a number of overseas papers like the China Daily, New Delhi Times, the Washington Post and a number of Irish, Scottish and English papers. These are available for multiple loans, so

there are no waits or holds and there is an option to subscribe to each edition as they are released. Unlike the physical paper the font can be increased.

Let's start the year running with our **Tech Savvy Seniors 4th February**



at Nabiac Library Sessions:
**2.30-3.00pm, 3.00-3.30pm,
3.45-4.15pm and 4.15-4.45pm**

Book a free 30 minute, one to one session with our experienced tutor, who will guide you and help you to become tech savvy. Bring your phone, tablet or laptop and all your technology questions. Bookings can be made at the MidCoast Library website.

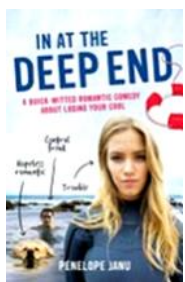


Australian romance fiction author, Penelope Janu, has a passion for creating stories that explore social and environmental issues, but her novels are fundamentally a celebration of Australian characters and



communities. Following is a list of the titles Mid-Coast Libraries have of her books. Any we don't have that you would like to read, you can make a request to purchase.

Now the list:-



- * In At the Deep End (published 2017)
- * On the Right Track (2018)
- * On the Same Page (2018)
- * Starting From Scratch (2021)
- * Clouds On the Horizon (2022)
- * Shelter From the Storm (2023)
- * Sunshine Through the Rain (2023)
- * The Summerfield Saddler (2024)

Until next month, come visit, browse, keep reading, learning, and enjoying our wonderful Nabiac Library!!! We look forward to seeing you there!!



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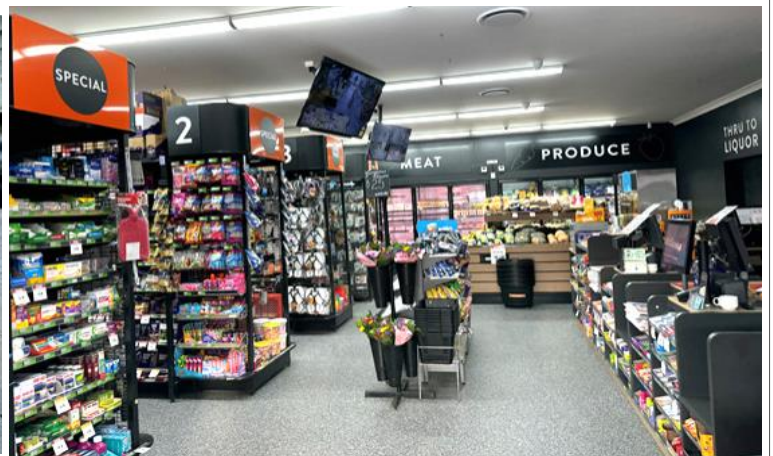
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NEWS FROM BUNYAH

Hello everyone,
I hope the start of 2025 has been fantastic for all of you and that the new year is bringing great things your way!

We are thrilled to announce that the Annual General Meeting (AGM) for Bunyah Public Hall is just around the corner, and we have some exciting news to share. All positions on the committee are open, and we are looking for passionate individuals to join our team. This is a wonderful opportunity for those who have special skills that could benefit our community. Your unique talents and dedication could make a significant impact on our efforts to improve and maintain our beloved public hall.

The positions open are:

- President/Chairperson
- Vice President/ Chairperson
- Secretary
- Treasurer/ Booking Officer
- Media Officer
- Function Committee Officer

We invite you to come along and be part of this important meeting. By joining us, you will have the chance to contribute to the betterment of our community, share your ideas, and collaborate with like-minded individuals. Your involvement will not only help us achieve our goals but also ensure that the Bunyah Public Hall continues to be a vibrant and welcoming place for everyone.

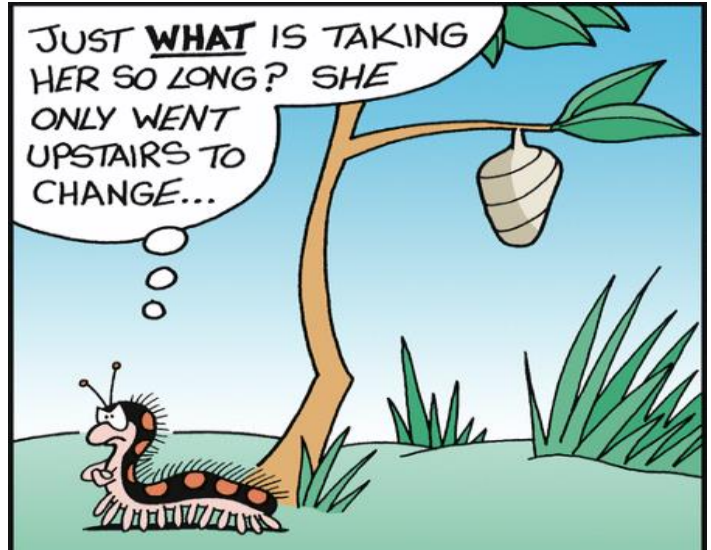
We look forward to seeing you at the AGM and working together to create a brighter future for our community. Thank you for your continued support and enthusiasm.

The warmest regards from the Bunyah Hall committee

Thanks again ☺

Jessica McGarry

0423 072 379



AGLAND TURF

"The Lawn Army Has Assembled!"

Armyworm are a caterpillar pest that can devastate your lawn within a matter of days. As their name suggests, during the larval stages, they move together in large numbers 'marching' their way across foliage, exhausting plant material as they go. Armyworms are most active in the warmer, more humid months (September - May), so now is the perfect time to apply a preventative treatment such as **Grub Guard Ultimate** or **Acelepryn**. These granular products are a slow-release treatment and preventative, ideal for long-term pest control, providing protection for up to 6 months.

If your lawn does become infested by armyworm, it's important to treat your lawn quickly to ensure the damage they cause is limited.

Apply a fast knock down liquid insecticide, such as **Battle** to the leaf of a recently mown lawn during the afternoon. When the Armyworm become active again in the evening, they will eat at the recently treated leaf. Repeat applications may be necessary to ensure the Armyworm is completely eradicated.

For more information, give us a call on (02) **6550 2126** or check out our Lawn Maintenance Advice on our website; www.aglandturf.com. Open 6 days a week, we stock a wide variety of lawn care products on -farm at 520 Dargavilles Rd, Nabic.



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AGM

Tuesday 18th February 2025
5:30pm

- All Positions Open -

Bunyah Public Hall



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News from Muse

Muse Gallery would like to wish all at Nabiac and beyond a very Happy New Year.

We have finished the renovations in the back workshop area and smaller gallery room at the front and are ready for a busy time ahead. The response to the workshops has been outstanding and we have got a packed agenda for February and into March;

- 05/02/25 Pen Drawing 6:00-8:00pm \$60
- 08/02/25 Pottery Class 2:00-4:00pm \$80
- 09/02/25 Acrylics Class for Beginners 10:00-2:00pm \$115
- 15/02/25 Fuse Glass Sun Catcher Workshop 2:00-4:00pm \$95
- 22/02/25 Found Object Assemblage Art 2:00-4:00pm \$65
- 27/02/25 Meditation and Sound Healing 5:30-6:30pm \$35

You can book a place for any of these workshops online just go to Musegallery.au or you can drop into the Gallery.

We have an amazing chopper on display "The Axe", it is 100% wood and took Neil Collier over 300

Philippa and Simon



Steele
PROPERTIES

Office Relocation Notice Steele Properties

82 Clarkson Street Nabiac NSW 2312

Dear valued clients and customers,

Steele Properties would like to inform you that due to the ending of our lease at 82 Clarkson Street Nabiac, we will be relocating to temporary premises in Nabiac.

This will take effect on **20th December 2024**

Cameron & Jane would like to express our continued gratitude and thanks for all the support & co-operation you have given us over the last 3 years.

We look forward to a continuing and prosperous relationship with our clients & customers in business and will continue to provide Sales & Property Management Services in the local Nabiac Community and Region.

If you have any questions about the move please don't hesitate to contact

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DYERS CROSSING LANDCARE GROUP now Wallamba LandCare

Happy New Year to all.



We are looking forward to another great year for our local LandCare Group, Wallamba LandCare. Recently renamed after amalgamating with

the Wang Wauk River Group.

We have exciting news. *Les Roberts*, retired farmer, founder of Dyers Crossing LandCare Group and a driving passion for life on the land, has made a kind and generous donation to our group. Les recently purchased a mulcher tractor.

We are super excited to start sharing it. Once it's up and running, I'll share a photo.

Here is the calendar of field days for 2025:

- Villa D'Esta: Winery Friday 21st March
- Robyn & Stewart: Wednesday 7th May – focus on Dung Beetles
- Ros & Geoff's: Tuesday 10th June
- John & Juno: Monday 25th August.
- Bush Tucker talk with Nardja Carter – early November, TBA.

If you're keen to learn more about life on the land, become a member. It's easy and just \$10 per year.

You'll receive info about the upcoming field days, for our local group, plus field days hosted by Karuah and Great Lakes LandCare and through the LLS. There are many topics covered which provide extensive information about how we can improve our properties.



Thank you,
Laura Pennington – Convenor- **0409 997 309**.
Robyn Lamond – Co-Convenor.
Membership enquiries: Joel Dunn:
greatlakes@midcoast2tops.org.au

Attention Show Artists

Hi to our local artists

Just a reminder to get working on **artworks** for the **Wallamba Show** which is fast approaching. In particular Drawing, as the section only had 2 entries submitted last year.

Looking forward to receiving your entries. I need to receive entries about a week before the show so I can write the labels as there is no time on Friday as we have to hang the works before 11am

Thanks
Susie Oldfield



CTC@Nabiac **CTC on TUESDAYS, & FRIDAYS**
9.30am - 12 noon

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

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.

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Alan, Terry, Stewart, Jillian and Sheila.

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Charlie Chaplin anonymously entered a "Charlie Chaplin look-alike" competition and didn't win any prizes at all!

KRAMBACH

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Saturday - February 8th - Band - **THE BUCKETT SWAYERS** - from 7pm

Sunday - February 16th - Band - **Soundscape** - from 3pm

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Show News

The Wallamba W D A & H Assoc. Inc. Show, better known as NABIAC Show is fast approaching.

Only five weeks to get your art, craft, photos, cooking produced all finished before entry is due on 7th March.

Poultry entries are expected to be on the up with our new Steward, Dwayne, very keen to attract new competitors this year.

We have some great entertainment for everyone, including Reptile Solutions coming this year with some endangered turtles to teach you how to be careful not to harm them in the wild, as well as his assortment of snakes.

Ole McDonald' Petting Farm is back, Peppa-rific is doing 3 shows with their Poppy Pig, Puppy Patrol and Crazy Troll characters plus free balloon sculptures. Mini Kids Bouncy Rodeo will be there for the kids (and adults) to have fun riding on blow up Bulls, Sheep, Horses.

Quinery the Magician and her friend Crazy Daisy face painter will be back to keep you entertained and decorated with lovely designs.

The Carnival rides will have an assortment of rides for the kids and older "kids". They will be selling their package ride tickets again.

The mad Mower Racers will be there to demonstrate how to race on

a ride on mower.

AUTO SOCCER is BACK - along with the Demolition Derby, great for all the 'rev heads' in the crowd.

Lots of beautiful horses will be showing how they maneuver their courses in the ring and the "show jumpers" will also be there.

Interested in magnificent Cattle? Come and watch their handlers show them off to perfection especially the School Groups who are so proud of their beasts.

Down in the back paddock you will find the Show Dogs competing. Normally a large mix of breeds all beautifully groomed to show off.

If you are hungry there will be a mix of food stall, the Hall Canteen, the Ring Canteen and the Carnival's canteen, ice cream, coffee, etc.

There will also be the various Trade stalls vying for your attention.

We have a great Raffle going. Tickets on sale at various shops in NABIAC, Post Offices in Dyers Crossing & Krumbach, Yarads and Rock Kidz in Forster. Prizes are on the posters in the shops and you can see the Caravan Basket in their shop and Tim will have his basket on display in the Chemists.

Naturally the great Ka Boom Fireworks will finish off the day.

Check out the Facebook page for other information

Cheers, Lyn Reid - Secretary, 6559 1811



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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.

We hope everyone is enjoying the new tables/seats and shelter at the town creek.

Just another example of how the funds from our Op Shop is being given back to the community.

Donations.

Please do not donate any dirty or unsaleable clothing/items. This has been a big problem in the past.

A lot of the donations received after we opened in January 2025 were unsaleable, mainly clothing.

Please be mindful when donating. If you wouldn't buy it for yourself, Family or a friend, please do not donate it.

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

If you are wanting to donate and unsure if we can accept your donation, please call on the above phone number before donating.

Thank you in advance for your co-operation and understanding.

Op Shop.

The Op shop is now selling the Pool Passes and Day passes, if you are interested in purchasing either come in and see one of our friendly volunteers in the Shop only during opening hours.

A season pass is \$50.00. Concession is \$40.00 and Day passes are \$5.00.

Our racks are packed with clothing for summer and winter. A lot of new stock has been put out.

Come in and have a look.

Shed.

There are a lot of Hessian bags in the shed for \$2.00 each.

We also have some lovely dining tables and other furniture.

Don't forget the bargains you can get on books, DVD's and CD's.

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 then contact you once the books are available.

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Please remember the speed limit is only 5km's when driving into the carpark. We would like to keep our pedestrian safe. Also the carpark has been resealed so please take care when arriving and departing from the carpark.

A no smoking policy has been put in place. This policy includes all the grounds of the Neighbourhood Centre/Carpark and Preschool.

Please consider the children and non-smokers.

Thank you in advance for you co-operation.

Kind Regards

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

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Bovine Ephemeral Fever (BEF) Season Is Here



Bovine Ephemeral Fever (BEF), also known as "three-day sickness," is an infectious disease that affects cattle, causing fever, lameness, and general lethargy. In NSW, BEF typically occurs between January and April, coinciding with the peak mosquito activity. As an arbovirus, BEF is transmitted by biting insects, with mosquitoes being the primary vectors in this area. While BEF usually results in temporary illness lasting about 36 hours, it can have significant economic impacts, particularly in livestock production, leading to decreased milk production and, in some cases, abortion due to the high fever.



Although BEF can affect cattle of all ages, it is most commonly observed in animals between 1 and 5 years old. Bulls and fat cows tend to show more severe symptoms and may lose condition rapidly, taking longer to regain body

weight. Bulls may also experience temporary infertility lasting 3 to 6 months due to the high fever. In general, most cattle recover quickly and completely, but a small proportion may suffer long-term effects such as paralysis if they remain down for extended periods. In some particularly bad three-day sickness seasons, producers have lost multiple cattle to the illness. Cows that have had BEF in previous seasons often have immunity, which can last for several years or even for life, although older cattle may lose this immunity over time.

The main clinical signs of BEF include:

- High Fever: Often exceeding 40°C
- Lameness: Shifting lameness, generally affecting more than one leg due to joint and muscle pain. Heavily conditioned cattle may suffer more and may spend more time lying down.
- Reduced Appetite and weight loss
- Lethargy
- Nasal Discharge:

While there is no specific antiviral treatment for BEF, supportive management is crucial to avoid stock becoming recumbent for extended periods, as it can be difficult for them to recover once they are down for a long time. Supportive treatments may include:

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- Anti-inflammatory and Pain Relief: A single dose of meloxicam can provide relief for up to 3 days.
- Nursing Care: For cattle that are down, nursing care is essential. This includes rolling the animals several times daily to prevent muscle and nerve damage, and provision of shade, food and water.

Vaccination is the most effective way to prevent BEF. Cattle can be vaccinated starting at 6 months of age, with an initial dose administered before the season begins. A booster dose is given between 2 weeks and 6 months after the first dose, with annual boosters to maintain immunity. Vaccination programs are typically timed to coincide with the onset of the season, ensuring cattle are protected before mosquito activity peaks. **Ideally, farmers should have already commenced vaccinating valuable stock to protect them against BEF – especially Bulls.** We are currently placing orders for BEF vaccine. If you would like to order vaccines to protect your stock please call Wingham & Valley Vets on 65570000.

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Authorised by David Gillespie, 11 Manning Street, Taree NSW 2440

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7. What tools do you have to make the action happen? Peers, phone timer, calendar, sticky notes, motivational media.
8. When will you start?





- Stay on Track**
- Use a diary or to-do list: Writing the actions makes them happen. This can be anything to make a healthier you reality: "buy carrots", "make a smoothie to take to work", "Call Ann to arrange a walk together"
 - Positive self-talk: say positive things about yourself and your health.
 - Teaming up with an accountability buddy: Meet up for food prep time, or set a weekly

- facetime meeting to chat about new health habits you are creating
- Create your environment to enable the habit change.
 - Visualise your future healthy self.
 - Motivation

Remember, each time you flex your "change-muscle", it gets stronger. If you are keen to make changes and create life-long healthier habits, check out the recent blog on my website, "Healthy Habits for the New Year". www.naturalspacenutrition.com

This new habits blog is an excerpt from my book, "The Happiest Me I can Be", for which finishing is definitely one of my New Year's Resolutions.

Upcoming workshops: Tickets available on the website:

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See you soon, **Laura** xx.
www.naturalspacenutrition.com

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Habits- flexing your "change-muscle"
Good news: Goals for new habits are more likely to happen if they are part of a New Year's Resolution. If you made New Year's resolutions, have they started to happen?

Habit-change: Are you looking to add healthier habits this year? Habit change starts with our "Why": This drives the purpose for the habit change.

Set the intention for the year. Is there a word which sets the tone and direction for your healthier habits?



- Mini guide to changing habits**
1. Find your why - your reasons for wanting better health will drive action toward your goals. Write them down.
 2. Make small, achievable goals to start the snowball effect
 3. Name one habit you plan to change.
 4. What triggers the behaviour for

- that habit?
5. How can you interrupt the habit loop with a new cue?
 6. Create an action plan: Strategies are key to habit change.

Connect with your Health Workshops with Laura Pennington

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Save the dates! More info coming soon. 0409 997 309

1. Habits & goals- Sat 8th Feb
2. Eat Real Food - Sat 8th March
3. Gut Health -Sat 12th April
4. Menopause wellness - 10th May

9.30-10.30am at Candlarah Farm, Firefly \$20pp

Heathy Habits Workshop with Laura Pennington

- Goal setting.
- Finding your "Why"
- How to change habits

This is a fun and casual workshop for anyone who is looking to become healthier and would love ideas on where to start. All welcome. Morning tea included.

Saturday 8th Feb. 10.30-11.30
Candlarah Farm, Firefly
Head to website for tickets, or pay on the day \$20pp.
www.naturalspacenutrition.com

Mind & Body Wellness Retreat

Sunday 23rd February
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REAL KULTCHA

I find myself between a rock and a hard place at the moment. I want to report on a number of things that are taking place as I write and would wish for a week or so more before I had to complete this gem of literature and thus keep you reliably informed. However, the editor of this local monthly newsletter runs a tight ship and has deemed a day or two hence is the deadline, so I must comply. That means of course, you will know the results of several competitions by the time you read this rant. To ensure you're up-to-date on the events I'm talking about, here is the list: The Australian Open Tennis, The Big Bash, The Ladies Cricket, the Santos Tour Down Under and Super Bowl LIX.

The Oz Open has only a few days to go and last night the only Australian player left in either the Men's or Women's Open draw (Alex de Minaur) took a thrashing and bowed out. Who will win? On the men's side Jannik Sinner looks good though Novak Djokovic is still in the mix. I have no idea regarding the Women's draw, as it seems to me everybody's name is an alphabet soup and I can't remember who is who. All I know for sure there won't be an Australian player in that final!

The Big Bash is well down the main strait (to use a racing term) but again I have to confess, while watching the tennis I've missed many BB games and so am a tad confused regarding the teams. All I know for sure is the Hobart *Hurricanes* are in the final and what I've seen of them, they'll be hard to beat.

In the Women's cricket, *The Southern Stars* (am I allowed to say that?) have belted the Poms from pillar to post. They've won four matches and retained The Ashes but are now going for the jugular in the next 2 T20s and then finish with the Test on the MCG. I think they'll win them all.

The Santos Down Under is the first event in the world's cycling calendar and consists of two events (men's and women's) held in and around Adelaide. It is the 25th edition of the event this year. The 3 stages of the Women's event were held on the 17th-19th January and the Swiss rider Noemi Rugg won the event. The Men's event takes place 21st-26th January (they're also half way down the strait as I type this) and I have to say the reporting on the event has not been good: maybe there's been too many other things happening.

Super Bowl LIX will be held in *Caesars Superdome*, New Orleans on Sunday, 9th February. That will probably mean it will be broadcast

here down under on Monday morning – as we're in front of the US. I'll be watching.

The Dakar Rally. Don't know what I'm talking about? Then draw near and if you're not careful, you might learn something! It was originally known as the Paris-Dakar Rally and it started (in 1978) in Paris (crossed the Med somehow) and then motored on down to Dakar (the capital of Senegal) in West Africa. There were 182 racers in the first event with just 74 surviving the 10,000 kms trip. Security threats in Mauritania saw the 2008 event cancelled and the 2009-2019 events (it retained the name) were held in South America. Since 2020 the event has been held in Saudi Arabia. There are some six different classes of vehicles taking part and this year (*wait for it*) Australian Daniel "Chucky" Sanders took out the motorcycle section. A word to the wise: if you think you could do it, think again: the course is on anything but roads!

Soccer. Does the name Erling Haaland mean anything to you? No? Well, he plays for Manchester City and has just signed a 9½ year deal worth (*are you sitting down?*) £26 million (\$A51 million) and there are bonuses on top of that that could see him earning much more. I have no words. How can a club get that much money together to pay one player? While we're still on soccer, Ozzie coach of *Tottenham Hotspurs* Ange Postecoglou is not in a good place. His team is running 14th and any other coach in his situation would have been fired by now!

Three quickies: #1 Robinson Smith (17 year old son of Oz Olympian swimmer Nicole Livingstone) has just signed a 6 year contract to play baseball with the Pittsburgh *Pirates*. He has a foot on the bottom rung of the baseball ladder so, with some luck and hard work, we should be hearing more of him down the track. #2 In front of 30 million TV viewers and 71,000 fans, Oz punter Joe McGuire (23 year old son of former Collingwood president Eddie McGuire) did the deed with a 51 yard punt to help his Ohio State University team beat Notre Dame University in the recent college national championships. #3 Oz swimmer Ariarne Titmus is about to start training again to set herself for the Los Angeles Olympics in 2028. She's taken a break from the pool since Paris where she picked up two gold medals (400 metres and 4x200 relay) and two silver medals (200 metres and 800 metres). A true champion.

Talk at you next month,
The Hillside Critic



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Next Market 22nd February, 2025
Happy New Year everyone!
Although it's hardly a new year now, with February here!



The first market for the year was a good one.
Perfect weather, a wide range of stalls and plenty of customers; locals and holidays makers.



Stallholders reported a good day of sales. Meat, fresh veggies, bread and flowers were all sell-outs.



New stallholder "Tuckerbox babies" had a great first market, with their plants, spices, dried products, and a mountain of great info for bush tucker enthusiasts. They are available to book for school and group workshops.




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Workshop for February market: Create a vegetarian poke bowl, with nutrition coach Laura.- Head to www.naturalspacenutrition.com and go to events to book your ticket. 8 spots available.

Susie's Bangalow Palm Weaving workshop was another success:



Vegetarian Poke Bowl workshop with nutrition coach Laura Pennington.
At Nabiac Farmers Market - in the hall kitchen.
22 Feb. 9.30-10.30am.
0409 997 309

Create your own market produce poke bowl.

Head to website events for tickets: www.naturalspacenutrition.com \$25pp

(Photo from last year).

Nabiac Farmers market's local producers:

- *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 *coffe

We regularly post info and updates on Instagram and Facebook. Follow us to stay in-the-know and please share our social media posts!

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 22nd February. 8-12 at the showground.

Market enquiries, including new stallholder applications:
www.nabiac.com nfmcoordinator@gmail.com 0438 012 781

By Laura Pennington for Nabiac Farmers' Market committee.

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The Ladies who were members of the Krambach Golf Get Together.

We are still meeting up once a year to chat and remember the lovely times we had playing golf at Krambach. Naturally the golf has improved as we all have with age, ha ha. Thanks to Kay for hosting our lunch and, as usual, our catering was second to none. One of our girls, Judy, comes from Kendall to be part of the action.

Pam Paff

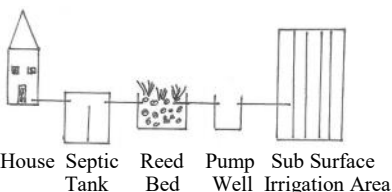
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These are old, sorry!

A man took his dog into a pub, bought a pint and settled down to watch football on the TV set above the bar. As luck would have it, it was a Fulham home game. After a one - sided match, Fulham lost, and the dog said, quite clearly, "Oh, no - not again!"

The barman, startled, walked over to the owner and said, "Did your dog just say "Oh, no not - again?"

"Yes," replied the owner blandly, "he always says that when Fulham lose."

"What does he say when Fulham wins?"

"Don't know. I've only had him for five years."

A little old lady arrives at US Immigration. The official's question is, "Do you advocate the overthrow of the government by violence or subversion?"

She pauses for thought and say, "Violence, I think,."

A doctor was weary of being asked for medical opinions everywhere he went, especially in social settings. Once at a church supper, a deacon diverted a casual conversation to describe certain pains that had been bothering him as he entered middle age. "I'd really like to know if this indicates a liver problem," the deacon hinted, looking at the doctor questioningly .

The doctor answered coldly. "Well, we certainly should see. Undress right here, and I'll perform an examination."

Word got around. The doctor was never badgered again.

Two mountaineers were discussing foreign countries. "I hear tell that in Tahiti the weather stays about the same all year round," one commented.

"That so?" said the other, disturbed. "What in the world do they talk about, then?"

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Should children witness childbirth? Good question.

Here's your answer.

Due to a power outage, only one paramedic responded to the call.. The house was very dark so the paramedic asked Katie, a 3-yr old girl to hold a flashlight high over her mommy so he could see while he helped deliver the baby.. Very diligently, Katie did as she was asked. Heidi pushed and pushed and after a little while, Connor was born.

The paramedic lifted him by his little feet and spanked him on his bottom. Connor began to cry.

The paramedic then thanked Katie for her help and asked the wide-eyed 3-yr old what she thought about what she had just witnessed.

Katie quickly responded,

'He shouldn't have crawled in there in the first place.....smack his ass again!'

If you don't laugh at this one, there's no hope for you.

A kind hearted fellow was walking through Central Park in New York and was astonished to see an old man, fishing rod in hand, fishing over the beautiful bed of lilies.

"Tch Tch!" said the passerby to himself. "What a sad sight. That poor old man is fishing over a bed of flowers. I'll see if I can help."

So the kind fellow walked up to the old man and asked, "What are you doing, my friend?"

"Fishin', sir."

"Fishin', eh. Well how would you like to come have a drink with me?"

The old man stood up, put his rod away and followed the kind stranger to the corner bar. He ordered a large glass of beer and a fine cigar.

Hi host, the kind fellow, felt good about helping the old man, and he asked, "Tell me, old friend, how many did you catch this morning?"

The old fellow took a long drag on the cigar, blew a careful smoke ring and replied, "You are the sixth today, sir!"

John visited his 90 year old grandpa who lived way out in the country. On the first morning of the visit, John's grandpa prepared a breakfast of bacon and eggs. John noticed a film-like substance on his plate, and asked, "Are these plates clean?"

His grandpa replied, "They're as clean as cold water can get them. Just go ahead and finish your meal!"

For lunch, Grandpa made hamburgers. Again, John was concerned about the plates, as his appeared to have specks of dried egg on it. "Are you sure these plates are clean?", he asked.

Without looking up, Grandpa said, "I told you before, those dishes are as clean as cold water can get them!"

Later, as John was leaving, his grandpa's dog started to growl and wouldn't let him pass,

John said, "Grandpa, your dog won't let me get by."

Grandpa yelled t the dog, "Cold Water, go lie down!"

Jack strode into "John's Stable" looking to buy a horse

"Listen" said John, "I've got just the horse your looking for, the only thing is, he was trained by an interesting fellow. He doesn't go and stop the usual way. The way to get him to stop is to scream 'heyhey' the way to get him to go is to scream 'Thank God'.

Jack nodded his head, "Fine with me, can I take him for a test run?". Jack was having the time of his life, this horse sure could run, he thought to himself. Jack was speeding down the dirt road when he suddenly saw a cliff up ahead. "Stop!" screamed Jack but the horse kept on going.

No matter how much he tried he could not remember the words to get it to stop, "yoyo" screamed Jack but the horse just kept on speeding ahead. It was 5 feet from the cliff when Jack suddenly remembered "heyhey!" Jack screamed.

The horse skidded to a halt just 1 inch from the cliff.h Jack could not believe his good fortune, he looked up to the sky, raised his hands in the air, breathed a deep sigh of relief and said with conviction, "Thank God!"



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Have your say on the community's plan for MidCoast's future



It's your last chance to provide feedback before the MidCoast 2035 Community Strategic Plan is considered for endorsement by Council.

Last year, more than 500 people from across the MidCoast got involved to develop the community's plan for our region's future. The plan guides how the whole MidCoast community including residents, businesses, community organisations, agencies and government, including MidCoast Council, can work together towards the community's vision for its future.

"This plan is an important foundation for Council's planning. It helps us understand the community's priorities and then we develop our annual plans to address the areas that fall within our area of responsibility," said Mayor Claire Pontin.

"We heard that maintaining infrastructure and roads, protecting the environment and improving Council's financial sustainability are high priorities for our community."

Other areas the community has identified as important include better access to health services, more affordable housing, improved business and employment opportunities and maintenance of our towns and villages, amongst others. The new draft Community Strategic Plan focuses on these community priorities.

You're invited to review and provide any further feedback to help finalise the plan.

You can view the plan at www.midcoast.nsw.gov.au/csp and leave any feedback until Monday 3rd March 2025.

If you're not online, you can drop your written feedback into one of our customer service centres or send to PO Box 482 Taree NSW 2430. Your mail must reach us by Monday 3rd March.

All feedback will be considered for inclusion in the final MidCoast 2035 Community Strategic Plan.

MidCoast Council Media

Explore the World through an Artistic Lens

Come and see the three new exhibitions at Manning Regional Art Gallery from Thursday 23rd January to Saturday 8th March.

Trevor Weeks Opus's An Artist's Odyssey is the artist's final body of work, reflecting his love of art and music, in paintings, drawings and sculpture.

The exhibition features artworks embracing past themes and inspirations from over 50 years of practice, including birds, musical instruments, and boats.

Wootton Creative Alliance's *Place* surveys the work of a group of artists residing in Wootton, on the Mid-North Coast of NSW and features painting, photography, sculpture, printmaking, soundscapes, and ceramics.

Each artist has interpreted their idea of place. Spirit of place is palpable, you can feel it, touch it, see it. Place is where we reside, where we take a deep breath, where the heart lives.

Jen Delirium's *You Never Leave* uses the graphic qualities of linocut prints in black and white to convey the binary view of our lives including all or nothing, love or hate and pleasure or pain.

Join us for the official opening on 24th January from 6pm. The opening is a Friends of the Gallery fundraiser. Tickets are available for purchase at the door, or online at <https://mrag.midcoast.nsw.gov.au/Events-News-Listings/Gallery-Events/Exhibitions-Opening>.

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DISASTER RECOVERY SUPPORT EXTENDED TO THE MID COAST REGION



Tanya Thompson, Member for Myall Lakes has announced that residents in the Mid Coast Local Government Area (LGA), affected by the severe thunderstorms and intense rainfall from 15th January 2025, can now access disaster recovery support. This follows the inclusion of the Mid Coast LGA in the expanded Natural Disaster Declaration.

The announcement brings relief to the Mid Coast community, ensuring access to assistance measures under the Commonwealth-State Disaster Recovery Funding Arrangements (DRFA). These measures include:

- Support for eligible residents to help meet immediate needs like emergency accommodation.
- Grants for low income, uninsured residents to replace lost essential household items to maintain a basic standard of living.
- Grants for low income, uninsured residents to undertake essential structural repairs to restore their homes to a safe and habitable condition.
- Support for affected local councils and other agencies to help with the costs of cleaning up, keeping the community safe and restoring damaged essential public assets.
- Concessional interest rate loans for small businesses, primary producers, and non-profit organisations and grants to sporting and recreation clubs to repair or replace damaged or destroyed property.
- Freight subsidies for primary producers to help transport livestock and fodder.

Mrs Thompson advocated for the inclusion of the Mid Coast region in the expanded declaration.

"Severe storms can have devastating impacts, on homes, businesses, and our communities.

"Ensuring the Mid Coast was included in this disaster recovery declaration was essential to provide our residents and council with the resources they need to get back on their feet.

"I encourage those impacted to explore the available support and reach out for assistance," said Mrs Thompson.

For more information on disaster assistance, visit www.disasterassist.gov.au

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ANOTHER STEP CLOSER ON STAGE TWO REDEVELOPMENT OF MANNING BASE HOSPITAL

Tanya Thompson, Member for Myall Lakes, is pleased to announce that the detailed design for Stage 2 of the Manning Base Hospital Redevelopment has been completed. The Review of Environmental Factors (REF) for the initial demolition works is now on public exhibition until midnight on Monday, 17th February 2025.

"The enabling works, which involve the demolition of the administration building, facility management unit, mortuary, and old fever ward, along with the relocation of two bulk oxygen tanks, are an exciting first step towards the construction of a new and improved hospital for our community," said Mrs Thompson.

These essential works will prepare for improved inpatient accommodation and better connectivity across the hospital campus, ensuring that the Manning Base Hospital meets the growing needs of the Myall Lakes Electorate.

"The community has been eagerly anticipating this redevelopment, as have I. This step provides further certainty that the project is moving forward," Mrs Thompson added.

The redevelopment project, part of the \$180 million Lower Mid North Coast Health Service project, is designed to enhance health services across the region, including the Forster-Tuncurry health facility. Mrs Thompson has requested a meeting with Minister Park in early February to discuss updates on the Forster site.

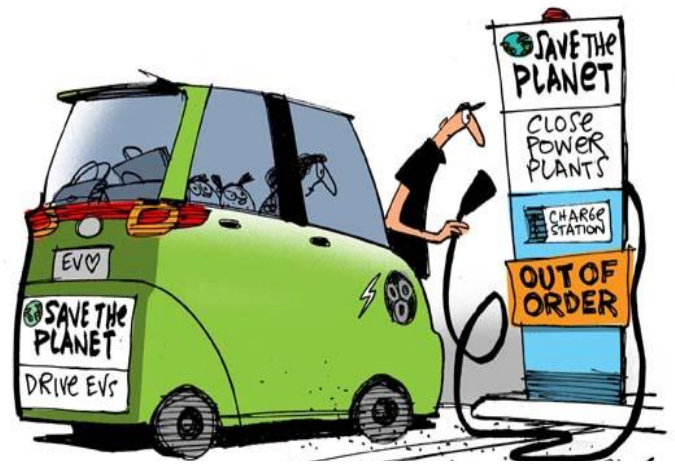
"The planning and design stages, though time-consuming, are critical in ensuring the redevelopment is tailored to our community's unique needs," Mrs Thompson explained.

"As the works are being conducted on the existing hospital site, it is important to stage them in a way that does not compromise the daily operations of our hard working staff and clinicians."

Community engagement is a crucial part of the process. Feedback received during the public exhibition period will be instrumental in finalising the design details before demolition works commence later this year.

"I encourage all residents to review the Review of Environmental Factors and share their feedback. This is an opportunity for the community to have their voices heard and contribute to the shaping of our future health services," said Mrs Thompson.

For more information and to provide feedback, visit www.hinfra.health.nsw.gov.au/projects/on-exhibition



PETITION PRESSURE TO SAVE REGIONAL RAIL JOBS

The NSW Nationals has launched a petition to stop the Minns Labor Government from axing the state's only regional rail service provider along with more than 100 jobs.

The decision is part of the latest wage offer made to the Rail Tram & Bus Union (RTBU) and would provide an additional one per cent increase to Sydney train drivers.

Member for Myall Lakes, Tanya Thompson said there's no clarity around what impact the merging of NSW Trains and Sydney Trains will have on the community.

"This offer will mean direct job losses, and it will be non-union members and people in the regions who will be targeted, not union members in the city," Mrs Thompson said

"These workers are going home to their families not knowing if they will still have a job, so we need as many people as possible to sign this petition, to let the Government know this is simply not acceptable.

"Our residents deserve certainty and stability like everybody else. They deserve the right to be able to put food on the table and to not have their livelihoods taken away as collateral damage."

Shadow Minister for Regional Transport and Roads Dave Layzell said the Premier and his Ministers have completely lost control of the negotiations, and the regions shouldn't have to pay the price

"Our rail network operates very differently than what happens in the city and NSW Trains plays an important role in ensuring it runs smoothly," Mr Layzell said.

"Labor created this industrial chaos and getting rid of yet another dedicated regional department and dozens of jobs is not the way to solve things

"I also want to know where the Minister for Regional Transport and Roads is in all of this, and why she isn't standing up for the jobs of regional workers like she should be."

To sign the petition visit: <https://www.parliament.nsw.gov.au/la/pages/epetition-details.aspx?q=sHmpWVltvtXZjnDlsLvB3w>

An Irish painter by the name of Murphy, while not a brilliant scholar, was a gifted portrait artist.

Over a short number of years, his fame grew and soon people from all over Ireland were coming to the town of Miltown Malbay, in County Clare, to get him to paint their likenesses.

One day, a beautiful young English woman arrived at his house in a stretch limo and asked if he would paint her in the nude. This being the first time anyone had made such a request he was a bit perturbed, particularly when the woman told him that money was no object; in fact, and she was willing to pay up to 10,000 pounds.

Not wanting to get into any marital strife, he asked her to wait while he went into the house to confer with Mary, his wife. They talked much about the Rightness and Wrongness of it. It was hard to make the decision but finally his wife agreed, on one condition and in a few minutes he returned.

"T'would be me pleasure to paint yer portrait, missus," he said.

"The wife says it's okay. I'll paint you in the nude all right; but I have to at least leave me socks on, so I have a place to wipe me brushes." T'IS WHY WE LOVE THE IRISH.

Teacher 1. "I really like Cindy, but she's a terrible student. Almost everything she writes on her test papers is inaccurate."

Teacher 2. "It's okay. She plans to be a weather forecaster when she grows up"

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Lyn's Larder

GARIBALDI BISCUITS

I hear them mentioned on English TV shows and have never know what they were & found this recipe. Haven't tried it yet, but!

INGREDIENTS

110 g Dried Currants
2 tbsps Brandy
1½ cups Plain Flour
½ cup Caster Sugar
80g Cold, unsalted Butter, chopped
80 ml Milk (approximately)
1 tsp Ground Cinnamon
1 Egg, lightly beaten

METHOD

1. Combine currants and brandy in a small bowl; stand 30 minutes. Drain, discard the brandy.
2. Meanwhile, sift flour and half the sugar into medium bowl; rub in butter until mixture is crumbly. Stir in enough milk to make a firm dough. Turn dough onto a floured surface; knead gently until smooth. Wrap in plastic and refrigerate for 30 minutes.
3. Preheat oven to 200°C/400°F. Grease an oven tray
4. Combine remaining sugar and cinnamon in a small bowl.
5. Divide the dough in half. Roll one half between sheets of baking paper until 20cm x 30cm (8" x 12") rectangle; place on oven tray. Sprinkle with 2 tablespoons of cinnamon sugar and currants. Roll remaining dough to the same size as first half of dough and place on top of currants.
6. Using a rolling pin, roll slice while on tray until 5 mm (¼ inch) thick; trim edges. Mark into 24 rectangles. Brush top with egg; sprinkle with remaining cinnamon sugar.
7. Bake about 25 minutes; stand 5 minutes. Using a sharp knife, cut into biscuits along marked lines.

Here is another one I have only heard of and never eaten

IMPOSSIBLE PIE

INGREDIENTS

½ cup Plain Flour
1 cup Caster Sugar
1 cup Desiccated Coconut
4 Eggs, lightly beaten
2 tsp Vanilla extract
125 g Butter, unsalted, melted
2 cups Milk
160 ml Thick (double) Cream
125 g Fresh Raspberries

METHOD

1. Preheat oven to 180°C/350°F. Grease straight sided 24cm (9½") pie dish.
 2. Sift flour into medium bowl; stir in sugar, coconut, eggs, vanilla, butter and milk. Pour mixture into dish.
 3. Bake pie about 45 minutes or until set. Stand pie 10 minutes before serving.
- Serve warm with ice cream and raspberries

YOU GUESSED IT - NOT ENOUGH ARTICLES AGAIN

Paddy was a youthful and hard working Irishman at a coastal village in Ireland. Daily he would pole a heavy old punt out to sea then work a heavy iron grapple to bring up the sand oysters which he sold to the local ice works. He was a man of regular habits he always arrived home each day at a certain time. Sadly, Paddy did not realize the heavy grappling was taking a toll on a faulty heart.

One day, he failed to come home, so his wife contacted the Police to investigate him being missing. They rowed out and found Paddy dead in the punt. Beside him a huge grapple full of oysters he'd tried to hoist aboard. Headlines next day in the 'Irish Times Newspaper-said.....Wait for it!

OYSTERS KILPATRICK

You think you had a bad day...

His request approved, the Fox News photographer quickly used a cell phone to call the local airport to charter a flight. He was told a twin engine plane would be waiting for him at the airport..

Arriving at the airfield, he spotted a plane warming up outside a hanger. He jumped in with shouted, 'Let's go.'

The pilot taxied out, swung the plane into the wind and took off. Once in the air, the photographer instructed the pilot, 'Fly over the valley and make low passes so I can take pictures of the fires on the hillsides.'

'Why?' asked the pilot.

'Because I'm a photographer for Fox Cable News,' he responded. 'And I need to get some close up shots.'

The pilot was strangely silent for a moment. Finally he stammered, 'So, what you're telling me is . . . You're NOT my Flight Instructor?'

"My little Wally thinks he is an astronaut," a woman complained to a psychiatrist on the phone. "He's constantly walking around in slow motion, pretending he's weightless. And he calls out scientific-sounding orders to nobody in particular. He's living in a daze."

"It's quite understandable. He's been profoundly influenced by movies like Star Trek, Apollo 13. He'll soon grow out of it - but in the long run, it actually could turn out to be a good influence."

"That's wonderful! I'll go tell his wife!"

An agitated patient was stomping around the psychiatrist's office, running his hands through his hair, almost in tears.

"Doctor, my memory's gone. Gone! I can't remember my wife's name, Can't remember my children's names. Can't remember what kind of car I drive. Can't remember where I work. It was all I could do to find my way here."

"Calm down, Howlong have you been like this?"

"Like what??"

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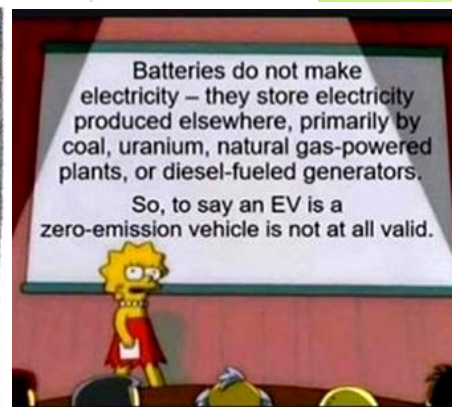
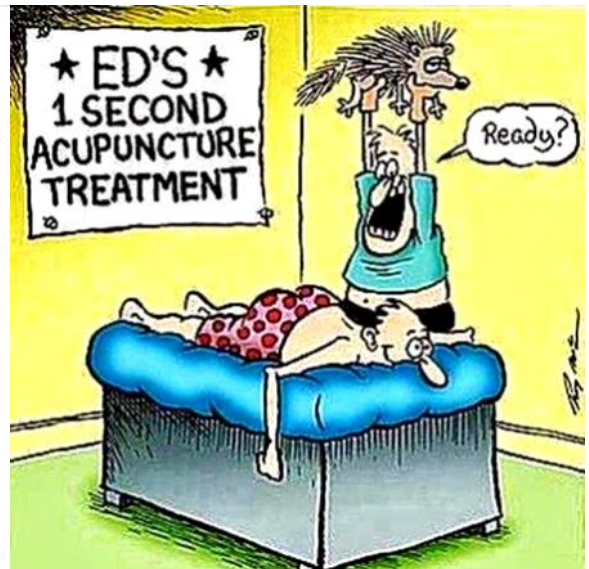
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3 Deadly Terms Used by Women

- #1 **Fine**
THIS IS THE WORD WOMEN USE TO END AN ARGUMENT WHEN SHE KNOWS SHE IS RIGHT AND YOU NEED TO SHUT UP.
- #2 **Nothing**
MEANS SOMETHING AND YOU NEED TO BE WORRIED.
- #3 **Go Ahead**
THIS IS A DARE, NOT PERMISSION. DO NOT DO IT.



I only do what the voices in my wife's head tell her to tell me to do

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Welcome to Deb's Gardening

I have always noticed that when the grey gums start to turn orange we are in for a lot of rain, and rain it did. It has been an interesting summer so far, the cicadas started the season off being that loud that I needed ear muffs to venture outside. The frogs have been croaking all night long most nights. It was hot and dry at the start of the season and now very wet and I was even cold for a few days last week. Not to forget to mention the monolepta beetle being in plague proportions.

I read that in both cases the cicadas and the monolepta beetle had the perfect weather conditions in recent years, such as warmer temperatures and increased humidity, which may have created ideal breeding conditions. In early December a swarm of monolepta beetle destroyed an orchard in Bootawa, lucky for me they only destroyed the flowers on my hibiscus tree and crepe myrtle.

One very windy day I looked out the window to my new finally renovated and freshly painted alfresco area wondering what was darkening my ceiling and going outside to investigate, looked up to plaque proportion monolepta beetles hiding from the wind. I am not one for using harsh chemicals or sprays but I had a can of fly spray in the cupboard and gave them a good spray. The perfect place to kill them! My other half saw them destroying the flowers on the hibiscus and wanted to buy a can of flea bomb to put under the tree but I showed him the little wrens and bees all around the tree that are beneficial to the garden so I wouldn't let him. There are still many around - now my grandchildren entertain themselves going around the garden with the fly swats, swatting them, as there are still many about.

As it is school holidays and I have had the grandkiddies for the holidays, one of our activities is searching for beneficial insects that they cannot harm, such as –

Lacewing: These nocturnal insects search for unsuspecting prey such as small grubs, aphids and mealybugs (amongst others) during the night. This is most distinguished by their large eyes which allow them excellent night vision. During the early morning and throughout the



day they can be encountered resting underneath densely foliated plants such as hibiscus. Although they have large wings, they are weak flyers and can only manage to fly a few metres before requiring rest. They, in turn, are easily predated by small birds and reptiles if they move around too often during the day. Their young larvae, however, are wonderful daytime predators feasting on most small insects that plague roses and vegetables. They have the amazing ability to disguise themselves with plant debris which they attach on their backs on small spines. During the summer, the adults are highly attracted to the lights in our homes.

Aphid Midge: One of the good guys in the garden. The adult Aphid Midge looks very much like a fungal gnat but is a predator in the garden. Hiding under leaves through the day and emerging at night to reproduce. The female aphid midge can lay over a hundred eggs at a time, and these shiny orange eggs are carefully laid amongst a colony of aphids, so there is a sufficient food supply for her young. To make sure they get the most from the aphid colonies, the adult aphid midge feeds on the honeydew that the aphids produce.

Hoverflies: These small flying insects can be found on a global scale and have proven themselves worthy, time and time again. They come in a few colour forms yet the most common will have black and yellow markings on its rear that often resemble a wasp at first glance. This clever mimicry helps them to avoid being eaten themselves by a larger predator. Hoverfly larvae are fierce predators of small sap-sucking insects such as aphids and thrips, plus they will also feast on small caterpillars. The adult insects are amazing pollinators in their own right as they scour nectar-rich blooms and are being further studied for this ability in the absence of honey bees.

Lady Beetle: These Australian native ladybird beetles are very efficient predators of many species of mealybug and soft scale insects. Larvae can be easily mistaken for mealybugs. Ladybird larvae have waxy, more cotton-like fluffy filaments. Adult beetles are about 4 mm long with an orange head and black wing covers. Adult beetles lay their eggs inside mealybugs and their larvae feed on mealybug eggs and young ones.

Praying Mantis: They are a solitary species that roam the garden. For



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an insect of its size, they are highly intelligent and will often gaze back at humans with an inquisitive set of large alien-like eyes! Mantis will prey on any soft bodied insect such as caterpillars, beetle larvae, ants, small spiders, small butterflies and moths, aphids and mealybugs.

The larger females produce an intriguing egg sack on plants that dry hard and brown of which up to one hundred tiny offspring emerge at the end of summer to begin their solitary lives from the get-go.

Wasps: Mention the word wasp to the grandkids and they want to run away. But not all wasps behave with evil intent; in fact, a vast majority of garden wasp species are amazing natural predators and are amongst the most fascinating of insect species in your backyard. All predatory wasps hunt tirelessly for their prey on many plant species for the widest assortment of prey.

Ladybird: Come in an assortment of colour from orange, red, yellow and even black and you can find them manly on plants that are attacked by aphids as this makes up a large part of their diet.

However in the case of the 28 spotted ladybird they eat more plant material and can be a bit of a pest.

They had fun with that activity and I was happy that there were a lot of beneficial insects to be seen. It means that I have a garden that is taking care of itself from nasty pests. In saying that I had pests attack the pear tree, I did not get one pear this year, the king parrots and bats had a feast as I didn't get to net them this season, time just seemed to go out the window again. Pests come in all sorts of sizes and birds and bats are one, apart from netting I have no prey such as a trained falcon to control them. The pet kelpie seemed to have slackeden off and just watch them from the balcony. I think that my next activity with the grandkids is to make a scarecrow and see how that works in the orchard.

Until next time- *"Time that you enjoy wasting is not wasted time"*
Marthe Trolly-Curtin

Deb

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Wallamba Netball Club –



Registrations are now open!

The 2025 Netball season is fast approaching, and registrations are now open for all age groups. The 2025 season will begin on **March 8th** and run through to **September 6th**, with the Nets and Sets divisions starting a little later on **March 22nd**.

All games will take place on Saturday mornings throughout the school term at Boronia Park in Forster, games are played at the same time each week making weekend planning easy!

Registration Fees:

- **NET (5-6 years):** \$123
- **SET (7-8 years):** \$123
- **GO (9-10 years):** \$123
- **Juniors (11-18 years):** \$150
- **Seniors (18+):** \$165

Active Kids Vouchers Accepted. As part of the registration fee, players will receive a training shirt. Additionally, uniforms for the season are provided to lease free of charge.

Thanks to the generous support of our local sponsors, registration costs have been kept as low as possible, making it more affordable for families to participate in the sport they love.

Whether you're returning or joining for the first time, 2025 is shaping up to be another great season and we'd love for you to be a part of it, register today!



Registration/Information Morning

- A chance to come and chat to some club members and players and have any questions answered.
- Get help with registration.
- Get your uniform and order your training shirt.
- Games and drills.

Saturday
15 February 2025

10 AM - 12 PM

Nabiac Tennis Courts

**READY TO REGISTER NOW?
SCAN THE QR CODES BELOW!**

5-10 years: [QR Code]

11-18+ years: [QR Code]

wallambanetballclub@gmail.com
0447 593 943

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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

Travel Lighter

What do you think of as a new year begins ... resolutions for personal improvements ... time with family ... holidays ... the beach. Two of my teen grandsons are pleased to have holiday jobs.

We celebrate Australia Day and wonder what the year might bring. One thing is certain ... we can't know the future and this is just as well as we would be sure to worry.

In 1939 after the outbreak of war for Britain, King George V1 wanted to encourage citizens to put their trust in God. He quoted this poem -

*"Go out into the darkness and put your hand into the Hand of God
That shall be to you better than light, and safer than a known way"*

He didn't know what the new year would bring, but he trusted God to 'guide and uphold them in the days ahead'.

The image of God's hand appears in the Bible many times, eg. in Isaiah God called the people to trust Him as their Creator ... His **hand** laid the foundations of the earth and His right **hand** spread out the heavens, *Isaiah 48:13*; the psalmist claims that God's right **hand** upholds him, *Psalms 63:8*; and the New Testament says Jesus is seated at God's right **hand**, *Mark 16:19*. One of my favourites is *Isaiah 49:16*, Behold, I have inscribed you on the palms of my **hands**.

Whatever we face as we look toward the new year we can follow the encouragement of King George and the prophet Isaiah and put our trust in God.

If you want to travel lighter this year be encouraged to let go of any grudges you are holding as these will only weigh you down. It's a 'dog-eat-dog world, not a dog-forgive-dog world'.

Forgiveness is an 'unnatural' act – dolphins don't forgive sharks for

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eating their playmates. Bitterness and hatred come naturally when we've been hurt ... forgiving is supernatural and requires the grace of God. Speaking personally, forgiving is one of the hardest things to do, but it is the pathway to healing ... it will add years to your life and restore relationships. It is not a weakness but rather gives power and strength. Holding onto grudges shortens your life by contributing to many physical and mental ills.

A man wished his brother could come to his wedding but 'they hadn't spoken in years' ... though he couldn't remember why. Drifting apart is the natural result of an unforgiving spirit whereas forgiveness 'opens the doors of a prison where you are both the prisoner and the jailor'.

The Lords Prayer says 'forgive us our trespasses as we forgive others'.

... forgive each other because, in Christ, God has forgiven you. *Ephesians 4:32*.

The Counsellor quotes from Word for Today, Daily Bread, Philip Yancy

The Counsellor

Wanted: Euchre Players

We play every Thursday night in the old Catholic School Centre at Krambach. We start at 7:00pm and generally finish about 9:30pm. We then have a cuppa and a chat, all for \$5.00.

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

To find out more please ring

Helen on 6559 1211 or 0429 778 011



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

February Mass times are Saturday 1st at 6:00pm, Saturday 8th at 6:00pm, Saturday 22nd at 6:00pm
March Mass Saturday 1st 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

February Mass time is Saturday 15th at 6:00pm
**Note: Mass is held @ 6:00pm again - daylight savings*

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

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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

ISA BROWN CHICKENS

8 months old and on point of lay.

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0491 228 334

Coolongolook area



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

Hello everyone,

Hope you all have had a great start to 2025.

It is definitely flying by already. See you all soon at the show.

Saying of the month

"The bad news is Time Flies. The good news is You're the Pilot."

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 0414 626 549 (Nabiac)

Brett Dennett, on 0459 988 241 (Failford)



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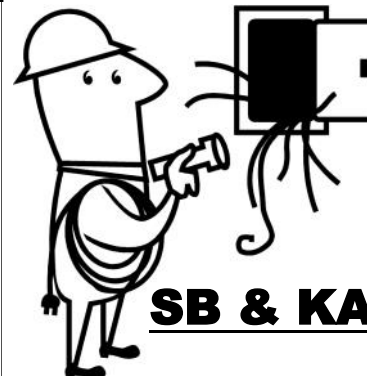
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