

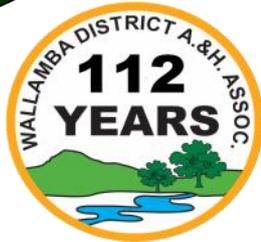
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Editorial..

I hope everyone has had a quiet month. The weather, have to bring that up, has been all over the place and I am over the wind and cleaning gutters every other day and sweeping up leaves.

Bring in Autumn!

Bit of a crazy month for me trying to remember what I have to do for the show having been out of the game for five years and finding how much things have changed with paperwork. UGGG!

Also having to squeeze in doing this month's Across the Fence has been a bit stressful. Age is catching up with me.

Some good and interesting articles for you to read and, yes, lots of fillers.

The vet's article on page 13 is really fortuitous as the information will be interesting for animal owners with the show's fireworks imminent, Page 13

Virginia's article on horses is also interesting. They react very much like dogs to calming people and bonding to people and other animals, fretting if parted from them. Page 25

Agland Turf's article is timely for ardent gardeners and gives lots of advice on what to do this month to get your lawns ready for the cooler months. Page 25

Deb's got lots of advice on what to plant for Autumn and Winter and her fun with her house renovations is ongoing. *Been there, never again whilst still living in the house!!*

Show is upon us. Hope you all enjoy yourselves as the work gone into making it happen has been enormous. Huge kudos to all the volunteers and committee members for giving up their free time to do it.

Don't forget to go and see the schools' Scarecrows in Shellie's Country Wear shop in Nabiac and vote for your favourite one.

Also check out the shops in Nabiac and see what they have come up with to decorate their windows for the 'Best Window Display' comp.

The show's **RAFFLE** this year is huge. Lots of VERY nice prizes. Tickets available in the Chemists, Caravan Shop, Shellies, Muse, Belinda & Barb's Hair Salon, Dyers Crossing P.O, Krumbach P.O., and at the show in the Foyer on Show Day. At a dollar a ticket, you could win one of two beautiful huge Quilts made by Jenny Fletcher, Caravan Travel goodies, mixed basket from Chemist, Meal Tickets from Tuncurry Bowling Club, Bunnings Voucher, Lumpy's Nursery Voucher, 3 Yetti mugs from Stihl, great doormat from Bike Museum, R M Williams Leather belt from Yarads, Wooden Bowl and Trinket Box from the Manning Woodworkers. Not bad for a dollar. Buy one, buy a lot, you have to be in it to win it 'til next month

Lyn & Timidthy



WHAT'S HAPPENING IN MARCH, 2025

Markets & Events.

• Bulahdelah	(1st Sat)	1 st	8am to 1pm
• Blackhead Bazaar	(1st Sun)	2 nd	8am to 12 noon
• John's River Country	(2nd Sat)	8 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	1 st	8am to 12 noon
• Myall Quays	(3rd Sat)	15 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	15 th	8am to 12 noon
• Krumbach	(3rd Sun)	16th	8:30am to 1pm
• NABIAC	(Last Sat)	29th	8am to 12 noon
• Old Bar	(Last Sun)	23 rd	7am to 1pm
• Pacific Palms	(Last Sun)	23 rd	9am to 1pm
• Forster Town	(2nd Sun)	9 th	8am to 2pm
• Halliday's Point	(1st Sun)	2 nd	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	22 nd	8am to 2pm
• Forster Farmers Market	(3rd Sat)	15 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	22 nd	8am to 1pm
• Burrell Creek	(2nd Sun)	9 th	9am to 12.30pm
• Gloucester	(2nd Sat)	8 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.

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Nabiac Landcare



The Nabiac Landcare teams are back in the bush after the summer break and have decided that it's still summer! Fluids and mozzie spray are definitely necessary.

It is really great to walk around and see how well native ground covers like basket grass (*Oplismenus aemulus*) are filling in areas that were weeded last year. We had also pulled lots of Crofton weed in shaded wet areas and are happy with the result. We had piled the weeds on rafts of dead branches and they have died. Unfortunately, Crofton weed in wet sunny areas is loving life. Of course, there are lots of weed seedlings, especially privet and camphor laurel, but these are pulling quite easily from the moist soil.

On the weed front, Easter cassia (*Senna pendula* var. *glabrata*) is definitely beginning to show its pretty yellow flowers. As I mentioned last month, blackberry is on the list for control as well. Two weedy grasses to look for this month, especially if you have a bushy type garden are seteria and broad-leaf paspalum (*Paspalum mandiocanum*). Both are setting seed. Seteria is a pasture grass that has escaped into the local bush (and my lawn). It shades more desirable plants and grows quite rapidly. Broad-leaf paspalum was possibly imported as a pasture grass but isn't especially palatable to cattle. It grows anywhere from full sun to dense shade. In the past ten years it's spread has been very noticeable.

Please don't dump grass clippings, pruning's, bulbs or old potting mix over the fence or across the road into the bush. The usual argument is that it's 'organic' and will rot down to mulch. Yeah, nah! Piles smother existing vegetation, piled grass clippings around tree bases encourage fungal rot, green pruning's at the bottom of the pile will often layer and form new plants, old potting mix and soil can carry pathogens...maybe that's why the plant in the pot died!

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!

Garden Groves

Steve Groves

Horticulturalist Gardener Landscaper
Farm & Garden Handyman
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Ron Goafield

Music at the Green House Café

Every Friday - 11:00am until 1:00 pm
during March

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

Show News

It's almost time. Only a couple of days to go to get your hall entries finished for entry on Friday morning. Get there from 7.30am as the queues are long!

The Committee members and wonderful volunteers have been working hard for the last couple of weeks to get the grounds all cleaned up and ready for the attractions and entertainers to set up. Massive work done to make sure the rings, stables and cattle stalls are up to scratch for the animals after a year's hiatus.

We are back to cash selling tickets and using epos at the entry gates, no prepaid tickets. Please be patient as some the gate volunteers are new to using the machines and there is no rush, we **are** open all day.

If you wish to go home after entry and come back for the fireworks, Demo Derby and Auto Soccer, make sure you get a wrist band from the gate keeper before you leave as you tickets WILL NOT gain you re-entry.

Lots of great things happening to keep you all amused. For the youngsters there is the animal nursery, Let er Buck (Mini Kids Bouncy Rodeo Show) where the kids can ride on bouncing farm animals, Pepperific's Troll, Pup Patrol & Peppy Pig shows, balloon blowing lessons, Quenorie's Magic and Tattoos and Face Painting, for the teens there is the carnival and I am told the rides will be great this year (\$50 all day wrist bands on sale for use from 11am to about 6pm. Be fair teens and get off after one ride and go back to the queue so everyone can have a ride. Don't be greedy and try to stay on)

We are having some old fashioned races, for the kids and adults, of sack races, egg & spoon races and 3 legged races. All good for a laugh. And the tug o war.

Woodchoppers are back as are the mower racers and Show Dogs.

Lots of Beef Cattle to check out and whilst in the ring area, watch the horses go through their paces

Big draw is the AUTO SOCCER - for those new to it, it is a 'soccer game' played with cars, a huge ball and excavators as goalies. Great! Demo Derby and Dash for Cash (for the last cars still working) and KaBoom fireworks finish the day.

REMEMBER WE ARE A GLASS FREE AREA, so don't try to bring in any glass and absolutely NO ALCOHOL. It will be confiscated at the gate.

See you there

Cheers,

Lyn Reid - Secretary, 6559 1811

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Between the Pages
Nabiac Library News

Hello there from Nabiac Library. It is hard to believe that it is already March, and Autumn will be gracing us with her cooler temperatures and beautiful colours. It has been a wonderful Summer with plenty of rain to keep our tanks full and our paddocks and lawns are lush.



The children's Summer Reading Club is finalised and the winning bookmarks are now in Nabiac Library for you to enjoy. These beautiful bookmarks feature the children's artwork on the front and details of the artist on the back. Please come into Nabiac Library and encourage your children to enjoy our children's section with books, games and magazines and select one of these prize winning

bookmarks to go with your choices.

Our Nabiac Library Community Summer Jigsaw Puzzle challenge was definitely a challenge!



Piece by piece, the Nabiac Library community has completed this beautiful jigsaw puzzle. A huge shout out to everyone who stopped by to add their touch — a wonderful example of teamwork and connection.

Did you know that our MidCoast libraries host community puzzles. Come on in and join the fun. They inspire mindfulness and connection!

You can also borrow or reserve our MidCoast Libraries jigsaws for your enjoyment at home. Come into Nabiac Library to check out what we have available, or go online and reserve a jigsaw of your choice for pick up at Nabiac Library.

Wallamba Show is coming soon! The 112th Annual Wallamba District (Nabiac Show) will be on the 7-8th March 2025. Friday 7th March is for entries into the Hall and Produce sheds ready for judging at 11am. The show opens on Saturday 8th March from 8am. Nabiac Library has

copies of all the events and schedules for you to peruse and copy your entry and waiver forms. Schedules and details are also available online at <https://nabiac.com/show/>. Please note: **Nabiac Library will be closed on Saturday 8th March 2025**

NSW Seniors Festival 2025 runs from 3rd – 15th March. The theme is "Time to Shine." MidCoast Council in conjunction with MidCoast Libraries will be offering a number of activities all free of charge across our area. The catch-cry is "Try something new with a lively crew!" Take a look at our jam packed program of free activities to enjoy during NSW Seniors Festival! Creative ideas include:

- **Macramé Coaster Workshop at Nabiac Library. Friday 14th March from 1-4pm. Create a custom set of four coasters. No experience necessary.**
- Crafting with decoupage at Gloucester Library Tuesday 4th March. 1-3pm.
- Create with colour pencils at Hallidays Point Library Tuesday 4th March. 2-4pm
- Create Ceramics and Cater at Tea Gardens Library. Wednesday 5th March. 10.30-12.30. Create a beautiful hand-made ceramic cheese plate with a small serving bowl. A perfect match for the macramé coasters workshop at Nabiac Library
- Create a fused glass suncatcher. Tuesday 11th March. 1-4pm. Rushby's Hall Old Bar

Would you like to learn more about **fishing**? These sessions will give you the tips and hints to get you out on our waterways to enjoy fishing for your best catch! Hosted by *Pete* from PJ'S Fish'N'Outdoors. Fishing with confidence workshops will be held at:

- Harrington Library Tuesday 4th March 10-12am.
- Taree Library Wednesday 5th March 10-12am.
- Forster Library. Monday 10th March 2-4pm

Maybe you would prefer to explore our **great outdoors**. You could hop on the bus at Forster Library for a scenic guide of the Barrington Coast, featuring breathtaking landscapes, hidden gems and local high-lights. Along the way, you'll learn about the area's history, wildlife and natural beauty; with a stop to purchase lunch or enjoy your own packed meal. When? Thursday 6th March. 9am-3pm Forster Library.

- **Cattai Wetland Walk:** Explore the unique wetlands on a guided walk. Saturday 8th March from 9:30-11:30 am Cattai.
- Koala Walk at Tinonee. March 5th from 9:30- 11:30am starting at Tinonee Recreation Reserve.
- Shorebird Walk and Talk at Harrington Sandpit from 9:30-11:30am. Discover the migratory birds of Harrington Sandpit on a guided walk to learn about these birds and their patterns.
- Boom and Bust – discover Taree's past on a 1km guided walking tour through the CBD. Taree Library 10am-11.30am

There are also a number of writing workshops, a dementia workshop

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and a Seniors Expo at Ormsby house and so much more to explore, enjoy and learn.

For full details of all events and to book online go to <https://library.midcoast.nsw.gov.au/Events>. OR phone 79557001

Otherwise call into your local library and ask to book in.

Please support our Seniors Festival Macramé Workshop at Nabiac Library on 14th Friday March from 1-4pm and make a set of four coasters. What a great initiative!

Don't forget Wallamba Show is on Saturday 8th March at Nabiac Showground. The Nabiac Library will be closed for Show Day!

Otherwise, we'd love to see you at the Library in our usual opening hours, which are:

Monday & Tuesday: 3-5pm Thursday & Saturday: 10 – 12noon

Come on in! You may be surprised at what you find!

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 (who works these facts out???)

FOODWORKS

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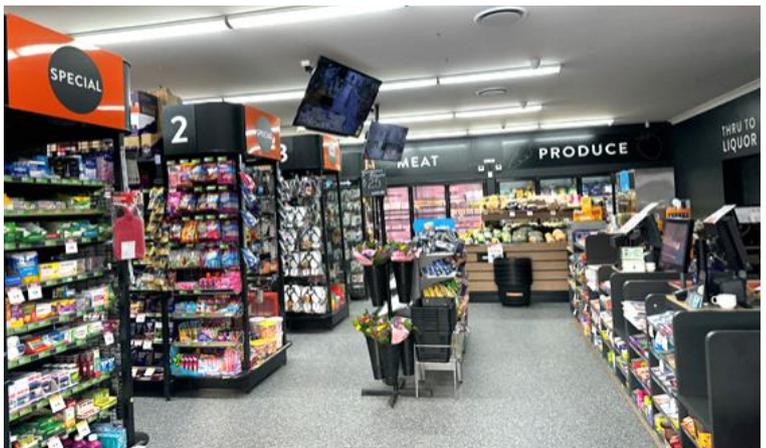
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WALLAMBA CWA REPORT

Well another year has begun and Wallamba CWA Branch's first meeting for 2025 was held on February 11th at our usual meeting venue, Nabic Community Church Hall.

President *Margaret Weller* welcomed 8 members and visiting guest *Colleen Sorensen* and received a further 4 apologies.

With the meeting declared opened at 10.00am and the formalities of National Anthem, CWA Motto and CWA Prayer, President Margaret asked members to pause and remember those friends who had passed since our last meeting.

These included *June Rennie*, (Krumbach) *Tommy Herival*, (Coolongolook) *Egon Macaitis*, (Krumbach Golf Club) *Wilf Slater* (Wingham) and *Erica Jessup* (advocate for saving the brumby horses in the Guy Fawkes National Park).

Our travelling member, *Lyn Matthews*, sent through our monthly thought which was **"You have a choice each and every single day - I choose to feel blessed. I choose to feel grateful. I choose to be thankful. I choose to be happy."** Thanks Lyn. Member *Pam* will supply the next month's thought.

Quite a large deal of business arising from our previous meeting was discussed including the final wrap up of the November Garage Sale held by the Branch which saw a total of almost \$600 being raised. Thanks to member *Jean Price* who generously donated two bags of baby clothing to Baby Hub Community in Alice Springs. Jean has been doing this for some time now.

The CWA Cook Books were discussed and, as there are 3 versions available from CWA State Office, it was decided we would purchase the boxed set for selling at The Nabic Nook, and if it goes well we can order more.

The Showground Hall has been booked for Tuesday 17th June, 2025 when Wallamba Branch will be hosting the CWA MNC Handicraft and Ag & Environment Day.

Quite a large amount of correspondence both in and out since our last meeting was tabled and dealt with. Invitations to upcoming CWA events including the Group Friendship/Land Cookery Day to be held 19th February at Bonny Hills – Our Cookery Officer Jean and husband *Kevin* are hoping to attend. A further invitation to attend the Group Council Meeting and Handicraft Day Judging at South West Rocks on Tuesday March 4th – due to space restrictions it is limited to 2

councillors and 1 observer.

Notification was also received advising that CWA of NSW has resignation (sec) from ACWW due to concerns about governance and financial management – this was met with shock and concern.

Discussion was also held on the Farmer's Market and if we have a stall to raise further funds for the branch, our good cook Jean has said she is happy to cook for it if she is well.

Treasurer *Jenny* presented the financial statements of the Branch and this include payment of 3 \$30 donations for End of Year prizes for our local schools Nabic, Krumbach and Coolongolook, and we also have to donate 25% to Association Fund, the Branch had also made a donation of \$55 for 2025 Wallamba Show Prizes .

Merle Barber our Handicraft Officer gave her report and showed off items received for the MNC CWA Handicraft Day at South West Rocks on 4th March which included some beautiful beading items from Merle, framed embroidery from *Fay*, baby knitting from *Jenny*, and Merle hoped other items might come in as well.

International Officer Pam gave a brief report on Korea, our Country of study for 2025, and said her brother *John* is planning to visit Korea later this year and she is hoping to get him to bring back a few items from there. Pam showed off some of the traditional costumes worn by the Korean people and they have a strong resemblance to Thai and Japanese dress. Korea has also had recent political and military unrest with the South Korean President facing charges of impeachment.

Jill and *Beth* spoke about Ag & Environment with *Jill* saying whilst watering her gardens recently she was thrilled to find a beautiful green tree frog amongst the foliage. Member *Beth* was an apology today but had sent along her report on Saltbush another plant found year round in Australian and in the Autumn elsewhere. The thick, semi-succulent Saltbush leaves offer an herbaceous and salty flavour.

The MNC CWA Group Cookery day to be held at Bonny Hills on 19th February was to be attended by Margaret, Jenny, Fay, Jill and Jean with a number of entries from the ladies – we wait to hear at our next meeting of their success.

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Penny's Cultural Report told us about her attending a fundraising performance featuring *Grace Hickey* and *Hugh Murray* at Tuncurry Memorial Hall 9th February and how enjoyable it was – very uplifting afternoon of entertainment and music with lots of audience participation.

Members wished Jill a rapid recovery with her sciatica problem – very painful and we all felt for her. Margaret spoke about a disc son *David* had given her telling of an 89 yr old CWA lady who entered many winning entries in the International Dressed Doll competition then realised she wouldn't get them back as they would always be displayed at CWA so she deliberately made an error so she would get her dolls back = the disc is an interview with *Mavis* about her decision.

No further business the meeting closed at 12 noon and then members gathered for their bring and share lunch and friendship.

Next meeting will be held Tuesday 11th March at 10.00am at the Nabiac Community Church Hall and new members would be made most welcome.

Pam Muxlow
 Publicity Officer
 Wallamba CWA

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

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

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Alan, Terry, Stewart, Jillian and Sheila.

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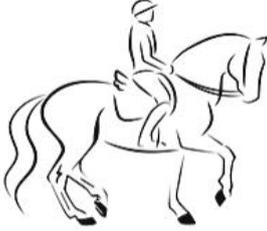




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MINIMBAH MATTERS 

Minimbah Rural Fire Brigade has enjoyed a peaceful and fire free Christmas and New Year in our immediate area, and for that we are truly thankful. The unusually mild weather has obviously been a major reason, but we believe that the vigilance and level of preparedness by our community, has played an extremely important part. Thank you so much.

Fire Permits are still required before you are legally allowed to light outdoor fires, so please keep up the good work. To apply for a free permit online via the NSW RFS website go to rfs.nsw.gov.au/fire-information/BFDP or you can contact your local Fire Permit Officer. 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**.

Our Brigade area is predominantly rural. Brigade Members are scattered throughout the area, north, south, east and west of our Fire Station. This is not news. It is not unique to us, but in the grand scheme of rural areas, be they way out west or next to a smallish village near the coast, it is all relevant. Size does not matter.

The NSW RFS recognises that in many parts of the state our RFS resources are supported by the use of private equipment, including **Farm Fire Units (FFUs)** to fight and contain fires.

Safety at fires is everyone's responsibility, and the NSW RFS is committed to working with property owners and community members to ensure we can manage fire together in a safe and coordinated way.

Farm Fire Units are defined as vehicles and equipment or machinery owned or operated by landowners or community members, that may be used to help contain, suppress or reduce the effects of a fire. FFUs are private units. There are shared expectations that are a common-sense approach to how FFU operators and the NSW RFS can engage and operate safely within the existing command and control arrangement on the fire-ground. The Road Transport Act 2013 is our compliance guide.

You may have a simple registered ute with an IBC, a pump, a hose and a couple of firefighting tools, or you may have something more substantial. You may have previous training/experience with fighting fires. You may even live right next door to one of our Members, but that Member may have to drive 25 minutes to get to the Fire Station and join other crew members, then drive back past his house to the reported fire. You don't need to be a mathematician to see that the

fire has been increasing in size and ferocity for around an hour by this time. This is where a Farm Fire Unit comes into play. If neighbours with FFUs were to know about that fire, they may well have been able to suppress or contain it while the local Brigade was on their way. From little things, (fires for instance), big things need not grow.

Time is important.

So is Knowledge, Communication and Commitment.

Safety is Vital.

It may seem like reinventing the wheel, but kind of in reverse. The RFS came about many years ago following some dreadful and deadly fires in the Sydney region. At that time most rural and semi-rural fires were fought by volunteers using their own vehicles, with little equipment and training, but much dedication. As a consequence of that tragedy it was recommended that a Rural Fire Service would be established, with funding to supply equipment, protective clothing, vital and ongoing training, and insurance for their Volunteers. In this instance, **from a little thing a big thing did grow**. But we still can't be everywhere all the time. We need, and want, to get to know our local landholders and be in a position to work with them. Local knowledge and collaboration are worth their weight in gold. NSW farmers in some of the areas most affected by serious fires in 2017 and 2019 fires, are responsible for this initiative. Perhaps you already have a FFU and just call it *the ute*, or *Old Betty*, and you may not be aware of the legalities of using it on property other than your own, or of how important *Old Betty* is.

If this has sparked your interest and you would like to know more, please feel free to contact **Mid Coast District Fire Control Centre on 1300 643 262**. If you are not in the Minimbah Brigade area, they will be able to direct you to your local Brigade.

Our Brigade has meetings and training on the second Saturday* of each month at 9am at our Fire Station, 681 Minimbah Road, Minimbah. Please drop in and make yourself known, have a chat and ask your questions, or send an email to minimbahrfb@hotmail.com. Our Captain is *Phil Costa* and he can be contacted on 0429 000 814.

*Because the "Nabiac Show" is on the second Saturday of March this year, we may not be at the Station. We have commitments at the Show. We might even see you there.

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Lovers News

Hello Gardeners,

On Monday 24th February, we had our AGM. The Executives and Committee were all re-elected for another year.

The President thanked everyone for a wonderful year and hoped it continued.

Our Zone Co-Ordinator, Mal Mackinlay, was a special guest and gave a presentation perennials.

He is a very experienced horticulturalist and the talk was very informative.

We then had a light luncheon and our next visit will be to Jacquie's at Wingham.

If you were thinking of joining our garden club, we meet on the last Monday of the month, please phone me on 6559 1375

Happy gardening

Judi

6559 1375 or

NABIAC RSL Sub Branch



The Nabiac RSL Sub Branch will be manning a stand at the March markets on the 29th.

Please feel free to come over and introduce yourselves. If you know of any veterans who may be in need of assistance, in any form, please inform us so we can help in any way possible.

We are a not for profit organisation who are here for the health and wellbeing of all veterans and their families.

We are also looking for the assistance of a band, even a drummer, who would be available for the march on Anzac Day. Call the president, **Max Frost**, on **0422 025 539**.

We have had a 10% growth over the past year but there are still a lot of service personnel in our area who are not yet part of the new approach to our NSW RSL.

Our aim these days is to be a more social group, with a growing list of activities.

You just need to take that first step.

Regards,
 Max Frost
 0422 025 539
President
Nabiac RSL: SB



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NEWS FROM BUNYAH

☆ Experience the Magic of Forest Creek Respite ☆

The eagerly anticipated, **Forest Creek Respite**, situated in the very heart of **Bunyah** has officially opened and is now accepting bookings. This new facility promises to provide high-quality care and support, enhancing the lives of its participants. **Forest Creek Respite** is an ideal choice not only for all NDIS participants but also for those seeking post-surgery recovery, aged care clientele, or anyone in need of a respite service facility. Be sure not to miss out on your change to, **Unplug, Unwind, Reconnect and Renew at Forest Creek Respite**. For more details and to make a booking, visit their website www.forestcreekrespite.com.au or call Mel on 0480 640 004 for assistance.



The **Bunyah Public Hall and Community AGM** took place on Tuesday, 18th February. During this significant gathering, key positions for the year 2025 were determined, shaping the leadership and direction for the upcoming year.

Key Positions and Appointments

- **President:** Jessica McGarry
- **Vice President:** Elle Calvoli
- **Secretary:** Teresa Wilson
- **Treasurer/ Booking Officer:** Mel Campbell
- **Supporting Treasurer/ Booking Officer:** Melanie MacGregor
- **Function Officer:** Anne Murray
- **Supporting Function Officer:** Stacey Atkins
- **Media Officer:** Elle Calvoli
- **Garden Crew Coordinator:** Maureen Ralph
- **General Committee:** Stacey Cardy, Meredith Craig, Brian Hart, Jana Henry

We extend heartfelt **Congratulations!!** to our newly elected Committee members. Their dedication and vision will undoubtedly drive our organisation forward. The AGM results reflect a diverse and experienced team ready to lead and innovate in 2025. Each appointed member brings unique strengths to their position, promising a year of growth and success.

We look forward to their leadership and the positive changes they will bring to our organisation in the coming year.

We would also like to bid a fond farewell and express our deepest respect to the outgoing Committee for their invaluable contributions and unwavering commitment.

Maureen Ralph, in particular, has been a cornerstone of our committee, serving diligently for many years as **Secretary**. Her organisational skills, dedication, and unwavering commitment have been instrumental in our successes. We extend our heartfelt gratitude to Maureen for her exceptional service and the lasting impact she has made on our team.

We would also like to extend our deepest gratitude to **Stacey Cardy** for her exemplary service as **Treasurer and Booking Officer** for the last couple terms. Stacey's unwavering commitment to ensuring the financial stability and success of our organisation has been an invaluable asset. Thank you, Stacey, for your hard work and tireless efforts.

We are equally eager to express a huge shout out to **Sandra and Kevin Murray** for all their hard work in maintaining the garden and ensuring the upkeep of our hall. Their dedication in extreme weather conditions have greatly enhanced the beauty and functionality of our space, creating a welcoming environment for all who visit. We deeply appreciate their commitment and the many hours they have invested to make our hall a better place. Thank you, Sandra and Kevin!



For more exciting news and events please follow up on our **Bunyah Public Hall and Community Facebook Page**.

Warmest Regards,
Bunyah Public Hall and Community Committee

News from Nabiac Second Chance Op Shop

Volunteers Needed.

*If you have a spare 4 hours Monday to Saturday and would love to volunteer in the Op Shop and Shed, please call into to the Op Shop or call us on **6554 1876** and leave your name and phone number and Kathryn will be in contact with you to organise a day to meet.*

I am there on a Wednesday (Kathryn – Manager) please call in between 9.00am to 12.00pm.

It's a great way to give back to the community with projects that will improve Nabiac and the community as well as having a lot of fun volunteering.

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

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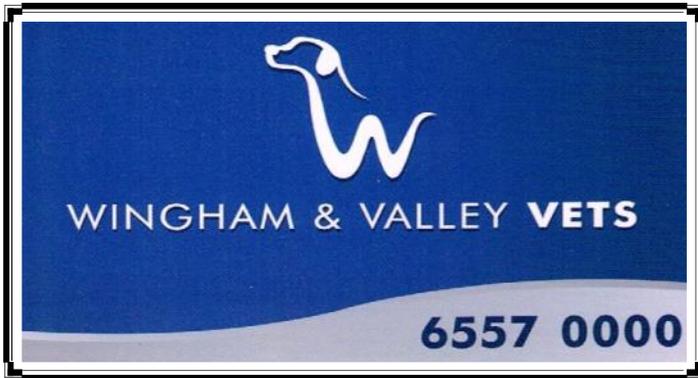
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Storm Phobia In Dogs



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Noise fears are one of the most prevalent behavioural problems in dogs, with storm phobia being the most common. Some dogs may become terrified of loud noises, responding by hiding, pacing, panting, trembling, drooling, urinating, defecating, or even causing damage. These reactions can also occur with other noise phobias, such as fireworks or gunshots. Some dogs will be so severely noise-phobic that they will injure themselves in the event of a thunderstorm or fireworks. We have seen a case where a storm-phobic dog jumped through a glass door, causing severe lacerations and then jumped off a second floor balcony. Other patients have destroyed doors, dug through floors and torn nails attempting to escape the storm.

The first step in managing noise phobia is to create a safe space for your dog. This could be a dark room, a crate, or any other area where your dog feels secure. A room in the centre of the house, well insulated and with no windows is ideal. Adding white noise, like a radio or TV, can help mask the sounds of a storm and provide a calming effect. Additionally, desensitization and counterconditioning can be effective training methods to reduce fear. This process involves gradually exposing your dog to the feared sounds at a low level while offering positive reinforcement like treats. For extra distraction, food puzzles or Kong toys can keep your dog engaged and calm during stressful situations.

If your dog continues to experience elevated levels of anxiety, a Veterinarian can prescribe behavioural medications to help reduce stress. Typically, these medications are given prior to the stressful event to be most effective. In storm phobic dogs, it is better to proactively medicate if an impending storm is likely, even if the storm doesn't eventuate, rather than a storm-phobic dog endure a thunderstorm with no medication on board to alleviate their stress and anxiety. Medications for storm phobia help to keep the anxiety from worsening over time and they prevent further trauma associated with the noise phobia. If your dog is so phobic that they are at risk of being injured during a storm, it is essential to medicate them, for their welfare and safety.

Successfully treating noise phobias often requires a combination of environmental management, training, and medication to achieve the best results for your dog. If you would like any further advice about your storm phobic dog, please call Wingham & Valley Vets on 6557 0000 and one of our behavioural Vets will be happy to assist you.



NABIAC PUBLIC SCHOOL



A Busy Start to the School Year

As the new school year kicks off, our school community is buzzing with activity and excitement. Kindergarten students are settling into school life wonderfully, adapting to their new environment with enthusiasm and curiosity. Their transition marks a significant milestone, and it's heartening to see them engage with their peers and teachers.

This past week, we also celebrated a fantastic swimming carnival, where longstanding records were broken, showcasing the incredible talent and spirit of our students. We wish our students who are attending the Zone Swimming Carnival on Thursday, 27th February, the best of luck as they represent our school. The event brought together families and friends, creating a vibrant atmosphere of support and celebration. A huge thank you to the **Nabiac Neighbourhood Centre** and the **Nabiac Op Shop** for covering the cost of the pool for our students.

Additionally, we held an induction assembly to welcome our new school leaders. Their roles are vital in shaping our school culture and fostering a positive learning environment. We are eager to see their vision and leadership in action throughout the year.

Looking ahead, our students are particularly excited about the upcoming Nabiac Show. Once again, we will be entering our scarecrow and encourage everyone to support us by voting for our scarecrow at Shellie's Country Wear in Nabiac.

As we move forward into the term, we remain committed to providing a nurturing and stimulating environment for all our students.

Nabiac Public School

Kind Regards

Jodie Neville

School Administration Officer

Nabiac Public School

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Over \$1 Million for new multipurpose courts in Nabiac

The Wallamba Netball Club, in a consortium with the Nabiac Memorial Neighbourhood Centre, has been successful in applying for a Federal Government grant under the Play Our Way grant program.

Senator **Deborah O'Neill** and the Labor candidate for Lyne, **Digby Wilson**, made the formal announcement at a community gathering in late February. The Play Our Way program is designed to remove barriers, address discrimination and promote equality for women and girls in sport and physical activity.

The Federal Government grant will provide **\$964,583** towards the project of replacing the two existing tennis courts and clubhouse with new amenities, multipurpose courts and a half-court basketball court. The Neighbourhood, using funds raised through the Nabiac Second Chance Op Shop, will contribute **\$100,001** towards the equipment required for the facility to operate as a multi-sport venue.

On hand to receive the grant was the President of the Wallamba Netball Club, **Amelia Bridge**, representatives of MidCoast Council as well as members of the Neighbourhood Centre including the President, **Kit Carson**.

Also in the crowd were members of the Nabiac tennis club, many volunteer from the Nabiac Second Chance Op Shop and some of the younger members of the netball club.

According to the recently republished book, *The History of Nabiac and Districts*, the original tennis courts were opened in 1922 after many years of volunteer work in building up a suitable base from the low wetland surrounding the courts.

Water was pumped from a nearby well to bind the ant nest clay that formed a true playing surface. In the 1950, lights were added and the courts were topped with concrete.

However, after more than 100 years of use, the time for a major upgrade is now.

The project itself

The project proposed is the replacement of the two existing tennis courts that have now reached the end of their viable life, as described in the MidCoast Council Outdoor Sports Courts Strategy & Sports Lighting Plan 2023 – 2035. The existing courts, will be replaced with multi-purpose courts.

These courts will be built to a dimension that allows multiple sports such as tennis, netball, pickleball, etc, to be play on them. Each sport is indicated on the court by different coloured lines. The concept is, the faster the sport, the brighter the lines.

The multi-sport layout is viewed as the promotion of recreational activities rather than the competitive competitions where single lined courts are specified.

It is also proposed to construct a basketball half court into the general precinct of the facility as it offers a great opportunity for both structured and unstructured play.

The old clubhouse will be replaced by a modern structure with suitable amenities for players of all ages, genders and all ability access. Storage options for the equipment required for multiple sports will be incorporated into the building.

A digitally controlled lighting system will be installed to extend playing options for players who are juggling home/work/lifestyle commitments.

A Steering Committee has been established to manage the project and it is made up from representatives of MidCoast Council, the Wallamba Netball club and the Neighbourhood Centre. It is expected that the project will be completed by the first half of 2026.



Senator O'Neill, Colin Henderson, Amelia Bridge, Digby Wilson



Phil Costa, Net Ball Club members, Amelia Bridge



Senator O'Neill and community members

A well maintained multi-purpose court is expected to have a lifespan of 30+ years. As a community asset it will serve the needs of several generations. It will provide an introduction to age appropriate, enjoyable sport for some and build self confidence in others. It can provide the first building blocks of respect with mixed physical activities for boys and girls. And for many, it will simply be a place of socialising, enjoying a physical activity and a safe place that offers a respite from life' demands.

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COOLONGOLOOK PUBLIC SCHOOL NEWS



Welcome back to a brand-new school year at Coolongolook Public School! It's fantastic to have all our students return, ready for another exciting year of learning, growth, and fun. We've been thrilled to see how well everyone has settled back into school life, reconnecting with friends and engaging enthusiastically in their studies.

A very special welcome to our new Kindergarten students—*Neve, Evan, Aidan, and Alearah* - who have adjusted beautifully to school life. We are incredibly proud of how well they've embraced this new adventure and settled into their routines. We are also delighted to welcome *Taya, Liam, and Hazel* to our school community. Their positivity and enthusiasm are already making a wonderful impact, and we are so lucky to have them join us.

This year, we warmly welcome back our dedicated staff. Mrs. *Donnelly* will be teaching on Monday, Wednesday, and Thursday. Mr. *Martyn* will teach on Monday, Tuesday, Wednesday, and Friday. Mrs. *Loveday* will be in the front office on Monday, Tuesday, Thursday, and Friday (no office staff on Wednesdays). Mrs. *Everingham* will continue her fantastic classroom support from Monday to Friday. We are excited to have *Jake Martyn* back, leading music and other enriching activities. Additionally, this term we are trialling a new approach to teaching. Mr. Martyn will focus on Reading and Spelling across Kindergarten to Year 6, Mrs. Donnelly will teach Writing, and I will focus on Mathematics for all students. In the afternoons, Mr. Martyn will teach subjects for K-2, while Mrs. Donnelly and I will share the teaching of afternoon activities for Years 3-6. This new approach allows us to share our expertise and provide the best learning opportunities for our students.

A huge thank you to our P&C committee and all the parents who have attended our meetings this year. Congratulations to our new executive members: *Peter* (President), *Elle* (Vice President), *Jules* (Treasurer), and *Rebecca* (Secretary). We also welcome *Michelle, Jen, Amanda, Barbora, and Theresa* to the committee.

We are pleased to announce the upcoming construction of a new pathway connecting the school to the township of Coolongolook. This cement walkway will extend from the school to the corner of Lombard and King Street, making it safer and more accessible for students and families.

We invite all parents and caregivers to our Parent Information Session on Wednesday, 19th March, at 4:30 pm. This is a great opportunity for teachers to discuss timetables, learning activities, and classroom events. It's also a chance for parents to ask any questions and engage with their child's education.

Later in the term, we are buzzing with excitement as we prepare for our spectacular **Colour Fun Run** and the inspiring **ANZAC Dawn Service**. More details will follow in our next edition, so get ready for an action-packed term filled with fun, community spirit, and unforgettable memories!

For those who are new to the area or simply wish to explore our charming little school, don't hesitate to contact us. We'd love to welcome you for a tour and show you all that our vibrant school community has to offer!

We are looking forward to another wonderful year at Coolongolook PS, and I am excited to work alongside our amazing students, staff, and families in the months ahead!

Warm regards,

Coolschool staff

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“Inspiration without action, doesn’t make change”.
The five-minute health hack.
(quoted from Mel Robbins’ podcast chat with Dr Chatterjee)

With so many people suffering from stress-related conditions and underlying inflammation in the body, looking after our health is more important than ever.

We are bombarded with hidden, unbeneficial ingredients in food, and we are often overloaded with demands leading to stress, poor sleep, weight challenges and low energy, and it leaves so many people with little time for investing in their health.

Have you been planning to change some habits to support your goal for better health?

Have you decided to join the gym, saved a thousand recipe ideas from Instagram and told everyone that you’re going to drink less alcohol but then it doesn’t happen?

We all have good ideas, and most of you actually know what kind of things you’ll need to do for better health outcomes. So how come it’s not happening?

Habit change is hard, but there are strategies to help make change happen.

I was listening to the podcast, mentioned above, the other day and they highlighted a key strategy when it comes to habit change.

Start with a small action which takes just five minutes and let it snowball into more actions. This works because we get what we

repeat.

It may seem daunting to start going to yoga 3 times a week, even if the doctor has suggested it as a necessary part of addressing a health issue. Finding a teacher; the scary part of walking in; choosing what to wear and making time to go there.



So, you haven’t got an hour, but have you got 5 minutes?

When Dr Chatterjee wakes up he does a 5-minute workout whilst the coffee is brewing, in the kitchen, in his pyjamas. He does push-ups and squats, then enjoys the reward of freshly brewed coffee and the good feeling of having done something beneficial for his health. In order for the habit to become just that, a habit,

he doesn’t vary it. It’s the same work out every morning.

This action is life-changing. You may ask “Why?” It’s because he gets physically stronger from the exercise and he feels good about the action, which sets the tone for the day. This simple action creates a good mood, leading to more positive interactions and a positive mind-set for the day. This impacts relationships, work and leisure time.

With exercise at the forefront each morning, this means that he is more likely to go to the gym, arrange a run with friends, or walk the dog. He has created a new habit loop for exercise, simply because of this 5 -minute morning exercise routine.

Five minutes is all it takes, at the same time each day. What could you try, for just 5 minutes?

Meditate, walk down the road and back during a work break, do some stretches, throw a ball for the dog... chop veggies ready for dinner and pop into a container.

Try it and let me know how you go. What will remind you to do the 5 -minute action? You may need to set a timer, pop it in the calendar, or leave a note on the kitchen bench as a trigger.

If you would like to book a coaching session, simply call me or send a message to make a time. Local’s rate of \$65 for a 1-hour

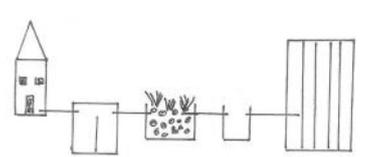
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consultation. I'm located in Firefly. I'd love to see you at the upcoming workshop on Saturday 8th March. Straight after "Zumba" dancing in Krambach hall. Head to the website to book your spot or send me a message to reserve your place.

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  @_thenaturalspace_ See you soon, Laura xx.

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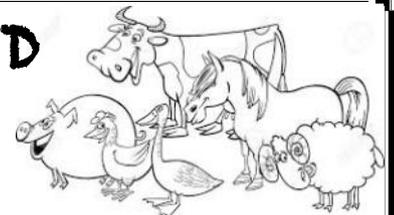
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Next Market 29th March, 2025. 8-12pm at the showground.



Welcome to new stallholder Greg, with his range of hot sauces, from fresh ingredients including chillis grown on his own property. He said it was a good first day at Nabiac Farmers Market

The February Market was a bit quieter than the January one, with people back into the swing of Saturday sports, or maybe aiming for less spending after the summer holidays and Christmas. However, it was still a really good day. The weather was perfect, still, cloudy and the temperature in the mid-twenties.

Good Ol' Mums reported a great day of sales, with her range of award-winning preserves, relish and jams.

Fresh produce, eggs and meat were all quick to go.

Shaz and Bec team up to bring us local, ethically raised chicken, pork and lamb.

Danielle from Boali Farm brought eggs, with all 30-dozen selling out fast.

Along with several produce stalls supplying eggs, next month our regular



egg guy is planning to be back, which is great news, especially with an egg shortage across the state.

Honey is always popular; people love tasting Utopian tea; Zephyr farm had a good second market with us.



Nabiac Farmers market's local producers:

- *fresh produce, *seedlings *microgreens
- *flowers *wine *cheese *plants *woodwork
- *macadamia oil *boutique gin *chutney
- *honey *gingerbread *culinary delights *art
- *hand-spun wool products *fresh lemonade
- *unique artisan wares *pasture-raised meat & eggs
- *coffee *specialty teas *plants *crafts
- *textiles *baby clothes *soft toys and wooden toys
- *skin care *natural products *magnesium oil
- *garden art *dog collars and horse halters
- *ginger beer *jewellery
- *sourdough bread *cakes & treats *market BBQ *fab food
- *Live music



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 29th March. 8-12 at the showground.

Market enquiries, including new stallholder applications:



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

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




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REAL KULTCHA

To tell the truth (and that's something that's in short supply at the moment, given we have a Federal election looming and Trump is President again – one wonders about the Americans sometimes) I've lost track of what sports I've spoken about and which ones I haven't. I do know I recorded Super Bowl LIX (though I haven't watched it yet) and that's "59" for the folk playing with the blocks at the back of the class.

Just so we're all up to speed. In an attempt to add some class to the Super Bowl, the boffins decided to use Roman numerals to designate the event number: "L" is fifty, "I" is one and "X" is ten. In Roman numerals protocol, by putting the one before the ten it signifies one less, nine, otherwise you'd have "LVIII" and that'd be silly. In the same vein, when the Saudi's decided they liked golf (they don't play it of course, they just buy it) they named their group "LIV Golf" and that has nothing to do with "LIVE" without an "E". "L" again is 50, "I" is one and "V" is five so, if you've been paying attention, "LIV" is Roman numerals for fifty four and that's the number of holes that group plays, rather than the seventy two holes the PGA plays in their competitions.

I know it's a lot to take in but do try to keep up.

I wonder if Roman numerals are still taught in school?

In the Oz Open, Jannik Sinner won the men's side and was then handed a three-month suspension by some out of touch group for having a banned substance in his blood! Other people have copped years for doping but as a boatload of Chinese athletes - who were also found to have banned substances in their blood – argued it got there by accident, they walked. Sinner has now done the same. Good to see there's still integrity in world sport!

The Galahs thumped Sri Lanka in the two cricket Tests but then got thumped in turn in the T20s! Little wonder really, as I looked down the list of our players and only recognised a couple of names! What happened to the team that played in the Tests? It appears (and I'll be honest again, I really don't know) the boffins in charge of Oz cricket seem to think Test players are crap at T20 so selected *specialists*. Boy, did they blow that selection!

The Southern Stars (i.e. the Oz ladies team though I may be committing some kind of heresy using that name) went on to wipe the floor with *The Poms*. However many games there were in *The Ashes*

series, we won the lot and they were lucky to get zip! In short they were pathetic and do we Australians love to say that. In fact, I'll say it again: ***The Poms were pathetic!***

By the time you read this jewel of English expression, the Rugby League season should've begun and that will occur (as it did last year) in the Allegiant Stadium in Las Vegas. I'll bet the League boffins will be hoping the local live TV coverage will happen in full this year. Last year the game followed an important basketball game which - as Murphy's Law dictates - went into overtime so the station stayed with that game and crossed over some 10 or 15 minutes later, picking up the League game well into the first half. Contrary to popular belief, Rugby League is not well known in the US (hence the staging of the games in Las Vegas) and having missed the beginning, it's a fair bet few locals continued to watch it. Imagine, if you will, a sports junkie in the US trying to get a handle on a game he's never seen, doesn't know the rules of and it just doesn't stop! The game he usually watches, American football, is very stop/start. A long play will last maybe 5 seconds but then there's a *committee meeting* to decide what to do next. That stop can also see many players and possibly the whole team, change on the field! I think there are 4 Oz men's teams, 2 Oz lady's teams and a couple of Pom teams on the Allegiant bill.

A few quickies: #1..Matt Kuhnemann (an Oz Test cricketer) is to undergo biomechanical testing on his bowling action. My mind went into a funk and all I could think of was Ian Meckiff. Ian was called for *chucking* more than 50 years ago in a Test match against South Africa at *The Gabba*. It's all about not straightening your arm at the point of release in the bowling action and Matt's action will be examined. #2..*The Matildas* (the Oz ladies soccer team) got walloped 4-0 by Japan in late February. It's true they didn't have Sam Kerr but does she mean that much to the team? There needs to be a deal of re-thinking of their game plan, I think. #3..Venus Williams has been given a wildcard at Indian Wells despite not having played a match for almost a year and her last title win was the Auckland Open in 2016! Must have been short of name players, I guess. #4..*The Hobart Hurricanes* (or to be truthful, Mitch Owen with a 39-ball century) took out Australian cricket's Big Bash title in late January thrashing *The Sydney Thunder*.

Talk at you next month,

The Hillside Critic



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There's a reason why tomato ketchup won't come out of the bottle and then falls out in a huge dollop - it's called "*sheer thinning*". Some thick liquids go thin when shaken but no one knows exactly how it works and scientists can't predict when it will happen

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Family Tree of Vincent Van Gogh:

- His dizzy aunt ----- Verti Gogh
- The brother who worked at a convenience store ---- Stop N Gogh
- The grandfather from Yugoslavia ----- U Gogh
- His magician uncle ----- Where-diddy Gogh
- His Mexican cousin ----- A Mee Gogh
- The Mexican cousin's American half-brother ----- Gring Gogh
- The nephew who drove a stage coach ----- Wells-far Gogh
- The ballroom dancing aunt ----- Tang Gogh
- The bird lover uncle ----- Flamin Gogh
- The fruit-loving cousin ----- Man Gogh
- An aunt who taught positive thinking ----- Way-to-Gogh
- The little bouncy nephew ----- Poe Gogh
- A sister who loved disco ----- Go Gogh
- And his niece who travels the country in an RV --- Winnie Bay Gogh
- there ya Gogh!

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I'D LOVE TO BE EIGHT AGAIN

A man asked his wife what she'd like for her birthday. 'I'd love to be eight again' she replied. On the morning of her birthday, he arose early and made her a bowl of Coco Pops and jammy toasties! He took her to Alton Towers and put her on every ride in the park: * The Death Slide * The Wall of Fear * The Screaming Monster Roller Coaster Five hours later she staggered out of the theme park. Her head was reeling and her stomach felt upside down. Right away they journeyed to a McDonalds where her loving husband ordered her a Happy Meal with extra fries and a refreshing chocolate milk shake . Then it was off to the movies: the latest Kiddies three hour epic cartoon, a hot dog, popcorn, all the Coke she could drink, her favourite lolly and M&Ms What a fabulous adventure! Finally she wobbled home with her husband and collapsed onto the bed exhausted. He leaned over his precious wife with a big smile and lovingly asked 'Well dear, what was it like being eight again?' Her eyes slowly opened and her expression changed to one of total realisation...'I meant my dress size, you idiot !!!' The moral of this story: Even when a man is listening, he's still gonna get it wrong.....

A Church Story

The pastor asked if anyone in the congregation would like to express Praise for answered prayers. A lady stood and walked to the podium. She said, "I have a Praise. Two months ago, my husband, Tom, had a terrible bicycle wreck and his scrotum was completely crushed. The pain was excruciating and the doctors didn't know if they could help him."

You could hear a muffled gasp from the men in the congregation as they imagined the pain that poor Tom must have experienced. "Tom was unable to hold me or the children," she went on, "and every move caused him terrible pain. We prayed as the doctors performed a delicate operation, and it turned out they were able to piece together the crushed remnants of Tom's scrotum, and wrap wire around it to hold it in place."

Again, the men in the congregation were unnerved and squirmed uncomfortably as they imagined the horrible surgery performed on Tom. "Now," she announced in a quavering voice, "thank the Lord, Tom is out of the hospital and the doctors say that with time, his scrotum should recover completely." All the men sighed with relief.

The pastor rose and tentatively asked if anyone else had something to say. A man stood up and walked slowly to the podium. He said, "I'm Tom." The entire congregation held its breath. "I just want to tell my wife that the word is sternum

DEEPLY PROFOUND THOUGHTS BY MEN WHILE FISHING

Two men are out ice fishing at their favourite fishing hole, just fishing quietly and drinking beer. Almost silently, so as not to scare the fish, Bob says, 'I think I'm gonna divorce my wife. She hasn't spoken to me in over 2 months.' Earl continues slowly sipping his beer, then thoughtfully says, 'You better think it over, Bob. Women like that are hard to find.'

HOW TO CLEAN THE HOUSE

- 1. Open a new file in your PC .
2. Name it "Housework."
3. Send it to the RECYCLE BIN.
4. Empty the RecycleBin.
5. Your PC will ask you, "Are you sure you want To delete Housework permanently?"
6. Calmly answer, "Yes," and press mouse button firmly.....
7. Feel better?
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Pest Control

A woman was having a passionate affair with an Irish inspector from a pest-control company. One afternoon they were carrying on in the bedroom together when her husband arrived home unexpectedly.

'Quick,' said the woman to the lover, 'into the closet!' and she pushed him in the closet, stark naked.

The husband, however, became suspicious and after a search of the bedroom discovered the man in the closet. 'Who are you?' he asked him.

'I'm an inspector from Bugs-B-Gone,' said the exterminator.

'What are you doing in there?' the husband asked.

'I'm investigating a complaint about an infestation of moths,' the man replied.

'And where are your clothes?' asked the husband.

The man looked down at himself and said, 'Those little b.....ds!

Marriage Humour

Wife: 'What are you doing?'

Husband: Nothing.

Wife: 'Nothing . . . ? You've been reading our marriage certificate for an hour.'

Husband: 'I was looking for the expiration date.'

Husbands are husbands

A man was sitting reading his papers when his wife hit him round the head with a frying pan.

'What was that for?' the man asked.

The wife replied, 'That was for the piece of paper with the name Betty on it that I found in your trouser pocket.'

The man then said 'When I was at the races last week, Betty was the name of the horse I bet on.'

The wife apologized and went on with the housework.

Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious.

Upon re-gaining consciousness the man asked why she had hit him again

Wife replied, 'Your horse phoned!'

Hello there,

We are back but our bodies still think we are still in S.A..... I want to sleep at the wrong time.

We had a fantastic trip voyaging from Santiago, to the equator, to Rio, and then our Qantas flight home from Buenos Aires flew quite low over the south pole and we clearly saw the ice and its cracks and flows with the sun rising in the distance. It capped off a trip that continually went from one unexpected high to another and did not disappoint us once. Our photos will take us ages to sort !!!!

Walking 20 minutes per day can add to your life.

This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound, apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, 'Well, he looks good doesn't he.'

If you are going to try cross-country skiing, start with a small country. I know I got a lot of exercise the last few years, just getting over the hill.

We all get heavier as we get older because there's a lot more information in our heads.

That's my story and I'm sticking to it.

AND

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.

Donation

Father O'Malley answers the phone. 'Hello, is this Father O'Malley?'

'It is!'

'This is the Taxation Department. Can you help us?'

'I'll try!'

'Do you know a Ted Houlihan?'

'I do!'

'Is he a member of your congregation?'

'He is!'

'Did he donate \$10,000 to the church?'

'He will!'

Aren't golfers wonderful people!

A husband and wife are on the 9th green when suddenly she collapses from a heart attack!

"Help me dear," she groans to her husband.

The husband calls 911 on his cell phone, talks for a few minutes, picks up his putter and lines up his putt. His wife raises her head off the green and stares at him.

"I'm dying here and you're putting?"

"Don't worry dear," says the husband calmly,

"they found a doctor on the second hole and he's coming to help you.

"Well, how long will it take for him to get here?" she asks feebly.

"No time at all," says her husband.

"Everybody's already agreed to let him play through."



Meanwhile work continues on the fence at the Canadian border.



The bride was escorted down the aisle and when she reached the altar, the groom was standing there with his golf bag and clubs at his side.

She said: "What are your golf clubs doing here?"

He looked her right in the eye and said, "This isn't going to take all day, is it?"

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AUTUMN LAWN CARE

As the temperatures begin to cool down, now is a great time to focus on getting your lawn in shape before the end of the growing season.



Aerate

Your soil base can get quite compacted during summer with the increased activities on your lawn combined with the extreme heat and humidity. Aeration will improve your soil structure allowing better root growth, water penetration and oxygenation.

Fertilise

Fertiliser provides essential nutrients, encourages growth and extends your lawns colour heading into Winter dormancy. Fertilising in Autumn will help your lawn recover from any summer stresses and enable it to repair faster. We recommend applying a slow-release granular fertiliser such as *Lawn Solutions Premium Fertiliser* to release nutrients into your lawn for up to 12 weeks or *IronGuard Plus* if you are looking to provide a boost in colour retention and promote lateral growth.

Weeding

We recommend applying a pre-emergent herbicide such as *Oxafert* in mid-late autumn, to prevent weeds from germinating in your lawn.

Managing Shade

Autumn is also a great time to prune any foliage to ensure your lawn is receiving enough sunlight.

Mowing

As the weather cools down, you will find that you will be mowing less frequently (1-3 times a fortnight). We recommend raising your mower height to give your lawn the best chance to absorb sunlight and nutrients. A longer leaf will help ensure a thicker canopy to reduce weeds and retain colour.

Laying Turf

Autumn is a great time for laying new turf. There is enough time before winter for good root establishment and the lower temperatures mean you won't require as much water to keep it hydrated.

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, Nabiac.

The Knowing Heart of a Horse

Horses have an extraordinary ability to perceive the world beyond human understanding. They don't just see with their eyes; they feel with their hearts, sensing emotions, energy, and intentions. This deep intuition is why they form such profound bonds with both their own kind and with humans.

For those of us who work with horses, we have witnessed their intelligence, compassion, and even their healing presence. Horses grieve when they lose a companion, celebrate when reunited with those they trust, and offer comfort to those in pain. Their sensitivity allows them to mirror our emotions, helping us see what we may be holding inside. This is why horses play such a powerful role in therapeutic work, assisting people in processing grief, trauma, and emotional blocks.

We are blessed in teaming alongside our horses to facilitate inner healing and empowerment. When it comes down to reality, horses don't just carry riders, they carry answers, remedies, emotions, and unspoken truths. Through their quiet presence and honest reactions, they teach self-awareness, confidence, and the value of authentic connection.

The bond between a horse and a human is unlike any other, especially when built on trust, mutual respect, and an unspoken understanding. Horses don't judge, they respond to what is real. This is why working and living with them is so powerful; they reflect who we truly are, encouraging us to step into our most authentic selves.

Whether in therapy, companionship, or simply standing in their presence, horses remind us of something deeply sacred: the importance of being present, of listening, and of opening our hearts. This is why we do what we do, because the knowing heart of a horse has the power to heal, inspire, and transform lives.

Virginia

The effects of zero gravity on the human body are so severe that astronauts who stay in space for a long time suffer muscle wasting and loss of bone density.

They can be unwell for months or sometimes for years after their return to Earth



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MIDCOAST Information sessions for farmers

Hunter Local Land Services, in partnership with MidCoast Council, is offering a comprehensive

five-part workshop series titled 'Design Your Farm,' tailored for landholders in the Manning Great-Lakes region.

This series offers participants the flexibility to attend all five workshops or select individual sessions that align with their interests and needs. Available in both Taree and Gloucester regions and delivered between March and May workshop topics include:

- Understanding your context
- Finding your starting point
- Intersecting natural areas and productive zones
- Designing to keep out pests
- Knowledge to action: landscape design fundamentals

Hannah Botta, Senior Land Services Officer with the Sustainable Agriculture team said, "These workshops provide farmers with essential tools and knowledge to make informed decisions about their land.

"By understanding the natural and productive elements of their property, participants will be better equipped to create more resilient, sustainable, and profitable farming systems."

Visit MidCoast Council's What's On page at <https://www.midcoast.nsw.gov.au/Get-involved/Whats-on> and search for Designing your Farm for more information and how to register.

Information sessions are funded through the NSW Government's Coastal Management Program

Crews battle Mother Nature and long grass

With more than 2000 hectares of public space to mow, the current weather conditions are proving challenging for MidCoast Council's mowing crews.

The recent heat and rain have resulted in constant grass growth across sporting fields, parks reserves and cemeteries.

Around 1500ha is made up of parks, community use and foreshore reserves and these are on a 21-day mowing cycle.

MidCoast Council's Director of Liveable Communities Paul De Szell said crews were doing their absolute best to keep on top of maintenance.

"We look after and maintain 34 cemeteries across the MidCoast region," he said.

"Add in sports fields, reserves and other open and public spaces on top of that.

"We understand there is some frustration within the community, but crews are doing their best to keep on top of maintenance.

"We ask the community for understanding and patience as staff try and get through the backlog of work."

Learn more about the open spaces Council manages at <https://www.midcoast.nsw.gov.au/Community/Sport-and-recreation>

Jason Packer
Director / Bricklayer



0409 765 515

e: packerbricklaying@bigpond.com

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LUNG BUS BRINGS FREE HEALTH SCREENINGS TO TAREE AND TUNCURRY

Workers in Taree and Tuncurry will soon have access to free lung health screenings as the NSW Government's Lung Health Mobile Clinic - known as the Lung Bus, arrives in the region this March. The Lung Bus provides lung health checks to over 5,000 workers across regional NSW each year, helping to detect serious conditions such as asbestosis, silicosis, and mesothelioma at an early stage. Member for Myall Lakes, Tanya Thompson, welcomed the initiative, "This service can save lives. Having the Lung Bus visit Taree and Tuncurry means our local workers will have access to the same screenings as those in metropolitan areas," Mrs Thompson said. "My predecessor, Stephen Bromhead, sadly passed away from mesothelioma, and I know that many in our community have been affected by dust-related diseases. "Providing these screenings helps protect local workers by detecting lung conditions early." The Lung Bus is equipped with digital chest X-ray technology, enhanced lung function testing equipment, and a backup power supply to ensure uninterrupted screenings, even in remote locations. Mrs Thompson encourages local workers to take advantage of the free service. "If you have ever worked in industries like construction, mining, or manufacturing, or if you have concerns about your lung health, I strongly encourage you to book a screening."

The Lung Bus will be in Taree on 24-25 March, at Club Taree and Tuncurry on 27-28 March, at John Wright Park. Workers can book their free lung health check by contacting icare on 1800 550 027 or visiting the icare website for more information.

Changes to Heavy Vehicle Access at Tuncurry Waste Management Centre

The Tuncurry Waste Management Centre will no longer accept heavy vehicles from 17 March.

This change is necessary due to legislated requirements to remediate the site's former landfill sections, which have been used for green waste and concrete storage.

Since the landfill's closure in 2022, the Tuncurry facility has only accepted heavy vehicles delivering scrap metal, green waste, and concrete. However, with limited storage capacity and ongoing site remediation, all heavy vehicle access will now be redirected to the Taree Waste Management Centre at 6843 The Bucketts Way, Tinonee 2430.

This change will not affect vehicles driven under a Class C licence. These smaller vehicles can continue to deliver bricks, concrete, green waste and other forms of waste to the Tuncurry Transfer Station.

For further information, please contact MidCoast Council's Waste Services Team at waste.services@midcoast.nsw.gov.au

Password Problems (how many of you have been through this?)

Windows: Please enter your new password

User: cabbage

Windows: Sorry, the password must be more than 8 characters

User: boiled cabbage

Windows: Sorry, the password must contain at least 1 numerical character

User: 1 boiled cabbage

Windows: Sorry, the password must not have blank spaces.

User: 50bloodyboiledcabbages

Windows: Sorry, the password must contain at least one upper case character.

User: 50BLOODYboiledcabbages

Windows: Sorry, the password must not have consecutive capital letters

User: 50BloodyBoiledCabbagesYouStupidIdiotGiveMeAccessNow!

Windows: Sorry the password cannot contain a special character.

User: IWillHuntYouDown50BloodyBoiledCabbagesYouStupidIdiot-GiveMeAccessNow

Windows: Sorry, this password is already in use.

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Lyn's Larder

ASPARAGUS & GRUYERE TART

A light lunch meal

INGREDIENTS FOR FILLING

- 25g Butter
- 1 small White Onion, sliced thinly
- 12 Asparagus Spears - halved cross wise
- 50g Gruyere Cheese coarsely grated
- 2 Eggs
- 1 tsp Plain Flour
- ¼ cup Pouring Cream

METHOD

1. Make pastry
2. Preheat oven to 180°C (350°F)
3. Grease a 10cm x 34cm (4 x 13½") rectangular loose-based flan tin.

MAKE THE FILLING

1. Melt butter in large frying pan, cook onion, stirring, over a low heat, about 10 minutes or until soft.
2. Cook asparagus in small saucepan of boiling water for 1 minute, drain. Place immediately into bowl of iced water, then drain.
3. Sprinkle onion into pastry case, top with asparagus and gruyere. Whisk eggs, flour and cream in a medium jug, pour over filling.
4. Bake tart about 20 minutes or until set.

PASTRY

INGREDIENTS

- 110g Plain Flour
- 75g Cold Butter, chopped
- 1tbsp finely grated Parmesan cheese
- Pinch sweet paprika
- 1 Egg yolk
- 1tsp Iced Water

METHOD

1. Process flour, butter, parmesan and paprika until crumbly. With motor operating, add egg yolk and enough of the water to make ingredients come together. Turn dough onto floured surface, knead gently until smooth. Wrap pastry in plastic and refrigerate 30 minutes
2. Roll Pastry out on a floured surface until large enough to line the tin up the sides. Ease pastry into the tin, press into base and side; trim edge. Place tin on oven tray. Refrigerate for 20 minutes
3. Line pastry with baking paper; fill with dried beans or rice. Bake 15 minutes; carefully remove paper and beans. Bake further 10 minutes or until browned.
4. Increase oven to 200°C/400°F.

Assemble the tart and cook to instructions

As the year comes to an end, I urge you to take care of yourself and avoid accidents because spare parts for old models like you are no longer in stock

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My cremation is going to be epic.

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Lawyers should never ask an old grandma a question if they aren't prepared for the answer.

In a trial in a small outback town the prosecutor called his first witness, a grandmotherly, elderly woman who had lived in the town all her life, to the stand.

He approached her and asked, "Mrs Jones, do you know me?"

She responded, "Why, yes, I do know you, Mr Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realise you'll never amount to anything more than a two-bit paper pusher. Yes, I know you."

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, "Mrs Jones, do you know the defence lawyer?"

She again replied, "Why, yes, I do. I've known Mr Bradley since he was a youngster, too. He's lazy, bigoted, and he has a big drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your missus, and one your daughter. Yes, I know him alright."

The prosecutor nearly died.

The judge asked both prosecutor and defence lawyer to approach the bench and, in a very quiet voice, said:

"If either of you two bloody idiot asks her if she knows me, I'll send the both of you to the electric chair."

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Welcome to Deb's Gardening

Friends dropped in for a visit and he said to me, Deb no matter what time of year I come here your garden always looks lush and healthy, what's your secret, he asked.

Well I said, I feed the soil - I fertiliser in spring and autumn with Organic life pellets: lightly spread the ashes around from the fire place; I water in Seasol if the soil is anaerobic; and the most important one of all I keep the mulch up: And obviously water in dry times, I replied!

It doesn't take that much to keep a garden looking healthy. It's just the extra time spent pruning, weeding, planting and edging that I need to do to keep the garden in shape. I love my garden so it is easy for me to get out there and be in it and if you love something, it's not hard work, plus not forgetting the health benefits of gardening.

With autumn coming (my favourite season of the year) it's a good time to start a garden or get back into the garden to get it back into shape. The weather is mild, with cooler air temperatures while the soil remains warm, making it an ideal time for planting new plants, establishing strong root systems, and performing maintenance tasks like pruning and dividing perennials without the stress of extreme heat; essentially you can enjoy the garden while it is still active but not too hot to work in. I have a few fruit trees that I have in pots that I want to plant out into the orchard. Pecan nuts that had fallen to the ground and germinated underneath the pecan nut tree that need to be dug up and potted up to plant out when they have established a strong root system. These are jobs that I have waited for the autumn season so they are not stressed out from the extreme heat.

My renovations have come to a standstill; it wasn't completed by Christmas grrrrr. Maybe next Christmas. The builder has other priorities. The positive thing that has happen is the paint brushes are down and I am spending more time in the vegetable garden which has basically been taking care of itself for the last 6 months, so it has needed my hand in getting it back to some order and preparing the beds for the next season's crops.

My other half went to the cattle camps that are around the property and got me a few loads of cow manure. The last time we added this cow manure was about 3 years ago. These cattle camps are where



the cattle lie around under shady trees, they seem to lay around in the same spot and over a period of a few years the cow poo builds up and composts over time and you end up with a beautiful, rich, full of nutrient compost and its ready to plant in straight away. Prior to the cow manure being spread onto the veggie bed, I pulled out what were mainly weeds which hadn't gone to seed, layered them back onto the soil, added some blood and bone and then added a thick layer of the cow manure directly on the garden bed. I don't dig it in! I then sowed seeds of lettuce and Asian greens and hopefully I am not too late, a follow up crop of corn. I also sowed beetroot and carrots direct into the cow manure. The seeds germinated in a few days and I am already starting to pick a healthy crop of lettuce and Asian greens. That was about a month ago that I sowed into the cow manure, it is like gold. The soil and plants love it. The other beds will be for the brassicas, onions and garlic, peas and beans and a crop of potatoes. The interesting thing is, that I usually sow carrots after a heavy feeding crop such as broccoli or tomatoes as carrots don't like too much fertiliser as they shoot out what I call arms and legs, so it I shall wait and see if this cow manure is too strong for the carrots.

I have mentioned before in past articles that I don't like spending big money on plants, but I did splurge out on a standard acacia tree that I bought from a nursery years ago and it has been powering away and growing beautifully. I notice the other day that I could start to see through it, the leaves have been dropping, on closer inspection a borer has been attacking it. Borers are a destructive insect, they drill into trees and feeds on the living wood of susceptible trees and tree bark. They leave an evidence of webbed sawdust on the trunk of where major branches intersect. This borer has attacked the main trunk at the base of where the branches emerge and well hidden under the canopy. I have injected the hole with eco oil and detergent but I think I am too late to save my beautiful standard Acacia tree. Time will tell.

On a happy note, when my renovation first started I had to move all my indoor plants and plants that lived on the old veranda outside and find them a suitable environment until they could come back inside. Some were put under shaded trees, some against the shed. Most of the pot plants showed signs of sun and wind burn and did not like their environment, they were neglected and struggled to grow, I was



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basically just keeping them alive by watering when I remembered. The new addition to the house is now finished and the plants have been bought back inside, some put onto the new south facing veranda. It has not taken them long to recover and look healthy again. I started saving all my used tea bags, soaked them in a solution of Seasol and put a few in each pot, cut back the dead and burnt leaves, re-potted the plants that needed new soil and found them their new home. There was one plant that I put inside, it didn't take long to let me know that I put it in the wrong spot, it started to drop its leaves, so it got relocated and now it is happy again. Just like us they want to survive, with the right conditions, a feed and keeping up with the watering when required they will grow and flourish.

Until next time, enjoy the new season.

"People raised on love see things differently than those raised on survival."

Deb

Worms don't chew their food. They swallow small stones which grind up the leaves and other vegetable matter they eat.

**Manning Great Lakes Woodworkers
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WALLAMBA DISTRICT AGRICULTURAL & HORTICULTURAL ASSOC. INC.
112TH ANNUAL SHOW - SATURDAY, 8TH MARCH, 2025
PROGRAMME OF EVENTS

The Committee reserves the right to change the programme without prior notice

- Gates are Open:** 8:00am - 9:30pm, after the FIREWORKS have finished
- Hall & Produce:** 8:00am - 7:30pm. Now open longer for latecomers to see the fabulous local Crafts, Cooking, Painting, Needlework, Photography & Produce on show & Great Lakes Art Society Exhibition Art entries
- Ring Events:** Horse Events start at 8:00am and run through to about 3:00pm
- Beef Cattle:** Judging starts at 8:00am in the Cattle Pavilion. Junior Paraders and Junior Judging of Cattle is also there
- Poultry:** Judging starts at 8:30am in the Poultry Pavilion near the Nabiac Street gate.
- Show Dogs:** Judging starts at 9:30am and goes until about 3:00pm. This is on the Aub Ferris oval, entrance in Showground Lane. Come and see the Best on Show.
- Bar:** Opens at 10:00 until 7:30pm. Found next to the Canteen on the far side of the ring.

Official Luncheon: 12:30pm for Official Guests of the Committee

- Grand Parade:** 2:30pm in the Ring. Followed by the Official Opening of the Show by Dr David Gillespie .
Winners are Announced and Presentations made for Best on Parade, Best Horse in Show, Supreme Champion in Hall Exhibits, Cattle winners and winner of the Best Fancy Dressed Horse and Child in the Ring
- Food Outlets:** 7:00am Barbecue & Canteen at top of Showring
10:00am Luncheon room in Hall for morning tea & afternoon tea, hot & cold lunches provided by the Ladies Committee.
- Other Food:** From 8:00am - Carnival Van, Coffee Vans, Ice Creams, Finger Foods, Curries, Pizza and Cold Drinks.
- Entertainment:** *Carnival* - All day, buy a wrist band \$50 for the day - Start at 11am until about 6pm. On go at a time
Crazie Daisy Magic under the big fig tree at the Nabiac Street entrance
Face Painting and air *Tattoos* by Quenorie's Fairy Helpers near by
Bouncy Bull, Horse, Sheep Riding for the kids (and adults) with several shows during the day. Prizes given. This is a free attraction.
Reptile Solutions snake shows, also including endangered reptiles such as lizards, pythons, "Charlie" the baby Saltwater Crocodile and the critically endangered Bellinger River turtle.
Peppery Parties. Peppy Pig Show @ 11:30am, Crazy Hair Trolls @ 12:30pm Puppy Patrol Show @ 3:00pm with Balloon Sculpture in between. These are free attractions
Old McDonald's Petting Zoo

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- All Day:** *Donk Motors' old Engines & Cars, Vintage Cars* all on display

- Special Attractions:** Wood Chopping at 10:00am/3:30pm

Tug O War Competition @ about 3:30 in the Ring, (adults & children) followed by *Doggy High Jump* Competition and *Old Fashioned Egg & Spoon, Sack Races & 3 legged races* for Kids (and adults if they are game)

- Day finishes** with *Lawn Mower* Racing in the ring,

5:30pm **AUTO SOCCER**,

6:30pm **DEMO DERBY** then "**DASH for CASH**" and finishing @

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Good Medicine

Visitor

When I was young visitors would just drop in anytime and my mum would give them a cuppa ... but these days we like to know they're coming don't we, though mostly we can and do cope.

Have you heard of the man who waited all day for an expected visitor ... God. But he didn't come. Instead he had three other visitors who he didn't have time for. He didn't see their needs ... food ... clothes ... sickness ... because he was waiting for the special one. At the day's end he asked God why He hadn't come ... and God replied 'three times I came to your door'.

Part of a poem says -

*If Jesus came to your house
Do you know just what you'd do
Welcome Him with open arms,
Ask Him to stay a day or two
Would you have to change your lifestyle ...
maybe your food and drink ... even the thoughts you think.
If Jesus has to come to your house then you might need to check
your heart.*

A father asked his children what they'd say to Jesus if He was sitting at the table with them ... the boys wanted to 'ask him their hardest maths problems' ... his daughter said she'd ask Him for a hug.

Children seem to know that Jesus is strong and loving ... young children in school scripture used to say they **loved** Jesus. He said, let the children come to me and ... anyone who will not receive the kingdom of God like a little child will never enter it, *Luke 18:17*.

Colin Buchanan has been singing children's songs for a long time and he came to my granddaughter's school ... she was excited to get his autograph.

One of his songs called "Jesus Strong and Kind" was sung at my friend's funeral service recently.

These are some of the words:

* Jesus said that if I thirst, I should come to Him
No one else can satisfy, I should come to Him.

Jesus said, if I am weak ...

* Jesus said that if I fear ...

The last verse * Jesus said, if I am lost

He will come to me

And He showed me on that cross

He will come to me.

Is there something you'd like to ask Jesus? Maybe you just want to be close to Him. 'Run to Him now for that hug and so much more that you need'.

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

The only animals that can recognise their own reflections in a mirror (besides humans) are the great apes, dolphins and elephants.

Wanted: Euchre Players

We play every Thursday night in the old Catholic School Centre at Krumbach. 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, Krumbach

March Mass times are Saturday 1st at 6:00pm, Saturday 8th at 6:00pm, Saturday 22nd at 6:00pm, Saturday 29th at 6:00pm
April Mass Saturday 5th 6:00pm
(contact **Helen Legg** on 6559 1211)

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

Krumbach 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*
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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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Post Office - Krumbach (closed 1pm to 2pm)	6559 1240
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Fire Permits	1300 643 262

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

Hi Everyone,

Some exciting news. Emily from Nabiac Pharmacy, Renee owner of Farm and Home, Sam owner of the Old Bank Centre, Barb and my self (Belinda) from Belinda's Beauty and Hair by Barb, will be participating in the **breast cancer squat** challenge throughout March.

58 people are diagnosed with breast cancer per day in Australia hence, the 58 squats each day of March to raise awareness and funding for breast cancer.

We all know of family members or friends that have or are battling breast cancer.

Our team is called the **Nabiac Squatters**, information can be found on the National Breast Cancer foundation website. Each business will have a sheet detailing how to donate online and support this important cause; we will also have a donation money jar for those who want to contribute without the hassle.

Any support would be greatly appreciated.

Belinda, Barb & Jess ❤️

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

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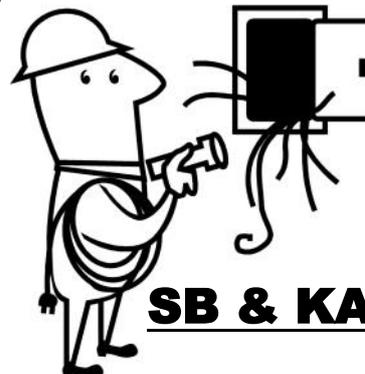
Kate **McIntosh**, on 6554 1144 or 0434 589 048 (Minimbah)

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)

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