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Editorial.

Seems a bit odd doing this issue so close on the heels of the April

Quite a few articles are missing this month so also trying to "fill the gaps" has been a bit time consuming.

All of the ANZAC celebrations seem to have been well attended and the weather held for the marches, fortunately.

I am thinking of buying a body board to slide around my waterlogged paddocks otherwise I will end up with frogs feet - the ground is saturated and I just squelch in the grass and slide on the drive way, totally over the wet for now. I suppose in a couple of months we will be whinging about how dry it is. Just love Aussie weather!!

The lovely ladies at the library have given us a great selection of books to read with Mothers' Day in mind. A day mums can snuggle up in bed or on the lounge and indulge in a day of reading.

Krambach Country Music Day has rolled around quickly - somewhere to go and spend a congenial day whilst helping keep the coffers of the Hall filled for those with a penchant for Country Music.

Our Grey Nomads have been out and about TWICE - just can't keep them at home and a great thing to do whilst you are able to do it. Love reading about the places they visit and maybe, one day, I will be able to take off and do a couple of trips following their routes.

Can you imagine driving around the country in those old cars?

Muse seems to be keeping our arty residents occupied with more classes available for those wanting to realise their artistic talents.

Our vet has reminded us of the need to keep our four footed 'kids' teeth clean. With all the new soft tinned food and different commercial foods we feed them now, they don't get their teeth cleaned the way they would if eating in the wild chewing skin and bones.

Bunyah is having a dance next month, so plenty of time to get your glad rags and dancing shoes ready. Will prompt you again next month.

Deb has given us some ideas of what to plant ready for winter and spring. I have actually lost two of my plants in pots because of the rain. They got waterlogged without me realising it and I had had them for over 20 years and unfortunately can't get replacements for them. Hint, hint, check that the saucers under your pots have a bit of space so that the water is not trapped in the pots.

Hope you all remember/remembered to vote so that you don't get fined.

That's all from me, until next month

Lyn & Timidthy

WHAT'S HAPPENING IN MAY, 2025

Markets & Events.

•	Bulahdelah	(1st Sat)	$3^{\rm rd}$	8am to 1pm
•	Blackhead Bazaar	(1st Sun)	4^{th}	8am to 12 noon
•	John's River Country	(2nd Sat)	10^{th}	9am to 1.30pm
•	Wingham Farmers	(1st Sat)	$3^{\rm rd}$	8am to 12 noon
•	Myall Quays	(3rd Sat)	$17^{\rm th}$	9am to 1pm
•	The Hub Taree Showgnd	(3rd Sat)	$17^{\rm th}$	8am to 12 noon
•	Krambach	(3rd Sun)	18 th	8am to 12 noon
•	NABIAC	(Last Sat)		8am to 12 noon
•	Old Bar	(Last Sun)		7am to 1pm
•	Pacific Palms	(Last Sun)	25^{th}	9am to 1pm
•	Forster Town	(2nd Sun)	$11^{\rm th}$	8am to 2pm
•	Halliday's Point	(1st Sun)	4 th	8am to 11am -?
•	Town Head	(every Mor	1)	8am to 2pm
•	Mt. George	(4th Sat)	24^{th}	8am to 2pm
•	Forster Farmers Marke	t (3rd Sat)	17^{th}	8am to 12 noon
•	Bobbin Community		th	9am to 2pm
•	Tuncurry Markets	(4th Sat)	24^{th}	8am to 1pm
•	Burrell Creek	(2nd Sun)	11 th	9am to 12.30pm
•	Gloucester	(2nd Sat)	10^{th}	8am to 12 noon
	**** 1 2 5 1 .			

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

Ah, rain! Every Wednesday, it seems! As a lot of our weeding team is getting a bit older, we're getting more aware of slippery surfaces in the bush. We have managed to get a few cassia that we've missed. They do give themselves away with their bright yellow that says, 'You missed me!'.

As well we're doing follow-up weeding of seedlings in the areas of Lilly Pilly that have had major weed removal in the past couple of years. We're just hoping that the seedbank of privet in the soil runs out in reported three years.

Most of the weeds and vines that we target are garden escapees that have or can out compete natives. This has lead me to think about hedges. Hedges seem to be having a resurgence in landscaping.

Hedges can be useful garden additions. They can:

- · Add definition
- · Buffer noise, dust and wind
- · Provide shade
- · Provide privacy
- · Act as a fence.

On the other hand:

- Hedges take up a lot of space on small blocks
- They take a lot of maintenance
- Water usage, especially at establishment is high
- They reduce biodiversity
- Replacement of dead plants is a problem
- and they have the potential to become invasive

We really never want to have a repeat of the great PRIVET escape.

If you have your heart set on a hedge:

- Opt for a local native species
- Check out how non-native species behave in countries with similar conditions
- Ask how big does this plant grow in my area?
- In other words do your research.

Nabiac Landcare normally works each Wednesday (weather permitting) 8-9am to 11am, followed by a very yummy morning tea. If you're interested in joining us, having a look at our projects or just having a chat, give me a ring on **6554 3196.**

Liz Rees





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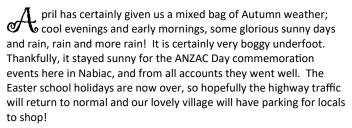
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Between the Pages Nabiac Library News



Nabiac Library held a school holidays children's craft activity on Thursday 24th April, decorating a flowerpot and included adding a plant in the pot. The workshop was run by our Midcoast Libraries creative staff member Siobhan with support from her daughter Grace. From all accounts the activity was fully booked and attended by both parents and grandparents. A great result for Nabiac Library. Well done to everyone involved. For images of the event watch out on Midcoast Libraries Facebook page. A little birdie said a number of photos were taken!

Australian Fiction is our focus for this month.

We have a plethora of Australian fiction writers, particularly in the rural romance genre. However, this month's focus is on some quirky and different Australian fiction and authors.



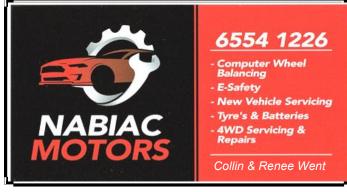
👱 👩 A story of friendship, community and empowerment, it begins when busy wife and mother, Freycinet Barnes, distractedly steps in front of a moving car. The driver, Kyrie, and her **WOMEN'S** passenger Rosanna, are members of the West Moonah Women's Choir, and Freycinet (who dislikes being called Frey) finds herself welcomed into their supportive fold.

The award-winning West Moonah Womens Choir is made up of nine women of different ages and

stages of life. They are well known for their traditional repertoire performed at various events in Tasmania, but in private the women transform into The Angry Women's Choir, belting out their large, and small, frustrations and 'furies' in song.



A brilliant parody of the Australian gold rush days and the very first Melbourne Cup which was held in 1861. The guirky characters are well developed, the intrigue builds and the finale is amazing! The Pink family characters are a real laugh! Definitely a true Australian yarn! So, did Archer win the first Melbourne Cup or was it the outsider grey? Read this book to find out more!





The Lost Flowers of Alice Hart is a story about stories: those we inherit, those we select to define us, and those we decide to hide. It is a novel about the secrets we keep and how they haunt us, and the stories we tell ourselves in order to survive. Spanning twenty years, set between the lush sugar cane fields by the sea, a native Australian flower farm, and a celestial crater in the central desert, Alice must go on a journey to graph discover that the most powerful story she will ever

possess is her own. An amazing and somewhat confronting read. The 'Lost Flowers of Alice Hart' is also available as TV mini-series on DVD from Midcoast Libraries. Maybe not totally true to the book, but still worth watching. Both the book and the mini-series are well worth a read and watch.

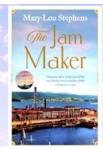
Mother's Day is coming up soon on Sunday 11th May. Looking for some ideas to spoil your mum on this special day? Come on into Nabiac Library and explore our cookbooks for breakfast, lunch or dinner ideas. Why not encourage Mum to sign up for a Library membership card (if she doesn't already have one) and encourage her to take some time off to read and escape into another realm. All Mums deserve time off. Looking for some books to share with your Mum, or for a Mother's Day indulgence to just sit and read. Here are some offers available from our Midcoast Libraries.



The Calendar Mums" by Lauren McKeller is a gorgeously warm, funny and heartbreaking book about what it means to be a mother. Perfectly balancing light and dark, this stunning debut touches on issues of identity, post-partum mental health and community, and is a reminder to mothers that they were women first, women who are strong, capable and not to be underestimated.







Then there is this trio of novels from Tasmanian author Mary Lou Stephens. These books are all set in Tasmania and reflect not only the strength of women, but also some of the history of the Apple Isle, Cadbury's Chocolates, and Tasmanian jam.



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Wishing all Mum's out there a very blessed and very indulged Mother's Day. Celebrate your day with love!

Remember, Nabiac Library is open on

Monday and Tuesday from 3-5pm and on Thursday and Saturday from 10-12.

We look forward to seeing you there!

Show News

Not much to report now that the show is over, except to ask for new members, volunteers and candidates for the Secretary's and Treasurer's positions which will be available at the AGM in August.

We carry out maintenance work during the year so that the grounds and pavilions are all up to date on Show Day so help is always needed.

Our new annual Easter Egg hunt for the local children on Easter Sunday was a huge success, I am told (wasn't able to attend myself). It will be something the kids can look forward to again next year.

Plenty of time to start NOW on any handiwork, paintings or crafts for your entries next year - show date 7th March - just pray for a dry day! Will keep you updated on news during the year.

Lyn Reid Secretary, 6559 1811

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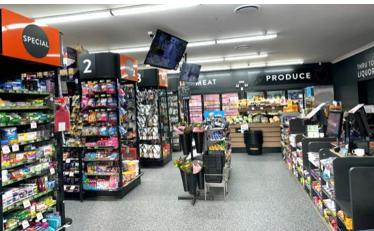
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WALLAMBA CWA REPORT

President Margaret and husband Bruce were away travelling so our April meeting was chaired by Vice President Merle Barber who welcomed 7 members to the monthly meeting and received a further 5 apologies.

Following the opening of meeting the with the usual formalities of National Anthem, CWA Motto and CWA Prayer, members paused to remember the passing of victims of the fatal accident on the Pacific Highway south of Nabiac, the young man, Ben Hayes, who was hit by a train near Maitland, Richard Chamberlain, the actor, and member Pam's young friend Sky Lewis from the Wingham area, aged 39 years, who sadly lost her battle with cancer – May they Rest in Peace.

Our monthly thought was given by Jill Hammond and was "If you are facing the right direction, all you need to do is to keep walking". Member Moya to give the thought at our next meeting.

A very Happy Birthday was extended to our member Jill Hammond, a spritely 88 yrs, who is always full of enthusiasm and 'young at heart'.

Members were advised that the CW Cookbooks are now on sale at the Nabiac Nook for a cost of \$30; if anyone should ask if they are available.

Our visitor from last meeting, Colleen Sorrensen, has now joined our ranks and we hope that she will enjoy being a member of our branch.

The March Group council meeting minutes were tabled and contained a lot of information including How to Cookery Day, MNC CWA Group Facebook page and items on the upcoming State Conference. There was also a call out for members to supply fruit cakes, date loaves etc for the CWA Tea Rooms at the Royal Easter Show in Sydney.

Treasurer Jenny presented the financial statements of the Branch and advised us that our bank, The Region Australian Bank, would be merging with Summerland Bank in the near future but not just this year.

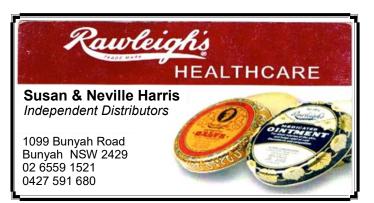
Penny gave a description of the Common Myna or Indian Myna bird, which is our CWA NSW Foe of the Year. The bird is in the family Sturnidae, native to Asia and is increasing rapidly, very territorial and has adapted to urban environments. The International Union for the Conservation of Nature declared in 2000 it a one of the world's most invasive species posing a threat to biodiversity agriculture and human interests. It was first introduced to Australia in Victoria between 1863



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and 1872 to control insects in the market gardens of Melbourne from where it spread to NSW and later Qld.

International Officer Pam gave her report on the South Korean Currency – the Won. The Won is divided into 100 Jeon – the monetary sub unit. As at our meeting date the Won was equal to 0.0011 Australian dollars. The Jeon is no longer used in everyday transactions, and it only appears in foreign exchange rates.

Members also learnt, thanks to Margaret, that the "Rose of Sharon" is the National Flower of South Korea and has been since 1968. It is an hibiscus and its enduring nature symbolises the resilience and endurance of the country of South Korea and is sometimes called 'the eternal blossom'.

In our cultural segment Jill told us about "Palings, Petals and Pots" Coffee Shop that is closing down after 32 years of operation at Green Point – it was suggested that maybe we could visit it before if closed.

The Branch members did well in MC CWA Group Competition and the Wallamba Show. Members are being encouraged to think about items for next year. Pam showed members a pattern for knitting a Duduza Doll which is like a trauma doll and means 'comfort doll' in Zula, which was given by member Jean Price.

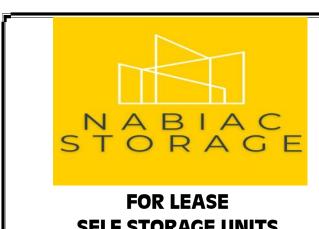
Wallamba Branch will be hosting the MNC CWA A & E /Handicraft Day on Tuesday 17th June at the Nabiac Showground Hall. This is a big day taking in members from all branches and includes catering as well for those attending.

Member Merle had planned to attend the State Conference at Wagga in May but unfortunately is now unable to attend and no one else is able to attend

The Branch's next monthly meeting is set down for Tuesday 13th May commencing at 10.00am at the usual venue, Nabiac Village Community Church Hall – new members are most welcome.

Pam Muxlow

Publicity Officer Wallamba CWA



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NABIAC PUBLIC SCHOOL

We hope everyone has had a relaxing holiday and is ready for an exciting term ahead!

A heartfelt thank you to those who joined us for the ANZAC Day Dawn Service and March. Our leadership team proudly represented our school during this significant occasion, leading the dawn service and actively participating in the morning service. A special shout-out to Mrs. Peters, whose efforts were instrumental in the organisation of this event.

Thank you to DONK for organising and cooking the community breakfast which was kindly provided by local businesses - Nabiac Food-Works, Nabiac Butchery and The Old Bank Centre.

Looking forward this term, we have a lot planned!

Our Years 5 and 6 students are set to go on an adventure at the Aussie Bush Camp, where they will engage in a range of outdoor activities that promote teamwork, resilience, and a love for nature. We can't wait to hear about their experiences and the memories they'll create!

Additionally, our Athletics Carnival is just around the corner, and we encourage all students to participate and showcase their talents. Coming up on Thursday 8th May we will celebrate our wonderful mums, grandmothers, and mother figures this year with a special Mother's Day Breakfast and Assembly. Breakfast will be served from 8:15 am, and students have received invitations—please remember to return your RSVP slip for catering purposes. The assembly will follow at 9:15 am, and we warmly welcome parents and families to join us for this heartfelt celebration.

Best of luck to our students competing in the Zone Cross Country on Friday the 2nd of May.

Mrs O'Brien and Miss Perram recently visited our local preschools, leaving expression of interest forms for families interested in enrolling their child/children at our school for 2026. If you know anyone who does not attend the local preschools but may be considering our school, please encourage them to get in touch with us.

As always you can keep up to date with the best little school via our Facebook page "Nabiac Public School" or via or Newsletter on the school website "https://nabiac-p.schools.nsw.gov.au/"

Kind Regards

Amelia Bridae

School Administration Officer Nabiac Public School Ph: 02 6554 1247

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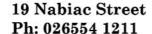


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Mother's Day - Music - Glen Mead

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Authorised by David Gillespie, 14 Manning Street, Taree NSW 2430



NEWS FROM BUNYAH

Anzac Day Service at Bunyah Public Hall

A Heartfelt Tribute to Our Heroes

On the morning of the 25th April at the **Bunyah Public Hall**, the community gathered with heartfelt gratitude to commemorate our brave servicemen and women during the moving A**NZAC Day Service.** The venue was filled with a profound sense of respect and unity as individuals honoured all those who have served and sacrificed for our freedom.

A special thank you is extended to all the members of the community who attended and to those who meticulously organised the event, making it an extraordinary and memorable occasion. The atmosphere was imbued with reverence and appreciation, a testament to the collective effort and dedication of everyone involved.

One of the highlights of the service was hearing the poignant accounts of **Dennis Simpson**, who eloquently shared stories of how our heroes paved the way for future generations to enjoy the freedoms we cherish in our beautiful country. His words resonated deeply, reminding us of the immense bravery and selflessness of those who fought for our nation.

Additionally, **Bob Thatcher** captivated the audience by reading an excerpt from **The Manning River Times**, dated Saturday, 31^st August 1940. titled.

"SOLDIER FAREWELLED" The reading recounted the community's farewell to Private Frank Murray at the very same Bunyah Public Hall.

Private Frank Murray's safe return after serving his country, and eventually marrying and starting a family, served as a powerful reminder of the enduring spirit and resilience of our soldiers.

The ANZAC Day service at Bunyah Public Hall was a touching and meaningful tribute, leaving everyone with a deep sense of gratitude and pride. As we reflected on the sacrifices made by our servicemen and women, we felt truly blessed to be part of a community that honours their legacy with such sincerity and respect.

Here is the excerpt from The Manning River Times dated 31^{st} August 1940, titled:

"SOLDIER FAREWELLED"

The Manning River Times – Taree, Saturday 31st August 1940

On Monday evening, 12th August, a large number of friends and relatives gathered at Bunyah Hall to say farewell to Private Frank Murray, prior to his departure on active service.

Private Murray is the only son of Mr. and Mrs. A. B. Murray, of Mount

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George, and formerly of Bunyah. Despite the short notice everything was arranged with efficiency and the Bunyah dance band was in attendance, dispensing their usual delightful music so true in rhythm and time that one simply had to dance.

On the arrival of the guest of the evening, the assembled company greeted him with the singing of 'For he's a jolly good fellow,' followed by three very hearty cheers.

At 10.30 when a halt was called and Private Murray was asked to take a seat on the stage by Mr. Horace Deer, president of the Bunyah Patriotic War and Comforts Fund.

Mr. Deer then called upon Mr. L. Carey, one of the vice-presidents, to speak as representative of the Bunyah fund.

Mr. Mr. Carey's eulogistic remarks were evidently, to judge by the applause, the sentiments held by those present.

Mr. Ross, representing the Dyer's Crossing Patriotic Fund, also added his appreciation of the manly virtues of the guest of the evening.

Mr. Austin Gallagher, representing Krambach Patriotic Fund, also spoke briefly and wished the guest a safe campaign and return to his native land. Mr. Gallagher then obliged the company with a vocal solo, 'My Ain Folk,' Mrs. Gallagher accompanying him on the piano. Mr. Gallagher received quite an ovation from the Scottish descendants, who are rather numerous out Bunyah way.

Mr. Deer then called upon Mr. Lionel Murray to present to Private Murray a fountain pen and-wallet and other articles from the War Comforts Fund, which Mr. Murray did with a few well-chosen words.

Private Murray responded briefly, thanking all for the gifts and remarks passed and for the good time they were giving him.

Several vocal items were rendered, and special mention must be made of the singing and yodelling of Mr. Eric Murray.

Shortly after this part of the proceedings was finalised there was a welcome call to supper and the ladies deserve great credit for 'the spread that was provided at such short notice.

After supper, dancing was continued, under the able direction of the veteran M.C., Mr. Ted Maurer. The company finally joined hands before dispersing and sang Auld Lang Syne, and once again cheered Private Murray. Then, after singing 'God Save the King,' all went their way home in the 'wee sma' oors.' (Wee hours of the Morning)

Upcoming Dance Event at Bunyah Public Hall Featuring the Popular Band: The Howlers

Prepare your dancing shoes and mark your calendars! Bunyah Public





Hall is thrilled to announce a spectacular dance evening featuring the renowned band, **THE HOWLERS**

Event Details

Date: Saturday 14th June, 2025
 Venue: Bunyah Public Hall

Time: 6pm onwards

Join us for an unforgettable night filled with live music, and dance. Whether you're looking for a perfect opportunity to unwind or just looking to enjoy a fun evening with friends and family, this event promises something for everyone.

Highlights of the Evening

- · Live performance by THE HOWLERS
- · Delicious supper provided
- · Dinner options from \$5.00
- · Prizes to be won on the night.
- · Children under 17 are FREE

Don't miss out on this exciting event! Invite your friends and family, and let's make it a night to remember. We look forward to seeing you all there.

See flyer for more details.

Let's dance the night away at Bunyah Public Hall on Saturday the 14th of June with THE HOWLERS!!

Warmest Regards,

The Bunyah Public Hall Committee

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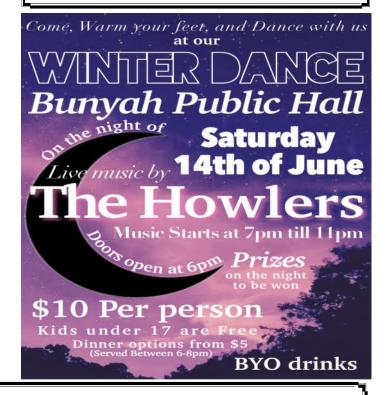
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Dental Disease is the Most Common Health Concern of Dogs & Cats

id you know that 80% of dogs and 70% of cats over the age of three have some form of dental disease? Dental problems are painful, and they can also lead to other serious health issues. The longer dental disease is left untreated, the more complex and expensive it becomes to clean and remove diseased teeth. Just like you take care of your own teeth to prevent plaque & dental issues, it's equally important to care for your pet's teeth.

Dental disease occurs when bacteria combine with food particles and

saliva to form plaque. This plaque sticks to the teeth and, over time, can cause irreversible damage, including the destruction of the tooth, supporting tissues, and surrounding bone. This results in painful mouths, red gums, bad breath and tooth loss. In small dog breeds, undiagnosed and untreated dental disease can progress rapidly to



Severe dental disease in a dog tooth loss, and we see dogs as young as 3 years old presenting with loose & rotting teeth.

It is recommended to have annual dental checks with your Veterinarian to ensure problems are diagnosed and addressed early. When picked up early, dental disease is much easier to treat. If necessary, your Vet may suggest a dental cleaning, which often includes scaling and polishing healthy teeth, as well as taking x-rays to assess the condition of the teeth and underlying bone. Since some damage is hidden beneath the gums, x-rays are essential to evaluate the full extent of the problem and to determine whether teeth require extraction. If diseased teeth are found, they often need to be extracted to prevent further pain, infection and complications.

What about anaesthesia-free dentistry?

Anaesthesia-free dentistry is not recommended by the Australia Veterinary Association or the RSPCA, who advise that dental work

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should only be conducted on cats and dogs under general anaesthesia to prevent pain and distress. To safely perform a thorough and effective dental, an animal must be completely still without swallowing or panting. Probing under the gum line, scraping calculus and tartar off teeth with an ultrasonic scaler, examining cavities, touching exposed tooth pulp, and extracting teeth are often noisy and painful procedures that cannot be tolerated by a conscious animal. Anaesthesia-free dentistry involves physically restraining a conscious animal, to scrape calculus from the surface of their teeth, and is generally performed by non-Veterinarians who are not trained in dentistry. It may be offered as an alternative to professional dentistry under anaesthesia, but it does not prevent or treat dental disease and it can cause significant pain and distress to the animal. Anaesthesiafree dentistry only partially removes calculus that you can see, which is above the gumline, and it is actually the calculus and plaque below the gumline that cause the periodontal disease and loss of teeth. This can worsen the problem, as owners then mistakenly believe that their pet's teeth are healthy, as the crown appears partially clean, when the dental disease is progressing rapidly under the gumline, loosening teeth and causing pain and infection. The RSPCA states that anaesthesia-free dentistry should be avoided in cats and dogs as it compromises their welfare.

How do you prevent dental disease?

Prevention is always the best approach when it comes to your pets' oral health. Regular dental checks by your Veterinary team will monitor your pet's dental health and guide you in the best course of action. Using dental products like dental chews, dental diets, and especially brushing your dog's teeth can significantly help in preventing plaque build up. Raw bones can help to remove low grade tartar and plaque, however there are some risks associated with feeding raw bones, including bowel obstruction and tooth fracture. Never feed cooked bones to your pet as they are much more likely to splinter and fragment, increasing the likelihood of a bowel perforation. For cats and dogs showing early signs of dental disease, a scale and polish under anaesthesia is an effective and cost-effective way of managing plaque before it causes more severe issues.

Wingham & Valley Vets offer complimentary dental checks so if you have any concerns about your pet's teeth, or if it has been more than 12 months since their last dental check, please call us on 6557 0000 or email admin@winghamvets.com.au to arrange a complimentary dental check with one of our caring, fully trained staff.



COMMUNITY CONVERSATIONS



COMING SOON TO WOOTTON AND NABIAC

We're heading back out across the MidCoast to provide you with an update on what we are delivering in your area.

We will also answer any questions you might have.

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Wootton Community Centre Tuesday 6 May 5.30 - 7pm

Nabiac Showground Hall Monday 19 May 5.30 - 7pm

FIND OUT MORE

Scan to learn more and for the full schedule of dates and locations



midcoast.nsw.gov.au/conversations



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REAL KULTCHA

OK, for all the children playing with blocks down the back, please keep the noise down while we adults up front discuss some serious grown-up stuff!

I mentioned in my last epistle, the mascot for the new AFL team out of Tasmania had been launched and they'd named him/her *Rum'un the Devil*. Well, while most folk were besotted with *Rum'un* and — with hearts a-flutter - imagining the effect such a "beast" would have on other teams, the Tasmanian Planning Commission (TPC) dropped a copy of their draft report on Hobart's Macquarie Point enclosed stadium into my In Box. O-boy! Yep, the Macquarie Point stadium is a requirement the team has to meet before they can play in the AFL and this report is scathing: "overbearing", "risks Tasmania's credit rating", "has minimal social and community benefits" and "does not serve a purpose as an urban renewal project"!

Now I know if a writer/committee has a beef about a subject they're investigating, they can slant their report to support that view and this report may well have an element of that in it. BUT, when we get down to the nitty gritty (aka the money) that's when the manure hits the fan. The bloke who signed the deal (the Premier at the time) has been voted out, the head boffin of the AFL has also changed, many folk in Tassie and around Australia have allowed their hearts to rule their heads over the very thought of a team from Tasmania in the AFL and all the while the cost of the stadium just grows. Initially the Government said it would cost \$775 million but now the TPC says that figure should be \$861 million, which would rise to \$1.197 billion once a required footbridge, road access and public transport infrastructure are included. On top of those, there is also a need to relocate a railway goods shed and realign some current sewer infrastructure! None of these costs were included in the initial government figure and isn't that indicative of how a dream is sold! But that's not all. Tasmania is going to have to borrow a shipload of money to build the stadium regardless of whether Canberra and the AFL actually honour their promises of support. The report then says, "at the end of 10 years of operation the additional debt directly associated with the project's construction would be approximately \$1.86 billion."

Now I'm no financial whiz (I used to have trouble balancing my cheque book) but that's a lot of money in anybody's language and I believe there are a couple more wrinkles in the issue. For instance, the AFL has apparently said the stadium must be "clean" and by that, they mean *The Devils* can't make deals regarding advertising in the

stadium at AFL games because that's the reserve of the AFL. And in addition to that, the AFL apparently, is also insisting that half the home games of *The Devils* must still be played in Launceston!

Like I said, I'm no financial whiz but I think the Tasmanian Government should push very hard for the contract with the AFL to be re-negotiated and if that can't happen, then they should walk away, forget the stadium and put the idea of a Tassie team in the AFL on the backburner for a while. The alternative is a debt-ridden State for maybe a generation or more, a very expensive, seldom used, white elephant of a stadium and quite possibly, a totally wrecked State sports scene!

On Rugby League matters, it seems the die has been cast: Papua New Guinea will enter the ARL competition in 2028 but before then, the North Sydney Bears will be resuscitated, become the Perth Bears and enter the competition in 2027. That would mean there'd be 19 teams in the NRL and that's one team short of the V'landy dream of 20 teams. Why 20? Well, each team would then play just 19 games in the season instead of the 27 they now play! It also means it's a simpler draw and the shorter season will be easier on the players, coaches, officials and fans. The fly in the ointment? One more team is needed yet and that's the unknown at the moment. Of course, the question that also hangs in the air is: are there enough quality players around to fill that many sides? Sorry, that's a question above my pay grade.

There are some sport's results I haven't touched on this month such as: Oscar Piastri's F1 wins; Georgia Amoore going at #6 in the American WNBA draft; the US Masters win by Rory McIlroy; and Will Pucovski (a Victorian and Australian cricketer) has retired after a long battle with concussion – he has suffered at least 12 of them. A confession: I thought synchronised diving was weird and Rugby a blight on the escutcheon of humanity, but there's a game called underwater rugby (SMH 21/3/2025 p13) that takes the biscuit. Here's an excerpt from the SMH article: The game revolves around a goal (a basket or rubbish bin) at the bottom of the (deep water) pool. Players can use their bodies to block the entrance to the goal and the opposition has to physically remove them to put the ball in the goal. There are said to be some other rules, but like rugby itself, who'd know them and why would you bother anyway?

Talk at you again next month

The Hillside Critic





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Next market: Saturday 31st May 8-12pm at the showground.

Market news

We were all set for a rainy-day market in April, however the weather turned out fine.

All stalls were moved off the grass areas, which were too muddy to use.

Some stalls moved into the hall and the outdoor plan was reconfigured. Some stalls had to cancel, due to their own weather-related challenges. All in all though, it was another successful market day, with crowds gradually increasing throughout the morning.



Petal & Sprout Microgreens: Bec with her nutrient rich, pretty packs of microgreens and edible flowers.



A beautiful morning set the scene for a fab market day.



Little Zephyr Farm sold out, of their fresh veggies, beeswax candles and honey.





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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 the market to their patrons. We appreciate you all.

Nabiac Farmers market's local producers:



*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

For market enquiries, including new stallholder applications:

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

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give the CORRECT HAND SIGNALS
... BEFORE you act!

give the CORRECT ... BEFORE you act!

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OK, how many of you remember having to learn all this AND change gears with a stick shift when learning to drive. Now it is auto gears and flick the indicator handle - so easy!!!

Paddy says to Mick - "I'm ready for a holiday, only this year I'm going to do it a bit different.

3 years ago I went to Spain and Mary got pregnant.

2 years ago I went to Italy and Mary got pregnant. Last year I went to Majorca and Mary got pregnant." Mick asks - "So what are you going to do this year?." Paddy replies, -" I'll take her with me!"

Once I went to a party with my husband, full of people he knew (from work) but I didn't.

A guy cam up to us, turned to me and said, "Your must be his wife." I turned to my husband and said, "You have a WIFE?" Should have see the guy's face!

When a man says he'll do anything for a woman, he means fight bad guys and kill dragons, not vacuum or wash dishes.





If you think you are smarter than the previous generation...50 years ago the owners manual of a car showed you how to adjust the valves. Today it warns you not to drink the contents of the battery.





Dung Beetle Workshop

Join Mid Coast 2 Tops Landcare & Ecolnsects at Kings Creek Retreat, Krambach for a Dung Beetle workshop and informative paddock walk on Monday, $12^{\rm th}$ May from 10am to 3pm.

Dung beetles are ecosystem engineers that will remove dung from the surface, recycle nutrients back into the soil, sequester carbon, reduce nutrient run off and reduce pests and parasites. Russ Barrow from Ecolnsects will be presenting at this workshop; answering your questions about dung beetles and demonstrating ways to breed them on your property. You will learn how to identify dung beetles, learn which species are suitable for your farm, learn how to protect beetle populations from the effects of natural disasters and drought and learn how to build a nursery to support healthy dung beetle populations.

Morning tea and lunch will be provided. Please wear clothing suitable for a bushwalk, including enclosed shoes.

Limited spots available, book your ticket now! https://events.humanitix.com/dung-beetle-workshop-sjytm4ck

For more information please contact Local Landcare Coordinator Jonathon Quaken at inland@midcoast2tops.org.au.



This initiative made possible by the NSW Landcare Program. A collaboration of Local Land Services and Landcare NSW Inc. supported by the NSW Government.







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Hi Everyone,

Below is a list of our workshops taking place this month, and remember if this rain keeps up you can come to the Gallery, stay dry and treat yourself to a stunning piece

of local art be it ceramic, wood or paint. We will also be featuring 'Ojo De Dios', created by *Jo Dormer* who made our new banner.

Workshops

03/05/25 Watercolour Workshop with Melinda - 10am-2pm

10/05/25 Pottery Class - 2:00-4:00pm \$80

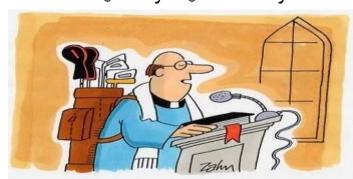
11/05/25 Tree of Life Pen and Ink Drawing with Julia Jay

29/05/25 Meditation and Sound Healing - 5:30-6:30pm \$30

You can book a place for any of these workshops online just go to www.Musegallery.au drop into the Gallery or call us on 0403 826 439.

Philippa and Simon

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



"I'm going to cut my sermon short this morning."



David Morgan

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Ancient Romans used whips with piecers of bone or metal on the end. A plain old whip just wasn't nasty enough!

Pope John XX1 died in the newly built wing of his palace after his bedroom ceiling fell on him in 1277.

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A blonde driving a car became lost in a snowstorm. She didn't panic however, because she remembered what her dad had once told her. "If you ever get stuck in a snowstorm, just wait for a snow plow to come by and follow it. " Sure enough, pretty soon a snow plow came by, and she started to follow it. She followed the plow for about fortyfive minutes. Finally the driver of the truck got out and asked her what she was doing. And she explained that her dad had told her if she ever got stuck in a snow storm, to follow a plow. The driver nodded and said, "Well, I'm done with the Coles parking lot, do you want to follow me over to Woolworths now?

AUTUMN LAWN CARE

As the cooler weather approaches, it's time to give your lawn some much-needed care to ensure it stays healthy through winter.



Fertilise

Apply a liquid fertiliser like Exceed to quickly nourish your grass. Products such as ColourGuard PLUS not only feed your lawn but also restore its colour, combining fertiliser and organic pigments for a lush, green look.

Adjust Your Mowing

Raise your mower blades to leave your lawn a little taller. This helps your lawn absorb more sunlight and nutrients, blocks weeds and help preserves its colour for longer.

Tackle Weeds Before They Start

Use pre-emergent herbicides, like OxaFert, to prevent winter weeds like Winter Grass from sprouting. OxaFert also boosts grass health with added nutrients.

Manage Compaction

Minimise foot traffic on your lawn, especially after heavy rains, to avoid soil compaction. Aerate high-traffic areas to improve soil structure and allow the grass to "breathe."

Act now to ensure your lawn thrives and stays vibrant all season long. A little care today goes a long way to a healthier lawn tomorrow!

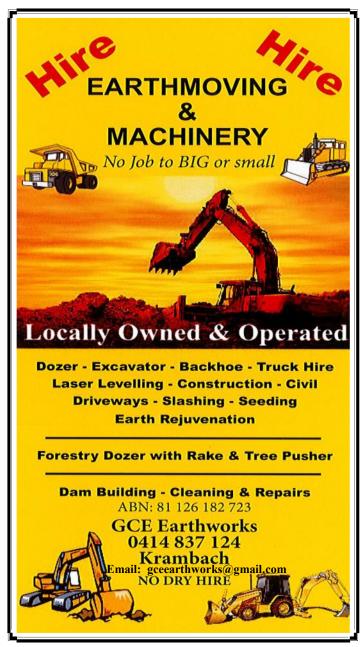
For more information, give us a call on (02) 6550 2126 or check out our Lawn Maintenance Advice on our website; www.aglandturf.com. Open 6 days a week, we stock a wide variety of lawn care products onfarm at 520 Dargavilles Rd, Nabiac.





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Just can't keep them at home - some more travelogue for you from our Grey Ghosts

March 26^{th} and by the time the last entrants turned up at the Nabiac Tennis Courts it was 7.30 AM

The reason, a five day "long run" where 25 motor vehicles and some 52 slightly crazy folks are on a 5 day mystery run under the auspices of Taree Historic Car Club.

Most vehicles are at least 30 y/old and are registered under the Conditional Registration scheme which allows considerable savings on registration and insurance.

First stop Dungog. Fed and watered, the next stop was lunch at Denman.

Next day, through the stunning Bylong Valley, where Eddie Obeid and mates tried to make a quick quid buying and selling coal mine licenses and got caught. Gotcha guys. Well worth the trip through here with massive sandstone abutments lining the route and farmers doing their thing.

Through Rylstone and Kandos, where the huge manufacturing complex which manufactured Kandos Cement for use Australia wide, is now a museum.

Onto Bathurst for the first night. Of course, the obligatory trip on the Mt Panorama racing circuit which is normally a 60km/hr Council road except the two days in October. Heavily policed as every rev head wants a go, but extremely interesting to travel the same corners and straights we see on TV. A trifle slower of course.

Lunch at the renowned chef Mat Moran's pub at Rockley.

A visit to an outstanding castle like complex, Abercrombie House. Erected on a land grant in the 1870's by the pioneering Stewart Family. Tours are available and well worthwhile. Lot of history here.

Lithgow and visit the ruins of Australia's first blast furnace opened in 1901 closed in 1928. Huge complex with most original foundations

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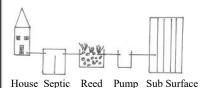
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And the Zig Zag railway. Completed in 1869 to enable steam trains to negotiate the insurmountable climb and descent of the western side of the Blue Mountains. Closed in 1910 after the ten tunnel deviation was completed. Originally standard (4'8 1/2") now narrow (3'6") gauge. Had been closed as was burnt out during bushfires many years ago. Now a 10km section is open again using steam and the original viaducts and bridges erected so long ago. Well worth a visit, but bookings are essential. Crowds here.

Some "in house" fun entertainment at the evening stops raised a substantial amount of money for the Variety club, the NSW/Canberra charity, helping children in need.

A very enjoyable short tour of the west, great similar minded folks, no breakdowns or near misses. What's not to like.

Il too soon, time to start for home. On the Putty Rd and the Lower Portland Ferry and then Wisemans Ferry. Onto Cessnock for the last night and farewells. Home tomorrow.

Home only a few days and we are loaded and ready for the trip to Corowa, a NSW Murray River town, down river from Albury where we hope to have a trouble free run with three *High Wheelers* from the

These are basically a horse buggy with the shafts removed and a very basic two cylinder engine installed.

Brakes are sort of optional and two of our three had tiller steering, a "push pull me" on a handle in the drivers lap instead of the more common steering wheel. These unique "carriages" were only built in America between about 1900-1910. Parts are, of course, no longer available so must be manufactured.

Through the tunnel in Sydney and first stop was Yass. A stop at Tarcutta, probably unfamiliar to many but essential for the transport industry. Given it is halfway between Melbourne and Sydney, it's a logical stop for drivers to change trucks and head back home with another truck. This enormous facility grew, (still used but with

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Not all went the full distance on the adventure with many finding a welcoming bake house/ pie shop more to their tastes.

Surprisingly, we had just one "failure to proceed" which was solved by an obliging local machine shop so going again the next morning.

A mention here to the townsfolk of Corowa. We were mostly allowed at roundabouts and intersections to have the right of way. Probably a good thing as

smaller turnover) with changeovers 24/7. We visit as one of our crew has fellow drivers commemorated in the very nice "wall of remembrance for those that are no longer with us.

Corowa. Federation of the states started here in 1893. The colonies were still charging each other "import duty" (tariffs?) on all goods and passengers at border crossings. This was particularly onerous between Victoria and NSW on the Murray. Years of arguing eventually resulted in Federation in 1901 and us becoming a united nation forming the Commonwealth of Australia.

We meet some 40+ like minded folks with some 23 similar vehicles. Many are friends from similar events held in Charleville, Qld, Gunnedah, NSW and Maryborough, Vic.

Most "vehicles" are capable of just two people but some can carry four. International, before they became the International Harvester Company, made many such vehicles and our group boasted some 7 of this make.

Our 2 with tiller steering, were made by Sears (before they became Sears Roebuck, the large American mail order company) and available through their catalogue. Came in a box with instructions on how to assemble and drive the machine. One wonders how many didn't last very long.

Every day was a mystery until the morning briefing, then it was "crank your engines" The usual distance most days was about 50kms and the last day was 120kms round trip all on good roads but with traffic.



the brake comment mentioned above is a real issue .

A lot of industry in the area, very self contained supporting a very large agricultural district. Planting is underway but the area is in drought. Drought conditions persisted on the way home for the 600kms to about Mudgee. Will need some wet stuff soon.

Visits had been arranged to several vehicle/ tractor collections and museums which were all eye openers.

All too soon after the farewell dinner, time to go; one group to Wallambeen, another for a birthday party in Sydney West and the final two to Nabiac after some health issues cut the planned trip short.

All in all, a great time, solving problems with other vehicles, the camaraderie excellent, the weather great and the local area and residents, fantastic. Normally held every two years, our next "short" event will be in Cobar in 2026. Better get started getting the old things ready.



Across The Fence – May, 2025 - Page 23



NABIAC EXCAVATION SERVICES

Phil & Ben Martin

Mobile: 0407 948 755

Welcome to Deb's Gardening

There is one plant that I have not grown since my tomato farm days 10 years ago and that is choko, which I believe is making a comeback. I was given a bucket of chokos last year and made plenty of pickles and chutney with them. A couple started to sprout so I decided to plant them and grow my own again. Chokos are a perennial plant and can be cut back once the cold set in to reshoot when the warm weather starts again but most treat them as an annual. I have a raised garden bed full of organic matter which I prepared earlier near a fence that has a large wire mesh leaning up against it, providing plenty of support for the vines, and receive over 6hrs of sunlight day to produce plenty of fruit, so I found the perfect spot for planting my 2 chokos. Planting in raised beds also provides the perfect environment for growing chokos, as chokos like a well drained soil. They were planted in spring last year and grew over the summer months and now I am starting to harvest buckets of them myself, and since chokos are a very versatile fruit, picked young they can be eaten raw like a cucumber, older fruits are steamed, baked. stir fried or like I did last year make lots of chutneys and pickles. I don't know why I left it so long to grow them, I guess I just forgot about the humble choko.

Which brings me to mind about the other day when I had a stroll around a nursery, and came to realise how many plants I had bought, planted and then lost? Whether it be chewed off from wallabies or just grown in the wrong spot! So I have set myself up a little green house and I am starting to propagate many of my own plants through cuttings. Propagating plants, also known as plant propagation, is the process of creating new plants from a parent plant. Once my house is finished its renovation there will be new garden beds to make, hedges to put in and if I start now and propagate plants that I want to put in, they will be ready to plant out when the time comes. I have a buxus plant that I will be taking cuttings from, a miniature rose that I manage to save from wallabies that I would like to mass produce, lavender that a friend has that I love and take cuttings from. So many plants that I can propagate and have fun with!

I have bought a few packets of cottage garden seeds and dispersed



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them around the garden, just to see what comes up and if any! I also planted bulbs around the garden. I am really filling the garden beds up and eliminating space. The garden beds that are full of plants I very rarely have to weed, they just seem to look after themselves; a trim back when needed if they get too over grown and again I can take cuttings from, and or save the seeds. I seem to be saving a lot of money of late and less visits to the nursery.

If there is one plant that has been prolific this year, that is my dahlias. They have been stunning. I must have at least 30 different dahlia plants all growing together, keeping each one upright. Admittedly once they die down it will look a bit sad but the display this year will be worth the die back look if I get the same display next year. My vases have been kept full of cut dahlias bringing the outside in.

I just harvested my crop of corn which I thought I planted too late in the season but grew better than the corn I planted at the beginning of the season, less attack from pests. The excess have been put in the freezer, cob and all. I am picking baskets loads of beans and freezing the excess. Broccoli is not far off picking, peas are flowering, broad beans have germinated and growing from last year seeds that I have saved. I am picking carrots, beetroot, and salad greens that are progressively planted. Guavas, figs and citrus are starting to come on line. The garden is full of abundance.

This year however has been a bit dismal with the pecan nut tree not producing the crop it did like last year. I put it down to the rain and then the wind at time of flowering which caused a lot to drop off. And speaking of nut trees, a hard lesson was taught when my beautiful kelpie dog became very sick and not knowing the cause, only to discover he had eaten a whole macadamia nut which got stuck in his bowl and had to undergo major surgery to remove the nut. He often goes under the macadamia nut tree sniffing around for nuts but I did not realise that they could cause him damage. The other half wanted to chop it down but that's a NO, so now I am religiously crawling under the tree to harvest nuts regularly, so it won't happen again.

Until next time. My garden is my therapy, and my pets are my entertainment... or my destruction, depending on the day."

Deb

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A BIG THANK YOU

After 20 years, Wallamba Fishing Club is coming to an end, as at 31/5/2025.

We would like to thank all past and present members for their participation in the club.

A special thanks goes to all committee members, for their time and contribution to the club over the years.

A big thank you to all members who donated their time to work the raffles.

A super big thank you to all those people who purchased raffle tickets.

Our raffles have been held fortnightly, as well as special occasions, such as Christmas and Father's Day.

Funds raised from these raffles have been donated to local charities.

We would like to acknowledge and thank the following, for their continued support

> **Nabiac Hotel Griffo's Meats Nabiac Butchery Old Bank Centre** Across the Fence Thanks Again,

Wallamba Fishing Club Committee

Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

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

New members, men & women, are very welcome.

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



Address: 100 River Street, Taree Phone number: 0404 481 084 Email: mglwoodworkers@yahoo.com.au Web Site: www.mglwoodworkers.com

Lyn's Larder

CHICKEN MARENGO

As the days are getting a bit cooler here is an old recipe with few ingredients and easy to cook. - One POT! (Good Cooking with Wine - Mary Revnolds)

INGREDIENTS FOR FILLING

Roasting Chicken jointed or 4 Chicken quarters 1 kg

3 tbsp

Onion small & chopped

1 clove Garlic, crushed 1½ tbsp Olive oil

Flour 2 tbsp

2/3 cup Medium dry Wine 11/4 cups Chicken Stock Thick Tomato Puree 1 tbsp Salt & Pepper

100g **Button Mushrooms** Chopped fresh Parsley

Heat the oil in a heatproof casserole, and over gentle heat fry the chicken joints until golden brown all over. Add the onion and garlic and fry with the chicken. Stir in the flour and cook for a minute, then stir in the wine, chicken stock and tomato puree. Add the button mushrooms, then cover the pan closely and simmer gently for about 40 minutes

Dish the chicken, (ie remove chicken from saucepan onto a serving plate) reduce the sauce by boiling if necessary, and pour over the chicken.

Garnish with freshy chopped parsley or croutons of fried bread.

Serve with boiled rice and vegetables if liked.

When a frog is sick, it throws up its entire stomach, which then hangs out of its mouth. It uses its arms to scoop out the contents of the stomach and then swallows it again. (Wouldn't fancy doing that after a bad night on the town!!!)



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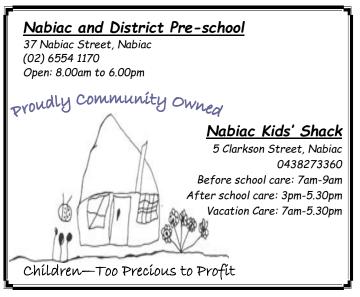
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Good Medicine

Resting or Busy

We like to be busy don't we? If sickness or injury slows us down we are still thinking of what we have to do (currently this is me due to a sore arm). We often wonder WHY this had to happen or did it have to happen right NOW ... maybe God's telling us to slow down. Even though being busy doesn't always mean being productive, we still think it's important.

The Bible talks a lot about rest ... over 200 times in fact; from renewing our strength in *Isaiah 40:3* to Jesus' words to his disciples to come and rest awhile ... when they were so busy they had not been able to eat, *Matthew 6:3.1*.

In *Luke 10:41* Jesus told busy Martha that sister Mary had made the better decision, which was to sit and listen to Him. Rest restores our body and mind and does us a whole lot of other good as well.

Being still isn't easy ... it can sometimes seem almost impossible for eg. a toddler, as any mum will agree. It's because of a basic law of physics which says 'objects in motion tend to stay in motion'. So to shift from constant motion means letting the momentum of our activity come to rest. It's a bit like a boat trying to stop ... while the momentum of its wake (waves) catches up with it and continue to push it along.

Psalm 46:10 tells us that stillness is needed to know God ... we need to be still to be quiet. Be sure to give yourself plenty of space and grace so the waves of your 'spiritual wake' can wash past you.

In the 1940's in the USA countryside a camp was purchased as a retreat for President Roosevelt. It was quiet and remote and was ideal for solitude and tranquillity. A later president named it Camp David after his father and grandson ... I wondered where the name



came from? Very little has changed there apart from increased security and it remains the ideal place for rest and escape for presidents and their families. Jesus welcomes us to find rest and restoration in Him ... rest for our souls, *Matthew 11:29*.

The world can be tough and if you sometimes feel the life is getting drained from you, take time to slow down and spend time talking and listening to God and each other.

God says to honour our parents and 'busy' reminds me of mothers. Let's remember to honour our mums who did their best to teach us right from wrong because, without them we wouldn't be here today.

Wishing all mums a lovely restful Mothers Day

God ... rested on the seventh day, Genesis 2:2

Quotes from Word for Today, Our daily Bread, Daily Declaration.

The Counsellor

Wanted: Euchre Players

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

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

To find out more please ring

Helen on 6559 1211 or 0429 778 011



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

News From The Pews

Nabiac Village Community Church

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

St Bernadette's Catholic Church, Krambach

May Mass times are Saturday 3rd at 5:00pm, Saturday 10th at 5:00pm, Saturday 24th at 5:00pm, Saturday 31st at 5:00pm

June Mass Saturday 7th 5:00pm

(contact Helen Legg on 6559 1211)

*Note: Mass times back to 5:00 from May with the end of daylight savings.

Krambach Bible Church (a ministry of Wingham Presbyterian

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

St Paul's Anglican Church, Nabiac

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

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

St Isidore's Catholic Church, Nabiac

May Mass time is Saturday 17th at 5:00pm *Note: Mass is back to 5:00pm again from May with the end of daylight savings

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Hi Everyone,

Wishing all the special ladies out there a wonderful Mother's Day. We have gift vouchers and hair and beauty packs available for that special present for those beautiful ladies.

Just a little update on our Breast Cancer squats challenge, we raised \$3,661.00 in total from our amazing community.

I now leave you with the saying of the month:

"Life doesn't come with a manual, it comes with a mum. Haρρψ Mother's Day."





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

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