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ACROSS THE FENCE

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MNC

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Editorial.

Didn't think I would be able to get this issue out with all the wet weather and my supplier of printing matter having his store go 'completely under'.

Huge kudos to **Holiday Coast Office Supplies**. After a phone call to make sure they were all OK, I was told they were still managing to supply their customers, from their still damp storage area, with supplies brought up from Newcastle. Now THAT is dedication!

I had also lost my telephone and computer connection for a week in the middle of all this (presume water in the lines) so our 'reporters' had no idea if I was still about and whether to send in articles or not. BUT we have managed to get it all together, and although a tad late, here is it.

I went to Taree to collect the office supplies after we were allowed back there and just can NOT get my head around how much water was in Taree and surrounds after I saw the devastation that the floods left behind. I feel deeply for those who suffered huge losses and for the poor animals that couldn't get away. A lot of lives will never be the same.

I can only thanks the fates that I was not included in the floods.

Timidthy cat has also been a worry as he has developed type 1 diabetes and needs an insulin injection twice a day, a problem I had to over come as I often faint at the sight of needles! Amazing what fears you can overcome when necessity become urgent. We are both getting into the swing of treatment and he is coming through it.

Some articles missing as events were cancelled during all the rain, but enough to almost fill the pages. Still had to find 'fillers' for you.

Taree's Sinfonia Orchestra is back this month with 3 shows, details on page 12.

Bunyah Hall is having another dance night and I hope it is as successful as their last one. Their new Committee is really getting things happening to keep the locals happy and their Hall financial.

New ad on the back page (a one off happening as I like the back page for the local needs of the readers). Big equipment extras for farm equipment.

Notice the Library is having Chess classes. Could be interesting to actually learn how to play the game properly - haven't played for years and I have a beautiful German Chess set I lugged home from Europe years ago in my luggage,

The Schools seem to be very active with events already done and coming up. It's good to hear our local schools are well attended and well taught. Congratulations to all the staff and helpers for their good works.

That's all from me, until next month

Lyn & Timidthy



WHAT'S HAPPENING IN JUNE, 2025

Markets & Events.

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

Check out barringtoncoast.com.au for more info & confirmation

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au

Production: Lyn Reid

Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly. N.S.W. 2429 or c/- Modern Motors, Nabiac, N.S.W. 2312 - **please phone**

WHEN you have left articles there to be collected

Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.

ALL ART WORK IN JPG ONLY

Disclaimer: The editor has **no affiliations** to **any** advertisers and the opinions expressed by submitters are their own.

ADVERTISING COSTS

Advertisements Size	1 Mth	6 Mths (per month)
Business Card - 9 x 5cm	\$ 25.00	\$ 15.00
T'ween Size - 9 x 7.5cm	\$ 30.00	\$ 20.00
Half Page - 19 x 13 cm	\$ 60.00	\$ 50.00
Full Page - 19 x 27.5 cm	\$110.00	\$100.00

6 months cost based on payment in advance.

Extra costs if artwork is required or extra ink used RE DESIGN

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Nabiac Landcare

As I see the devastating results of rain and flooding over the past week I've pretty much run out of words.



2025, wet one month, wetter the next! As I wrote last month's article, I was thinking, things usually start drying out in May. Ha! Needless to say the Nabiac Landcare team hasn't had much in bush time in the past month. Although this flood wasn't as bad as the last big one in Nabiac, there's a lot of mud and debris about our work areas.

Time at the moment is better spent helping those who need it, picking up plastics and other non-biodegradable wastes and looking for evidence of weeds like *maderia vine* (→) and ornamental taro that may have washed down stream and will colonise where they land. Look along the high water mark and where debris has collected behind barriers for some of these nasties.



If you're considering doing weed control in the bush at the moment, play it safe! Seriously, it's probably too wet to consider using poisons. Even pulling weeds is problematic because of soil disturbance. If you're pulling weeds, make sure roots and stems don't touch wet ground or the plant will simply regrow. I pulled fireweed just before the rain and it's growing in mid air!

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

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

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

Liz Rees



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Nabiac Second Chance Opportunity Shop

Established 1993

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



News from Nabiac Second Chance Op Shop

Our thoughts go out to all those who have been effected by the recent floods.

King's Birthday Long Weekend.

The Op Shop and Shed will be closed Monday 9th June, 2025.
Wishing you all a great long weekend with your friends and Family.

The History Book of Nabiac and Districts.

A friendly reminder this book is now available.
They can be purchased from Nabiac Op Shop and The Nook in Nabiac.
If you would like a copy for yourself or a family member/friend call into and ask one of our volunteers.

The cost \$30.00.

The Op Shop will post them to anyone who isn't able to come in personally for a copy.

Postage is \$15.00 to anywhere in Australia. Total cost being \$45.00.

Please message Kathryn on **0414 836 414** with your name and address, also for payment details.

Volunteers

Looking for volunteers to work in the Shed, please call into to the Op Shop and speak to John in the Shed or call us on **6554 1876** and leave your name and phone number and Kathryn or John will be in contact with you to organise a day to meet.

(Kathryn – Manager available on Wednesdays) and (John – Shed supervisor is available Thursdays and Fridays) 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.

Shed News.

The shed has received a new supply of Hessian bags. Cost is \$2.00.
If you are needing any come in before they are all sold.

Friendly reminder:

Speed Limit in our carpark is 5km. Please adhere to the speed.

No smoking around or on the grounds of the Nabiac Memorial N/Hood Centre/Op Shop

Thank you in advance for your co-operation.

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



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Between the Pages

Nabiac Library News



A Huge Thankyou to everyone who helped in the recent floods and continue to help those who have lost lives, homes and possessions in the devastation and disaster!!!



**Come and share a
message of thanks to
a first responder**



#ThankAFirstResponder
#PowerOfThanks #T&RD



"Thanks" is
more than just
a token word -
it's a symbol of
gratitude and
respect for those
who do a job most
of us could not.

thankafirstresponderday.org.au

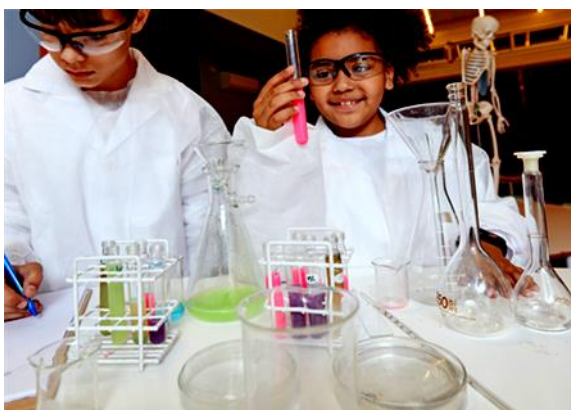
Responder Display where people who come to the library can fill out thankyou cards for our First Responders, trained individuals among the first to arrive and assist at the scene of an emergency. During incidents, their crucial role is to protect and preserve life, property and the environment. A few examples are firefighters, police, paramedics, who serve at all hours and in all weather.

Thankyou!!!

A Friendly Reminder Nabiac Library winter holiday hours Monday and Tuesday 3.00 - 4.30pm, Thursday and Saturday 10am - 12pm.

Winter is upon us already!!! Time for all the wonderful winter activities on offer especially reading great books at home curled up with a favourite throw rug and cuppa.

Saturday Morning Chess: Do you want to learn the game or sharpen your strategy? Come along the **1st, 2nd and 3rd Saturdays of the month 10am - 12pm at Nabiac Library** for a fun and friendly chess session. Bring a friend and enjoy a classic game. It's a great way to challenge your brain!



Wow, have you heard of, borrowed or experienced **Spark! Discovery Boxes**? They're hands on science kits designed to support children, families and communities in exploring real scientific concepts through play and investigation. These kits offer

interactive learning experiences perfect for curious kids and budding scientists! Topics include: Amazing Animals, Mini Beasts, Sound & Music, The Human Body.

Search "Spark! Discovery" in the Library Catalogue for a complete list of Topics or to borrow a kit.

The library is showcasing an eService each month. June's eService is Hoopla

Are you tired of switching between apps? Hoopla offers audiobooks, eBooks, comics and Manga,

music, movies, magazines, TV series and BingePass all in one app! No fees or subscriptions. It can be accessed everywhere you have a screen - your computer, your phone, your car, even your TV!! You can instantly borrow from more than two million titles. It has a diverse catalogue for every interest! Example on offer is a wonderful "Craftsy Collection" including sewing, knitting, embroidery, ceramics, glass, wood carving, pottery, cooking too! They offer games and puzzles too! Kidsmode has a great junior collection. This eService is for everyone!!! Whatever your hobbies and interests are!!!

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



hoopla



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Web Site: www.mglwoodworkers.com

Show News

Again, not much in the way of news.

We still have feelers out for a new SECRETARY and TREASURER.
Applications of interest can be received by phoning me on **6559 1811**
or emailing me on secretary_wdah@outlook.com and I will send you
the forms. They have to be received before our AGM in August for
consideration.

New member are also wanted as are volunteers for Show Day.

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.

You could also start on your Hall entries so they are well and truly
finished before Show day (**7th March, 2026**) and you will have time
to make numerous entries for more chances of winning your section!

Lyn Reid

Secretary, 6559 1811

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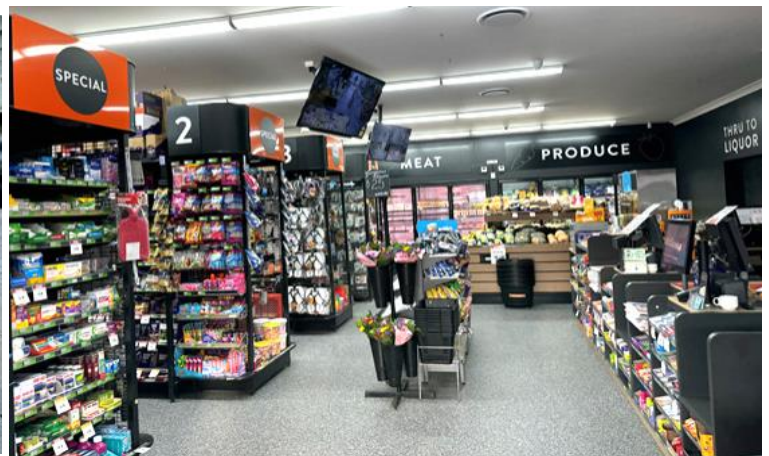
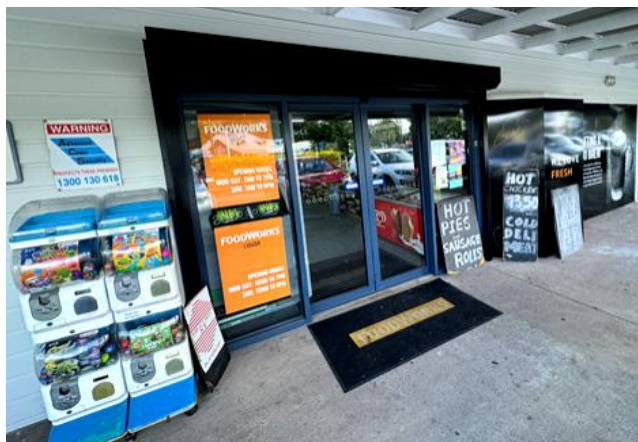
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WALLAMBA CWA REPORT

What a difference a couple of weeks makes – ‘Mother Nature’ can turn our world upside down in just a few short days as was the case in our beautiful Mid Coast Region and so many have been suffering from the floods and heavy rains that prevailed. Thankfully as I write this the rain has stopped and the sun is trying hard to make an appearance to help dry things up.

Our May 13th meeting of the Wallamba CWA Branch was held at the usual venue – the Community Church Hall, opposite the Showground and was attended by 9 members and a possible new member and our Special Guest, Mid North Coast CWA President *Lyn Moore*. A further 5 members tendered their apologies along with that of MNC CWA Publicity Officer *Pauline Cain*.

President **Margaret Weller** welcomed all and declared the meeting opened which was followed by the usual formalities including the National Anthem, the CWA Motto and CWA Prayer before all paused to remember the following - *Jan Whittaker* aged 87yrs - who previously owned the Kit and Kaboodle Restaurant in Nabadac, *Maureen Fleming* who had volunteered at the Nabadac Library and Op Shop who lost her battle with cancer, and *Phil Whittaker* a previous Education School Counsellor who had worked with member and *Cecily Scurr* of Bo Bo Creek and *Joan Forrester* (friends of member **Pam Muxlow**). Members also remember the passing of *Pope Francis* and Australian cricketer *Keith Stackpole*.

Member *Jill* provided the thought for this month's meeting which was **"Don't ever sell your saddle, because life is a long, long ride!"**

Business included a report on the selling of the CWA Cook Books at the Nabadac Nook and so far 5 have been sold.

We were given updates on the upcoming MNC CWA Ag & Environment and Handicraft Day to be hosted by Wallamba Branch on Tuesday 17th June that will be held at the Wallamba Showground Hall.

Our correspondence section included notification of a Hints Tips Cookery day to be held at Kempsey on 9th August and further details will be worked out at the June meeting.

Members sadly learnt that the Nambucca Heads CWA Branch had closed after 91 years and some of the members have transferred to Macksville Branch. Nambucca Heads Evening Branch is still operational.

Notification was received from *Ian Wall* – DET Ass. Principal Hearing Support seeking financial help for the North Coast 37th Deaf Camp for

Deaf and Hearing Impaired students camp at Bonville.

Treasurer **Jenny** presented her financial report which included the sale of the CWA Cook Books, and sale of items through the Nabadac Nook. It was passed that the Wallamba CWA branch apply for membership of the Nabadac Nook and we now await their approval.

Member **Jill Hammond** gave her Ag & Environment Report and referred to recent articles on Flora study of Salt Bush and Fauna study of Frogs which would help our members to gain a better understanding. Visitor *Lyn Moore* (MNC CWA President) spoke about Australian Cut flowers and her experiences when ordering flowers for the mother's funeral, in saying that they all came from overseas as had about 87% of flowers purchased for Valentine's Day with most coming from Israel. Areas south west of Sydney around Camden and Picton used to be market gardens with fruit vegetable and flowers going to NSW markets but sadly these areas and now housing estates.

There are a number of local flower farms in the district and it was suggested that we support them at all possible times with our purchases at the local markets, etc.

Member **Pam** gave her International report on Country of Study, Korea, and spoke about the Korean Flag, including a description, symbols and meaning. The Korean Flag is known as the Taegeukgi and consists of the 3 components and was adopted as the country's flag in 1948.

The flag is a white background, a red and blue Taegeukgi in its centre accompanied by 4 black trigrams each in one corner, with the centre circle symbolises the harmony between ying (blue negative) and yang (red positive) forces.

Merle spoke on her role as Handicraft Officer and encouraged members to start working on their projects for next year's State Conference and would like entries by February 2026 ready for judging at the MNC CWA group competition in March as the 2026 Conference to be held at Forster.

Thanks to Member **Colleen** who brought in a 'Where's Wally' beanie to be added to the 'mystery raffle' prize to be raffled at our MNC CWA Group Handicraft & A & E Day come 17th June.

Margaret presented her Cookery report saying all schedule entries were on their way to State Conference at Wagga for judging and advised us she had submitted her prize winning light fruit cake and tomato jam from MNC CW to go to State Conference – fingers crossed we might have a State winner amongst our ranks.

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Jill gave us her Cultural report speaking about her need for a walker, or rollator, since her health problems and she had done some research on its origins and discovered that the rollator - a wheeled walker - was invented in 1978 by Aina Wifalk, a Swedish polio sufferer with the aim of providing a more comfortable and convenient mobility aid for individuals with limited mobility.

Mother's Day was also discussed as it was on Sunday 11th May and members spoke about their families - what a range of children, grandchildren and great grandchildren our members share.

In general business it was voted that the branch would support the Deaf Camp with a donation of \$100.

Catering for the upcoming MNC CWA Handicraft and A & E Day on June 17th was discussed and members will provide a light morning tea of bun loaf, scones and some gluten free biscuits.

Lunch will be a choice of three soups with bread sticks and dessert of apple slice and slices, tea and coffee.

The raffle has been worked out and set up will take the day before. The meeting was then closed by President Margaret and members enjoyed the usual goodie.

Pam Muxlow

Publicity Officer
Wallamba CWA

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

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

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

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Alan, Terry, Stewart, Jillian and Sheila.

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade has, believe it or not, no bushfire news to report and currently you do not need a Fire Permit before you light up. Whoda thought?

As ambitious as it may seem, the RFS has started their "Planning to burn" campaign for the upcoming Bush Fire Danger Period, which is scheduled to begin in our area on 1st September. Given the current weather-related circumstances, it may be seen as a little ray of sunshine, although we do admit that it is difficult to comprehend right now.

We will remind you again in a few months' time.



*As they said in "The Castle:
Tell 'em they're dreaming.
If only we could get a fire
to light*

A couple of things more appropriate to mention though:

- Having your chimney cleaned at the beginning of each season – a very smart idea.
- If you have lost plants through drowning, when replacing them consider some more fire resilient species. We have had fire and flood over the last few years, so a hot dry summer may be on the horizon. Plants are the primary source of fuel for a bush fire. Not all native plants are highly flammable, but some do have a high oil content. Give a thought to preferred plants such as:

- ◇ Succulents
- ◇ Plants with low oil and resin content
- ◇ Trees and shrubs with smooth bark
- ◇ Plants with broad and fleshy leaves
- ◇ Plants with salt in their foliage – silvery-grey leafed plants

With gardens in mind, we leave you with this thought.

*Frogs have it made –
They get to eat what bugs them!!*

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Our thoughts go out to all those who have been affected by the flooding, and all those who are offering their time, energy and experience to help them. Recovery will take time, energy, resources and belief in the knowledge that you have the extended support of the community around you.

Report unattended fires to

Triple Zero (000)

Keep small fires small.

NABIAC RSL SUB BRANCH NEWS



Nabiac RSL Sub Branch would like to take this opportunity to thank the Nabiac Motorcycle Museum, Brian Kelleher and family, for providing our group with the future venue for our monthly meetings. They will be held on the 1st Saturday of the month, at 11am.

Location is 33 Clarkson St, Nabiac.

All veterans are welcome to attend.

The recent weather event has surely left its mark.. It may be a while before we can get involved with outdoor activities. That doesn't stop us from catching up and ensuring our members and the local community families stay safe. Coffees and catch ups are still on.

We enjoyed our first promotion at the Nabiac Markets in April, the day after Anzac day. I must say, the community spirit was well and truly felt and be sure we will be out as often as possible to ensure no veterans and their families are left behind.

A big shout out to Greg Jackson, our newest Committee member. Greg assisted at the Dawn service and then Marched at our Nabiac ceremony. Followed up the next day with our Market day Promo.

Greg also worked endless hours during the recent floods with the SES. True community spirit. His efforts are greatly appreciated.

Max Frost, President, Nabiac RSL NSW Sub Branch.
0422 025 539



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COOLONGOLOOK PUBLIC SCHOOL NEWS



Hello everyone,

As we move into June, it's a great time to reflect on what's already been a busy and exciting term. Thank you to everyone in our school community for your ongoing support, especially during the recent flooding. Our thoughts are with those in Taree and surrounding areas who have been affected. We're also incredibly grateful for the community's understanding and patience while the school was temporarily non-operational.

Owing to us missing the May edition, we wanted to take this opportunity to share a few highlights from the end of last term and the beginning of Term 2. We wrapped up Term 1 with a colourful and fun-filled afternoon at our Colour Fun Run. The event was a great success and raised funds for a new shelter over the sandpit – a fantastic improvement for our students. During the school holidays, our ANZAC Day Dawn Service brought the community together in a moving and respectful tribute, led with poise by our student leaders. A heartfelt thank you to *Jake Martyn* for his thoughtful visual presentation and to our P & C team, especially those who provided the delicious breakfast that followed.

Early this term, we welcomed *Lilliana* and *Vincent* to our K–2 class. We are so excited to have them join our school and know they will be a wonderful part of our learning community.

Students are absolutely loving the Monday morning gymnastics lessons. Huge thanks to *Liza* and *Liv* for leading these engaging sessions. The smiles say it all!

Congratulations to the students who participated in the Zone Cross Country in Wingham – *Hazel*, *Lennox*, *Justin*, and *Natalie* – your results were amazing, and we're super proud of each of you. Well done also to *Eden*, who represented us at the Zone Netball Trials earlier in the term.

Our new timetable trial is well underway, with students learning literacy and numeracy in flexible groups across K–6. This change allows us to better support all learners and has already brought positive energy into our classrooms. A big welcome to Mrs *Quinn*, who has joined our teaching team two days a week. We are so excited to have her as part of our team!

Jason Packer
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There's still plenty to look forward to this term. Join us on Wednesday 11th June at 2:15pm for our next school assembly. We love welcoming families to celebrate student achievements.

The Small Schools Athletics Carnival is scheduled for Tuesday 18th June in Tuncurry. This carnival is a great chance for our students to compete alongside Barrington, Krumbach, Bungwahl, and Stratford. We're excited for a day of friendly competition and sportsmanship.

On Friday 20th June, our mixed team will take part in the Small Schools section of the Soccer Gala Day. We know they'll represent our school with pride and teamwork.

Later in the term, we'll travel to Bungwahl Public School to celebrate NAIDOC Week together. This will be a fantastic opportunity for students to come together with another school to honour and celebrate Aboriginal and Torres Strait Islander culture and history.

Thank you again to all our families for your ongoing involvement and support. Whether it's through attending events, helping at school, or cheering from the sidelines, your presence makes all the difference.

Warm regards,

The Coolschool Team



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NEWS FROM BUNYAH

We are extremely excited to announce once again that we are hosting our mid-year dance at the **Bunyah Public Hall**.

🎸 **THE HOWLERS** are hitting the stage and bringing the party with them, playing classic bangers like:

*Eagle Rock
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🎸 **PLUS** Aussie Rock anthems and crowd favourite's from the Beatles, Rolling Stones, Creedence, Pat Benatar, and many, many more.

There will also be amazing **prizes** to be won, and a delicious supper will be provided to keep everyone energized throughout the evening. We are also thrilled to offer **free** entry for kids under 17, so bring your young ones along for a great fun-filled family night.

👤 So grab your dancing shoes, your friends, and your family **Saturday, 14th June**, and don't miss out. Thank you all for your support and we hope to see you at the dance!

In addition to the dance, we are preparing for our **Bunyah Public Hall Centennial Celebrations** next year, and we need your help.

We are looking for photos, memorabilia, stories, and any other items that can help us create a wonderful book to commemorate this special milestone.

Your contributions will be greatly appreciated and warmly welcomed. We are particularly interested in memories of day-to-day life, events, celebrations, and even adversities or struggles relating to the **Bunyah Public Hall** and surrounding areas of **Bucca Wauka, Upper Bunyah, Willina, Wang Wauk, and Upper Myall**, spanning over the last **100 years**, or even if you have any contact information of persons who may have memories to share with us.

If you have anything to share or any questions, please contact: presidentbunyahhall@outlook.com or please phone or message **Elle: 0411 305 089**. We are looking forward to hearing from you and making these celebrations unforgettable.

Warmest Regards,
The Bunyah Public Hall Committee

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"DESTINATIONS"

Announcing Taree Concert

Saturday 28th June 2pm

Sinfonia MNC, our local Symphony Orchestra, is proud to announce a performance of its Destinations concert, to be held at the St John's Anglican Church, Taree on Saturday, 28th June at 2pm.

Elizabeth Berry, leader of the Board of Sinfonia says "Sinfonia was formed in 1999 aiming to broaden community cultural life and we are delighted to be returning to regional halls, to Churches and their audiences."

"Sinfonia is all about live music and in this June programme, we bring our audience a magic carpet ride around the world." "Our Conductor, *Iain Pole*, is bringing us a selection of music starting in the USA, travelling to Central Europe with a Mozart Piano Concerto, and Johann Strauss waltzes."

"We have the much loved Fantasia on Greensleeves by England's Ralph Vaughan Williams. Then we have the mysteries of Arabia's Scheherazade from Rimsky Korsakov and the magnificent Finlandia hymn from Jean Sibelius. This will be familiar to our classical music audience."

"By contrast, Iain has chosen us a recent work to perform "The Odyssey of Dharmakara" by Jordan Grigg. This was composed during the last 10 years and bring us ancient Eastern influences, from Tibet, Japan and China." Iain says of the piece "Let's go to Tibet, let's hear the piece shimmering from the Heavens."

Tony Rutter, (photo) who plays with Sinfonia in the first violins says "To me, the Odyssey of Dharmakara is a contemporary statement of ancient Eastern traditions and cultures. It's exciting, colourful and dramatic. The audience will be transported to a mysterious world."

Tony has played with Sinfonia since 2017, he had prior training in Classical and Jazz improvisation and gypsy music, and has played in varied cultural settings in the Northern Territory and Java. He plays locally in jazz bands and says "I'm lucky that Sinfonia offers me the chance to be a part of a keen and dynamic local orchestra and that Iain Pole is always presenting us with new cultural and



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technical challenges in our music."

Paul Gallagher has played with Sinfonia for 3 years and has played the trumpet since he was young.

"The Odyssey of Dharmakara is presenting me with particular challenges, I have to double as a percussionist with the orchestra. The opening part of the work features the brass section, and at one point in the middle of the work I have to switch to 11 bars of percussion, joining 4 players in that section, and quickly resuming my trumpet playing after this."

Cameron Waugh has been performing with Sinfonia for 3 years and currently holds Sinfonia's Quaver Foundation Scholarship. In this Concert series, Cameron is playing Mozart's 2nd Piano Concerto on the classical piano as he works towards finalising his University studies in Music.

The Quaver Foundation is a "not for profit" Community Association, which accepts gifts from local businesses and donors to fund scholarships awarded to young musicians aged under 25 years.

Sinfonia MNC was formed in 1999, aiming to broaden community cultural life through music. It has members from teens to seniors, and they come from Gloucester, Tuncurry, Port Macquarie and Kempsey, as well as from the local Taree and Nabiac area.

The Orchestra has the full range of instruments and musicians, and presents a colourful, vibrant sound, with strings, brass, woodwind and percussion sections, working to achieve excellence with both modern and classical compositions.

Sinfonia MNC will be performing at the Tuncurry Memorial Hall on Sunday 22nd June at 2pm, at the St John's Anglican Church, Taree on Saturday 28th June at 2pm, and at Camden Haven Anglican Church, Lakewood, on Sunday 29th June at 2pm.

For more information and to book tickets for any of these performances, please visit:

<https://www.trybooking.com/eventlist/sinfoniamnc>

Further information: Jennie Wright – Publicity –

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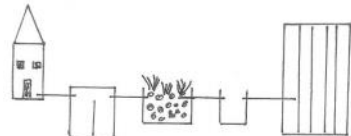
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Our journey within doesn't need to be dramatic or difficult. It starts with a breath, a moment of stillness, a soft return to presence. In a world that often moves too fast, it's a beautiful act of self-respect to simply pause and listen to your own rhythm.

Here in the valley of Dyers Crossing, surrounded by animals, trees, and the open sky, we're reminded daily that healing isn't loud. It's subtle. It unfolds when we feel safe, when we're connected to nature, and when we give ourselves permission to just *be*.

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You don't have to fix or force anything. Sometimes the most powerful shift comes from simply allowing yourself to feel, to breathe, and to follow what feels light.

So wherever you find yourself right now, know this: There is magic in slowing down.

There is power in paying attention. And there is so much beauty still unfolding, right here in the ordinary moments of life.

May this season bring you back to yourself, with warmth, wonder, and the courage to follow your own rhythm.

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Shirley Clark



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Passed away with cherished family by her side at
Edenvale Nursing Home on Sunday 25.05.2025.

Loving Mother of Allan, Brian, Lindy and Julie.

She will be dearly missed.

As per Shirley's wishes she was privately cremated.

A service to celebrate Shirley's life will be in
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Sun Shines on a Beautiful Day at Nabiac Farmers Market...

After weeks of relentless rain, the sun finally broke through just in time for Nabiac Farmers Market last Saturday — and what a welcome sight it was. The community gathered with a sense of relief and gratitude, mindful of those still affected by recent wet weather. Spirits were high, and the market buzzed with energy.

Nabiac Farmers Market has made donations to three local organisations which directly support people affected by the record-breaking, devastating floods.



A family affair, Little Zephyr Farm are passionate about healthy living. Their colourful carrots, fresh greens and bees-wax candles are worth seeking out whilst shopping at Nabiac Farmers Market.

Crowds turned out in force, accompanied by happy dogs trotting alongside their owners. Stalls brimmed with local treasures — from vibrant

flowers and freshly picked produce to artisanal breads, local honey, and specialty handmade goods. *Shania Bonita* provided a




joyful soundtrack with her live music, adding to the market's warm, festive atmosphere.

Fresh wood-fired pizzas and aromatic Thai dishes, kept everyone well fed and smiling.

Market day was a beautiful

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reminder of the resilience and warmth of our community. We thank everyone who came out and supported local growers, makers, and bakers.

If you missed out this time, don't



worry — the next Nabiac Farmers Market will be held on Friday, 28th June. Mark your calendar and come along for another day of great food, friendly faces, and good times under (hopefully) sunny skies.

Nabiac Farmers market's local producers:

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



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 28th June 2025, at the show-ground.

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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NABIAC PUBLIC SCHOOL

We would like to begin by sending our well wishes to those in our local community who have been affected by the recent weather and flooding. Our thoughts are with you at this difficult time.

Stage 3 students recently returned from an unforgettable three-day adventure at Aussie Bush Camp. Mrs **Ashby** reported that from the moment they arrived, students embraced every challenge with enthusiasm, resilience, and a whole lot of mud!

Over the three days, students participated in a wide range of exciting and challenging activities including the giant swing, high ropes, archery, rock climbing, the Powerfan, damper making, and the dual flying fox. Each activity provided opportunities for students to step outside their comfort zones, work as a team, and build confidence in a supportive outdoor environment.

We are incredibly proud of how our students represented our school, demonstrating responsibility, resilience, and respect every step of the way. It was a camp to remember!

Our Student Representative Council held a meeting to brainstorm some ideas to help our local community recover from the recent floods. They have decided to host a *Silly Hair and Pyjama Day* on Friday 6th June. All students are invited to participate and bring along a gold coin donation (or any donation they would like to give) to go towards Nabiac RFS, Nabiac SES and Need for Feed. These three organisations have helped keep people safe during floods, as well as ensuring that livestock have feed to get through the days and weeks ahead.

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Our wonderful P & C are currently running a Krispy Kreme Donut fundraiser. You can purchase a delicious range of donuts to help support our school. Orders close June 20th and donuts will be available for collection from the school on July 3rd. If you would like to order some donuts you can pick up an order form from the School Office.

There has been a number of reports made to the school of people being on school grounds at night or over the weekends. Please understand that no one should be on grounds at these times. Nabiac PS is sometimes (when there is no contracted work occurring on the school grounds) a share our space school. This means that during school holidays within school hours, our school grounds are open for children to use, if accompanied by a parent/carer. The Department of Education has a list of schools participating in the share our space program which is made available to the public at the start of each holiday period. **If you see people on school grounds at night or on weekends, please call the police. We thank you for your support and help keeping the community safe.**

As always you can keep up with the best little school anywhere via our Facebook page "Nabiac Public School" we also publish a weekly newsletter on our website.

Kind Regards,
Amelia Bridge

School Administration Officer Nabiac Public School Ph: 02 6554 1247

Short quips

My windows aren't dirty, that's Dog Art! (I agree with that)
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REAL KULTCHA

Right, is everybody here or perhaps I should ask, "Is everybody here and dry?"

A commitment first: The local Richmond earworm bailed me up t'other day. It wasn't easy (on his part) because I saw him coming and did my best to avoid him! For those late arrivals, Richmond is an Oz Rules team in the AFL with (it has to be said) a glorious past but a very dim future and they currently sit on the ladder below St Kilda – and you can read it to that what you like! Still, the earworm made me promise I would say something nice about them, so here goes: The Club's top in the *Sir Doug Nicholls Round* last weekend was quite good.

I know this doesn't deserve any oxygen but it has to be mentioned. *The Enhanced Games* have been announced to take place in Las Vegas in May, 2026. In them, athletes are encouraged to take performance-enhancing drugs (under medical supervision – yeh, right) and compete against each other in swimming, athletics and weightlifting events. I'm lost for words.

By the time you read this epistle/rant, the first of the three State Of Origin Rugby League matches between *The Cane Toads* (Queensland) and *The Cockroaches* (New South Wales) will have taken place. Laurie Daley has the reins of the latter team again and a win here will set the scene for the rest of the season. By now you will also know who won the third match in the women's State Of Origin. *The Cockroaches* have blitzed *The Cane Toads* so far are going for a three zip white wash and they look to have the goods to do just that.

For the soccer nuts (and you really are) Ozzie Ange Postecoglou has guided *Tottenham Hotspurs* to beat *Manchester United* in the UEFA Europe League final. He now has a solid gold CV **BUT** there is a chance the club will fire him because the team hasn't done all that well in the English League. Such is the life of a coach!

Have you heard of the group called *The People for Ethical Treatment of Animals*? Well, they exist and they're *not happy* that *The Broncos* have a live horse (called *Buck*) as a mascot and at home games, he is ridden around the field by a young lady to gee (no pun intended) the fans up. There's a lot of palaver (look the word up in a dictionary) about their anger but they want *Buck* gone and the team renamed the *Brisbane Boomerangs*! It is of course, the thin edge of the wedge and I mentioned sometime ago, how this played out in the good ole Hew Hess Of Hay. Yep, the *Washington Redskins* are no more and

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have been renamed something forgettable. If this mob have their way you can kiss good-bye to the *Eels*, the *Roosters*, the *Rabbitohs*, the *Bulldogs*, the *Sea Eagles*, the *Sharks*, the *Tigers*, the *Dolphins* and the *Panthers*! You can also kiss good-bye to the *Kangaroos* and the *Wallabies*! You'll note, I haven't mentioned any Oz Rules teams and the hundreds (if not thousands) of smaller local teams of various codes! The latest team named to enter the ARL is the *Perth Bears* and they'd have to change their name as well!

And speaking of the *Perth Bears*, they have named Anthony De Cegle as their inaugural Chief Executive. They don't have anything else yet, but they do have Anthony!

Do I want to say anything about the second oldest profession in Australia (#1 is prostitution and #2 is politics). All right, you've talked me into it and the palaver (there's that word again) that's currently tearing the Federal Opposition apart. I think it is best summed up in the cartoon that said: *Sussan Ley is the first woman to lead what's left of the Federal Liberal Party after the men completely trashed it.* I'll say no more.

The *British Lions* (that's Rugby Union for you slow starters down the back) are set to tour Australia this winter and if you want to watch a Test Match you'd better get crackin' and get your tickets. You should also check your wallet. In Sydney a good seat could set you back \$A549 while a cheap seat will cost you around \$A149. Why? Coz Rugby fans are idiots and they'll pay anything to watch two gangs (aka teams) of collie-flower eared Neanderthals play keep the ball away from each other and do it to a set of rules that no body (including the referee) has ever seen! There is some evidence in fact, to suggest a set of rules for the "game" has never existed! Enjoy.

And speaking of Rugby, the Oz women's team (the *Wallaroos*) were playing the USA in the Pacific Four tournament at GIO Stadium in Canberra in early May when Alev Kelter was tackled by Oz centre Georgie Friedrichs. Georgie hung on a bit long and as a result, Alev got a tad cranky and proceeded to stomp on Georgie – at least 5 times, on her head, arms and upper body. Alev is an Olympian in sevens and a bronze medallist in Paris. She was given a *permanent red card* by referee Aimee Barrett-Theron in the 79th minute of the game for what was described as *thuggery* and faces a possible lengthy time on the side line.

Talk at you again next month

The Hillside Critic



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WALLAMBA LANDCARE GROUP NEWS

The meet-up in May at Robyn & Stewart's beautiful property was excellent. The sun shone, so we enjoyed sitting outside to enjoy a lovely Autumn Day and shared

some delicious food.

We discussed soil health, issues arising due to the rain, and ways to improve pastures.

We have started a swap & share table to be a feature of each meeting for those with excess produce/plants to share.

It was great to gain insights from experienced, successful farmers, experts in growing veggies and soil aficionados within our local group.

Ideas included:

- Treating buffalo fly by attaching strips of fabric to a frame which the cattle have to move through, so the fabric brushes the flies off, together with a treatment. There are also a variety of buffalo fly pour-ons to try when you don't enjoy successful control. The serious buffalo fly problem this season emphasises the importance of maintaining healthy populations of dung beetles.
- Putting a piece of copper pipe into water troughs to address inadequacy of this mineral in our soils.
- The value of mulching versus slashing (when the paddocks dry out a bit!) for improved more breakdown of litter.
- Managing land holistically/strip grazing to impact the soil and rest pasture species



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- Missing a strip when mulching, to allow flowers & seeds to develop (would depend on types of pasture)
- Using green manure crops to encourage diverse soil biology via a variety of root systems and to add nutrients
- Encourage more trees to improve biodiversity, ground litter and to use up excess moisture. Consider introducing areas of fodder trees & shrubs across or adjacent to paddocks, including deciduous for the leaf drop. In our area Paperbarks (Melaleuca) are great for shade, shelter, and biodiversity.
- The role of bacteria and mycorrhizal network under the ground. Add soil biology in some form every few years, where there is little evidence of litter breakdown and low soil carbon (organic matter).
- Syntropic agriculture builds natural systems to support agricultural production.

Our next field day is in on the 1st August at Wang Wauk. Details are coming soon.

For membership enquiries email Joel Dunn:

greatlakes@midcoast2tops.org.au.

Laura Pennington- Coordinator – Wallamba LandCare Group.
Robyn Lamond – Co-convenor.

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CURRIED LAMB

Keeping with the winter theme, this sounds YUM. Also healthy & easy- (Readers Digest Great Recipes for Good Health)

INGREDIENTS

- | | |
|---------|--|
| 3 tsp | Margarine (unsalted for health conscious people) |
| 500 g | Boneless lean Lamb Shoulder cut into 2cm cubes |
| 1 med | Brown Onion, thinly sliced |
| ½ stalk | Celery, thinly sliced |
| 1 clove | Garlic, crushed |
| ½ small | Carrot, peeled and grated |
| ¼ cup | Unsweetened Apple Juice |
| 1 tbsp | Curry Powder |
| ½ tsp | Ground Cumin |
| ½ tsp | Ground Coriander |
| ¼ tsp | Ground Cardamom |
| 1/8 tsp | Cayenne Pepper |
| 1 | Cooking Apple, unpeeled, cored and cut into 2cm cubes |
| 125 g | Zucchini, sliced into 2 cm rounds |
| ½ cup | Low fat Natural Yoghurt (full fat if not health conscious) |

METHOD

1. Melt the margarine in a heavy 30 cm frying pan over moderately high heat. Add the lamb and brown well on all sides - about 5 minutes. Using a slotted spoon, transfer the lamb to paper towels to drain.
2. Add the onion, celery and garlic to the pan: reduce the heat to moderate and cook, uncovered, until soft - about 5 minutes.
3. Return the lamb to the pan and add the carrot, apple juice, curry powder cumin, coriander, cardamom and cayenne pepper. Cover and simmer over a low heat for 30 minutes or until the lamb is tender.
4. Add the apple and zucchini: cover and simmer until crisp-tender - about 5 minutes longer.
5. Blend in the yoghurt and heat through; DO NOT BOIL or the yoghurt will curdle
6. Serve with boiled rice or mashed potatoes and greens of your choice.

Tip - Make sure the meat is DRY when you put it into the pan, it will seal quickly and not end up with juice and stewing instead of browning. Re Curry Powder. As there are different heats in curry powder use the one you like the most.

If running late was an exercise, I would be a fitness trainer by now.

When I reached the cemetery, my GPS announced, "You have reached your final destination."

I am no longer sure that I want to get out of the car!

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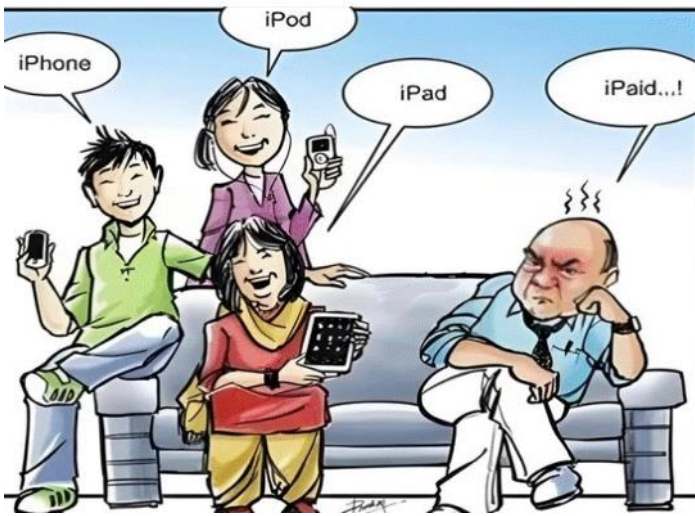
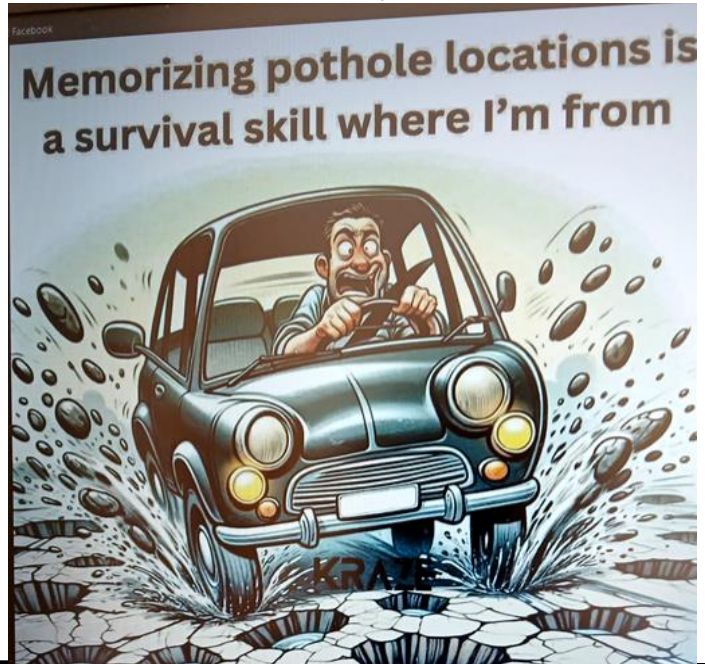
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Welcome to Deb's Gardening

Rain certainly called off play. I am not one for sitting around, I like to keep busy but there were days when I had cabin fever. It didn't help when knowing I was high, dry and safe and friends' houses were going under. I sure felt useless for a while but the water receded and I have spent the past week helping out a friend recover on Dumaresq Island. The first thing that hits you is the mud (thank goodness for gum boots) mud in her house and into every nook and cranny, not to mention all her worldly possessions, mud covering her lawn and paddocks, plants that should be green were brown from mud, foot paths that were completely covered with thick mud. I went home each day covered in mud. Of course the priority was to empty her house and clean it out but on the odd occasion I had to hose off the mud from her plants that were in her garden beds around her house. It was like they were crying for help; they were being suffocated and unable to breathe...

If the mud wasn't so heavy and wet I would bag it up from the pile of mud that was scrapped up and dumped and bring it home to make new garden beds with it. Flood mud is sediment or sand and can be rich in nutrients and beneficial to the garden as long as it is not too thick. As a general rule it should be 50mm thick. There is potential for flood mud to be contaminated, if the flood mud has an unpleasant odour, appears to be impacted by chemicals (discolouration or oil sheen) or has asbestos fragments it should not be used on land or returned to the river but this mud smelt and looked like mud with no contamination.

Once mud dries it can turn as hard as concrete but by spreading a layer of gypsum, a good layer of mulch, turning it over with a fork for a quick result or let it break down and over a period of time you will have good friable soil. I noticed that there was some parts of her garden where the mud was starting to dry and big cracks were forming already.

If anything I will be interested to see the transformation of their paddocks and lawns and how it recovers from such a catastrophe. It's not as if they will be scraping the excess mud off the paddocks and lawn and spreading gypsum and a layer of mulch. It will be sometime before they can even access the paddocks without sinking knee deep in mud.

The one thing that I have been wary of while helping out is safety first! I have made sure we all had long sleeves, gloves at all times. It is so easy to get cuts and scratches while cleaning up as there could be soil-borne diseases like tetanus to catch. If anyone cut themselves



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we quickly applied antiseptic. I am probably the clumsiest of all people. I had a fall cleaning up and landed in their mud filled garden, it was a soft landing, I learnt to take a change of clothes with me every time from then on. We all had a good laugh, which was needed in these trying times.

My friends breed cattle and the sad fact is, like a lot of cattle and dairy farmers in the Manning, they too have lost 75% of their herd and as we are coming into winter they had just sown rye grass for winter feed, which is now smothered in mud and won't be germinating. Again our cattle are high, dry and safe with plenty of feed but I can't dwell on the sad facts because I know they will be fine, being in the mix of it all, I have been seeing firsthand the help and support that they have been receiving from the community, friends, their family, SES, fire brigade, and other farmers. They are not alone which is so heart warming, it does restore your faith in the human kind.

As for my garden, I haven't gardened in it feels like ages, but well it can just wait, it's not that important at the moment. Eventually when the soil dries naturally and the time comes, I will add some organic fertilisers to the soil as I am sure with all that rain there was leaching of nutrients. The plants are all alive and healthy there is still colour in the garden from the camellias in flower, the deciduous trees changing into oranges and red and looking spectacular, even jonquils starting to flower. I have been picking a few greens for dinner; there is still fruit to pick from the orchard, flowers and foliage to bring inside to pop into a vase, what more can I ask for at this time. There are more important challenges to face and to help my friend get back on her feet. She is not an avid gardener like me and her garden is only small but I will make sure that her garden comes back to life and to give her joy to see a healthy garden again instead of mud, I know it will help with her healing. If only more people would realise how much a difference a garden, no matter how big or small, will make to a person's well being and mental state.

Until next time- We are not put on this earth for ourselves, but are placed here for each other.

Deb

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Snippets

Scenes From The Climate Era' at the MEC – a spark of hope.

Manning Entertainment Centre (MEC) and Belvoir Street Theatre present Scenes From The Climate Era.

From the stage of Sydney's Belvoir Street Theatre, live at the MEC for one night only, comes the most urgent story of our time, told in a way you've never seen before.

From frogs calling for mates to friends questioning air travel and scientists learning how to speak human, Scenes From The Climate Era brings 65 unforgettable moments to the stage, each offering a new perspective on climate, and how we move forward.

Created by the acclaimed Belvoir Street Theatre Company, this ground breaking new work is a story for now — filled with heart, humour and a spark of hope.

"It's bold, funny, raw and deeply human," said MidCoast Council's Manager Libraries, Community and Cultural Services, Alex Mills.

"In the wake of the devastating floods across our region, many of us are still grappling with what's been lost. While recovery will take time, the arts can offer something powerful in moments like this: space to reflect, connect, and begin imagining the way forward.

"Scenes From The Climate Era is about how we deal with big, breath-taking ideas – and the crazy excitement of living in hope."

Inspired by this live performance at the MEC is the Manning Regional .

Also currently on exhibition at the Manning Regional Art Gallery is 'Expanded Landscapes' by local artists Fiona Lee and Aaron Crowe. Surveying sites of significance in the Manning region using lumens, point cloud mapping and photogrammetry, the artists' constructed images explore how these liminal spaces are shaped by time, perception, and environmental change.

Show: Thursday 12 June 2025 at 7.30pm.

Hurry, seats are limited, [book your tickets today](#).

Clarity on Bight Bridge damage

It's not a matter of if but when the Bight Bridge that connects Tinonee and Wingham will be rebuilt.

MidCoast Council's Director of Infrastructure and Engineering Services, Rob Scott, said at the very least there will be a like for like replacement funded through the Natural Disaster Recovery Arrangements.

But Mr Scott conceded it will take time.

"First off the bat, we need to do an assessment of what is left of the old bridge and that can't be done until the water level drops down," he said.

"From that we will get an idea of the extent of the damage. We don't know at this stage if it's salvageable, or if it needs to be completely replaced.

"Either way, it's unfortunately not something that will happen quickly. It is going to be some time before that connection is restored."

Mr Scott said the recovery arrangements are usually based on a like for like replacement.

"Our hands are usually tied here. It will depend on the condition of the remaining old bridge; at the very least we will get back to what was there."

In other good news, the Cedar Party Creek bridge bypass was reopened with little to no damage reported.

And the new bridge being built in place of the old Cedar Party Creek Bridge is on track for opening later this year despite the weather delays

THOUSANDS SUPPORT MID NORTH COAST FLOOD RECOVERY



Member for Myall Lakes, Tanya Thompson, has praised the more than 6,000 emergency personnel and volunteers supporting flood-affected communities across the Myall Lakes and Mid North Coast.

Mrs Thompson said over 4,000 people from NSW Government agencies, including the SES, RFS, Fire and Rescue NSW, and Transport for NSW, are working across the Great Lakes, Manning, and Gloucester areas.

"We have seen so many locals, emergency workers and even international crews rally together and lend a hand," Mrs Thompson said. "There's still a lot of work to go but crews are on the ground every day getting the job done."

Transport for NSW crews have repaired over 5,500 potholes and removed 1,500 tonnes of debris from main roads, including sections of the Pacific Highway. Waste removal teams have already cleared more than 10,000 cubic metres of flood-damaged material.

"Safe road access is critical to getting our region moving again," Mrs Thompson said. "I'm incredibly grateful to everyone working in these difficult conditions to make that happen."

NSW SES is also coordinating community volunteers, while NSW Maritime staff have conducted over 60 urgent tasks on waterways such as the Manning River, including evacuations and hazard assessments.

An extra 24 police officers have been deployed to help deter looting, and more than 8,400 property damage assessments have been completed. Over 1,000 buildings are currently uninhabitable, with some communities still isolated.

Mrs Thompson said our communities are turning up for each other day in and day out, and we need to ensure the government does the same.

"I will continue to stand with those affected and push the government for the short and long term support our communities need and deserve."

Residents should wait for NSW SES clearance before returning to properties. For clean-up safety advice, visit the NSW Health website: www.health.nsw.gov.au/emergency_preparedness/weather/Pages/household-cleanup.aspx

For assistance or to report hazards, contact the NSW SES on 132 500 or the EPA on 131555.

MYALL LAKES TO RECEIVE BOOST IN POLICE NUMBERS

The Manning Great Lakes region is set to benefit from a welcome increase in frontline policing, with two new probationary constables assigned to the Manning Local Area Command following their attestation at the Goulburn Police Academy today.

Member for Myall Lakes, Tanya Thompson, welcomed the new officers to the region.

"We are very fortunate to welcome two new probationary constables to the Manning Great Lakes Local Area Command.

"Everyone has the right to feel safe in their home and community, and increasing police numbers is a step toward addressing rural crime and protecting that sense of security."

"Policing is like no other profession; it is a selfless career where officers run towards danger to protect us and the wider community rather than the natural instinct to run in the opposite direction."

After completing eight months of foundational training at the Goulburn Police Academy, the probationary constables will report to their new stations from Monday, 5th May 2025, where they will undertake 12 months of on-the-job training while continuing their studies.

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Women who had their last child after age 33 were twice as likely to live to age 95 or older compared to those who had their last child by age 29. A study found that women giving birth after 40 had a fourfold increase in their chances of reaching 100.

The Irish Oysters

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

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

Wait for it!

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Walking 20 minutes per day can add to your life.

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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.

A man visited his doctor and his doctor checked him over before commenting, "It looks like you get a fair bit of exercise."

The man replied, "Oh yeah, just the other day I walked 5 miles over rugged terrain as I climbed over rocks and trees. I also waded along the edges of a lake, pushing my way through tall thistles and I even slid down sandy slopes while getting sand in my eyes."

The doctor was quite impressed. "Well you are certainly a dedicated outdoor enthusiast!"

The man replied, "Not really doctor, I am just a really bad golfer."

I can't tell the difference between a rose and a dandelion, so when it came to fixing up my garden, I had no clue which plants to keep and which ones to remove. That is until my mother gave me this handy tip.

"Pull them all up and if it comes back it is a weed."

It's evening. Little Johnny and his mates are sitting by a campfire. They've been plagued by swarms of mosquitoes already for an hour and the assault only worsens when darkness sets in.

Suddenly, fireflies appear, and little Johnny exclaims, "These darn mosquitoes! Now they've even bought lanterns to find us!"

BOOST TO MANNING HOSPITAL BUT DELAYS TO OTHER HEALTH UPGRADES

Member for Myall Lakes Tanya Thompson is calling on the Minns Labor Government to prioritise overdue health infrastructure commitments, after funding was announced for minor upgrades at Manning Hospital.

The \$355,000 delivered under the Regional Health Minor Works Program, will convert a non-clinical area into a new three-bed inpatient unit, enable the relocation of the Chronic Care Service and refurbish the Nita Reed building to enhance rehabilitation services.

Mrs Thompson said it is a good start but more needs to be done to ensure health services in the region. "I will always welcome funding for my community, and this will help improve immediate service delivery at Manning Hospital," Mrs Thompson said.

"These works will be delivered alongside the \$180 million Lower Mid North Coast Health Service Project, which includes the Stage 2 redevelopment of Manning Hospital and an Urgent Care Centre in Forster.

"While it's a step in the right direction it falls short of addressing broader infrastructure gaps and staffing shortages that continue to impact our region. The real priority should be delivering the full Lower Mid North Coast Health Service Project as soon as possible and I will keep fighting for that."

Embedded batteries now accepted at your Community Recycling Centres

MidCoast Council is pleased to announce the expansion of its Community Recycling Centre (CRC) Battery Collection Program, which now includes the collection of embedded batteries. This update is part of the ongoing commitment to reduce waste and ensure that hazardous materials are properly disposed of.

Embedded batteries, which are often difficult to remove without the use of tools, can now be recycled through participating CRCs across the MidCoast region. These types of batteries are commonly found in products such as:

- Electric toothbrushes
- Vapes and e-cigarettes
- Bluetooth headphones

Laptops or tablets with sealed battery compartments

This expansion complements the existing battery collection efforts across the region and provides a more sustainable way to dispose of potentially hazardous items that would otherwise end up in landfill or be placed in kerbside bins.

While all Waste Management Centres accept CRC materials the new official sites funded by the NSW EPA are located at **Taree, Tuncurry and Gloucester Waste Services Centres.**

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Satisfaction

Do you often find yourself thinking if only I had THIS, I would be happy. One of my relatives used to long for her youthful days because that was when she could get all her housework done ... and she was very particular. We can usually do more when we're young ... them were the days!

We seem to often be NOT satisfied ... always wanting something. This varies with age ... more money ... the latest iPhone ... another car ... a better job ... a popular toy. Our want list is endless, almost anything can be on it. Of course we can blame TV ads, internet shops, etc. for bringing these things to our notice, so that our want list becomes our needs list. E.g. if we lived in the outback with no communication we wouldn't have known about it. Years ago I liked that idea. You've heard the tagline - 'yesterday I didn't know it existed: today I can't live without it'.

But the real reason is that we are 'desirous by nature' and can't get enough of what we don't need ... we remain 'not enough' people; because when we get the thing we crave it doesn't bring the satisfaction we imagined. It might satisfy for a while but then it 'wears off'. The idea that more will be enough is actually a myth. If we believe it we'll spend our life continually looking for the next thing ... hoping that will be the thing which satisfies our soul.

When people at the end of their life were asked by a palliative care nurse 'would you do anything differently if you could do life again' what do you think they said ... I wish I'd made heaps of money or had a better car. No, their answers were ... I wish I'd let myself be happier



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or I wish I hadn't worked so hard. When we leave this life we leave our 'stuff' behind.

The words of a hymn says 'none but Christ can satisfy' and the Bible agrees. Jesus said 'Don't lay up treasures on earth because they will not last; instead lay up treasures in heaven', *Matthew 6:19-20*.

Water is frequently mentioned in the Bible and even though, just now, we are tired of rain and floods, the fact remains that water is essential to life.

In the Old Testament God said His people had forsaken Him, the spring of living water, and dug their own cisterns ... but these were broken and couldn't hold water, *Jeremiah 2:13*.

Jesus says whoever drinks the water He gives will never thirst again but have eternal life, *John 4:13*.

'If you are tired of living an empty life, come to Jesus. He won't disappoint you'.

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

The Counsellor

If there is one thing I have learned about hiking, it is that the early bird gets a face full of spiderwebs.

In an emergency, a drawer string from a parka hood can be used to strangle a snoring tent mate.

Someone tell me please why cereal packets don't have zip locks yet

News From The News

Nabiac Village Community Church

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

St Bernadette's Catholic Church, Krambach

June Mass times are Saturday 7th at 5:00pm, Saturday 14th at 5:00pm, Saturday 28th at 5:00pm,
July Mass Saturday 5th 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 21st at 5:00pm
***Note: Mass is back to 5:00pm again from May with the end of daylight savings**

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Barb's Hair care...

0431 168 318

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

Useful Numbers

EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	5565 1222
Post Office - Krumbach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262

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



Remember if you want to know what is happening in Nabiac,
just look it up on the web - nabiac.com

If you want to advertise an event, visit the web site and click
SUBMIT

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DYSLEXIA
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Diagnostic Assessment
TAREE

for students who have:

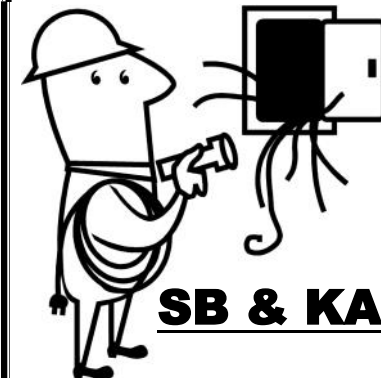
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Hi Everyone,

Thinking of everyone affected by the floods, our hearts go out to
you. Words do not express, just wishing you all the very best.

Leaving you now with the saying of the month:

"You gotta look for the good in the bad, the happy in your sad,
the gain in your pain, and what makes you grateful not hateful."

Belinda, Barb & Jess ❤️

* **Need to advertise** something for sale or wanted to buy or a
* freebie?
* An announcement of a birth, birthday, passing?
* Some personal message?
* Do it on the back page to get full attention
* *****

Do you need a *Justice of the Peace*?

Then contact

Stuart Weller on 6554 1904 (Nabiac)

Gordon Foy, 2949 Bucketts Way, Belbora on 0417 290 874

Karen Tyler, The Bucketts Way, Kundibakh on 0425 226 699

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

Vicki Turner, on 0422 115 454 (Nabiac & Minimbah)

Amanda Chapman, on 0437 067 117, 3392 Wallanbah Road Dyers Crossing

Jane Hallock, on 0414 626 549 (Nabiac)

Brett Dennett, on 0459 988 241 (Failford)

Star Picket Blitz



- ▶ 0.86kg per metre
- ▶ Tar coated (black)

900mm

\$2.30 EA

Including GST

**1,350mm
BONUS Caps**

\$3.50 EA

Including GST

**2,100mm
BONUS Caps**

\$7.20 EA

Including GST

***Minimum purchase 30 pieces – While stocks last**

EuroHitch 1,700mm, FEL Rock Bucket



\$1,590

Including GST

Wood Chipper



- ▶ 3-Point Linkage
- ▶ Spare Belts & Blades
- ▶ Includes PTO Shaft

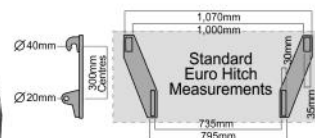
**\$3,050
ELSEWHERE**

\$2,490

Including GST

EuroHitch FEL Bale Grab

- ▶ "Soft Hands" Type

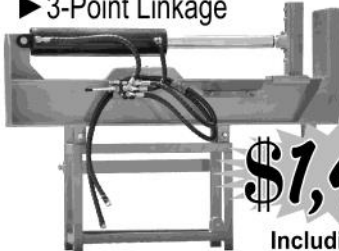


\$1,590

Including GST

Log Splitter, 30T

- ▶ Horizontal or Vertical Operation
- ▶ 3-Point Linkage



\$1,450

Including GST

Skid-Steer Stump Grinder

Universal
Skid Steer

Bobcat
Compatible



\$3,400

Including GST

Skid-Steer Rock Breaker

Universal
Skid Steer

Bobcat
Compatible



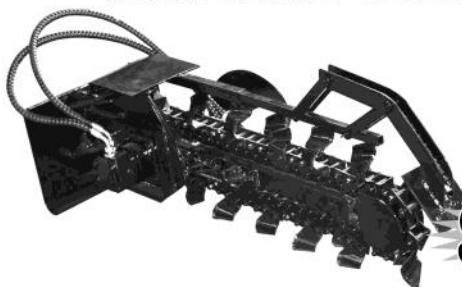
\$3,700

Including GST

Skid-Steer Trencher

Universal
Skid Steer

Bobcat
Compatible



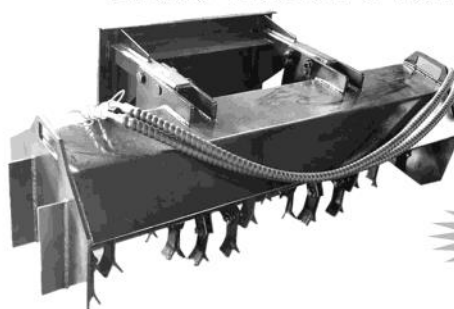
\$3,990

Including GST

Skid-Steer Mulcher

Universal
Skid Steer

Bobcat
Compatible



\$4,300

Including GST



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