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ACROSS THE FENCE

Wishing all the dads in the district a very



Happy
Father's Day



LEGACY WEEK

Sunday 31st August to Saturday 6th September, 2025.

Details page 3

Krambach School of Arts Inc.

AGM

Details page 28

News from the Wallamba Watershed is a





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Editorial.

Oh how I am looking forward to **SPRING** and warmth and sun and dry ground that I can put the ride on over—just when you think you can mow **10 POURS** again. I am over it!!!

On a brighter note, we have a couple of new advertisers on board.

A company that sells NUTS & BOLTS, even just one nut or bolt if needed instead of a whole box. Ad on page 3.

Another company which does fences, sheds, gates, etc., ad on page 15. Apparently been around for quite a while and thought they would support a 'local rag' as it is read by local farmers, etc.

Krambach School has started submitting something DIFFERENT for you to read. They have budding 'reporters' who are going to be submitting articles they have written - not bad trying your hand at something that might lead to a future job when you are only in years 4, 5 & 6, which I assume makes them about 9, 10 and 11 years old. They are not too bad either.

There will be a couple each month written by different students. Go Krambach School!

The Show has had its AGM and new Committee members elected; now the hard work starts as they have to get the ball rolling with organising the next show. Any help you can give will be welcomed with open arms. Younger ones have to start getting involved as I forget I was 20 odd years younger when I started and had a lot more energy.

The Blood Bank is after your blood again. After reading their information I was staggered at how much blood some of the unfortunate cancer patients need each week. What they did before transfusions doesn't bare ??? Thinking about.

It is Legacy Week again. Support them by purchasing a pen, badge or a bag. They will be a table outside the Old Bank Building selling them. Remember the money helps the families of our brave soldiers, sailors, airmen lost in battle to save our way of life. A small repayment!

There is also going to be a new article on Healthy living. Not sure if it will be monthly or just as it comes. Megan has introduced herself this month on page 14.

On reading CWA's report I was shocked at the number of people of my generation's entertainment industry who have died. Makes me feel frightfully vulnerable and OLD.

That's all from me, until next month, keep warm

Lyn & Timidthy



WHAT'S HAPPENING IN SEPTEMBER, 2025

Markets & Events.

• Bulahdelah	(1st Sat)	6 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	7 th	8am to 12 noon
• John's River Country	(2nd Sat)	13 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	6 th	8am to 12 noon
• Myall Quays	(3rd Sat)	20 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	20 th	8am to 12 noon
• Krambach	(3rd Sun)	21st	8am to 12 noon
• NABIAC	(Last Sat)	27th	8am to 12 noon
• Old Bar	(Last Sun)	28 th	7am to 1pm
• Pacific Palms	(Last Sun)	28 th	9am to 1pm
• Forster Town	(2nd Sun)	14 th	8am to 2pm
• Halliday's Point	(1st Sun)	7 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	27 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	20 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	27 th	8am to 1pm
• Burrell Creek	(2nd Sun)	14 th	9am to 12.30pm
• Gloucester	(2nd Sat)	13 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
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LEGACY WEEK

Buy a badge this Legacy Week and support local families of veterans



Forster Tuncurry Legacy is calling upon the local community to buy a badge this Legacy Week – **Sunday 31st August to Saturday 6th September 2025.**

For over a century, Legacy has kept the promise to thousands of veterans' families – helping provide financial and social support during times of hardship and grief.

As the needs of veterans' families continue to evolve in complexity, Legacy remains committed to meeting these changes with compassion and care. We are adapting our services to provide personalised support that recognises each family's unique circumstances and challenges. Every veteran's family deserves care that honours their journey and meets their distinct needs.

Donations made during Legacy Week make a meaningful difference in the lives of veterans' families. Your generosity directly contributes to the ongoing care and wellbeing of the families we proudly support. Division Chairman, **Trevor Jones**, said that "Every dollar raised in our area stays in our area to help and support our Beneficiaries".

Forster Tuncurry Legacy currently looks after 200 beneficiaries, providing services like home care visits, financial support, education support, access and support to attend Youth, Adult and Family Legacy holiday accommodation.

Legacy merchandise, including badges, pens, keyrings, carry bags and other new items will be available at our Club during Legacy week, as well as fund raising areas set up throughout our area. Look for the banners and come and have a chat, and, if you can, support our work by either buying some merchandise or giving a donation.

*On the morning of Friday 5th September,
you will find a Legatee selling
Badges and merchandise
outside the Old Bank Centre in Nabad.*

Due to privacy restrictions, Legacy is no longer directly notified of the passing of Veterans in their area, which means we may not be aware of a family who was lost a loved one and therefore cannot reach out to them. If you know of a widow who is not on our beneficiary list, would you please either let us know or encourage them to contact us. Even if it is only advice, we can surely provide something.

To find out more about Legacy, visit www.legacy.com.au or call

Forster Tuncurry Legacy on 0478 076 774

or email forstertuncurrydivision@tareelegacy.com.au

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Nabiac Landcare

Is it Spring? The bush says, yes! The birds are singing, yes! The leeches, ticks and mossies say, 'yes! Yum!' I spent an entertaining ten minutes teasing a leech yesterday. I saw it, before it got me. If you can overcome the yuck factor, leeches are fascinating creatures.



Our landcare team is thrilled that **Bill** (one of our unstoppable volunteers) is closer to winning the battle against the running bamboo at the Stuart St end of the Lilypilly Bend Reserve. I'm sure we will have two to three years of follow up work before we can declare victory. The mantra of bush regenerators is follow up, follow up, and then follow up.

Now that the weather is getting warmer, **Roger**, our camphor laurel drill specialist, is getting back to his attack on this menace. If you have camphor laurels on your property please consider removing them and maintain a watch for seedlings. One mature camphor laurel paddock tree can infest the local bush with thousands of seedlings.

The North Coast Weed Control calendar highlights two garden escapees to control in September. Both of these plants can form dense thickets in the bush that inhibit the growth of native species.

Micky Mouse Bush (*Ochna serrulata*) is a hardy old favourite in Nabiac gardens. Its yellow flowers appear in spring and then the sepals turn an attractive red colour. The seeds sitting on this ring of red slowly change from green to ripe black in December. Then the birds spread them to local bush land. Various chemical control methods are outlined in NSWWeedwise. Small plants can be dug out, large plants—borrow a backhoe!



Large-leaved **Cotoneaster** (*Cotoneaster glaucophyllus*) is also an old fashioned, long lived tough garden plant that produces large numbers of red fruit. The fruit contains cyanogenic glycosides that can form cyanide in the stomach, especially of ruminants (cattle and sheep). It also contains an unknown substance that is toxic to dogs. Birds and foxes spread the seed when ripe. Hand pulling seedlings is an option. For chemical control consult NSWWeedwise on line.



The Weeds Australia website is another valuable resource to help

identify and manage problem weeds (link: Weeds Australia).

It's Spring, the mud is drying up. It's time to enjoy a quiet walk in your garden and in the local bush!

Nabiac Landcare normally works each Wednesday (weather permitting) 8-9am to 11am, followed by a very yummy morning tea. New members are always welcome. We'll teach you to identify the weeds and the natives. You don't have to work every week if you join us. We can find a job for anyone of any level of fitness.

If you're interested in joining us, having a look at our projects or just having a chat, give me a ring on 6554 196.

Liz Rees

CTC@Nabiac

CTC on TUESDAYS, & FRIDAYS

9.30am - 12 noon

Nabiac Community Technology Centre

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

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

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Krambach Public School

Hot off the press -

To be in a Spelling Bee

By Krambach PS Reporter Nishiki



Friday 22 August, the day had come for the 2025 Premier's Spelling Bee finals at Krambach PS.

With lots of pre-bee elimination rounds, **Skye** and I found ourselves the last people standing for our stage level at our school. This meant we were in and would have to compete with all the other best spellers from primary schools across the state. We had to practice lists of words to get ready for the big day. That day was here.

Being younger, my rounds were first.

I sat at the front of the room, the video call came through. An older lady with a chill, calm voice explained the rules. All I could think was...please give me a word I know!

Some people got eliminated early, while others went on to the next round. With all my class supporting me, I made it to round two.

Then she said the word...."Almond" but it sounded to me like "Almend". I knew it was a nut, but I hadn't seen that word before...I was out.

In Skye's round only one kid got eliminated on the first round. The second round got a bit hard. They had words like philosophical and superficial. Skye also got knocked out.

I felt disappointed but also happy that I had made it to the finals

All our school mates congratulated us and made us feel great.

We look forward to another chance next year!

Nishiki is in Year 4

KOALA SMART PROJECT

(To the tune of Daisy Bell)

By **Skye**

Koa-la, Koa-la, please do not feel blue...

We have planted

A wonderful space for you....

In our seedbank we've planted gumtrees

In case you want some gum leaves,

So you'll be sweet

With leaves to eat

And a place safe from danger too.

Skye is in Year 6

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Show News

The Wallamba District Agricultural & Horticultural Assoc. Inc. held its AGM on August 12th and after thanks were given by the outgoing Committee to everyone for the work they did in the positions they had held during the past year, culminating in an unfortunately reduced show because of the horrendous rain sustained before the show, the following people were voted into the vacated positions.

President: Warren Gregory

Vice Presidents: 1st Trevor White
2nd Dwayne Kelly

Secretary: Lyn Reid

Treasurer: Joshua McNamara

Public Officer: Lyn Reid

General Committee: Deb Kelly, Mark Farley, Kylie Styles, James Newell

We had said farewell to the lovely *Jo-Anne Wickenden* who stepped into the Treasurer's position for a few months to relieve Mark Farley, as she has gone "walk about" around Australia with her husband and we have been fortunate to have had a new member join us and who was elected as Treasurer, so we welcome *Joshua*, an accountant (which helps) to the Show and we hope he enjoys the position.

We have also had another new member, *Karen Palfreyman*, who is keen to do what she can to help and I am training her to take over the position of Secretary. Maybe I will finally be able to fully retire from training new Secretaries when she is comfortable with what the job requires and will remain for longer than a couple of years!!

Following the AGM, we held a short General Meeting during which all of the Head Stewards were elected to fill the various positions that keep the show running. Most of them are stalwart helpers who have held the positions for years and without them and their knowledge of their areas, the show would not run smoothly.

We still need help on show day, which is the **7th March, 2026**, and for a couple of weeks before for preparations of grounds and set ups and for helping guide people around on show day and particularly, to help with manning the gates and selling entry tickets. If you mark the date on your calendars and are willing to step up and help just contact me so I know those areas are covered.

Meanwhile, get those fingers working on hall entries - the time will fly without your noticing it. We want the halls filled with beautiful entries, lots of well grown produce, magnificent poultry, beef and horses in the rings.

We will provide the entertainment to keep you and the kids happy.

Hopefully the raffle prizes will be as good as last show's and you will support us by buying tickets in it. They will be on sale by New Year if not before.

You can continue to support the Fireworks Fund by buying the meat raffle tickets at Nabiac Hotel every week.

The schools will be doing their entries for the Scarecrow Competition again and hopefully the lovely shop owners will join the fun and decorate the shop windows for the Best Window Prize.

Remember, if we are not supported and helped the show could close and we don't want that to happen to the best little show in the area.

Cheers

Lyn


Secretary 6559 1811



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WALLAMBA CWA REPORT

President **Margaret Weller** chaired the monthly meeting and welcomed 10 members and received an apology from member **Jill Hammond** who was travelling with her daughter **Lisa** on the Indian Pacific and was currently at Broken Hill.

After the opening formalities of National Anthem, CWA Motto and CWA Prayer, President Margaret asked members to pause and remember the following persons with a minutes silence.

Those remembered were our much-loved member and great scone maker, **Jean Price**, who was aged 91 yrs, **Eric Richardson** OAM Lt. Col (retired) of Wingham aged 92 years, **Les Murray** of Gloucester aged 76 yrs, **Jeannie Wright** of Krumbach aged 84 yrs, **Norma Joass** aged 94 yrs (mother-in-law of **Phil Costa**). Other locals remembered were **Eric Griffiths Willina**, **Barry Martin**, **Dianne Rosenaum**, **Jill Toohey**, **Ruth Greentree**, **Joan Yarnold** of Wingham and **Julie Whitehouse's** daughter, **Winifred Kessey**.

Sadly the country also lost **Father Chris Riley**, OAM founder of "Youth off the Streets" aged 70, **Col Joy** AM, Singer from the 60's & 70's, aged 89 yrs and **Linda McGill** (1st Australian to swim the English Channel in 1965) at the age of 79 years.

USA singer **Ozzie Osbourne** member of "Black Sabbath" at the age of 76 years.

This meeting's thought was provided by member **Colleen Sorrensen** and it was "Stay positive, even when your life is falling apart". **Merle** has offered to bring the thought for September's meeting.

Our correspondence included a numbers of letters expressing condolences on the passing of Member **Jean Price**, whose funeral was conducted at the Manning Gardens Crematorium on 16th July and this was attended by 5 members of Wallamba and a long time friend **Barbara** from Merriwa Branch, who joined to form a guard of honour as the family left the crematorium. Several lovely handmade sympathy cards were received from MNC branches and these have been passed onto **Jean's** husband **Kevin** and family.

Membership Fees for the upcoming year will be \$50 and can be paid to branch Treasurer or direct to Head Office.

CWA Awareness week had been allotted as follows: Sunday 7th to 13th September with the theme being eating seasonal food, reducing food waste and improving food security.

The CWA Disaster Fund was discussed on the protocols and how CWA

NSW uses this money to help our members affected with a recent donation of \$100 going to this Relief Fund.

New name badges are being sourced for those who are either new members or replacement for current members and will be sourced from Ezy Engraving who have the format for them.

Handicraft Officer **Merle** explained the Indian Kantha stitching (similar to Japanese Shashiko stitch) to be a class in the upcoming Handicraft competition. The soft craft was to be used (Knitting, crochet, cotton material, etc) with all patterns are to be done on 3 mm needles and using 8ply wool. It will be interesting to see what the members produce for this section. The judging for this section will be held in Bulahdelah on the 11th of March next year.

We didn't have an Ag & Environment segment this meeting as Officer **Jill** was travelling on the Indian Pacific but sure we will hear all about it on her return at the next meeting.

International Officer **Pam** spoke about attending the Group International Day along with fellow Wallamba members **Jenny** and **Merle**, hosted by Wingham CWA Branch and she was able to show off the many items including a beautiful Hanock (National Dress for Korean Women) which had been collected by her brother **John** on his recent visit to Sth. Korea. The ladies had a great day and the food for lunch was typical Korean style dishes. A short Quiz on Korea had them thinking but the nursery rhyme in the Cultural segment was much easier and they won a bag of sweets for their efforts.

The video shown on Korea pointed out some interesting facts about the country and the population decline.

The Cultural segment featured well known Gloucester member **Clarie Reynolds** (Bush Poet) performing her item "OMO The Bull" which had members in stitches.

Many thanks to the Wingham Branch for a happy and friendly day with laughs and good company.

Penny shared an article from Sunday Life magazine written by **Riely Wilson** (S CWA NSW Philip Group Member) about women making new friends in midlife through shared interest and it also had an interview with **Lyn Braico** (a 3rd generation CWA member) who spoke of the shared interests and that CWA is more than tea and scones.

President **Margaret Weller** reported on the catering undertaken by the Branch for the funeral wake of the late **Joy Harwood** and she also spoke on Wallamba member **Jean Price's** funeral which was attended by 5 of her fellow Wallamba members.



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The upcoming September meeting will consider the Medical Research, Primary Product, Woman of Note and Country of Study which will be sent onto MNC CWA Group to consider and send on to Head Office.

All reports will need to be submitted on the Financials, Branch reports for International, Handicraft, Cookery, Ag & Environment, , Cultural to group Officers.

October 14th will be Wallamba CWA Annual General Meeting and at the September meeting a decision will be made whom we invite to chair our AGM elections.

An early notice has been forwarded of the Mid North Coast CWA Annual General Meeting which will be held 28th October and hosted by Yarrahappinni CWA at Stuarts Point.

Pam Muxlow

Publicity OfficerWallamba CWA

Krambach & District Garden Lovers News



Our August visit was to **Lynda's** at Forster

This had been due in July but had to be postponed because of the rain.

It was worth the wait as Monday was a lovely sunny day to visit Lynda's garden which was in the process of getting ready for Spring.

It was also a great social day with everyone catching up and looking forward to our visit to Halliday's Point Garden Club in October.

If you would like to join us we meet the last Monday of the month and you would be most welcome.

Call me on 6559 1375 for more information.

Judi

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade would like to apologise for any confusion caused by last month's Early Warning of the upcoming Bush Fire Danger Period (BFD). We are only human. At the time of publishing, the information was correct, but due to ongoing "inclement" weather conditions the Rural Fire Service, in conjunction with all fire agencies, sought permission to temporarily vary the start of the BFD in our District this year. The Bush Fire Management Committee has agreed to the variation.

The Bush Fire Danger Period in the Mid Coast District will commence on 1st October, 2025.

Fire Permits are required from that date

FIRE PERMIT REQUIRED



NSW RURAL FIRE SERVICE

Fire Permits are Free of charge and are available through the New South Wales Rural Fire Service. They do come with terms and conditions, some of which may have changed this year, and they will be explained to you when the permit is issued. Go online to rfs.nsw.gov.au/fire-information/BFDP to apply for your free Fire Permit and follow the prompts.

Remember, all year round, to give at least 24 hours notice of your intention to burn to your neighbours and the NSW Rural Fire Service.

www.rfs.nsw.gov.au/notify



If you are unsure of what is required, who your local Fire Permit Officer is, or how big your burn piles etc. can be, this information is only a phone call away. To ensure you receive accurate and up to date information and also for privacy reasons, we do not publish private phone numbers, so please call the **Mid Coast Fire Control**



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If you are using fire on your property to reduce your fire risk, use it safely.

Check the forecast and Fire Danger Rating before you light up.

Don't be the fire risk to your community.



Our Brigade would like to get to know you better, and for you to get to know us better. If you are in our Brigade area you should have received a hand delivered leaflet inviting you to our Open Day. **Do you suffer from FOMO?** Fear Of Missing Out. Missing out isn't fun, so in case you didn't get the leaflet, or you are not in our area (fires don't understand areas), you are still invited and we would still love to see you.

We request the pleasure of your company at our Get Ready Open Day which will be at our Fire Station on Saturday 13th September from 11am until 2pm.

**Report unattended fires to
Triple Zero (000)**

Quick action is the best action - Keep small fires small.

Vipers have extra long fangs that fold down flat when not in use. Just as well - they would not be able to shut their mouths otherwise!



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COOLONGOOL PUBLIC SCHOOL



Hello from the CoolSchool Team!

What a fantastic start we've had to Term 3. The classrooms are buzzing, and we're excited about all the wonderful events and activities coming up in the weeks ahead. We always look forward to welcoming our school community into all occasions, as they're such an important part of school life.

On **Monday afternoons this term**, our students have been thoroughly enjoying the **NRL coaching clinics**. The sessions have been filled with energy, teamwork, and plenty of smiles as students learn new skills and build their confidence. These clinics will continue for the remainder of the term, and we're so pleased to see the joy they are bringing to our playground.

We also had our **school photos** taken recently, a day full of bright smiles, smart uniforms, and just a little bit of fun behind the scenes. A huge thank you to **Jake Martyn** for his effort and care in capturing these special moments for our students and families.

As we approach **SASS Recognition Week from September 1st to 5th**, we want to acknowledge the outstanding contributions of our support staff. This year, **Jenny Loveday**, **Maree Everingham**, and **Jake Martyn** were nominated for the annual awards in recognition of their service, with Jake named as one of 41 finalists out of more than 400 nominations across NSW. We also extend our thanks to **Greg Jacklin**, who is currently unwell, and **Chris Garrett**, who is kindly relieving in his General Assistant role. We are so grateful for the dedication, professionalism and care shown by our whole support staff each day.

Book Week was another recent highlight, with the theme "*Book an Adventure*." Our students celebrated the joy of reading with costumes, activities, and plenty of laughter. We were thrilled to see so many parents joining us for the fun, even showing off some impressive dance moves! Thank you to all who attended and made the day so memorable.

On the same day, we held our **first kindergarten orientation session**. We were delighted to welcome **Samuel, Matilda, Anikin, Abby, Mia**

and **Carter** to our school for the very first time. It was wonderful to meet our newest 'lizards' and we can't wait to see them again for their upcoming orientation days.

Looking ahead, we're excited to welcome the **Life Education Van** to our school soon. Both classes will take part in interactive sessions with **Healthy Harold**, learning about healthy lifestyles and making positive choices.

From **8th–12th September**, students will also participate in our **intensive swimming program**. This is always a valuable experience where students build their swimming skills, confidence in the water, and knowledge about water safety, an essential life skill in our community.

There is certainly a lot happening at our CoolSchool! If you know someone who has a primary age child and would like to visit and see our beautiful school in action, please encourage them to contact our front office on **4997 7183**.

We look forward to sharing more news with you in October.

Warm regards,
The CoolSchool Team



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NEWS FROM BUNYAH

You're Invited: Free BBQ & Centennial Booklet Kick-Off at Bunyah Public Hall!

Mark your calendars and bring your appetite—because **Bunyah Public Hall** is firing up the grills for a **FREE BBQ** on Friday, **13th September**, starting at **11 am!**

HOW YOU CAN HELP

Share your stories and photos, fill your plate and help us celebrate **100 years** by creating a special booklet for our centennial Celebrations in February, 2026.

- Dig out those favourite photos and cherished keepsakes.
- Write down stories or moments that capture the spirit of Bunyah through the years.
- Share your memories with us on the day—either in person, or by jotting them down for inclusion in our centennial booklet by emailing **Jess- presidentbunyahhall@hotmail.com**

Encourage your friends and family to do the same—whether they're locals or have moved afar, every memory counts!

Be part of History

- Every tale, every snap, every recollection helps weave the rich tapestry of Bunyah's past and present.
- Warm Company: Reconnect with old friends, catch up with your neighbours, and make new memories with family.

Let's Make It a Day to Remember!

No RSVP needed—just turn up hungry and ready to reminisce. Whether you're a long-time local, a relative newcomer, or simply someone with a story to tell, your contribution will help make our centennial book truly unforgettable. So, pop by Bunyah Public Hall on Friday, **13th September** from **11 am**. Enjoy a free feed, swap stories, and help us to create a book for the community we love! See you there—and don't forget your photos and stories!

Meet Tanya Thompson MP at Bunyah Public Hall

Your Voice Matters—Share It Face to Face

Save the date! Tanya Thompson MP is coming to Bunyah Public Hall

on **Friday, 5th September** from **10am to 11am**. This is your chance to meet your local representative in person, share your stories, and let your voice be heard.

Connect with Your Community

Whether you're a lifelong local or new to Bunyah, Tanya wants to listen to your experiences, concerns, and ideas. Are there community issues you're passionate about, questions you want to ask, or suggestions for a brighter future? This hour is dedicated to you.

Why Attend?

- Direct Conversation: Speak face to face with Tanya Thompson—no intermediaries, just honest dialogue.
- Community Focus: Join neighbours and friends, and play a part in shaping Bunyah's tomorrow.
- Open Forum: All topics welcome, from local infrastructure and services to social events and community spirit.
- No RSVP Needed: Simply drop in, bring your questions, and enjoy a welcoming atmosphere.

Come along, meet Tanya, and help shape a better future for Bunyah. Morning Tea provided.

Warmest Regards,
Bunyah Public Hall Committee



COMMUNITY CATCHUP TOUR

I'll be visiting
YOUR TOWN SOON

Bunyah
Bunyah Hall
Fri 5th Sept 2025
10:00am - 11:00am

I'm hitting the road during August & September to meet face to face with constituents, listening to your concerns! Your voice matters. I look forward to meeting you, no appointment required.

Tanya THOMPSON MP

1-8 Manning Street, Tuncurry 02 6555 4089 tanyathompson.com.au
mythompson@parliament.nsw.gov.au TanyaThompson@Mailbox

Bunyah Public Hall
is turning 100, in Feb 2026

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NABIA RSL Sub Branch NEWS

Countdown to the end of winter begins. I'm sure we are all truly sick of this wet, wet, wet winter.

So let's look forward to the upcoming spring season and hopefully plenty of sunshine.

This year, to date, has been a busy one, with plenty of activities and yes, there are more to come. Our numbers are slowly growing and a big thanks to **Brian Wheller** and **Margaret** for their hospitality in offering their premises at the National Motorcycle Museum, as our new home.

Don't forget that we are a *not for profit organisation* and are here for all our



veterans and their families.

If you know of anyone in need, please contact us and we do our utmost to assist them.

We have had our first inter branch boating and fishing outing with more to come.

Monthly walks and coffee catch ups, field days and even a whale watch outing.

For any further details, please do not hesitate to contact the President on **0422 025 539**.

Regards,

Max FrostPresident.....Nabiac RSL: SB



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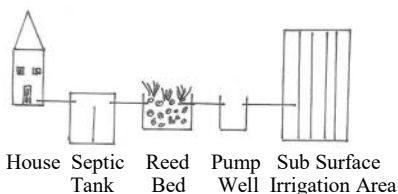
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Sale

The Op Shop is having a sale on winter and summer clothes and shoes. Our racks and shelves are busting at the seams, so we need to move our stock on to make room for our summer clothing waiting to be hung out.

We are reducing our prices for the month of September.

CLOTHING SALE 1ST SEPT TO 30TH SEPT 2025

1. 10 items of clothing for \$10.00. **Jeans** are included. That's \$1.00 for each item of clothing when you buy 10.

Babies clothing: 2 items equals 1 piece of clothing as part of the sale.

2. \$2.00 an item of clothing including Jeans.
3. All priced clothing will be **half price**. Including: shoes, boots and jackets.

These items are **not** included in the \$10.00 sale.

4. Babies clothing sizes of 0's \$1.00.



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Megan's Health and Wellness

Hello to all the readers of Across the Fence.

What a pleasure it is to write for you about all good things health and wellness! I am a reader of Across the Fence myself and grew up in Krumbach with my family, so you could say I am a true local. I think it is because of my wonderful childhood here in Krumbach, with plenty of access to nature, fresh plants straight from the garden, lots of play in the dirt and space to run around and be wild that brought me onto the path of health. We are so lucky to live where we are, and I had to live in other worldly places to see that there is no place like home. I was a very happy and healthy child, and I am a firm believer it is because we are wonderfully simple creatures and don't need much at all to be happy and healthy.

So, a little bit about me so you can all feel safe and assured that I am not just gathering intel from google search!

I first started studying Naturopathy when I was 21. I still had some level of maturity to acquire first, so off I went to travel Europe and do all the things young adults do (be young and stupid, perhaps?). I was at my base in Manchester, England, when I realised I was studying health without even meaning to - googling what foods are high in vitamin A, B and C, what herb does this and what plant does that. I even had a big diary that I filled the A4 pages with my small, tiny writings of all the information I was gathering (not very well-organised either might I add) and it dawned on me - gee, I should probably head back home and study so I can actually put this to good use!

My degree in Health Science of Naturopathy began in 2015, and I worked part-time at an Integrative Health Clinic that specialised in Thyroid health. I also worked at a Health Food Shop, which gave me access to a lot of Naturopathic trainings and products, and I finally finished my degree in 2020. What a long, arduous journey that all was but I got there!

Fast forward to now; I live in Old Bar with my beautiful partner and our 3 year old daughter, and we excitedly await to bring our second baby into the world come early October. My studies gave me plenty to work with in how to raise a healthy human, and so what a good way to start the introduction into health for you: the readers.

We sure are simple in our physical needs I can undoubtedly confirm: good food, clean air, clean water, plenty of nature and sunshine, and moving our body so it is nice and strong in this word. I think the hard part to health is our mind! And our emotions. Boy, are we emotional beings!



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So, although I have plenty of tips and tricks to keep the physical body healthy, I sure will keep you all in-check with your mental health at times, as how does that famous saying go? Oh yes....

You can lead a horse to water, but you cannot make it drink!

On that note, and to end the first segment of column of Health and Wellness, for now: I hope you keep health nice and simple. Go out and breathe the wonderfully clean air we are all so grateful to have. I am loving the sweet smell of Port Wine magnolias at the moment, and the sounds of the swallows chirp as Spring draws near. Go out to the ocean for a cold dip in the salty water, or a walk down the driveway barefoot. Smell the roses. Love and feel grateful for whatever food you are eating. Take a moment out of your head and into the present, and step away just for a moment from any problem you are dealing with, thinking about how big it is, and how big it feels in your mind. It will still be there when you get back, so there's no harm giving yourself a break from trying to solve it (I don't think thinking about it solves it by the way... but that's my opinion).

And I look forward to writing next month with some more google intel....

Just kidding :)

Until then,

Megan.

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REAL KULTCHA

It's funny how different teams respond to the whips cracking at this time of the footie season. Take, for instance, the plight of the two Heavenly Cohorts: *The Glorious St George* and down south, the lesser know but still worshipful, *Glorious St Kilda*. The first named played *The Bunnies* last night and were thrashed to within an inch of their lives and pride: **40 zip!!!** The *Taree West Under 10s* could've done better! Well, all right, that might be stretching it tad but I doubt they could've done worse. I know *The Dragons* are out of the eight but surely there's some pride in the jersey and some of them must have been playing for a contract next year! They were hopeless and the English language doesn't do the description "*they finished second*" justice. In truth, in that game, they finished fourth or fifth! Down south *The Glorious St Kilda* are doing *Ross The Boss* proud and have won their last four games. They also can't make the eight but at least they're having a dig and if they win this weekend, they might just be able to attract some additional talent to Moorabbin. The Collie-Wobbles seem to arrived again at Collingwood and they'll be lucky to play finals.

I don't know if you have any thoughts on mouth guards but the Women's World Cup this month will see the introduction of smart mouth guards. They're very high tech and if a woman is hit with a 65 G-force then the clear mouth guard lights up red. Referees will be tasked to stop the match immediately so the player can be attended to. As a back up, an alert will also be sent from the mouth guard to the match-day doctor via Bluetooth to warn of a possible concussion.

The headline was interest grabbing: **Gender cannot trump biology**. I don't profess to know all the details (hell, I'm not even sure I know any of the details!) but there have been several instances of female athletes competing with high levels of testosterone and that's deemed not fair. So, the World Athletics boffins have announced that female track and field athletes will have to take a once-in-a-lifetime genetic test to prove their biological sex, I they wish to compete in any world ranking competitions. There is a truckload of information available on this subject so if it interests you, go looking.

The Poms are coming out to Oz this year for an Ashes series and so it was of interest to read an item on Ben Stokes, the Pommie captain. He's a very good all-rounder and is the mainstay of the team's bowling. However, The Poms have just played a very tough series

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against India and Stokes bowled himself into the ground. The headline of the item seemed to say it all: *Stokes thinks he's Superman, but (his) body tells a different story*. As Captain of a team you are required to strive for a win but lurking in the background is reality: Don't destroy yourself as you push for that win! So hard did he try to beat India he ended up suffering a torn shoulder and that means he now faces at least a 10-week recovery period. Do I feel sad for him? Not really. He is after all, The Pom captain (and their best player) so if he does come out this year, you'd think he'd be under strict orders to limit his bowling and pace himself. Will he do that? Probably not!

A couple of items from the *What Tha!* file: She was a glamorous blonde model wearing the latest summer style and was spotted in the pages of *Vogue*. But in the background lay a sinister story. She has no name, demands no pay and can change outfits at the click of a button. Yep, she's an AI (artificial intelligence) generated creation and that brings us to a thought: If AI can do something like this where are we headed? I've seen TV programmes that have shown "world leaders" giving speeches on topics the real person would not go with in a bull's roar of. So how are you and I to know? The clothing giant *Guess* (who had the model created) also had a *media influencer* created who gained 160,000 followers by posting pictures of herself at Wimbledon! Where will it end? How are we to know?

China is the world leader in electric car manufacturing and they have some 129 companies building them! As you'd imagine, the Chinese market is now so grossly oversupplied, exporting the cars is top priority. But many foreign countries, in an effort to protect their own car industries, have implemented tariffs to stop China dumping their excess cars in their markets. If you've bought a Chinese electric car recently, good for you. I do hope it's not one of the many companies that are about to go to the wall in China. Oh, another thing. When we ICE car owners buy petrol or diesel, a good portion of the cost of that fuel goes to the Government to maintain our road network. As the owner of an electric car you don't pay that duty so you're really in front! 'cept until now! At the Federal Government's recent round table discussions, there was talk of a levee being put on electric cars so you too can contribute to the maintenance our roads.

Talk at you again next month

The Hillside Critic

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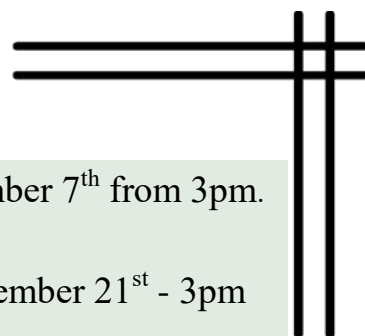
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Say goodbye to pesky broadleaf weeds that crept in over winter. Our *All Purpose Weed Control* is a hose-on herbicide designed to knock over unwanted weeds quickly and effectively. It's the perfect first step to set your lawn up for success this Spring.

2. Lawn Solutions Australia Premium Fertiliser

Once the soil warms up, it's time to feed your lawn. Our premium granular fertiliser contains both slow and fast-release nutrients, giving your lawn a steady supply of what it needs to thrive. Suitable for all lawn varieties, this fertiliser delivers a powerful boost that lasts throughout the season.

3. Lawn Kelper

Healthy soil is the foundation of a healthy lawn. *Lawn Kelper* is a hose-on soil conditioner that improves soil structure and promotes root development. It's packed with natural kelp extracts that enhance microbial activity and moisture retention, so your lawn stays greener for longer.

With these three products in your toolkit, you'll have all bases covered for a vibrant, resilient lawn this Spring.

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To all the amazing dads out there, Happy Father's Day! We're celebrating with 20% off our lawn care bundles. It's the perfect gift for the dad who takes pride in having the best-looking lawn on the street.

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TARGET BLOOD DONOR CENTRE

CHANGES TO BLOOD AND PLASMA DONATION RULES ANNOUNCED FOR CANCER SURVIVORS

People who have fully recovered from many cancers can now donate blood and plasma in Australia 12 months after finishing treatment under a rule change announced today by Australian Red Cross Lifeblood.

Those who have had cancer will no longer have to wait five years to donate, provided they have written confirmation from their doctor that they are in remission and meet all other health criteria. Those who have had blood cancers will continue to be unable to donate.

A recent survey by the Kirby Institute, UNSW revealed that over half (54%) of the population believed having cancer made people ineligible to give blood for life. Another 28% of the population were unsure, highlighting a large misconception that could be hindering donations.

Lifeblood Executive Director, Cath Stone, said the change would provide a greater opportunity for those who have had cancer to safely give blood and plasma while strengthening Australia's blood supply at a time of record-high demand.

"Cancer patients are the largest users of blood in Australia; they need 11,000 donations each week. Many cancer survivors have relied on blood transfusions and plasma medicines during chemotherapy or surgery, and we know many are eager to give back," Cath said.

Lifeblood research found that the current five-year wait can be safely reduced to 12 months, with international evidence showing it's not necessary for donor or patient safety. Large-scale studies have confirmed that cancer is not transmissible through blood transfusion. As with all changes to blood donation rules, this change has been approved by the Therapeutic Goods Administration (TGA). "Cancer diagnoses usually increase with age and our older donors often have more time to donate.

"Our current five-year wait-time disproportionately affects them being able to give back when it's safe to do so," Cath added.

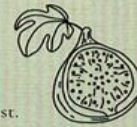
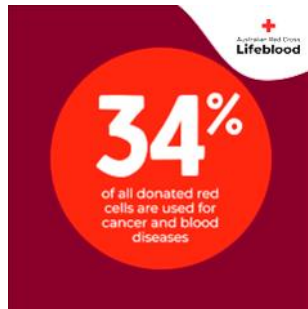
On average, more than 5,000 potential donors are asked to wait to donate every year due to a cancer diagnosis, a number that has been increasing every year. Donors are less likely to return after long wait-times.

All donors will continue to undergo standard health checks and complete a detailed questionnaire. Only those who are well and meet all eligibility criteria will be able to donate.

Cath said that it was likely that many Australians didn't realise the role blood donation played in supporting people with cancer.

"As we see the number of cancer diagnoses increasing, we're also seeing an increase in the demand for blood to help cancer patients through their treatment. Supporting people with cancer is one of the greatest reasons to donate," she added.

To find out about donating blood, plasma, or platelets, call **13 14 95** or visit lifeblood.com.au



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Backgrounder – how blood is used to support cancer patients

- Cancer patients are the nation's largest users of blood, with a third of all blood collected used to treat cancer and blood diseases (11,000 donations needed every week)
- If you've ever donated blood, plasma or platelets, there's a reasonable chance that your donation went to help a cancer patient
- Cancer patients often need many blood transfusions over many months or years
- A patient with acute leukaemia can use up to 9 bags of platelets each month, with four donors needed to make each bag of platelets
- It is estimated that more than 450 Australians will be diagnosed with blood cancer every day
- This number is projected to double by 2035, meaning the number of blood donations needed to treat them will also need to double

How blood can be used to treat cancer

Chemotherapy can deplete the body of platelets, an important clotting component in blood that is relied on by cancer patients to prevent internal bleeding. These patients also need red cell transfusions whilst their bone marrow recovers.

Surgery to remove cancer may also result in the need for red cell transfusions. Plasma also has important proteins in it that can help stop bleeding.

Cancer has a big impact on the immune system and makes patients vulnerable to infections. Plasma has important antibodies that help the body fight the cancer and possible infections.

Patients who have a stem-cell transplant often need extra transfusions of blood or platelets to make their bodies strong enough to survive the transplant. Plasma is used after transplants.

Donated blood is used for:

- 34% goes to people with cancer and blood diseases
- 19% goes to people with other causes of anaemia
- 18% goes to surgical patients (including open heart surgery and burns)
- 13% other medical problems (e.g. heart, stomach and kidney disease)
- 10% goes to orthopaedic patients (including fractures)
- 4% goes to pregnant women, new mothers
- 2% goes to trauma patients, including road accidents



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Snippets

Funding awarded for landfill projects

MidCoast Council has been awarded \$600,000 in grants from the NSW Environmental Protection Agency.

The funding will see an equal split of \$300,000 go towards the Taree landfill remediation project which is currently at tender and the Tuncurry landfill remediation project with works now commenced on the site.

MidCoast Council's Director of Liveable Communities, Paul De Szell, said the works will reduce long term risks, protect surrounding waterways and ecosystems and ensure compliance with environmental protection licences.

"Council's Waste Services Department will continue to progress these projects as part of our commitment to delivering safe, compliant, and environmentally responsible waste management infrastructure for our community," he said.

MidCoast Council has confirmed a three-year sponsorship with Bowls NSW to host the Women's State Carnival from 2026 - 2028.

The sponsorship agreement continues on from the success of the 2025 State Carnival which saw record participation numbers with over 1,000 female bowlers taking to the greens across more than 10 bowling clubs in the Barrington Coast region.

The Women's State Carnival is the largest all-female bowls participation event in the country, with a long history spanning over 90 years. MidCoast Council Mayor, Claire Pontin, says entering into the 3-year partnership is a coup for the region, delivering significant economic and tourism benefits.

"We're excited to work with Bowls NSW on delivering this premier sporting event, and look forward to welcoming bowlers from across the state and beyond.

"It's a great opportunity for the local community to engage, not only through participation but as volunteers, spectators, supporters and hosts to participating family and friends", Mayor Pontin said.

As well as seeing an expected \$7.67million economic injection as a result of the three year partnership, the region will welcome more than 3,700 visitors – equating to 15,076 bed nights.

Bowls NSW CEO Tim Rowe welcomed the sponsorship announcement that will see the event stay in the Barrington Coast region for the next three years.



Pelican Boardwalk extension to begin

Works to extend the much-loved Memorial Drive Pelican Boardwalk in Forster will begin on Thursday 28 August.

The new 120-metre section of suspended boardwalk over Wallis Lake will extend the scenic walk along the Forster foreshore.

"This exciting new over-water experience will be accessible to people of all ages and abilities and will provide an excellent vantage point for water activities and other major events throughout the year," said Liam Bulley, Executive Manager Public Spaces.

The project, awarded to GPM Marine Constructions, is expected to be completed by late November 2025, weather permitting.

Access to parts of John Holland Park, the gravel car park on Point Road at Tuncurry boat ramp and the Memorial Drive foreshore area will be restricted during the works. Some parts of the boardwalk will be closed for water access at times during construction.

Contractors will manage the works to maximise access in the area. As part of the works, a new kayak launching system will be added to the lower platform off the boardwalk.

"The kayak launching system has been designed to improve access to the Breckenridge Channel for swimmers, kayakers and paddle boarders, improving safety and accessibility for all," said Mr Bulley.

iQ Renew

We're proud to support the opening of iQRenew's new soft plastic processing facility at Kundle Kundle, Australia's first purpose-built plant of its kind, bringing jobs and investment to our region.

Aged Services Expo

The Aged Services Expo is heading to Forster! Come along for free tea, coffee and sound advice from a range of services. Join us from 10am, **Thursday 18 September** at the Forster Civic Centre

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Welcome to Deb's Gardening

Spring has sprung; what brought that to my attention was the swallows are back and my kelpie dog spends hours chasing them, which is great because he is being entertained and getting plenty of exercise and that in turns stops them from building their nest in our car port.

There was a nice break in the weather, the sun shone and for a winters day the temperature was perfect for gardening. So this month I have done some gardening and it felt so good to be back out there with my hands in the soil and my thoughts in mother earth. I managed a lot in those few days of gardening. I started in one garden bed and moved my way around to each garden bed and ended in the vegetable garden.

I thought to myself that I should start in the vegetable garden first but sitting on my deck and looking at the garden bed in front of me that has shrubs and dahlias, it was calling out for attention more, so than any other part of the garden. The dahlias had died down, the salvias needed a good hair cut and weeds were flowering everywhere and needed to be pulled out before going to seed. It's a big garden bed with well over 50 dahlias, lots of shrubs and salvias and a large hibiscus plant in the middle. I had to divide some of the dahlia tubers and replant them into spaces because they have lifted out of the ground, hence there will be an even bigger display in the summer.

But while weeding and digging them up I noticed lots of tunnels and dahlia tubers eaten; I have rats in the garden again. I also have an issue with rats tunnelling in under the fence in the vegetable garden and tunnelling under my asparagus bed. Which makes me hope that they are the bush rats native to Australia as I am happy to leave and let them tunnel their way around the garden bed, not so the vegetable garden, but if they are the common rats that I hate, I may have to set up bait stations to eradicate as they tend to carry diseases. I have never seen them so it is hard to know what they are but if I do see one... The key differences between a bush rat and a common (or black) rat lies in their size, tail length, and fur. Bush rats are smaller, have a shorter, furrier tail, and a more rounded head, while common rats are larger, have a longer, relatively hairless tails, and a more pointed face plus common rats are introduced. Bush rats are nocturnal, rarely seen and live a shy and solitary life. They are even beneficial to their ecosystem, performing crucial roles such as pollinating plants, dispersing seeds, controlling insect populations and aerating soil through burrowing. They even serve as a vital food source for native predators and, on doing a Google search, native Australian bush rats keep invasive species like the black rat at bay. I



Jason Packer
Director / Bricklayer



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will, however, find where they are getting in the vegetable garden again because they are eating the carrots. Tunnelling in the vegetable garden is an ongoing concern - I am forever finding tunnels. Another Google search suggested using peppermint oil as a repellent so I shall pour some down a tunnel in the vegetable garden and block up the hole on the outside of the fence and see if I have any luck preventing them from entering the vegetable garden.

With all the rain this year I have only lost a few plants. Most of my garden beds are raised but the English lavender and Correas haven't survived, obviously they haven't liked having wet feet for so long. The rest of the garden is fine and surviving the big wet. I believe that the rain is not over with spring being wetter than average, so BOM said, but who knows, it is what it is. I planted a lot of plants with drought tolerance in mind; it now seems to be a turn around to plant wet tolerant plants. When I get to make new garden beds once the renovations are over I may have to raise the new garden beds higher. Gardening is always evolving.

As I said, it was good to be out in the garden again and gardening without pain. I was diagnosed with De Quervains Tenosynovitis and living with the pain in my hand for the past eight months. It was brought on by repetitive strain from painting the house. I have been seeing a physio which did not help that and in the end he suggested having steroids, not what I wanted to hear but the pain has been difficult to live with that in the end I surrendered to the fact. First I had to have an ultra sound which I had 2 weeks ago and would you believe, I am cured, no more pain, and I got out of having to be injected with steroids. It was either the fact that I started to rub emu oil into my hand as a hand cream or the ultra sound stimulated the repairing of the sheath, probable the later. So the moral of the story is that if any reader is diagnosed with De Quervains Tenosynovitis, go and get an ultra sound and rub emu oil into your hand and it will heal in no time.

My hand has healed just in time because this time next month I will be teeing off on a few golf courses in Portugal and Spain and living the dream. I have justified it all by the money that I saved painting my house myself, that that money can pay for a well deserved golfing holiday. I haven't been able to play locally for various reasons; also the courses have been too wet and have been closed most of the time. So not only do I get to have a holiday and play golf but I believe the courses over in Portugal and Spain all have magnificent gardens and landscaping. So it will be the best of both worlds.

So until next time- ¡Hasta la próxima.

Deb



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Market News:

The August market turned out to be another great morning, as people flocked in to browse, eat, shop and chat. The early birds were spoiled for choice with local fresh produce. The numbers of customers burgeoning to a peak around 11am. Some reported having to park way down the road! (no complaints though)

- * The atmosphere was happy, with spring in the air, despite the crazy windy weather.
- * Stall holders pegged down their marquees in anticipation and many had to take down their marquees early as wind gusts picked up.



- * The two coffee vendors were constantly busy. The bread, much of the meat and fresh produce was sold out just after 11am.
- * Good Ol Mum's reported an excellent day of sales, with jams, relish, sauces and preserves.
- * Our committee is dedicated to upholding the ethos of "make it, bake it, grow it" to the best of our ability, providing the region with a range of high quality, local goods and we are proud of our stallholders. We love seeing the hive of activity during the market whilst it is in full swing.
- * It's great to see Boali Farm eggs back, with plenty of eggs. Plus, their chicken 'tractors' which they personally design and construct locally.
- * Thank you to everyone who brought spare paper bags for our shopping bag station. This helps us toward our goal of reducing plastic at the market.


There are many reasons to shop local and keep Nabiac Farmers market thriving. As you cast your eye over the list below, what

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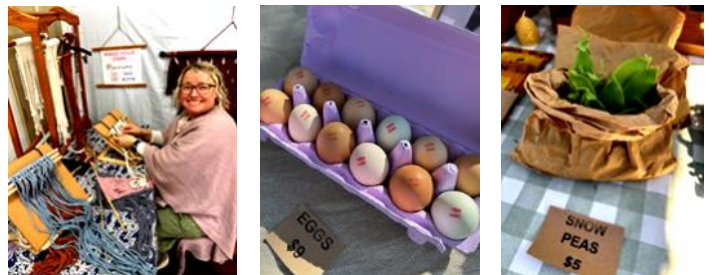
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- *specialty teas *plants *crafts *textiles *baby clothes & toys
- *skin care *natural products *magnesium oil
- *garden art *dog collars and horse halters *ginger beer *jewellery
- *sourdough bread *cakes & treats
- *market BBQ *delicious ready food
- *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 27th September, 2025, 8am-12noon at the show-ground.

Market enquiries, including new stallholder applications:

www.nabiac.com
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0438 012 781

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



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Something for those who don't eat a lot of meat

INGREDIENTS

- 3 tsp Unsalted Margarine
- 1 lge Brown Onion, finely chopped
- 2 cloves Garlic, crushed
- 2 tsp Curry Powder
- ½ tsp Ground Cinnamon
- 2 cups Chicken Stock, low salt
- ½ cup Long grain Rice
- 1 ripe Tomato, cored and chopped
- 2 med Carrots, peeled and diced
- 1 cup Chick Peas, cooked and drained
- ½ cup Raisins
- 1½ cups Tiny Cauliflower flowerets
- 1 cup Green Peas, fresh or frozen
- 1 cup Low fat Natural Yoghurt
- ½ cup Cucumber, grated
- ½ tsp Pepper
- 2 tsp Lemon Juice
- 2 tblesp Parsley, chopped

METHOD

1. Melt margarine in a large, heavy saucepan over a moderate heat; add the onion and cook, uncovered 5 minutes or until soft. Add garlic, curry powder and cinnamon; cook 2 minutes more, stirring often
 2. Stir in the chicken stock, rice, tomato and carrots; bring to a simmer. Add the chick peas and raisins: cover and simmer for 20 minutes. Add the cauliflower and peas, cover and cook another 10 minutes.
 3. Meanwhile, prepare the yoghurt sauce. In a small bowl, combine the yoghurt, cucumber and pepper and put aside.
 4. Stir the lemon juice into the curry and spoon the curry onto a platter, garnish with parsley.
- Serve the sauce in a separate bowl. Should serve about 4,

A man asked his wife "What would you do if I won the lottery?"
She replied "I'd take half and leave you."
"Great" he said. "I won \$12, here's \$6...Stay in touch...."

"Omg, I'm rich! Silver in my hair, gold in my teeth, crystals in my kidneys and an abundant supply of natural gas. Never thought I could accumulate such wealth."


TEACHER: Millie, give me a sentence starting with 'I.'

MILLIE: I is..

TEACHER: No, Millie..... Always say, 'I am.'

MILLIE: All right... 'I am the ninth letter of the alphabet

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A man in a hot air balloon realized he was lost. He reduced altitude and spotted a man below. He descended a bit more and shouted:

'Excuse me, can you help me? I promised to meet a friend in an hour but I don't know where I am.'

The man below replied, 'You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude.'

'You must be an Engineer,' said the balloonist.

'I am,' replied the man, 'how did you know?'

'Well,' answered the balloonist, 'everything you have told me is probably technically correct, but I've no idea what to make of your information and the fact is, I'm still lost. Frankly, you've not been much help at all. If anything, you've delayed my trip by your talk.'

The man below responded, 'You must be in Management.'

'I am,' replied the balloonist, 'but how did you know?'

'Well,' said the man, 'you don't know where you are or where you're going. You have risen to where you are, due to a large quantity of hot air. You made a promise, which you've no idea how to keep, and you expect people beneath you to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my fault.'



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Good Medicine

Yes Sir

In everyday life we sometimes use the words 'Yes sir' in a joking fashion but in the armed forces you would be likely to hear them often and, no doubt seriously, as orders are given and followed.

For army chaplain **Tim Booker**, that was the only way to answer the CO when he asked, 'Padre are you ready for the parachute course ... next week!'

Tim's story is found in Faith Runs Deep anthology - which I just discovered can describe a collection of beautiful stories. His army career began when, at 18, his friend asked him a different question ... *what is Christianity*. He'd always gone to church but 'hadn't paid much attention' so couldn't give an answer. After talking to the minister, who started a youth group focused on Bible reading, he became someone who 'loved talking about Jesus'.

So he trained for the ministry, and then discovered ... 'who would have thought' ... there was a Bishop to the Australian Defence force.

At school he'd been in the army cadets which led to the army reserve. He not only enjoyed it but was also very fit from doing triathlons and playing rugby ... makes you feel tired.

He heard about the need for chaplains but this required three years of parish experience in a church. However he was offered the chaplain's role at a nearby army base before the three years was up ... and that's how he came to be jumping out of planes.

The 'entrance test' for the course included ... wait for it ... sixty push ups, a hundred sit ups and a two and a half K run, pretty quick'. It required seven jumps over three weeks. Tim said he never prayed more in his life ... a simple prayer, 'Dear God **make sure I don't die**

today'. The young soldiers are asked where they want all their stuff to go when they die ... 'write your will mate, you're jumping out of planes'.

He got on well with the soldiers because he was a man who 'showed love and grace to people and didn't judge anyone'. Tim is 'not sure he's ever met a genuine atheist' and says most people have a spiritual heartbeat.

Bible stories about Jesus tell us ... He loved people and didn't judge them. He told them things about themselves, e.g. the Samaritan woman, *John 4*; He told the woman He rescued from stoning not to keep sinning, *John 8:11*.

He said if we hear His message but don't believe it He still won't judge us because He came to save the world, *John 12:47*.

There is always a way to Jesus, He knocks on our hearts and asks to come in, *Revelation 3:29*.

Quotes from Faith Runs Deep Anthology, Olive Tree Media

The Counsellor

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

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

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

"Like what??"

(I can relate to this at times! Ed)

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

September Mass times are Saturday 3th at 5:00pm, Saturday 13th at 5:00pm, Saturday 27th at 5:00pm

October Mass Saturday 4th 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 **Sandra Martin** on 0439 541 329

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

September Mass time is Saturday 13th at 5:00pm

***Note: Mass is back to 5:00pm again from May with the end of daylight savings**

3-Point Towbar

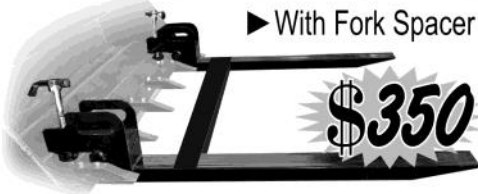


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From **\$1,090**

Skid-Steer Stump Grinder

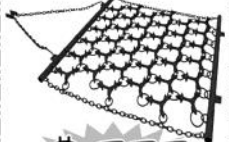
Universal Skid Steer



\$3,400

Bobcat Compatible

7ft Chain Harrows



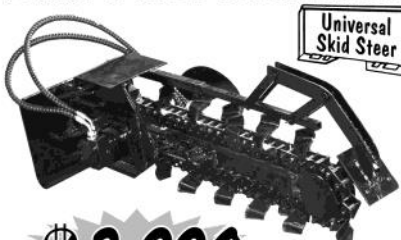
\$777

5 Tyne Chisel Plough



\$550

Skid-Steer Trencher



Universal Skid Steer

\$3,990

Bobcat Compatible

Tractor / Mower Seat



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- Multi Fit

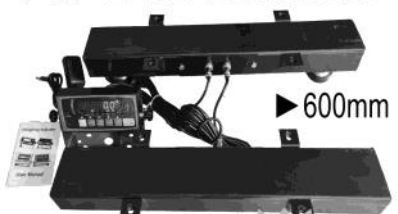
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Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	5565 1222
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - NABIAC	6554 1211
Fire Permits	1300 643 262

Krambach School of Arts Inc.

will hold their

Annual General Meeting

in the Krambach Community Hall

on

Monday 22nd September, 2025

at

3.00pm.

All interested persons are welcome to attend.



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Barb available on Monday - Tuesday - Wednesday - Thursday

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

Hi Everyone,

"A child whose memory bank is full of your time will feel richer than one whose toy box is full of your money. One builds a person. The other just fills a room."

Belinda, Barb & Jess ❤️

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

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

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

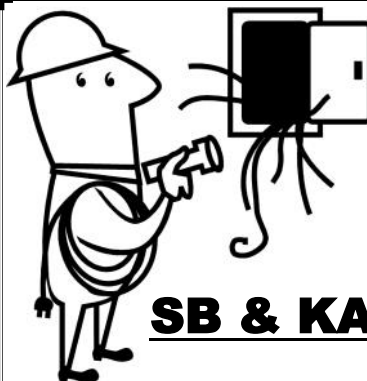
Kate McIntosh, on 6554 1144 or 0434 589 048 (Minimbah)

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)

* 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 *



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