

ACROSS THE FENCE

Spring

Spring is sprung,
The grass is ris,
I wonder where the boidies is?
The boid is on the rwing.
But that's absurd,
From what I hoid:
The rwing is on the boid.

A A M L N E



Daylight-Saving Time Begins

**Sunday 5th October @
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News from the Wallamba Watershed is a

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Editorial.

I know shops like to sell us stuff, but Christmas goodies in the supermarkets already!!! Give us a break.

Spring has sprung and brought with it beautiful warm weather to dry out our mouldy homes and firm up the grounds so that mowers don't sink and get stuck. It has also brought with it a crop of gigantic bindii. My drive is full of it for the first time in ages; the verges up at Krambach are *just* bindii and I am sure every else has it in their lawns. No bare tootsies this Spring!

The morning noises are of birds chirping loudly to override the sound of lawn mowers. Great!

Remember that you NEED A PERMIT from Wednesday 1st for your fires. Jan has given the lowdown in the Minimbah News for you.

Tim is getting everyone updated on medication for good old Spring allergies causing drippy noses and itchy skin.

Deb & Liz have given advice on controlling weeds and what plants and vegies you can plant in Spring to get tasty home grown vegies & flowers.

Agland Turf has also given hints on how to get rid of the bindii and grow a lovely lawn. I had better check out their hints to solve my problems.

Krambach School kids have submitted 3 more stories for you to read. Very poignant and caring thoughts from ones so young.

The school is going to be sending in 'articles' / stories from their students every month so we will see the start of some budding writers.

Coolongolook School has had an interesting month with more things planned for next month.

Bunyah Hall is still after information from families who have resided in their area for the last 100 years so they can get the their Centenary Book ready for printing before the February 2026 celebration date.

Next Sunday 5th brings in my most unfavourite time of the year — DAYLIGHT SAVINGS starts at 2:00am. Don't forget to put your clocks forward an hour when you wake up on Sunday morning.

If you shift work do it before bed on Saturday night!!

Timidthy was pleased to be home after his 2 weeks holiday in boarding kennels where he conned the owner to be allowed to run free in her house and get spoilt by all.

I am recovering from my 'road trip' holiday on which I had a great and relaxed break with an old school girlfriend. But great to be home again.

That's all from me, until next month.

Lyn & Timidthy



WHAT'S HAPPENING IN OCTOBER, 2025

Markets & Events.

• Bulahdelah	(1st Sat)	4 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	5 th	8am to 12 noon
• John's River Country	(2nd Sat)	11 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	4 th	8am to 12 noon
• Myall Quays	(3rd Sat)	18 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	18 th	8am to 12 noon
• Krambach	(3rd Sun)	19th	8am to 12 noon
• NABIAC	(Last Sat)	25th	8am to 12 noon
• Old Bar	(Last Sun)	26 th	7am to 1pm
• Pacific Palms	(Last Sun)	26 th	9am to 1pm
• Forster Town	(2nd Sun)	12 th	8am to 2pm
• Halliday's Point	(1st Sun)	5 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	25 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	18 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	25 th	8am to 1pm
• Burrell Creek	(2nd Sun)	12 th	9am to 12.30pm
• Gloucester	(2nd Sat)	11 th	8am to 12 noon
• Wingham Markets—showgrounds			

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

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au
Production: Lyn Reid
Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly. N.S.W. 2429 or c/- Modern Motors, Nabiac, N.S.W. 2312 - **please phone WHEN you have left articles there to be collected**
Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.
ALL ART WORK IN JPG ONLY
Disclaimer: The editor has **no affiliations** to **any** advertisers and the opinions expressed by submitters are their own.

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NEWS FROM BUNYA

Thank You to **Tanya Thompson** MP and her assistant **Shelly** for Visiting Bunyah Public Hall.

Gratitude for Community Engagement and Support

We would like to extend our heartfelt thanks to Tanya Thompson MP for taking the time to visit our community at Bunyah Public Hall as part of her community catch up tour. Her presence was truly appreciated, and it was a pleasure to welcome her among us.

During the visit, Tanya listened with genuine interest to our community’s concerns, engaging thoughtfully and respectfully with everyone present.

Topics discussed included the condition of our local roads and the ongoing challenges of maintaining roadside vegetation, as well as the importance of extending the school bus service into Bunyah to ensure students have reliable transport to their locally zoned school at Coolongolook. We also raised the need for reparations, effective running of the hall, and plans for the upcoming **100 year Anniversary of Bunyah Public Hall**. The conversation addressed the pursuit of appropriate grants and funding to support these priorities and the wider needs of our community coupled with the unique responsibilities and considerations involved in managing the Public Hall, given its status as a council-owned building.

What stood out most was Tanya’s proactive approach—addressing our concerns not just with empathy, but with practical solutions and clear strategies moving forward. Her readiness to offer guidance and support has given our community renewed confidence, and we are optimistic about the positive changes that will come from her visit.

Once again, thank you to Tanya Thompson MP for your commitment to our community and for the valuable contributions made during your visit. We look forward to continuing this collaborative relationship and building a brighter future together.

A big thank you also to the **Bunyah Public Hall Committee** who provided an awesome morning tea enjoyed by all.

A huge thank you to all the families and individuals who generously came along on Saturday 13th September to share their stories, information, and cherished photos of their time in Bunyah for the book we’re compiling as part of next year’s Centennial Celebrations. Your contributions are truly invaluable and will ensure our book captures the rich history and spirit of our community.

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It was fantastic to see everyone enjoying the BBQ and homemade treats together—your enthusiasm and support made the day even more special. Our centenary book simply wouldn’t be the same without your memories and involvement. Thank you for helping us preserve Bunyah’s legacy for generations to come.

We would also like to express a huge thank you also to our incredible Committee, whose organisation of the BBQ and generous spread of homemade treats brought everyone together with great conversation.

It's not too late to get your contributions to us. Please contact **Jess** at presidentbunyahhall@hotmail.com if you have stories, photos, or memories you'd like to share for the Centennial Book. Every addition helps us tell the full story of Bunyah’s vibrant community



Save the Date

We are excited to announce the official release date for our **Bunyah Public Hall Centenary Celebrations**. Join us for a special evening of dinner and dancing on **Saturday, 28th February 2026**.

Mark your calendars and stay tuned for more details about this memorable event as we honour 100 years of our beloved hall and community spirit.

Warmest Regards,
Bunyah Public Hall Committee



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Krambach P. S. Young Writers Group

THE SECRET LIFE OF A KOALA



I wake up and feel the brisk morning air wisping through the edges of my soft fur. I feel like there is a hole in my stomach where the breakfast gumleaf is meant to go. I see the perfect leaf, but it is just out of reach. I dig my claws into the thick stump of my tree and hoist myself up onto the nearest branch. I grab the gumleaf and finally eat my breakfast. I feel the drops of dew oozing around my mouth and the stem crunching as I chew it. My ears suddenly perk up; I realise the magpies have stopped chirping at each other from the treetops, and the kookaburras aren't laughing as if they are telling jokes to one another.

Then I see it—thick black smoke billowing from the hill next to mine. The fire has caught a tree and is quickly wrapping it in flames, the leaves shrivelling up as the fire passes over them. I hear sirens blaring and see trucks racing up the hill. I also see about ten vans bolting up the hill at lightning speed. The fire spreads across the once-green grass, leaving a trail of steam behind it. I feel the air getting hotter and hotter as the fire creeps closer to me. "I need to get down," I think to myself. I shove my claws into the tree and slide down. I land on the dry leaves and see the fire heading towards me. I bolt away to what I think is the safety of other trees, but all I find is more fire.

It's getting so hot. Then it all goes blurry, and I hear a soft thud as I drop onto the forest floor. I feel as if I'm floating in the sky for a long time, then I don't feel hot anymore. My eyes finally open, and I realise I'm surrounded by nurses with hopeful eyes. A small cheer murmurs across the room as I sit up on the bed and wonder what is going on. I feel dizzy, and my stomach hurts a little bit, but other than that, I feel way better than I had in the forest. Then a big punch of sadness rushes through my body when I think about my home. It is getting late at night, and I am starting to doze off, thinking about the gum leaves and cold bark of my gum tree that got burnt in the fire.

The next day, when I wake up, I notice I'm not in the room where I went to sleep. The place looks just like the forest I came from, but much smaller. Then I remember. When I was just a joey, one of my friends told me about a zoo. Zoos are places where humans make enclosures that look just like the animal's natural habitat. Now I think I am in one. There is one thing I am really excited about—other koalas!

So many new friends live with me. Little koalas stumble towards me wanting to play. The boss introduces himself to me, and I start to play with the babies. It feels so good to have new friends.

Ayla - Year 4

WHEN THE TREES WHISPER GOODBYE

The lonely koala felt a shiver down her spine when a car of strange people dressed in orange clothes with grey stripes pulled up next to her. She had been living in the tree since she was young. They came in a group, walking around the edge of the forest like they owned the place, but part of her told herself that they didn't even know where they were.

They would come every day, but it was always different from the first time. Every other time, they would bring a loud machine, a ladder, and more of them. Slowly, the trees around the koala and her friends would disappear.

They lived on the edge of a forest and a town. She had neighbours; they all knew each other because they lived in the same tree. As the many homes went away, they knew it would be their turn soon.

The people turned up one day as usual, but this time they were close. Too close. The koala almost fell out of her tree because of how scared she was. At last, they chopped down a tree right next to her. A sigh escaped her lips, but there was nowhere safe to be. As they chopped off the remaining stump, she gulped. It was too soon.

"We'll make a start on this one and finish it tomorrow," she overheard a worker say.

The machines were loud; she and her friends would be no more. Just as she felt all was lost, she heard a strange sound.

It was a phone buzzing—everyone nearby heard it. A worker picked up the phone. The wind blew through the trees as she felt a slight touch of hope come to her.

The phone call ended. There was a moment of silence before the worker told them, "Boss wants us at the town centre to take the lights off the main tree."

"Yes, boss," said another worker. In a hurry, they left. The forest was silent; the wind blew, and the trees danced in calm movement.

But the next day, they came back. The machines were loud, and the tree shook. She could no longer hold on. With one last shake, the koala fell.

Lillian - Year 5



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THE BLACK CLOUD

Buddy had lived in this forest for years, and he wasn't willing to abandon it. He was a healthy seven-year-old koala who had never had to leave the treetops. He was going to follow his normal routine—which was eat, sleep, digest, repeat—when he felt the vibration of deer hooves thumping the ground. Buddy's body pounced into alert mode as he heard the distant, desperate screams of possums frantically trying to escape the colourful, dancing flames. Buddy made his decision: he was going to leave. It was too dangerous. But he was too late. The tree started to fall! Then—BOOM!

Beep, beep, beep. Buddy woke with a shock. As he was trying to figure out where he was, he heard a human say something. It sounded joyful. Then a cheer filled the room! Buddy felt very safe and protected. Then he saw more koala friends. Buddy was home—injured but cared for. A safe place.

By **Huxley** - Year 5

Krambach & District Garden Lovers News



This month we went to my garden. We had about 30 people and it was lovely to welcome them all.

People liked my huge ginkgo and very large oak tree (about 30 foot high) that grew from an acorn I planted about 10 years ago, plus large gums planted from tube stock.

My garden had lots of colour from the cream and two tones of orange clivias that were given to me by my close neighbours. They sure make a splash amongst the greenery.

I am still fighting the never ending storey of the Mandevilla vine and if I slacken it will take my house.

You will never guess - I have discovered an apple tree in blossom.

You can't believe how dry the ground is and it was only a short time ago that it never stopped raining.

We would love to see you at our garden club.

We meet the last Monday of the month.

Call me on 6559 1375 for more information.

Judi

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Legacy week 2025 Thank you



Some communities are known for their food; some for their craft; some for their history. Nabitac is known for all of those, but it's the people who make Nabitac and the surrounding towns and villages so special.

We asked you to buy a badge this Legacy Week and your generosity was amazing!

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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.

Our special mentions go to *Sam* and *Nick* for allowing us to "hang out" on the Old Bank Centre verandah each year, and to *Tim* the Chemist for ensuring the name of Legacy and our little badges are spread throughout the community. We love your work.



*When it comes to donations, "what is given locally, stays local".
Thank you very much – your generosity and kindness are very much appreciated.*

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

Our meeting this month was chaired by Vice President **Merle Barber** in the absence of President **Margaret** who was enjoying a well-earned holiday with husband **Bruce** on their "Grey Ghost" journey, and she welcomed 8 members and received a further 2 apologies for the meeting which commenced at 10.00am at our usual venue of the Nabiac Community Church Hall.

Following the opening formalities the members paused to remember the passing of **Keith Bastian** of Forster, **Bev Maybury** a past staff member of Bulahdelah Central School, **Marie McRae** from Belbora, member **Pam's** friend **Dawn Prowse** OAM of Taree, The Duchess of Kent, **Georgio Armani** – renowned fashion designer and the 2 Victorian policemen killed.

Merle supplied us with this month's thought and was as follows: **"Courage is not always a roar. Sometimes it is a quiet 'I will try again tomorrow'."** Member **Trish** to bring October's thought.

Business arising from the previous minutes included discussion on our yearly topics for Primary Product, Medical Research, Country of Study and Women of Note and this was moved to General Business to allow for in depth submissions.

The Branch has been invited to provide catering for a Family Reunion on Saturday October 4th at the Wallamba Showground hall and is sure to be a big one as it is for the well known Croker Family – an early pioneering family in the district.

Various officers were also reminded that their end of year reports are due by the end of September.

A number of other items of correspondence were read and discussed including membership renewal by members, MNC CWA Group Council Minutes, Motions for presentation at State Conference 2026 which is being hosted by Forster CWA Branch must be submitted to the October 25th Conference.

We received an apology from Treasurer **Jenny** for this meeting and she had sent it out to members via email and was presented by Vice President Merle in her absence.

Several of our members, both long time and new, had requested replacement or new name badges and these had been sourced for them by Jenny from a business Ezy Engraving in Forster and they look very nice.

As our Cookery Officer, who is Margaret, was absence, joint catering officer **Moya Harris** outlined what was required for the Croker Reunion on Saturday October 4th which is expected to attract 60+

people for lunch and will include sandwiches, party pies and sausage rolls, cakes and slices along with the usual tea, coffee and cold drinks. Those members who can, will be busy on the day for this Croker Family Reunion.

Handicraft Officer Merle Barber brought along a very handy booklet "Hints and Tips for Handicrafts" which members were able to purchase for a fee of \$5 as well as copies of the CWA State Handicraft Schedule for 2025-26. Members **Colleen** and Merle showed us their Sashiko //stitching projects which they have been working on as a lead into the Indian Kantha stitching challenge in this year's schedule and hopefully other members might be inspired to have a go at the challenge as well.

Ag & Environment Officer **Jill Hammond** referred to the August CWA Journal report about Eenee Nappies, designed in Tasmania, a plastic free new nappy brand this is the first compostable disposable nappy available. They are using Australian cotton, are biodegradable and come in sizes from newborn babies to adults - all agreed that is definitely a product to promote within our communities.

Penny gave a report on how 'frog saunas' are helping save the endangered green and golden bell frog, with them being set up in the brick pit quarry next to the Olympic Park. An amazing invention by Macquarie University Environmentalist, Dr **Anthony Waddle**. Penny also spoke on the soft plastic recycling centre that has been established in Kundle Kundle by IQ Renew. It is said to be the largest soft plastic recycling centre in Australia & possibly in the Southern hemisphere, as it expands its operations. We can now take our soft plastics to the supermarket again.

International officer **Pam** spoke on an article she had read in the local "Manning River Times" newspaper and also talked about the ongoing conflict between North and South Korea, and Nth Korea leader Kim Jong-un supervised firing of new air defence missiles to test their combat capability.

Our new Country of Study will be announced in the October journal and we look forward to see where we might travel to with our International studies next year.

Cultural officer Jill Hammond spoke about her wonderful travels on the Indian Pacific with daughter **Lisa** and showed us a photo book she had made of her travels. Moya mentioned she had attend the "Roy Orbison Show" at the Manning Entertainment Centre Taree and said it was a fabulous show.

Penny spoke of attending the Midcoast Productions at Tuncurry Hall titled "Mismatched" and "An Arranged Marriage" but was a little disappointed with the shows.



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In general business the Landers Attendance Trophy for branches under 15 members which has been won numerous times by Wallamba was located and member **Trish** will take it to Forster Stocklands to have Wallamba badges for 2024 and 2025 added in time for the 2025 Group Conference.

Wallamba CWA members discussed the nominations for Medical Research – they had selected Glaucoma, Primary Product – Dairy given the devastating effects of the recent floods on our local Dairy industry. Country of Study Cambodia and Australian Woman of Note- Lieutenant Colonel *Vivien Bullwinkle*.

Member Pam had submitted an entry for the CWA October Journal's "Garden of Remembrance" notify the passing of our much loved and dedicated CWA member, the Late Jean Price.

No further business the meeting closed at 11.45am when those able shared a light lunch, handicraft ideas and travel tales.

The next monthly meeting of the Wallamba CWA Branch will be held on Tuesday 14th October 2025 starting at 10.00am at the Nabiac Community Church Hall, with all members and new members most welcome to attend.

Pam Muxlow

Publicity OfficerWallamba CWA

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A reminder we are selling Pool passes for 25/26 season between 9.00am and 11.30am Monday to Saturday.

If you still have your 24/25 pass bring it with you as there is a discount of \$5.00 when you purchase your 25/26 pass.

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

We look forward to sharing this update with you.

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Tuesday 21 October 5.30 - 7pm

Nabiac Showground Hall
Tuesday 28 October 5.30 - 7pm

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COOLONGOLOOK PUBLIC SCHOOL



Welcome to our 'Cool School' news! It has been a busy finish to Term 3, with an even busier Term 4 ahead.

We are thrilled to share that our **'Sprout Scouts'** have made it to the **Grand Final of the Game Changer School Competition!** We are one of only **12 primary schools in NSW** whose submissions were **accepted** into the Grand Final. This year's competition challenges students to think critically and creatively about **how we can design sustainable solutions for the future.** The Grand Final will be held in Sydney during November, and we could not be prouder of our team. A huge congratulations to **Paisley, Hannah, Charlette, Natalie and Liliana**, and of course their amazing teacher, **Mrs Durbin.** We were especially proud to hear their interview on **ABC Radio recently**, where each student spoke so confidently and represented our school beautifully. **We are so proud!**

Recently we enjoyed a visit from Healthy Harold and the *Life Education program.* Students took part in interactive sessions that focused on healthy lifestyle choices, personal safety, and wellbeing. The lessons were fun, engaging, and packed full of valuable learning, something the students will take with them well beyond the classroom.

Our week of Intensive Swimming has now concluded for the year. Every student made huge improvements in their swimming ability and displayed excellent behaviour throughout the program. Our instructors commented on how impressed they were with the progress, attitude and behaviour of our students. A big thank you to the **Great Lakes Aquatic Centre** and our instructors for their efforts.

This term also saw the conclusion of our **NRL lessons.** Students had an absolute ball working with *Nick*, developing new skills, and learning more about teamwork and fitness. It's a fantastic program that we believe all schools should be part of.

At school, staff have been focusing closely on classroom learning, with a strong emphasis on our **explicit approach to teaching.** Engagement remains the key, and our teachers continue to make learning fun and meaningful, both inside and outside the classroom.

We'd also like to extend a warm welcome to our newest students, **Zachary, Sophie and Jesse.** They've settled in beautifully and are

already making wonderful contributions to our school.

Recently, we held our second **Kindergarten Orientation** for 2026. There were plenty of smiles from **Matilda, Mia, Abbey, Samuel and Carter** as they joined the K-2 class for a morning learning session before staying for lunch and playtime. We look forward to seeing them again early in Term 4.

Last Friday, our Federal Member, Ms. **Alison Penfold**, visited our school to present us with new school flags. We are very grateful for her support and for her kind comments about our students and school community.

Thank you to all the parents who attended our **end-of-term assembly.** Congratulations to our award recipients, and a special thank you to **Mr Kelly** for providing an entertaining dance performance for families to enjoy at the close of assembly.

Students are now enjoying their well-deserved **Spring holidays**, and we look forward to welcoming them back on **Tuesday 14th October** for a term filled with exciting learning and adventures.

And don't forget, keep up to date with all that's happening by checking out our school's website or **Facebook page.** There's always something exciting going on at our **Cool School!**

Regards,

The Cool School Team



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Nabiac Landcare



It's spring in the bush and the garden! My nose is experiencing a dizzying array of scents. Unfortunately, I had my first sniff of privet blossom for the season as well! I fear it will be a 'great' season for privet and just about every weed on our list. Seedlings are popping up everywhere. Some of them are good.

The Nabiac Landcare team has had a good month working at the Lilly Pilly Bend reserve, especially doing follow up weeding along Woosters Creek.

We were also happy to welcome back **Chris Scott** and his team of workers, who tackled some of the heavy stuff at the Clarkson Street end of the reserve. They also pulled many, many camphor laurel seedlings from the south end of Bullock Wharf reserve. We have been very fortunate again this year that the MidCoast Council has allocated some of the environmental levy funds to pay this team and assist in managing the weed problems in the reserve.

On a much less happy note...vandals are at it again! Someone must have a new hatchet. Near the Farnell Street entrance to the reserve, at least 20 trees have been hacked down. These were living trees...not someone's attempt to cut firewood. This is so disappointing to the volunteers who work each week and to members of the public who have also seen the damage.

Which weeds to control this month? Dare I say ...all of them,

especially if you are using chemicals because the weeds are definitely actively growing.

The real key to weed management is to stop reproduction. Removal of the larger plants that produce seeds will help stop the cycle, then the follow up removal of smaller plants and seedlings before they reach maturity will help ensure elimination or at least containment of a problem weed.

Knowing your enemy is the first step in any successful war. So...observe, identify and then research the best way to win. Once you've started it's follow up, follow up....

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.

Even if you can't help in the bush, you can do your bit for our lovely area. If you have a garden remove fruit and seeds from exotic plants that the birds and wind will spread. When you prune, compost your prunings or use your green bin. Over the fence or across the road in the bush shouldn't be an option. Most of all enjoy a quiet 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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MINIMBAH MATTERS



Minimbah Rural Fire Brigade received some sad news last month and we feel the need to pass it on to you.

Vale Johan (Jo) Karsenbarg

Jo Karsenbarg was a former dedicated, enthusiastic and vital Life Member of Minimbah Rural Fire Brigade. Following a very full and interesting life, having turned 97 in August, sadly the flame in Jo flickered and went out on 20th September 2025.

Jo joined our Brigade in March 1992. He received a 20 years' Long Service Medal from the NSW RFS in 2014. A National Medal was awarded to him in 2015 for his contribution and dedication to the NSW RFS for a period of more than 20 years.

Lifetime Membership of the Minimbah Rural Fire Brigade was awarded to Jo on 9th April 2016.

While in our Fire Station we are surrounded by Jo's well-known and award-winning craftsmanship. From the tables we sit at to the cupboards, frames and noticeboards, to the beautiful special Brigade Clock on the wall. Jo did not like to waste time.

While not all our current Brigade knew Jo, those who did, and especially those who joined the Brigade while he was in it, and fought fires alongside him, gained much from the experience. He was an active fire fighter until well into his eighties. Without wanting to hold any rank within the Brigade, Jo was a leader in many ways. He respected the uniform and always made sure it was freshly laundered when he turned out. Jo was an exceptionally talented man with a great sense of humour, and ever the gentleman.

Our condolences are extended to Jo's family and friends.

R.I.P. our friend Jo.



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Now down to business.

Our **Get Ready Open Day** on 13th September has been ticked off as a success.

We are fully aware that new people are moving into the area, and it was pleasing and encouraging to meet some of them. Receiving enquiries on how to join the Brigade was an exciting bonus. Thank you to all those who attended, and to those who couldn't make it – we will be on the look-out for you next year.

**The Bush Fire Danger Period in the Mid Coast District
commenced on 1st October 2025.**

**Fire Permits are required
for outside fires from that date.**

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 been updated 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

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Megan's Health and Wellness

Hi to all the readers of Across the Fence,
I hope you all smelled as many roses as you could last month, and are embracing the change of seasons. Spring has sprung, and I sure do appreciate the warmth of the sunshine!

Through conversations with many different people, I found there was a general feeling that winter was particularly hard this time around. I think the rains (and those traumatising floods) had much to do with it. And many of us felt the malaise of colds and flues, some lingering on for weeks, even months on end.

I think humans are so wonderfully resistant. Whatever is thrown our way, we adapt and get through it. I hope those of you still feeling the winter blues - or flues - remember that. You will get through it. And sunlight is here at the end of the tunnel.

Would you believe sunlight is usually prescribed in many consults with Naturopaths, and is great for boosting our immunity and fighting the flu?

It is recorded that 1 out of 4 of Aussies are suffering with vitamin D deficiency, but I reckon it's more accurate to say it's a deficiency of sunlight! And... nature.

Absolutely, Vitamin D is a crucial hormone that supports our bone, immune and hormonal health, and supplementation may support depleted levels get back within a healthy range. For those who take vitamin D supplements, it is best taken in the morning with fatty foods, such as mushrooms, avocados, nuts and seeds, animal meats, fish, eggs, milk and grass-fed butters.

But supplements will not resolve the issue as to why you were deficient in the first place.

Sunlight does so much more than just resolve our vitamin D issues. We are innately attuned to the sun, and nature, and therefore influences our being in ways more than we can imagine. It helps create happy feelings, also called "neurotransmitters", that promote feelings of happiness, relaxation, calmness - all the good things. It regulates our mood and sleep cycles: feeling energised throughout the day, while at night feeling relaxed, enough so we can fall easily to sleep. When we think about solar, we have our own solar battery pack, and the sun charges us up with energy and electrical charge - our life force. The other wonderful thing about the sun is it brings you out into nature. We must always remember that we are a part of nature, and it is a part of us. Depriving ourselves of it is to our detriment.

Of course, I would never recommended going out getting yourselves



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heatstroke and third-degree sunburn. It sure is true that you can have too much of a good thing!

So I must give these precautions.

Avoid peak sunlight times: usually between 10am - 2pm. The morning sun and the afternoon sun is the best time to be outside and expose our eyes and skin (the fatty parts of skin: upper arms, thighs, the tummy).

Be sun safe during those peak times - Hats, long-sleeved clothes, keeping hydrated with water.

And when it comes to sunscreen, well, it's a controversial topic... due to some products and ingredients being recalled and found to be toxic, respectively, I cannot in my heart recommend all sunscreens. To be on the safe side, I will recommended natural, low-tox, mineral-based sunscreens such as Zinc oxide, as opposed to chemical-based sunscreens. Local health food shops like Go Vita in Taree and Forster stock some wonderful and safe natural sunscreens. Chemist Warehouse and Priceline and other pharmacies may also stock clean brands, such as WOTNOTS, MooGoo and Eco Baby sunscreens.

So, to end, I hope you all embrace the gift of warmth in your days and implement sunshine - and nature - into your everyday life. Until next month, I hope you remember:

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Megan.

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REAL KULTCHA

It has been said, confession is good for the soul, so let's give it a shot. In my last rant I said *the Collie-Wobbles seem to have arrived again at Collingwood and they'll be lucky to play finals*. Well, I missed it by that much, or not much at all. They did make the finals later that afternoon but that was after I'd sent the rant to The Editor. She's a fearsome character and not wishing to get on her bad side, I decided to let it run – who knows, I might get lucky and they might fall short! As it turned out, I did get lucky, they died on their run and so joined the rest of the teams as also rans. 'cept of course, for the *Brisbane Lions* and the *Geelong Cats* who will fight out the Grand Final this weekend. I'm writing this Tuesday for two reasons: #1 – I'm afraid of The Editor and her deadline; and #2 – I have no idea who'll win either the AFL or the ARL Grand Finals so I'm making no predications – we'll all find out together.

I've been noticing an increased number of reports on *pickleball* and I have to say I have no idea what they're talking about. It is apparently, very big here on the Mid North Coast and, if I heard it correctly, The Master's Championships are taking place this weekend up here. I do however, despair for an established sport – tennis – that appears to have fallen on lean times around here. Will pickleball end up taking over local tennis courts and if it does is that just a sign o the times?

Sam Konstas seems to have found his groove again. If you'll recall, he made an explosive Test debut in Melbourne last summer which included a couple of reverse scoop shots that left bowlers (and a lot of reporters) stunned: *you don't play shots like that in Tests!* But he did, got away with it and he was on his way. Sadly, not all bowlers were gob-smacked, and what followed was a series of low scores that put his Test spot on shaky ground. As a member of the Australia A side now touring India, he dug in (which is always good to see in a Test player) and, with Campbell Kellaway, managed to pile up an unbeaten 198 runs from 37 overs. He just may have saved his Test spot, but time will tell.

Does the name Chloe Covell mean anything to you? No? Well, make a note of the 15-year-old Gold Coast skateboarder's name because there's a very good chance you're going to hear it mentioned a lot more. For starters, she was an Olympian in Paris last year, has won five gold medals in the X Games and has also had four Street League Skateboarding wins. But that's not all. Chloe has been selected by skateboarding legend Tony Hawk to be a playable character in the new Tony Hawk's Pro Skater 3+4 video game – the only female Australian skater to feature.

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While I'm on female athletes, have you heard of Faith Ward? No? You should get out more. Well, she's a dancer and actually began her craft at the age of 2 and decided to make it her career at 10. She grew up in Perth and the high point of her career to this year was being a dancer on cruise ships. It was during some downtime, she saw a TV item on the Dallas Cowboys cheerleader's squad and decided to have a shot at it. She says it wasn't easy as thousands auditioned for one of the 6 positions for this year, but she's made it! If you needed a reason to watch American football this year, watching the Dallas Cheerleaders - and Faith Ward perform – you never know, you might get hooked!

From the *What Tha?* File: In the Land of the Free and the Home of the Brave, current President Trump (who is unhinged) and maybe following advice from his Health Secretary Robert F. Kennedy Jr (who is definitely mad) has recommended that pregnant women do not take paracetamol because it causes (wait for it) autism! Many eminently qualified medicos across the world (see SMH 24/9/2025 p. 6) dispute this assertion and while it's cause is not fully understood yet, paracetamol has been almost totally ruled out and it seems there may be more than a strong possibility that it is hereditary. But, is Trump qualified to give such advice? Most certainly not! Is Kennedy qualified to give such advice? Well, given he's almost totally against any kind of medicine and in particular vaccines and has just fired the boss of an important division in his Health portfolio because she wouldn't back him in another of his crackpot statements – is definitely not, because he's mad! It is no exaggeration to say Kennedy would be out of his depth in a car park puddle. Mark my words, if this silliness continues, I think we can expect the USA to regress – medically speaking – to the Middle Ages with diseases such as measles, whooping cough, chicken pox, polio and the like running amok in children. With a little bit of luck it may happen quickly (like in his current term) and so prove he's not the genius he thinks he is.

In short, in the USA, the lunatics are currently in charge of the asylum!

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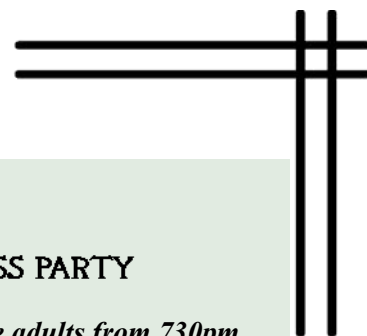
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Nabiac Pharmacy News



Hi to all of you from us at Nabiac Pharmacy.

With the wettest autumn and winter in years now over the consequences of this seem to be an early and strong allergy season.

Treating allergies is as simple as taking safe antihistamine tablets when needed, through to having to see an immunologist. We'd like to think that most peoples allergies are on the simple side and will have their problem treated by a single daily non-sedating antihistamine.

When tablets alone don't work well enough for nasal symptoms then the next step is to add nasal sprays. Fortunately most of these sprays have come down in price in the last year. When tables alone don't work for eye symptoms we recommend adding eye drops for the shortest term use needed.

Lastly, we'd like to thank people who helped us sell 120 Legacy badges. A very worthy and personal cause to a lot of people.

Tim

AGLAND TURF



Don't wait for symptoms— Prevention is key! As the temperatures are starting to climb, so does the risk of lawn damaging pests, especially the notorious armyworm. These voracious caterpillars can devastate your lawn overnight, leaving once-healthy lawns looking dead and patchy. But the good news is, you can stop them before they invade with the right protection. Acelepryn offers season-long protection against armyworms and other lawn pests. Unlike traditional insecticides, Acelepryn is: • Environmentally considerate: Safe for bees, pets and beneficial insects • Long-lasting: One application provides up to 6 months of protection • Low-impact: No strong odours or harsh chemicals. It works by disrupting the pests' feeding cycle before they cause visible damage, making it ideal for proactive lawn care. Armyworms tend to strike after warm, wet weather. Be sure to keep an eye out for: • Brown patches that appear suddenly • Increased bird activity (they're hunting caterpillars) • Chewed grass blades or thinning turf. If you notice any of these, act fast and apply a knockdown treatment followed by a preventative such as Acelepryn.

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Our Grey Ghosts—on the road AGAIN!

To Tamworth, again, this time via Hexham and the Golden Highway. About the same distance and time, without the hill at Nowendoc. Good run. Tamworth is worth a visit on so many levels. The urban population is around 52,000 with a massive industrial base to service the huge agricultural and mining sector. Very little that can't be manufactured or repaired here. In many ways, self contained. At 400m (1,300ft) it's not the coldest area in New England area but temps were still around plus 1s and 2s at nights. Beef cattle are fat and the area is in great shape feed wise. No dairy farms here.

Our job here is done so head NNW & up to the top of the Moonbi Range @ 1,300m (D-max, 3rd gear auto, easy). This is a 6km climb on this section of the New England Range which is of course part of the Great Dividing Range.

We bob along the top for some 100ks so no mountains are visible. Still on the New England Highway, we pass Bendemeer, Uralla and turn at Armidale onto the Waterfall Way.

This all sealed road has suffered, as many have, following the heavy rains. Multiple red light stops where work is happening in earnest. Regular travellers here, could possibly wear out several steering boxes due to the constant cornering involved. Via Wollomombi and past the turnoff to Ebor. We start to descend at last and begin to see mountains in the distance and valleys with planted stands of timber which act as wind breaks. Some dairy cattle here.

Could possibly looking at an English landscape which is probably why it is named the New England area.

Stands of towering grey gums searching for sunlight, arise from the gullies, a stark contrast from the shorter timbers west of the range. We camp at Dorrigo Showground and have only done some 250kms. Seems a lot more.

We get a call that our friend, **Frank Fallowfield** in Tamworth had passed away. There will be folks in that area who would remember Frank and **Ans**.

A meal at the RSL and are introduced to the bar staff, the kitchen crew and bingo caller and within ten minutes, the locals all know we come from Nabiac. Friendly it is and a great Chinese meal. An impressive display of Defence memorabilia on display, including a local VC winner who still lives in the area.

The obligatory visit to Dangar falls. As expected a lot of water here and impressive, good viewing platforms.

A must see is the rail steam collection. Not open to the public but visible through the chain wire fence. Dozens of carriages and wagons but particularly interesting are the steam engines, perhaps 25 dating from 1878. Supposedly privately owned and a troubled history and expensive court case has left it limbo which is sad. The largest collection in NSW. The track is closed so they are stuck there. (Dorrigo steam and railway museum)

Still on the Waterfall Way and leaving the Dorrigo escarpment we

are soon at the top of the 11km descent, a bendy and slow trip, not exceeding 40k/h, all well but the co-pilot is not enjoying it one bit her side, one could not see the bottom. Several stop signs as an enormous amount of roadwork is happening & large amounts of machinery in use. All well till nearly at the bottom and stationary, when a small truck with a large tractor on board, cut a corner and took the van mirror off the D max, thankfully missing the van. Pleased to get to the Showground at Bellingen to camp for a few days, although it's market day and camping is in short supply.

A couple of days here and as it's Fathers Day, I'm shouted lunch at the restored "Butter Factory" restaurant. Very pleasant and busy of course with several small private stalls selling their wares.

A short drive and don't want to turn right for home but have to, and camp at "a caravan park" about a third the price of the other one at Urunga. Clean but very basic. Meet up with my former Nabiac fire Captain, **Keith**, for lunch at the Bowling Club. He is not in good shape but positive.

Down a bit to Coffs harbour and come across evidence of the by-pass. Massive roadworks and diversions, expect it be open next year. Find and visit the National Holden and National Cartoon Exhibition in a purpose built building in pleasant surroundings.

A very good display of about 20 of "Australians only Car". Very impressed though of the all Australian examples of cartoons. This is worth the \$15 entry fee alone. Huge amounts of very clever examples of their finest work. Really enjoyed that.

Toddle down the coast and camp at North Haven for a few days. Always has been a nice area, Laurieton is very busy, 7km from the highway and no Maccas just the locals doing their thing and it's working. Three reasonable op shops, auto accessories, Council Depot, Picture theatre (saw Downtown Abby) substantial industrial area. Nice place.

Unfortunately the fish Co-op burnt down some 12 months ago and whilst the site has been cleaned up, no progress on rebuilding, although they have opened a shop in North Haven which is busy. Across the river and you're in North Haven, where you can take a left and travel to Port Macquarie via Bonny Hills and Lake Cathie. We did a one day trip to Port, and staggered by the amount of subdivisions as you travel into Port from the highway service centre. Wouldn't want to live anywhere near here.

Back at the Haven and two substantial break walls line the river. Very well maintained and a fish cleaning table on the edge and a sign **don't swim here**. Sure enough two 3m grey nurse sharks are mooching around here. Across the water is Dunbogan, also very pleasant area with a new 1km walkway that follows the shoreline. Well worth the walk.

All rested up and breakfast at the surf club cafe overlooking the ocean. Very pleasant. Leave about 8am and receive reports that whales are in the bay southbound about 30minutes after we left.

Ah well them's the breaks Good to be home though.


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Lyn's Larder

SPINACH & FETA MINI QUICHE

Something quick for a snack or entertaining

INGREDIENTS

3 Sheets Shortcrust Pastry, partly thawed
½ cup Tasty Cheese, grated
125g Feta Cheese, crumbled
120g Baby Spinach, chopped roughly
3 Eggs
2/3 cup Thickened Cream

METHOD

Preheat oven to 180°F. Lightly grease 1/3 cup capacity muffin tins or flat base patty pans
Using a round cutter big enough to line the muffin cups, cut 24 rounds from the pastry. Press into the tins. Using a fork, pierce the base 2-3 times. Bake 6-8 minutes until the pastry is a very light golden colour. Set aside to cool for 10 minutes.
Divide the tasty cheese and the Feta among the partially cooked pastry cases. Top with half the spinach.
Beat the eggs and cream together with a fork, until just combined (you don't want air bubbles), season well with salt and pepper.
Carefully pour the egg mixture into the pastry cases so that they are almost full. Poke a few extra bits of spinach into each cup.
Return the quiche to the oven, bake 15,20 minutes until set



MICHAEL BOURKE PLUMBING

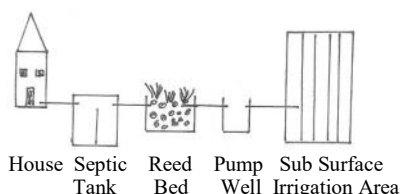
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Theft Notice from a Krumbach Resident

A thief is operating in the area. The resident fortunately had cameras guarding their property and got some good shots identifying the thief and the police have his identity.

They had a bicycle stolen from the property after the thief jumped the locked gate and checked the property out. It was the only thing not locked away.

Not sure if he has been apprehended or is still out there. Probably had an accomplice in a car with him.

Make sure you have your houses locked in case he is still about.



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9.30am - 12 noon

Nabiac Community Technology Centre

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

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

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

We have a colour scanner. Bring in your old photos & scan them to an external hard drive or DVD.

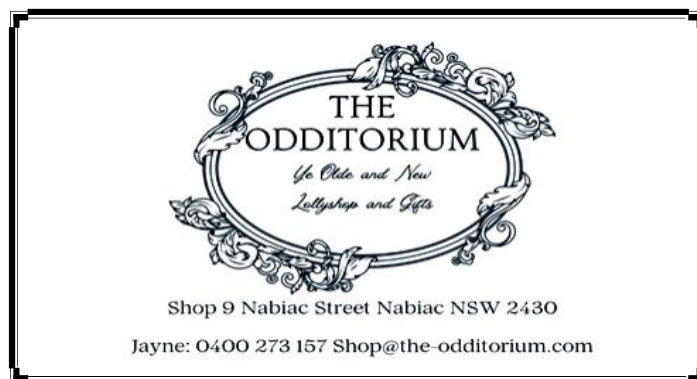
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Alan, Terry, Stewart, Jillian and Sheila.

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THE IMPORTANCE OF BULL TESTING: INVEST IN YOUR BEST

Bulls are one of the biggest animal investments farmers make on their property and when bulls breakdown or under-perform, it can have a devastating and long-lasting impact on the overall fertility and profitability of the herd - the fertility of the herd bull is critical to the success of a breeding enterprise. A study published by the Australian Cattle Vets assessed the fertility of 221 bulls and found that 110 bulls or 49.8% were at risk of being sub-fertile. In the same study, almost half of the bulls considered to be sub-fertile failed the examination and were considered to be unsuitable for use in that joining period. The economic losses incurred in a single joining season with low pregnancy rates can cost producers thousands of dollars and a bull with unknown fertility can affect herd reproductive performance and profitability well into the next decade.

Our experienced Cattle Veterinarians are accredited to provide Bull Breeding Soundness Examinations (BBSE or BULLCHECK™) to producers and studs. The BULLCHECK™ was developed to standardise bull testing and to provide a consistent measure of bull fertility. The BBSE requires a bull to meet a set of standards for key fertility measures, which indicate whether a bull has a high probability of being fertile. A "BULLCHECK™" (aka Bull breeding soundness examination or BBSE) by one of our vets is cheap insurance to help ensure your farm's profitability.

Do you ever ask yourself questions like:

- How many bulls should I run?
- Are my bulls sufficiently fertile?
- Should my bull be vaccinated?
- Could bulls be spreading disease through my herd?
- Will the bulls make it through the season?

If you're asking yourself any of these questions, maybe it's time to consider the benefits of a bull breeding soundness examination (BBSE).



The five components of bull fertility examined and measured in the BBSE are:

1. Scrotal circumference and testicular palpation
2. General physical exam and reproductive tract examination to identify bulls which are structurally unsound in the legs, feet, penis and sheath
3. Semen assessment to determine whether the semen is within normal range for motility, sperm mass and percent progressively motile
4. Serving ability & libido
5. Sperm morphology testing - semen can be submitted to a laboratory for specialised sperm morphology examination using high power magnification

You should suspect a problem with your bull's fertility if you are experiencing low pregnancy rates in your herd. For a bull to be considered 'fertile' he should be able to achieve, by natural service, a pregnancy rate of 60% and 90% in 50 normally cycling females, within three and nine weeks of mating, respectively. Having your herd pregnancy tested can help identify problems early, so steps can be taken to address the issue to minimise the economic impact.

We recommend producers have their bulls tested prior to sale or purchase, and prior to joining with the herd each year. Some cattle breed societies stipulate that using a BULLCHECK™ Accredited Vet is a mandatory requirement before selling bulls, and all bull buyers should request a complete BBSE when sourcing bulls. Utilising a sub-fertile bull can have serious consequences for productivity and a thorough BBSE exam by a qualified Veterinarian is very cost-effective insurance against major economic losses to a breeding enterprise. Wingham & Valley Vets offer a weekly Tuesday run to Nabiatic and surrounding areas; providing bull testing, pregnancy testing and all equine and cattle Veterinary services. To enquire please call us on **6557 0000** or email admin@winghamvets.com.au.





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Welcome to Deb's Gardening

The countdown is on, 2 days and I am up, up and away. Spain and Portugal here I come. Hence I am busy organising myself and one of the things is to get my article in early. There is so much to do prior to going away and it doesn't help when the builder is back and needs me to paint boards prior to them going up - it is definitely easier to paint them prior but now, I have other things to do! I am on a mission.



I came to realise that my other half has never watered my pot plants, not once. I need him to water them while I am away, so I have made it easy for him. I have gathered them up and put all in one spot outside in the shade of the house and even close to a hose; if it rains while I am away he won't have to do it very often. I knew I had a few plants but when they are grouped together I have a collection, I am thinking they will just be in survival mode while I am away. I also need him to water my plant cuttings. That is one job I was hoping to get done prior to going away. Most of them have roots and need to be potted up or planted out but I do not like my chances of getting that done.

The vegetable garden is just about planted out. More carrots and beetroot seeds went in the other day and on the right moon phase (Waning). I needed to sow beans and I put them in at the same time; they should be sown at the waxing stage but I wanted to get them in, it just means that they may take longer to germinate. I have just finished eating my frozen beans from last season's and they were delicious. I sowed the beans following the broccoli crop, I have been picking plenty of broccoli but I didn't plant enough to freeze which is what I do every season, painting seemed to have gotten in the way.

I have had to give the garden a good watering; we could do with a bit of rain. There have been quite a few irrigation sprays that have needed to be replaced because it has been that long since I have used the irrigation system in the vegetable garden that a lot are either blocked or blown out. If only there were ones that didn't block but I haven't come across any yet.

Tomatoes, capsicums, sunflowers, pumpkins, watermelons and salad greens are all in. When I get back next month I will plant more tomatoes, you can never have enough tomatoes, which I will plant following the peas. I noticed a lot of self sown tomatoes germinating everywhere and as I only grow heritage tomatoes (heirloom) varieties of tomatoes whose seeds have been passed down for generations and are open pollinators that require weed and insects to pollinate,

Jason Packer
Director / Bricklayer



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which means you can save the seeds, plant them and expect them to grow into the same new plant. I did not save any seeds from the last crop and I planted a few different varieties from round to roma and cherry, so the self sown could be all cherry tomatoes and no round or roma. Sometimes it is just easier to buy heirloom tomatoes seedling from the nursery already established and ready to plant. One day I may get back into saving seeds once the house is finished and I have more time on my hands. Hopefully the house is finished before I get back as it is getting very close to being finished. Though I will still have plenty of painting to do!

The over grown ripe zucchinis that I buried at the end of last summer in their new resting place are starting to germinate, how easy was that. I just need to thin out the seeds and watch them grow.

I gave the other half a tour of what is in the garden for him to pick and eat while I am away. He wouldn't have a clue what is in the garden. The last time I went away for a couple of days he went to the shop and bought lettuce. I said 'why, there is plenty in the garden?', he said "I don't know what you have in there." hence the tour.

Most of the weeding is done, there are still pockets of weeds throughout some of the garden but it is mainly grass that has crept in to garden beds. The lawn close to the house where the grass died from materials laying around is now full of bindii. I have been reading up where lawn can handle an oversupply of iron quite well but some weeds like bindii can't. An organic home remedy for bindii is 2 table-spoons of iron sulphate mixed with 4 ½ litres of water. Spray the bindii with the solution and, all going to plan, the bindii should die off with-in 24 hours. Another home remedy is good old vinegar, 3 ½ litres of vinegar to 1 cup of salt and a bit of dish soap to help the mixture stick to the weed, spray directly. However if there are desirable plants and grass this mixture will kill them too. I have patches where it is just bindii so that won't be an issue. Once the bindii have died then it is a matter of throwing grass seed on keeping the water up until the seeds germinate.

Like I said, so much more to do in so little time! Now to go back and give the boards another coat of paint; give the garden final water before I head off; spray the bindii, not to mention back my bags.

So until next time,

Time is what we want most, but what we use worst.

Deb



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Next market: Saturday 25th October.

—Save the date! There are just 2 more market shopping days before Christmas.

The September market had a lovely-relaxed vibe, with calm weather and a steady stream of shoppers. It wasn't as busy as we expected, but albeit a good market day. The two coffee vendors were constant.

The produce, flowers, meat, honey, bread and specialty goods such as microgreens and mushrooms, all sold like hotcakes. The pottery stalls also sold a few lovely pieces.



New stallholder Beechwood House Flowers had a good first day.

Red Hill Avocados were popular with their seasonal produce. There were plenty of happy shoppers all round.

We anticipate an uptick in sales at the October market, as people start Christmas shopping and ordering meat, gingerbread houses, pottery & Christmas puddings. Here are some ideas if


you'd like to source unique, local, Aussie made products for gifts:

- Chopping boards and other woodcraft items
- Hand-sewn items; glasses cases, scarves, clothes, potholders.
- Pots with succulents in creative vessels
- Chutney, relish & honey
- Garlic products
- Herbs & spices
- Jewellery
- Baby wares and toys
- Wine
- Natural skin care
- Soaps and body product
- Photography & art
- Gin & other spirits
- Christmas puddings
- Plants



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- *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 25th October 2025, 8-12 at the showground.

Market enquiries, including new stallholder applications:

www.nabiac.com

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





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WALLAMBA LANDCARE GROUP.

Wallamba LandCare Group recently enjoyed a fascinating walk and talk with Wil, from Minimbah Permaculture Farm.

Wil guided us through the forest, sharing the results of a section of clearing lantana by hand; with the return of a vast range of native species, including apple berry, native cherry, acacias, lomandra and wombat vine. It was great that **Joel Dunn**, our local LandCare coordinator, could join us for this field-trip, and share insights into bush regeneration.

It was interesting and inspiring to see different results between clearing strategies, including hand-pulling, a small amount by vehicles, using animals (1 goat, 1 horse, 1 donkey). It was surprising to see further differences of species in a small section which had been raked.

We learned snippets about the vast food forest, water management, and utilizing the fruits of the chicken's labour to break down weeds and green scraps, then catch the "fertiliser" on the low side of the chook run.



We'd like to say a huge thank you to Minimbah Permaculture for their kind and generous hospitality.

Our next field day is on **Wednesday 17th November 2025**, with a presentation about bush tucker by **Nardja Carter**. 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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Good Medicine

Worldview

It's interesting that we can have a worldview without realising it. Our worldview is our set of beliefs and values that help us interpret the world around us and interact with others. Our worldview can 'kind of sneak up on us'. Sometimes we don't think about it or even know about it.

Some things that influence our worldview can be how we were raised by our family, our teachers and our religious (or non religious) experience.

For instance part of belief in Karma is that when good or bad things happen this is caused by our deeds in a past life. So someone with a disability is of no consequence as this happened because of a past bad deed, therefore is their own fault.

How much better is the Christian worldview which believes everyone matters to God. It accepts the Word of God as absolute truth.

David wrote in *Psalm 139* that God knew us before we were born, He saw us being formed and already knew how many days would be allotted to us ... amazing isn't it? What's more, He has a plan for each person.

In *Isaiah 49:15* it says that even though a mother will forget her child, God will not forget you.

According to NationsGeo.com, there are approximately 8.1 billion people on our planet with a growth rate of 138 per minute. In light of these statistics it can be easy to feel insignificant and invisible ... but you are special. There is no one on earth like you, no one has your DNA. You are not invisible ... **you** matter.

Our worldview is crucial. The word 'crucial' comes from the French word for cross shaped, crux (original Latin for cross). We talk about

the crux of something, meaning the main important part. Originally it was a medical term used for the ligaments of the knee that cross over to enable movement. Amazingly (to me) 'the cross is at the centre of every cell in our bodies' (Louis Giglio).

If you want to change your focus in life the Bible can help you adjust your worldview in line with your Creator. Changing our focus can lead to changing our life.

The Christian worldview means showing compassion to the lonely and sick. When Jesus was on earth He offered unconditional love to all, including criminals, and ultimately gave His life for us.

If we view the world through the cross of Jesus, it will make a huge difference to our life.

Mark 10:45, The Son of Man came ... to give His life as a ransom for many.

Quotes from Louis Giglio, NationsGeo.com

The Counsellor



MidCoast Council's 2025 Water Wiser Grants program.

Nabiac Show Management Committee was one of the lucky applicants to get a grant for the Nabiac Showground Ground, which will enable them to have water bottle refill taps installed on the grounds.

This is to encourage patrons to REFILL their bottles instead of having to buy new bottles and help the environment by a lesser use of plastic bottles.

The Water Wiser Grants program offers eligible organisations across the MidCoast up to \$10,000 in co-funding to undertake projects and activities that increase water conservation or sustainability through education, efficiency improvements or awareness-raising initiatives.

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

October Mass times are Saturday 4th at 5:00pm, Saturday 11th at 6:00pm, Saturday 25th at 6:00pm

November Mass Saturday 1st 6:00pm
(contact **Helen Legg** on 6559 1211)

***Note: Mass times back to 6:00 from October 11th with the beginning 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

October Mass time is Saturday 18th at 5:00pm

***Note: Mass is back to 6:00pm again from October with the beginning of daylight savings**

3-Point Towbar

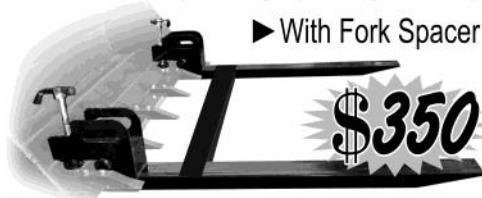


\$169

- Cat 1 or 2
- 50mm Towball

FEL Pallet Forks

- With Fork Spacer



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- 2.5kW DC Motor
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- 500kg Capacity
- Coil Springs
- Gas Strut Tipper
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- Includes PTO Shaft

~~\$3,050~~
ELSEWHERE

\$2,490

Slashers



- Includes PTO Shaft

3ft
\$1,497

5ft
\$2,497

6ft
\$3,497

Star Pickets

*Minimum purchase 30 pieces
While stocks last



900mm **\$2.30^{EA}**
1,350mm **\$3.50^{EA}**
2,100mm **\$6.99^{EA}**

Towable Backhoe, 14HP

- 50mm Towball Hitch
- 420cc Petrol, 14HP
- Onboard Hydraulics
- 2,200mm Max. Depth
- 120° Swing Angle
- 1,100mm Dump Height
- 2,400mm Max. Reach
- 1,180mm Stabilizers
- 535kg Unit Weight
- Joysticks Controller
- Transport Locks
- Seatbelt Included



- Includes:
- 2 Buckets
 - Ripper

~~\$6,500~~
ELSEWHERE

\$4,997

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- Inc. Tube
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5 Tyne Chisel Plough



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Barb's

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Belinda available Monday - Tuesday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

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

"Slow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why."

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

Useful Numbers

EMERGENCY - Police - Fire - Ambulance 000

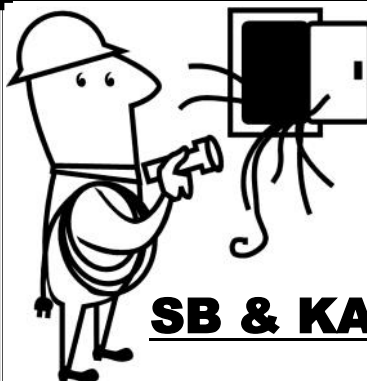
Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAUNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	5565 1222
Post Office - Krambach (closed 1pm to 2pm)	6559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

* 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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FOR GENERAL INQUIRIES,
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bradreardon9@icloud.com
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- Mulching & slashing
- Hole boring
- Post ramming
- Stick raking
- Trenching
- Drive way repairs
- Rubbish removal
- General welding
- Large animal burial
- Farm equipment maintenance & repair

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)

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

Jane Hallock, on 0414 626 549 (NABIAC)



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