





Phone Peter on **0404 793 966**

Editorial.

Another month's slipped by and we find Christmas around the corner. Remember when we were young and it took for absolute EVER for Christmas, Birthdays, holidays, etc. to arrive. Now I am almost another year older and still wondering where the year has gone.

Weather peculiarities aside, I must admit the cooler days we have just had I have thoroughly enjoyed. Especially the tiny drop of rain which washed the dirt off the trees and plants and cooled the days and made outside all sparkling and clean and green.

I snuck off and had my own little holiday (first in 13 years) in September for a 2 week road trip with my school girlfriend. Timidthy had a lovely holiday at Wingham Kennels with Ros and wormed his way into everyone's heart, think he had a better time than I did! We did the coast road down to Lakes Entrance in Victoria and came home via the inland route. What intrigued and saddened me was the number of dead wallabies and wombats on the verges with big pink crosses sprayed onto the bodies. We asked about these from the locals to be told the bodies are checked for babies by FAUNA and the cross indicates it has been checked so the next round of people don't have to. Since returning, I have been told that we do it up here as well, but I have NEVER seen it, maybe I don't go far enough into the country. Great news as their babies can be saved,

Apart from that sad note, we had a ball, and I came home nice and fresh and relaxed straight into doing October's issue! Need I say more? Krambach School's writers have given us 3 new stories, one is a cliff hanger "to be continued"!. What great imaginations they have to write these little 'missives' and poems. Young Lillian has managed to get a second go at it with a poem this issue. Keep it up kids!

Only one new ad this month for Solar Panels. Details on page 17 if you are interested in adding solar energy to your house.

The Neighbourhood Centre is having its AGM in December if you are interested in joining or attending.

Bunyah Hall is still collecting Centenary information for their Commemorative Book - anything you have tucked in the attic pertinent to their book will be most welcomed. They are also getting geared up for a big celebratory bash in February. More details next month.

Remembrance Day is looming and Bunyah Hall and Nabiac are holding Services. Times page 3 & 13.

It is a time we should all reflect on. We never seem to be totally free of wars happening somewhere in the world and all of it is caused by greed for land or, unfortunately, religious beliefs. Will we EVER learn to be friends with our neighbours and stop the

senseless slaughter of our young?

That's all from me, until next month.

Lyn & Timidthy



WHAT'S HAPPENING IN NOVEMBER, 2025 Markets & Events.

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

Wingham Markets—showgrounds Check out barringtoncoast.com.au for more info & confirmation

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

Contributions To: The Editor, Across The Fence, 1 Barry's Road, Firefly. N.S.W. 2429 or c/- Modern Motors, Nabiac, N.S.W. 2312 - please phone WHEN you have left articles there to be collected

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

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Nabiac Memorial Neighbourhood **Centre Association Inc.**



The Neighbourhood Centre AGM will be held on Thursday 11th December 2025 at 7 pm at the Neighbourhood Centre. All financial members are welcome.

Agenda -

Election of Committee President, Vice President, Treasurer, Secretary, and Committee members.

2024-25 Reports from President, Treasurer, Nabiac Second Chance Opportunity Shop, Nabiac Farmers Market, Nabiac Nook, MidCoast Quilters, Nabiac Landcare and Nabiac Village futures Group.

Nomination forms are available from the Secretary email secretarynmnca@gmail.com

Nominations are to be received by email. Nominations close at 7pm on Thursday 7th December 2025.

After the AGM the new committee will meet at the Neighbourhood

Louise Collins, Secretary Nabiac Neighbourhood Centre

NABIAC RSL SUB BRANCH NEWS

Remembrance Day Service

Nabiac RSL Sub Branch will be holding this year's Remembrance Day Commemoration at the Cenotaph, in Nabiac park, at 11am, 11th of November this year.

As usual, the public and locals are invited to join us and lay wreaths in remembrance of the family members who fought and served in

This is a time to remember those who made the eternal sacrifice for their country, along with those who returned with not just the physical scars but the internal suffering, conflict had burdened them with.

Lest we forget.

Regards,

Max Frost

President

Nabiac RSL: SB

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NABIAC PUBLIC SCHOOL

The best little school...anywhere! has had a vibrant start to Term 4, filled with community spirit, celebration, and plenty of learning.

On October 24th, Nabiac Public School hosted its much-loved Grandparents Day, a highlight on the school calendar. Families gathered for a joyful morning of music, colour, and connection as students showcased their talents on stage. Kindergarten delighted the audience with Skidamarink, Years 3 and 4 performed 'I Can Sing a Rainbow' in Auslan, *Addy* and *Indie* wowed with 'Mamma Mia', the school choir sang 'Memories', and Years 1 and 2 wrapped up the show with 'Great Day.'

Adding to the festivities, the Nabiapatch (?) offered a selection of nutritious "Grandparent Greens," including spinach, radishes, and parsley. The sweet peas were a crowd favourite, with two lucky winners taking home a beautiful bunch to enjoy! Families then shared picnic lunches on the lawn, celebrating the special bond between generations.

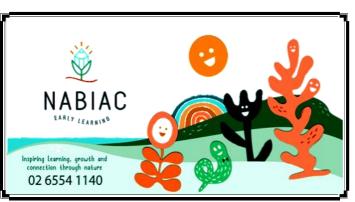
The day also supported *Loud Shirt Day*, with students and staff donning their brightest outfits to raise more than \$400 for NextSense, which helps children with hearing loss.

The school is also thrilled to announce that Ms *Liz Ede* will be joining Nabiac Public School as Assistant Principal in 2026. Liz comes from Gulargambone Central School, where she has served as an assistant principal for nearly 15 years. With strong family ties to Nabiac and Firefly, she is excited to return to her roots and become part of the local community once again.

In the classroom, students have been busy combining literacy, STEM, and creative expression. Stage 2 students have been coding with Lego Spike Prime while developing reading comprehension skills through STEM lessons. Meanwhile, the 5/6 Turtles and Pelicans have been exploring Worse Things by Sally Murphy, experimenting with poetry and punctuation to enhance their writing.

Our Year 6 students are eagerly anticipating *Fun Day* in Week 4, which will feature a variety of activities including spiders, face painting, bracelet making, temporary tattoos, basketball drills, and cookie decorating. It promises to be a wonderful day of fun, teamwork, and friendship!

We would like to extend a huge thank you to the Nabiac Village Neighbourhood Centre for generously covering the full cost of our





upcoming Swimming and Water Safety Program. This vital initiative helps ensure all students can learn essential swimming and water safety skills - an important part of keeping our children confident and safe around water.

To stay up to date with all the latest news from "the best little school... anywhere," visit our school website for weekly newsletters - <u>Home - Nabiac Public School</u> or follow Nabiac Public School on Facebook: <u>Nabiac Public School | Facebook</u>

Kind Regards,

Amelia Bridge
School Administration Officer Nabiac Public School

Krambach & District Garden Lovers News



Hello Gardeners

This month we visited *Jenny's* fabulous garden. I call it a storey book garden as it was so lovely, it looked like it came out of a storey book

Jenny has a lovely new little white shade house, built by her husband, a fernery and lots of lovely pots filled with petunias.

In the garden there are lots of interesting sections filled with beautiful flowering plants.

During the month we visited 3 gardens from Hallidays Point Gardening Club and they were such beautiful gardens

Garden 1 had a lovely lake with white, pink and blue water lilies and clumps of yellow iris on the side.

Garden 2 was beautifully manicured and full of natives and great plants

Garden 3 was a permaculture one and also beautiful.

We were very glad to get a drop of rain the other night and certainly need more.

If you would like to join us again next year, we would be happy to have you do so. We meet the last Monday of the month.

Call me on 6559 1375 for more information.

Until next year, happy gardening

Judi

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Nabiac Landcare

Landcare volunteers are a lot like my farmer dad...waiting impatiently for the rain to stop and then a few weeks later...hoping it starts up again.

We're trying hard to remove large privets at Lilypilly Bend hoping to avoid another generation of seeds. Unfortunately isolated privet plants are a lot like cassia, you see it flowering and then come back to find it and you can't. Do yourself and the bush a favour and attack it now.

The follow-up team has been doing a general sweep of the Lilypilly Bend Reserve. The pesky privet and camphor laurel seedlings that loved our warm wet winter are getting hard to pull. A weeding knife, either a hori hori or a stout old steak knife slipped down beside the stem of a small weed and wiggled a bit usually does the trick to loosen their hold on the earth. Be warned, micky mouse bush is a lot harder to extract and a bit more digging is recommended.

On the weed control calendar this month, Cockspur Coral Tree (Erythrina Crista-galli), pay particular attention along creek lines if there are trees upstream because the seeds are large and easily carried by water. Check out NSWWeedwise for control methods.



We have been lucky that Tropical Soda Apple has not invaded the Wallamba catchment...yet. There are several serious outbreaks in the Manning River catchment and up the north coast. Cattle can



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carry the seeds in their gut, so if you bring cattle onto your property take the necessary biosecurity precautions.

Sorry to say, we've experienced more dumping of organic wastes along the edge of the bush. A couple rolls of Buffalo turf, lawn clippings and general garden wastes. Please, you have a green bin if you live in town, use it! If you have too much green waste, find a neighbour who composts.

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 **65543196**.

Liz Rees





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WALLAMBA CWA REPORT

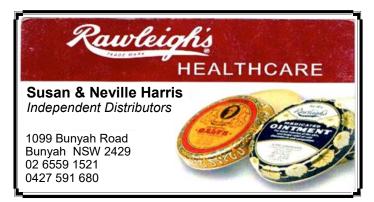
ctober meeting day for Wallamba CWA members was a busy one as it was also that time again when the Annual General Meeting – the Branch's 61st, was held on Tuesday 14th October at the Nabiac Community Church Hall which was attended by 11 members with two apologies received. Special Guests in attendance were *Chrys Bouffler*, MNC CWA International Officer, and *Topsy Roberts*, MNC CWA Secretary.

The meeting began with the reading of the 60th AGM Minutes held 8th October, 2024 and these were accepted by all and moved by member *Jill* and 2nd by *Jenny*.

President *Margaret Weller* presented her report as 4th year as President following on from the late President *Iris Cummings* and said how she had enjoyed the privilege and thanked all the members who had made the task an easy one and for the care and guidance of *Penny* (Sec) and *Jenny* (Treasurer) and to *Merle* (Vice President) filling in when she was enjoying a holiday break. Margaret thanked the branch (of 14) who had given dedication and their all to uphold proud traditions of CWA.

Secretary Penny gave a comprehensive report on the Branch's activities for the past year before Treasurer Jenny gave her audited report on the branch which continues to hold a healthy bank balance . Other reports presented included the Agricultural & Environment Report from Officer *Jill Hammond* which included our study topics of Australian grown Cut Flowers, Frog and the common saltbush which is very abundant across the Nullarbor and used firstly as cattle fodder but is now becoming a popular food ingredients used by our country's top chefs. We also studied the Common Myna bird brought in from Southern Asia to help control insect pests but are now a pest themselves.

The International report segment during each meeting was given by Penny on behalf of myself, *Pam Muxlow*, and included various topics relating to our Country of study South Korea, such as Geography, the Korea Flag, Korean Money (won and jeon) the conflict between North and South Korea which has been going on since the Korea War in 1950's, some recipes on Korean Food and the very successful automobile and electric industry that has exploded throughout the world. President Margaret, as our Cookery Officer, was an amazing year for our Branch at the MNC CWA Cookery Competition in February with our ladies entering 13 items which saw the branch take our 3 first prizes, 1 second and 1 third prize – I am sure our late member and Cookery Officer, *Jean Price*, would have been delighted. Earlier in the



year during February Jean did gain a 1st place for her peppermint slice. The next competition will be held in February, 2026

The Catering Report was delivered by President Margaret who spoke on the 3 successful catering tasks which were undertaken during the year and these included MNC CWA Handicraft and Ag & Environment Day hosted by Wallamba Branch, a family funeral at the Nabiac Uniting Church and a very successful Croker Family Reunion at the Showground Hall Luncheon Room last month.

Merle Barber presented her Handicraft Report and recapped the various activities undertaken with both Merle B and *Fay Anderson* having items go to the State Handicraft Competition Top 10 items. Merle entered her beaded pendant & a felted Fairy with Fay entering a beautiful framed stump work embroidery. Congratulations to Merle who went on to win at the State Competition Top Ten item with her beaded pendant — A great honour for her.

With no further reports presented, President Margaret closed the meeting and invited MNC CWA Secretary Topsy to chair the elections with the following members filling the position for 2025-2026

President: Jenny Ang, Vice Presidents: Margaret Weller and Merle Barber, Secretary: Penny Britton, Assistant Secretary: Pam Muxlow, Treasurer: Trish Murray, Assistant Treasurer; Jenny Ang. Publicity Officer: Pam Muxlow, International Officer: Pam Muxlow, Assistant International Officer: Colleen Sorrensen, Ag & Environment Officer: Gai Emmerson, Assistant AG & Environment Officer: Jill Hammond, Handicraft Officer: Merle Barber, Assistant Handicraft Officer: Colleen Sorrensen, Cookery Officer: Margaret Weller, Assistant Cooker Officer; Jenny Ang, Cultural Officer: This position was filled by all members with Penny reporting.

With the elections completed the AGM was declared closed and newly elected president Jenny thanked Topsy for chairing the elections and the general meeting was then opened by our new President Jenny and then members paused to remember the passing of a number of locals residents and friends including Leon Robb of Nabiac, Jo Karsenberg, Gillian Digby a retired school teacher friend of Penny, Albert "Stumpy" Mullen of Krambach, Frank Fallowfield- friend of members Margaret and Jill and Kim Gorman – sister of Penny. A number of well known identities were also remembered including Robert Redford, Roger Climpson (Australian TV newsreader), Dickie Bird English Cricket Umpire, Jane Goodall – Anthropologist, Dame Patricia Routledge - "Mrs Bouquet" and American Actress Dianne Keaton.

The thought was given by Penny and was "A single act of kindness throws out roots in all directions and roots spring up to make trees".







A number of correspondence items were also received and discussed including the rescheduled "Cookery Hints & Tips day at Kempsey 25th October. Invitation to attend MNC CWA Group Conference & AGM at Eungai Soldiers Hall 28th October. Invitation to attend Walcha 100th birthday on 25th October. Invite asking Topsy to chair Wallamba's AGM, accepted by her and Chrys Bouffler.

The Treasurer's report was presented by outgoing member Jenny Ang and was carried.

The International Country of Study for 2026 is FIJI and I am sure we will have lots of fun doing it, many folk have travelled to Fiji including myself and will bring back happy memories.

Our new topics for Ag & Environment are as follows:- Flora – She Oak or Casuarina, Fauna: Glossy Black Cockatoo, Foe: Escaped Garden Plants and Primary Product: Wattle Seed.

During General Business Merle spoke about CWA having a sign in the community of where, when at time we meet – To be resolved at a later date.

Discussion will be held at the November meeting a to work out the Branch's donations for the year i.e. EOY School presentation's, State International fund and CWA prizes for Wallamba Show.

Ideas were also suggested for our Christmas lunch following the December meeting and it is to be at Sporties Club Tuncurry who are affiliated with Club Forster who will host the 2026 State CWA Conference.

Both Chrys and Topsy outlined what will be involved with the State Conference at Forster and how we can help, such as packing delegates bags at Club Forster on Friday 1st May, 2026 commencing at 10.00am and we might be enlisted to help on the day with directions and support where needed. It is also planned to have a bus tour for attendees on the Thursday to visit the Nabiac Motorcycle Museum and followed by a lunch at the Nabiac Hotel.

Pam Muxlow

Publicity Officer Wallamba CWA



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News from Nabiac Second Chance Op Shop

A big thankyou to everyone for your ongoing support of the $\mbox{\rm Op}$ Shop and Shed.

Christmas closure dates:

As Christmas is just around the corner, a friendly reminder of our trading hours over Christmas and New Year closure.

The Op Shop and Shed will **close** early on *Friday 19th December, 2025* at 11.00am for our Christmas Party.

Will **open** on *Saturday 20th Dec 2025*. This is our last day for 2025.

Op Shop and Shed will be *closed as of Monday 22nd December, 2025* and *open* again on *Monday 12th January, 2026* at 9.00am.

Please hold all your Donations as all our volunteers will be enjoying a well-earned holiday.

Pool Passes

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.

If you wish to purchase a Pool Pass outside our hours, you will be able to purchase your pass from the Old Bank Centre

History of Nabiac books are still available.

Would make a great Christmas present for family and friends. Cost of the book is only \$30.00.

We would like to wish everyone a Merry Christmas and safe and Happy New Year for 2026.

From all the wonderful volunteers of Nabiac Second Chance Op Shop.

J.R.R Tolkien's "Lord of the Rings" trilogy took 12 years to write. Tolkien's day job was as an Oxford University professor



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"MUSIC FOR SHAKESPEARE"

Our local Orchestra, Sinfonia MNC, will be performing "Music for Shakespeare" during November. This beautiful program of orchestral music pays tribute to the Elizabethan Age and to the works of William Shakespeare.

Performances will be held at: Camden Haven Anglican Church, Sunday 16th November; Tuncurry Memorial Hall, Saturday 29th November; and Manning Valley Anglican College, Taree, on Sunday 30th November. All performances commence at 2pm.

Elizabeth Berry, leader of the Board of Sinfonia, says "Sinfonia was formed in 1999, to broaden community cultural life, performing live music. The sound is big and vibrant and we are delighted to be playing in local church halls, community halls, and schools.

"Our orchestra is bringing to life music composed between the 1500's and modern times, all celebrating the world of literature's most famous playwright, William Shakespeare."

"The program features the much-loved Ancient Airs and Dances composed by Ottorino Respighi, Mendelssohn's Fantasia from the play A Midsummer Night's Dream, Otto Nicolai's Overture from the Merry Wives of Windsor, and the outstanding music for the Ballet performance of Romeo and Juliet composed by Sergei Prokofiev."

Sinfonia's Musical Director, Iain Pole, says "When rehearsing for a major performance like this, the individual members of our orchestra spend many hours learning their parts. Coming together, the orchestra sections will present a program that is enjoyable and relevant to all ages." For this programme, Iain has written an arrangement of Taylor Swift's Love Story, which is sure to resonate with younger members of the

Each year, Sinfonia supports a musician under the age of 25 with a scholarship to further their career. This year the scholarship-holder is Taree's Cameron Waugh, who plays piano, keyboard and percussion. He will also make his conducting debut when he leads the orchestra in Ronald Binge's The Elizabethan Serenade.

Sinfonia aims to support all its musicians, whether they are new to their instruments or highly experienced. Ed Cachia, originally a bass guitarist, came to Sinfonia to start his journey playing the Double Bass, on an instrument loaned to him by the orchestra. Ed says "The Double Bass is a driving force in the Orchestra, and I enjoy being part of the fullness of sound the Orchestra produces. We all have challenging parts to play, but I really enjoy getting my head around it all."

Also new to the Orchestra, is Taree's Winston Giang, who started his Violin studies in 2014 growing up in Sydney and Armidale. Winston is a Junior Doctor at the Manning Base Hospital and says of Sinfonia "They are a lovely, welcoming and supportive group."

"Also I really like Iain's arrangement of the song Love Story which blends a modern sound into a classical style."

Sinfonia welcomes new players to the Orchestra and can give everyone support and valuable musical experience.

The orchestra's not-for-profit Quaver Foundation accepts gifts from local businesses and donors to fund its scholarships.

For further information and bookings for "Music for Shakespeare" see our advertisement and scan the code, or go to:

www.trybooking.com/eventlist/sinfoniamnc

Jennie Wright, Publicity: Tel: 0418 205 971



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COOLONGOLOOK PUBLIC SCHOOL

ovember is shaping up to be a busy month at our Coolschool, with plenty happening as we move toward our end-of-year celebrations. The term has started well, and students are making strong progress across all areas of learning.

Last week, we welcomed **Whizzy the Waterdrop** to our school. This engaging program taught students about the importance of saving water and protecting our environment. The interactive presentation had everyone laughing, learning, and thinking about how small actions make a big difference.

We also held our **Day for Daniel** activities, reminding students how to stay safe and seek help when they need it. These lessons play an important role in supporting student wellbeing and awareness.

This **Wednesday night**, students from our school will travel to **Bulahdelah** to receive **art and writing awards** and to participate in a **public speaking competition**. Students from five schools will take part, giving them a great opportunity to **showcase their creativity**, **confidence and communication skills**.

Our **Little Lizards** will continue their **Kindergarten transition visits**, with their third and fourth sessions taking place this month. It's been wonderful to see their confidence growing as they learn routines, meet new friends, and get ready for school life.

A huge congratulations once again to our **Game Changer team**, **The Sprout Scouts** - *Hannah*, *Lily*, *Paisley*, *Natalie*, and *Charlette*, who are heading to Sydney to compete in the **Grand Final**. We are one of only **12 primary schools in NSW** to make it this far. We can't wait to report back in December on our students' achievements while in Sydney. We thank **Mrs Durbin** for her leadership and guidance throughout this exciting project.

This month, our **Year 5/6 students** will attend their next **Future Focus Day** at Bulahdelah Central School. These sessions help students explore high school subjects and pathways, and they always return full of excitement about what's ahead.



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Rural, Residential, Property Management

As a school community, we will pause this month to reflect on **Remembrance Day**. This solemn occasion holds deep meaning for our students and local families as we honour those who served and sacrificed.

Later in November, our **K–2 students** will enjoy their long-awaited **excursion to Timbertown**. They'll experience life in a pioneer village, take a steam-train ride, pan for gold, and learn about Australia's early industries. Excitement levels are already high!

We'll also host **two assemblies** this month to celebrate student achievements and recognise their hard work and progress.

It's clear that November will be full of learning, celebration and community spirit.

To stay up to date, visit our school website or follow us on Facebook.

Hope to see you at our school soon!

The Coolschool Team

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Crossword puzzle odd words - LIMN - Drawn, Image, Paint, Depict, Render: LIMEN - Doorstep, Threshold, Doorsill: BLUE DYE - Anil TURTLE - Chelonian Reptile: ERRATUM - Printing Error: SOMNAMULIST - Sleepwalker (love that one!) ORFE - Gold Fish (even better!)



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Krambach P. S. Young Writers Group



The sun is out in the sky, the wind is wild as birds fly by. Flowers are blooming because it is spring;

watch out for the bees, they like to sting.

The kids are playing with their ball, until the teacher's finally call.

We hear the cars as they drive past; the clouds turn grey, moving fast.

Trees are blowing—make it stop!

Rabbits are hiding—hop, hop, hop. Everything is dark; it's going to rain.

In the sky, I see a plane.

The rain is now pouring;

the thunder is roaring.

We hope to see the sun again.

Lillian Year 5

KRAMBACH PUBLIC SCHOOL NEWS - KINDERGARTEN 2026 Reporter: Nishiki, Year 4

It's that time of year again when all the local pre-schoolers take their first step into primary school. This morning at our school, pre-kindergartners came to experience their first orientation with a mixture of nerves and excitement. They were ready to get a feel for what it's like to be at primary school.

After fun games, music, craft, and stories about the very hungry caterpillar, they met their buddies. The Year 5 students quickly made them feel comfortable in the playground.

They might not know it yet, but these pre-kindergarteners are going to enter the COOLEST school ever. Nearly every day, we have whole-school games and fun, engaging learning activities. All the kids get along.

We overheard more than one pre-kinder ask their families if they could stay, and all are excited to visit Krambach School again next week.

Welcome to our school.



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THE YOWIE By Huxley Year 5

Yowie, Sasquatch, Bigfoot, Hairy Man—it comes in many different names. But what would you do if you saw it?

I remember as clear as day: I saw the beast, and now there's no going back.

One day, I was on my race quad. I was on a flat bit of paddock when I inhaled the most revolting thing I have ever smelt. This wasn't any ordinary septic smell; it was like rotten eggs, a dead animal, and a rancid public toilet all mixed together. At first, I thought it was my quad, so I turned it off and checked it out, but I couldn't see anything wrong.

Then I noticed the birds weren't chirping like usual. An uneasy feeling swept over me—I felt like I was being watched.

I twisted the key, but my quad wouldn't kick over. A long, piercing shriek sounded and hung in the air. Had I heard right? A second horrifying roar echoed through the dense bush. I squinted and shaded my eyes with my hand. The trees started bending. Then, there it was: the broad beast that now haunts my dreams. Its eyes were black, like deep swirling pools of oil. The silence was deafening. It felt like we were staring at each other for hours, even though it was only seconds.

Then, the size—I finally noticed how large this thing was, in both height and width.

But what happened next, I wasn't prepared for. The Yowie leapt toward me, its steps creating mini earthquakes, its form as powerful as a tractor. It charged directly at me, like a bullseye on a target!

To Be Continued......



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

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NEWS FROM BUNYA

Remembrance Day Service



Honouring Our Heroes at Bunyah Public Hall

Join Us for Remembrance Day

You are warmly invited to attend our annual Remembrance Day service at the Bunyah Public Hall. Let's come together as a community to honour those who have served and sacrificed for our nation.

Event Details

* Date: 11/11/2025 * Time: 10:30 am

* Location: Bunvah Public Hall

The service will commence at 10:30 am. All are welcome to join in a moment of reflection and remembrance.

Morning tea will be provided following the service. It's a wonderful opportunity to catch up with mates and share stories over a cuppa.

We look forward to seeing you there as we pay tribute to our heroes.

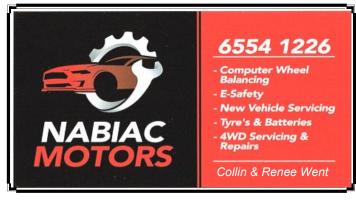
Centennial Celebrations at Bunyah Public HallSave the Date

Mark your calendars for a very special occasion—our **Centennial Celebrations on Saturday, 28/02/2026.** Come along for an arvo and evening packed with fun, memories, and great company.

The hall opens at 3:00 pm, so drop in early to catch up with old friends, have a yarn, check out our hall memorabilia, and enjoy some afternoon tea and refreshments. It's the perfect chance to reminisce and celebrate our community's rich history.

Then in the evening sit down and relax to a fully catered dinner, served between 6:00 pm and 8:00 pm. Your \$25 ticket covers a delicious starter, main, and desert, and entry to the dance. **Kids under 12 are free**, so bring the whole family!





Please note, it's BYO alcohol.

From 8:00 pm, hit the dance floor to live music by **Country Dance Revival** and make it a night to remember. Don't miss out on this milestone event—come and celebrate **100 Years of Community** at **Bunyah Public Hall!**

All are welcome on the day and Pre-bookings will be available soon. Be sure to keep updated by visiting our Bunyah Public Hall and Community Facebook page so you don't miss out on any important announcements or updates about the celebrations.

Give us a follow and stay in the loop with all the latest news, event details, and community stories as we lead up to this once-in-acentury gathering.

It's not too late!

We are still compiling our **Commemorative Booklet** for the **Centennial Celebrations** and would love to include your stories and photos. If you have special memories or images to share, please reach out to our President, *Jess*, at presidentbunyahhall@gmail.com. Your contributions are greatly appreciated and will help make this milestone event even more memorable for everyone.

Warmest Regards,

Bunyah Public Hall Committee





Megan's Health and Wellness

Hi to all,

I hope you are enjoying the sunshine! May the malaise from winter be well and truly melted from our bones and we all have a spring in

Although, I know for some, the step may be more of a stumble as spring can bring on a truckload of unwelcoming issues...

I'd like to shed some light on that for you.

Springtime has traditionally been known to activate a "natural detox" within our bodies.

Perhaps that's where the term "spring clean" comes from!

During winter, our organs - particularly the kidneys - have to work harder to move our blood and nutrients around, and keep our body temperature warmer. Our bodies innately hibernate, opting to reserve energy and nutrients instead of using them (which may explain weight gain in winter for some).

This is why living in accord with the seasons is such a wonderful thing for our health, as we can support the natural and inevitable ebbs and flows within our being.

So, naturally, as it warms up, so too do our organs in being more effective to get things moving - and "re-moving".

For some, this may mean a myriad of symptoms.

Some may experience "allergies" in the early spring, sinus, skin issues, or perhaps a general malaise; it is our body letting out the toxins and cleansing the heaviness from the winter.

Springtime is when our elimination channels to remove these toxins once again are active, and if blocked or deficient for whatever reason, this means the body has to find alternative pathways. Pathways that we would experience as "symptoms".

When we add poor diet and lifestyle in the mix, well...

No wonder spring can feel like crap.

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While every person's case is unique and different, I believe there are some keynotes that apply to all of us, as human beings have much in common

I'll keep these short and simple.

- 1. Remove processed, sugary and chemically-laced foods with little nutrients. (In fact, don't get me started on the crap that's in our supermarkets...)
- 2. INSTEAD: Eat whole, organic foods. Implement as many foods that have one ingredient. Your fruits, veggies, beans, herbs and spices. Get inspired by cookbooks, recipes on the internet on healthy, wholesome foods. It's easier than you think and tastes better than anything that has the same ingredients as plastic.
- 3. Keep hydrated: clean, filtered water with a pinch of Celtic sea salt, or a squeeze of lemon, or slice of cucumber, will help the liver and kidneys flush out the toxins.
- 4. Plenty of fresh greens like rocket, mustard greens and baby spinach to support detox pathways, sprinkled with fresh lemon juice to maximise iron absorption. Embrace the salads!!
- 5. And last, but not least: Induce a sweat!

Our skin is the biggest organ in our body and one of its main roles is to eliminate toxins: via sweating! So whether it be through exercise, saunas, hot curries and teas- get your body going and work up a

Although this general "spring detox" may not apply to every person and their allergy, sinus, or whatever the case may be, I think there is some solace in knowing these symptoms are always the body's way of healing itself.

While there's so much more out there that we can do, small steps in shifting our diet and lifestyle into a healthier one can do wonders, no matter how small.

On that note, I hope you are feeling inspired and embrace the "spring clean" attitude, for there is a great saying that I love:

"Take care of your body. It's the only place you have to live." Until next time "

Megan.

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REAL KULTCHA

Decisions. Decisions. Decisions. I'm retired and I really thought I'd have some peace from the constant need to make decisions. It's now spring and I really do want to watch some cricket - I did watch Australia beat India last night in Adelaide - but the Child Bride and I also like to watch Baseball (MLB) from the USA. I'm not sure how we did it but we have 26 games recorded and would you believe, The World Series begins tomorrow between the Toronto Blue Jays and the LA Dodgers? Question: do we still need to watch the recorded games; do we watch the World Series live and the other games later; or do we watch the recorded games first and then watch the World Series sometime in February? Decisions! Decisions!

And speaking of decisions. You know the NRL is expanding with a team from Papua New Guinea to enter the competition in the 2028 season. You knew that, did you? Well, did you know the team is to be known as The PNG *Chiefs*! I'm a suppository of information.

And still on decisions, there's the ongoing saga of *The Tassie Devils*. Quick background check: Tasmania has produced many great AFL footballers but requests to have a team in the AFL have been rebuffed. A couple of years ago however, the AFL boss (forget his name) said OK, but the devil (no pun intended) was in the detail. Yep, the Apple Isle could enter a team in the AFL in the 2028 season BUT they must build a new stadium! A new covered stadium! A new covered stadium close to the Hobart CBD! Ho boy! Well, a spot was found at Macquarie Point, it was cleared and that's when their troubles began. It's Hobart after all, so when the artist's images were produced the seating capacity was a meagre 23,000 seats and the cost was said to be \$715 million! That figure was scoffed at as Perth had recently built a new bigger stadium and while it wasn't covered, it had set them back a billion dollars! The problem of course, is not how many seats there'll be but the size of the field the stadium needs to accommodate. i.e. a cricket field! A Planning Commission panel slammed the initial plan and while some folk are having wet dreams about the idea of the stadium it seems others are more thoughtful. A news report by Ben McKay (23/10/2025) says the Tassie parliament is about to become involved (in November) to pass (or not pass) approving legislation for the now \$1.13 billion development. Numbers are the name of the game of course, and whether there are votes in it. In the Lower House there seems to be support and it may pass but the Upper House (sometime in December, probably) is a different kettle of fish. There are eight non-aligned members and for the approving legislation to pass it needs three of the eight to vote for

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it. Three are definitely against it, another seems unlikely to back it, two seem to be leaning towards it, another has refused to comment at all to anybody and is keeping a low profile while the last is studying the plans and issue intently. Are we about to see an Australian State commit fiscal suicide? Can Tasmania carry that kind of expenditure? Is the stadium that important? How would you vote if you were a member of that Upper House?

Does the name Dane Campbell ring any bells? Well, he's the recruitment manager for the Perth *Bears* and that team is due to enter the NRL in season 2027. He has been tasked (with a budget of some \$11.95 million) to assemble a roster of 36 players. I think I might polish up my boots and see if I can get run – I like Perth.

Did you watch The Bathurst 1000? I did and thoroughly enjoyed it. There weren't the big crashes you might expect but the rain coming in late threw a mighty big spaniard in the works. I have a soft spot for Craig Lowndes (starting in his 32nd race at Mt Panorama) and while he wasn't able to make it to the podium, he and his co-driver were still running hard just behind the winners. He will lead another team next year so you can bet I'll be watching.

Ariarne Titmus has called it quits and I'm in two minds over that. She's still young (just 25) but I wonder if I could do all the training she's done and still feel hot-to-trot. How many times has she dragged herself out of bed in the morning to spend hours swimming and the only distraction is to see if there are any differences in the line markings on the bottom of a pool? I wish her well.

November is an important month for 17-year-old Sitaya Fagan as she has to make a decision about which college she'll attend. For most young Australian girls, that might not be too hard but Sitaya stands 194cm tall and, after travelling to the States to play basketball in front of a raft of College scouts, she has received 27 (yep, that's a "2" and a "7") offers of full scholarships from the best basketball programmes in the USA. How would you like that problem?

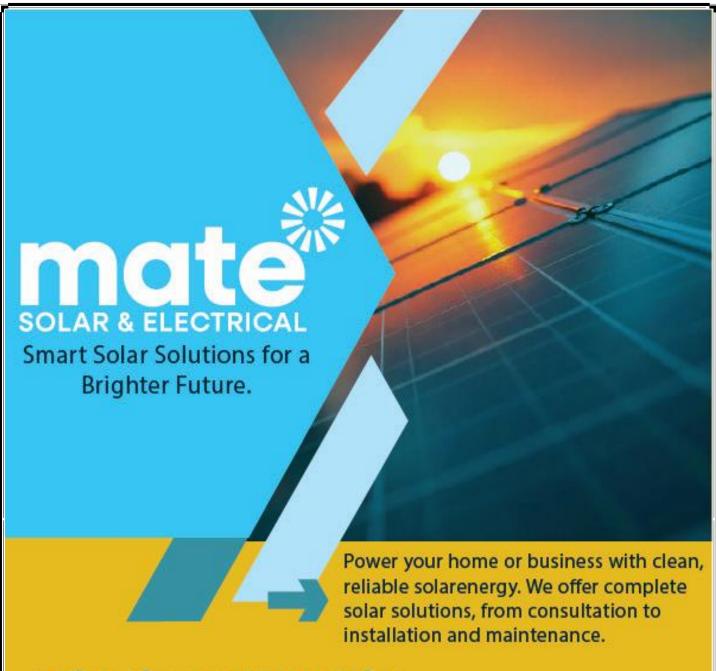
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SNAKE BITE FIRST AID FOR PETS



Snakebites are common in the Manning Valley in Spring & Summer, particularly on rural properties. Snake activity increases as the weather warms up and so pets are much more likely to encounter snakes. At Wingham & Valley Vets we most commonly see pets that have been bitten by either Eastern Browns or Red-Bellied Black Snakes, less commonly Tiger Snakes and on rare occasions, Death Adders. We administer a combined antivenin that will treat all Brown, Black or Tiger Snake bites and so identifying the type of snake is not critical for effective Veterinary treatment to be administered. It is only Death Adders that require a specific antivenin, and luckily Death Adders are reasonably distinctive and easy to differentiate from the other venomous snakes and bites from them are quite rare.

In general, venomous snakes are shy and much prefer to avoid interacting with dogs and cats. It is usually when the pet persists in pursuing or attacking the snake that they are bitten. Terrier breeds such as Jack Russell Terriers, tend to be overrepresented as they have a natural urge to chase and attack snakes. Often Terriers present severely envenomated, because they have been bitten many times over due to their persistence. One patient had been bitten so many times by an Eastern Brown that they needed 6 vials of antivenin to survive. Pets presented not breathing are usually severely envenomated and they are much more likely to require multiple vials of antivenin.

If you find your dog either playing with a snake or near a dead snake, keep them as quiet and still as possible (the more they exercise, the faster the venom spreads) and bring them straight to the vet. **Do not wait for them to show symptoms as to do so is risking their life: symptoms of snakebite are not always immediately apparent.** If they are not showing obvious symptoms, we can perform some rapid blood tests to help determine whether they have been envenomated. Pressure bandaging is not useful because dogs often have multiple bites to the head, chest and legs and due to their fur coat, it is uncommon to identify all bite sites.

The sooner a dog or cat is treated, the greater their chance of survival. Signs of envenomation include: weakness, twitching, collapse, difficulty breathing, vomiting, pupil dilation and blood in the urine. Cats often appear floppy or paralysed. Red-Bellied Black Snake Bites can cause dramatic 'port-wine' coloured urine several days after envenomation. This causes severe kidney damage and eventual renal

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failure if not treated and so it is important snakebite is ruled out in any dog with dark red, brown or purple urine.

Some dogs can go into respiratory arrest (stop breathing) on their way



to the vet, especially if they are bitten by a brown snake. **IF YOUR DOG STOPS BREATHING IT DOES NOT MEAN THERE IS NO HOPE OF SAVING THEM.** Dogs can be kept alive by mouth to nose resuscitation and in many instances if their owner does this, they will keep them alive long enough to receive antivenin to reverse the respiratory paralysis. For mouth to nose resuscitation hold the dog's mouth closed with your hand and place your mouth over the dog's nose and nostrils to deliver breaths (similar to resuscitation in human infants). The aim is to deliver enough oxygen to keep the brain alive, until antivenin can reverse the effects of the venom and allow the dog to breathe on its own again. We have piped oxygen to all treatment and hospital areas so critically unwell patients can receive life-saving oxygen therapy immediately.

It is also critical to remember that some dogs who have been envenomated can recover initially, returning almost to normal demeanour and behaviour, and then suddenly crash or become seriously unwell hours to days later. So, if your dog or cat shows ANY signs of illness after an interaction with a snake, it is safest to assume



they have been envenomated and should receive antivenin to give them the best chance of survival.







WALLAMBA LANDCARE GROUP

Hello All.

I write this whilst it's blowing a hot dry wind and our thermometer on the verandah reads 41 degrees.

My heart goes out to farmers and anyone trying to grow things in these conditions.

My veggie seedlings have sheets over them, and the chooks have ice bricks, periodic water sprays and cool watermelon.

BUSH TUCKER FOODS:

Our next field day is on Wednesday 17th November, 2025 in Firefly, at 9am.

We are excited to welcome our guest *Nardja Carter* who will be giving a presentation about bush tucker.

The tour of a bush regeneration area at Minimbah Permaculture in September certainly piqued our interest.

What do you know about bush foods and using indigenous plants? My knowledge is pretty basic, so I am keen to find out more. Apparently lomandra seeds are a bit like popping candy!







Photos from the garden today: Lemon Myrtle, Dianella, Iomandra. Chris and I have been enjoying a herb/spice mix with dried lemon myrtle leaves and turmeric - a great way to add flavour and nutrients to meals.

For details about this meetup, you can call me on the number below. For membership enquiries email Joel Dunn:

greatlakes@midcoast2tops.org.au.

Laura Pennington- Convener – Wallamba LandCare Group. 0409 997 309

Robyn Lamond – Co-convener.



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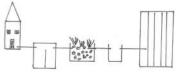
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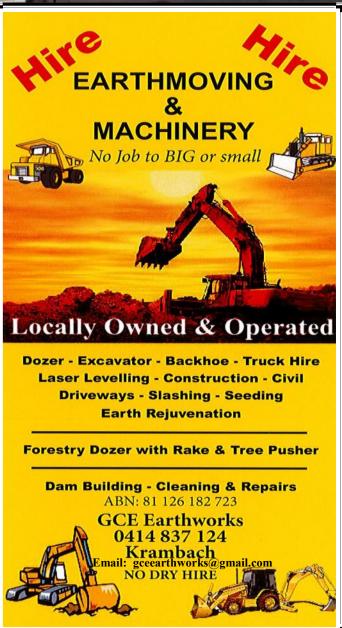
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Our Grey Ghosts -(we can't keep them home!)

GREAT EASTLAND RALLY--ARMIDALE DRIVE--OCTOBER 2025

Only back from Tamworth a couple of weeks, and away again on a three day trip to Armidale, (urban population around 24,000) with members of five combined vintage car clubs. Armidale, Tamworth, Inverell, Port Macquarie and Taree. These events are held every year, and it was Armidale's turn which meant another trip up the mountain via Nowendoc. No dramas although one vehicle did not like the long climb and had to have a spell. (Pt Macquarie next year)

Based in the one motel our Taree car club group consisted of some 12 vehicles and 20 plus participants, some doing doubtful navigation.

Registration on Friday and a welcome dinner and meet some old friends and a display of some very old, and desirable cars.

Various activities were planned and executed including lunch at Guyra, travelling through many back roads and Black Mountain and very pleasant countryside that one would not normally see. Guyra, the highest town in the New England area at 1,300m, (cold in the winter) and population around 2,000. Very pleasant village which includes two very good museums, one for old car folks which is located in a former dealership building with much of the equipment still in place.

Back to Armidale 30kms via the New England Highway.

Armidale, established 1849, a very historic and clean city, with a lot of money from wool and agriculture in it's earlier years as evident to the huge amounts of substantial buildings. Still a lot of cash here as it is also an "educational city" with colleges and places of learning, it seems, on every corner. University of New England is the leading centre here which attracts students from all over. Many, obviously students, working in restaurants and city clubs we visited.

Sunday saw us having a picturesque drive through many of the outer sections of the city followed by a prepared lunch in Armidale's 7 acre Lambert Park dedicated in 1889.

Great Lakes Air

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Catholic Brother *Francis Gatti* who had been looking after the park on his own in the late 1800's, was sent by Armidale Council to Sydney with instructions to purchase "200 suitable trees to create a town park". He more than fulfilled his instructions and many of these magnificent trees are still here.

A Boer War rotunda and a memorial with pool for WW1 soldiers from the district are significant features of this large area. It is one of the main cricket grounds with other sports in the City.

The historic railway station, (Circa 1882) and 2 story Station Masters house nearby are worth a look.

Although not seen on this visit, the historic house Booloominbah, which is now part of the University of New England, has an historic memorial window, perhaps some 4m high, dedicated to General Charles Gordon. This general was a prominent military figure in British Military history until his defeat in the battle of Khartoum in the Sudan in North East Africa in 1885 and this huge window records some of his military campaigns.

A final public display of vehicles on Sunday, attracted some 80 rare, and some not so rare, but still well worth display vehicles for the public to admire (or envy).

The farewell dinner on Sunday evening saw the Taree group score some of the awards; *Don Phillips* with his 1953 Bristol being judged as the peoples favourite, (we also took home several raffle prizes). All in all a very pleasant trip to a very nice area and extremely welcoming residents. Could live there if I get evicted from here.

Home on Monday via Nowendoc, again.

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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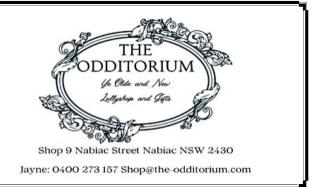
Welcome to Deb's Gardening

I feel like I am back in Spain and Portugal. I came home to a landscape that was similar to where I have just been -DRY. Spain and Portugal haven't had much rain and they had soaring temperatures in their summer season that they have just come out of. They were desperate for their rainy season to start which, in the area where I was, the south, their rainy season starts in October through to April, although their golf courses were green and spectacular. Not many gardens about, most of their gardens consisted of Bougainvillea and Oleanders, both drought tolerant plants, which were everywhere, and no lawns. When on the bus travelling to different areas of the south, I saw acres of green houses, which grew tomatoes, capsicum and cucumbers, Olive plantations and Cork tree plantations, Cork being Portugal's main industry and not to mention large areas of solar energy. I had a wonderful experience but to come home to everything looking dry was a bit of a shock. Spring seems to have been a fleeting visit feels - like we went straight into summer. It does not take long for the ground to dry out and the grass to die off.

It's times like these when I look back at the start of planning my garden and pleased that I chose mostly dry tolerant plants. The bougainvillea is putting on a glorious display, the clumping grasses, such as Lomandra, Dietes, Fescue and Dianella are healthy as are the Kangaroo paws, Grevilleas, Proteas, Aloes and the Boronias. Salvias are out in flower. The red hot pokers are flowering - even the old fashioned geraniums are thriving. Lavenders, Pig face, Camellias and Clivias have survived the dry period, though the garden needed a good watering.

Maybe this year I might get mangos; I have 2 mango trees and the last time we had a really good crop of mangos was when we had our last drought. I have noticed since the drought that whenever we get flowers on the mango tree we get rain, which ruins the flowers and they fall off. This year however no rain has fallen when they were out in flower and so far there is fruit forming. Which when you think about it, Mangos grown in the tropics, flower in their dry period and are usually on the shelf before the rainy season starts. So my fingers are crossed that I get a crop of mangos this season. That's if the winds doesn't blow them off. It has been blowing a gale these last few days.

The roses are a delightful display; most of the garden has survived with no water for a month. The only plants that have struggled are the annuals that are hanging on by a thread; the azaleas don't look their best, oh, and the 2 standard roses that are in pots that the other



half didn't water while I was away, are on the brink of death.

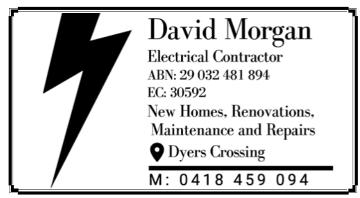
I cut them back hard during winter (their dormant period) and before I left for my holiday the new growth appeared but the new growth is now dead, so I have cut back the dead shoots, soaked the pots with a good dose of Seasol, kept up the water and fingers crossed they make a full recovery. I did notice a few new shoots, so I think they will be fine. Roses are a very hardy plant, even in pots. What roses I planted in my garden at the start were eaten numerous times by wallabies so I gave up planting any more roses but since we have our dog he has kept the wallabies out the roses that are in the ground are now in full display and thriving. I have even taken cuttings of the carpet roses ready for when the renovations are finished as I tend to make a border of carpet roses around the house. They are a beautiful rose and make a fine display. Roses are easy to propagate, so hardy and even live on neglect. What's not to love about roses?

Since I have been back I have been watering the garden and lawn. We have a good source of water with plenty of dams that we pump out of. The best source of water is rainwater because it is naturally soft and free of salts and chemicals like chlorine, which can build up in soil and harm the plants roots. It also contains beneficial nutrients like nitrates that help with growth and has a slightly acidic pH that helps plants absorb other essential soil nutrients. Additionally, rainwater can help clean dust and debris off plant leave, improving their ability to photosynthesize.

Photosynthesis basically is a chemical process that occurs in plants, algae and some types of bacteria, when they are exposed to sunlight. During Photosynthesis, water and carbon dioxide combine to form carbohydrates (sugars) and give off oxygen. Photosynthesis is needed for animal and plant life.

Dam water is not the same as rainwater, though it is primarily collected from rainfall. In most cases dam water comes from a larger catchment area that can include rivers and runoff which can pick up contaminants in soil and agriculture runoff. As I live in an area free from urban pollution, agriculture runoff and live on a hill our dams are relatively contaminant free and clean. Our house dams have aquatic plants growing in them such as Lotus and Lilies which looks spectacular when out in flower. Aquatic plants can help clean dam water by absorbing excess nutrients, capturing heavy metal, and oxygenating the water, which improves water quality and can help reduce algae outbreaks. They also help stabilise sediment and create habituate for beneficial wildlife. So I am very lucky to have plenty of water for the garden. I have never run out of water for the garden even in the extreme drought conditions, but it is still not the same as







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rain.

My partner and I, a few years back, did a trip to Cobar and visited the Japanese gardens. The drought had just broken before we left. Cobar had suffered the severest drought on record; water had to be bought in, so the area was just recovering from the drought. But the Japanese garden was nice and green and the plants were all healthy and alive. We were told by the staff at the gardens, that the only place that were allowed to be watered, to be kept alive and green was the Japanese gardens and the reason being- they needed a green area and a place for the locals to visit for their mental health and wellbeing. A fact that I found so touching and true.

I did love my time away and to venture away from my comfort zone. It certainly is a big wide world out there, but "Where I love is home—home that my feet may leave, but not my heart"

Until next time

Deb

Lyn's Larder

CHICKEN CREOLE

Something different

INGREDIENTS

1 med	Chicken - fresh	½ cup	Celery, diced
1 clove	Garlic, crushed	2	Onions, chopped
1	Green Pepper (capsicum)	1tbsp	Plain Flour
1	Red Pepper (capsicum)	60 gr	Tomato Paste
2 cups	Water	1 tsp	Chilli Sauce
½ tsp	Cayenne Pepper	1 tsp	Salt
2 tbls	Butter	1 tblsp	Oil

METHOD

Heat butter and oil and add crushed garlic. Joint the chicken and fry quickly to brown both sides, then remove. Add chopped onions to butter and cook gently for 1 minute.

Chop pepper coarsely, discarding the seeds, and add to onions with diced celery, saute for 2 minutes. Stir in the flour, add tomato paste, chilli sauce, cayenne and salt. Mix all together and gradually add the water, stirring over a gentle heat until well mixed. Add chicken pieces, cover and simmer very slowly for 30 minutes.

Serve with boiled rice or potato mashed and your choice of vegies.

Some one had a good idea of what is really needed for a happy life

My body sometimes feels sore, but it works.

I don't sleep well most nights, but I do wake up to fight another day.

My wallet is not full but my stomach is.

I don't have all the things I ever wanted but I do have everything I will ever need.

My life is by no means perfect, but it's my life and I'm happy.



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Opening soon: Cedar Party Creek Bridge

The new Cedar Party Creek Bridge at Wingham will fully open to traffic from 6am Sunday 9th

November, marking the end of major construction on this \$39 million project.

However, motorists are reminded of the upcoming overnight closures of the low-level bypass road, which will take place between 6pm and 6am on Friday 7th and Saturday 8th November. Detours will be in place, with light vehicles able to access Wingham via Shorts Road and heavy vehicles redirected via Gloucester Road.

Speechie talks at MidCoast Council Libraries

The region's local speech pathologists will hold informative talks at MidCoast Council Libraries throughout November.

The presentations are part of a national campaign by Speech Pathology Australia.

The Speechie Library Talks will be open to parents and caregivers of children aged between 0-5 years of age to help develop their language and literacy skills.

Head into one of the region's libraries throughout November and meet one of our local speech pathologists, and find out how you can support your child's language and literacy development at home.

Bookings are essential by visiting https://www.midcoast.nsw.gov.au/ Get-involved/Whats-on

The talks will take place at;

- * Wingham Library 5 November 11.30am
- * Taree Library 10 November 11.30am
- * Forster Library 17 November 10.00am

Wingham Music Festival: small town vibes

Now in its 18th year, the Wingham Music Festival has grown from a grassroots gathering into one of NSW's most beloved small town music events.

Born from the vision of locals looking to create a vibrant festival scene in Wingham, the event brings music, culture and connection to the MidCoast while giving homegrown artists the chance to perform alongside Australian greats.

The 2025 line-up includes the Backsliders, Badloves, Bill Chambers, Round Mountain Girls, Groove Collective, Big Fins, Jake Davey Band and more.

"The festival's key values of homegrown talent, family friendliness and community focus are seen in the live performances, artisan market stalls, displays and delicious food. These strong local aspects are appreciated by visitors, with stallholders contributing to the visually creative, artisan component of the festival," Mr De Szell said.

"Whether you're a resident or a visitor attending, you're making a real difference. Your participation in the Wingham Music Festival means so much – not just to the organisers, but to the broader Wingham community."

When: 21-23 November 2025

Where: Wingham Showground, Gloucester Rd, Wingham



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Nabiac Street, Nabiac

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Home Baked Home Made Home Grown.

Nabiac Showground 8am-Midday. Last Saturday of each month, except December

Next market: Saturday 29th November

The next market will be a biggie, being a 5th Saturday and the last market for the year.

The October market was a lovely morning. Several stalls were sold

Others would have loved more sales. The weather was just perfect. Calm, with the temperature in the mid-twenties and a little cloud cover. Alan Maisey's music wooed the crowd.

Utopian Tea had a great day and said they've enjoyed building regular customers.

Fresh produce and Palm's bread were popular as usual.

Charlie enjoyed the new spot outside with her wide array of cakes and pastries.



Several people stopped by for a much-needed massage in the hall. Wingham Spinners Group always enjoy the market day, busy bees all the while, creating truly beautiful accessories and garments. People were busy buying and ordering goods for



It's always lovely to see young families setting up picnic rugs and getting together for a chat whilst the littlies play and dance around.



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- Renovations
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- **Pergolas**
- **Kitchens**
- Bathrooms





I loved the big grins on these kids' faces

Christmas, such as toys, gin, meat, nuts and gingerbread houses (I have mine ready!)

Market day is always a joy to be a part of. Seeing people sipping coffee and wandering along with fresh flowers, connecting with friends and stallholders.

Our wonderful founder, the late Helen Smith, would be happy, I'm sure, to know that the market is an ongoing, beloved Nabiac institution.

Nabiac Farmers market's local producers:

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

We regularly post info and updates on Instagram and Facebook. Follow us to stay in-the-know and please share our social media posts!

Thank you to everyone in our community for making our market great: Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their patrons. We appreciate

See you at the next market on Saturday 29th November, 2025, 8-12 at the showground.

Market enquiries, including new stallholder pplications: nfmcoordinator@gmail.com 0438 012 781 www.nabiac.com

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





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Turkeys originally came from Mexico. Their English name comes from the fact that they were first brought to England from Turkey

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- Immigration
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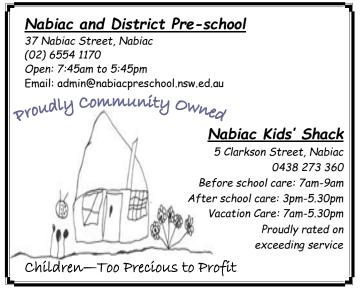


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- Alison.Penfold.MP@aph.gov.au 🌐 alisonpenfold.com.au
- AlisonPenfoldMPforLyne o alison_penfold_for_lyne

Authorised by Alison Penfold MP, National Party of Australia, 144 Victoria St, Taree NSW 2430.



Good Medicine

War and Peace

When we think of Remembrance Day our thoughts turn to war and the soldiers who fought in wars for the freedoms we now enjoy. But even so, there still seems to be a war somewhere in the world ... mankind is at war with God.

Are you familiar with Dr Dolittle, the fictional doctor who talked to animals? Surprisingly these stories were written from the trenches of World War 1 by the author, Hugh Lofting, as tales for his children ... the war was too awful to write about and the stories were his 'way of pushing back against the horror'.

We admire this kind of resilient courage because it can be easy to think that injustice and violence will win ... and the world will be 'overcome by evil'. If 'left to ourselves' that's more than a possibility. But God has not left us to ourselves ... He fills us with His divine strength and tells us to overcome evil with good, *Romans 12:21*. Ways we do this can be as diverse as writing stories ...music poetry .. caring for the poor or doing whatever God has put in our hearts to do. It can be simply keeping on going when we feel like giving up. Plenty of people in history did this.

Some examples -

- Albert Einstein didn't speak till he was four ... his teacher called him 'mentally slow'.
- * Walt Disney was fired by an editor for 'lack of ideas'. He also went bankrupt more than once before he built Disneyland.
- * Winston Churchill failed at school and 'didn't become Prime Minister till age 66' (so there's hope for all us seniors).

All these people, and many others, overcame obstacles and failures before succeeding.

During the blitz on London in 1940 a warehouse near St Paul's Cathedral was bombed. Biddy Chambers had stored there 40,000

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copies of her husband's books. The books were compiled and edited but not insured. When she heard this news she put down her teacup and said 'we'll wait and see what God will do now'. Perhaps she remembered what her late husband, Oswald, had written at the start of world War 1 ... that Jesus had told his disciples not to be scared when bad things happened because He was with them ... and **He** has overcome the world.

The books were eventually reprinted and became classics for generations.

Sometimes God might lead us in a different direction ... a career change so to speak.

In 1832 Morse, the son of a Protestant minister, made a meagre living painting scenes of colonial America. But then he became interested in electro magnets and got the idea of an electric telegraph ... and the first dot and dash message was accompanied by the joyous words, 'What God has wrought'.

The apostle Paul had a dramatic career change when he encountered God while on his way to persecuting Christians, and was told to stop because 'he was under new orders now' *Acts 9*. After this U-turn in his life he became the apostle who spread the gospel everywhere he went and wrote many books of the New Testament.

In many ways we overcome evil with good, and carry God's goodness and peace into the world. *Romans* 12:18.

Quotes from Word for Today and Our Daily Bread

The Counsellor

I was in the six item express lane at the store quietly fuming.

Completely ignoring the sign the woman ahead of me had slipped into the check - out line pushing a cart piled high with groceries.

Imagine my delight when the cashier beckoned the woman to come forward, looked into the cart, and asked sweetly "So which six items would you like to buy?"

News From The Pews

Nabiac Village Community Church

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

St Bernadette's Catholic Church, Krambach

November Mass times are Saturday 1st at 6:00pm, Saturday 8th at 6:00pm, Saturday 22nd at 6:00pm, Saturday 29th at 6:00pm **December Mass Saturday 6th** 6:00pm

(contact Helen Legg on 6559 1211)

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

November Mass time is Saturday 15th at 5:00pm

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FACT

Easter egg hunts are proof that kids can find things when they want to. Anteaters are the only mammals that have no teeth.

Basenji dogs have unusually shaped larynxes and do not bark - they make a yodelling sound!

***************** 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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Hi Everyone,

Just letting you know that Christmas is fast approaching. Feel free to pop in or give us a call and book now. Remember we will have Nak and Arbre Christmas packs available.

Great gifts for that special someone. Now for the saying of the

"Be a witness, not a judge. Focus on yourself, not on others. Listen to your heart, not to the crowd."

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**

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Essential Energy - Power outages	132 080
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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



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6559 1219