Issue No. 229 March, 2026

FREE, pass me to a friend

ACROSS THE FENCE

show time Nabiac is here

Saturday 7th March

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Editorial.

Hi everyone,

Don't know about you but I have had tiresome couple of months trying to save my home phone number as my internet provider has shut for adsl customers as of today—1st March and I have had to transfer to NBN and VOIP. Not good as I don't get mobile reception and a blackout with NBN and VOIP means no outside contact. Simple you say? No, because Telstra kept saying they could not transfer the phone number until I got hold of a lass there who found you COULD (on Thursday) because it was originally a telecom number. How to get an ulcer and have a nervous breakdown? Try dealing with them, the show and the paper.

The outcome I will not know until after Tuesday so I will not give you the temporary number they gave me until I know for sure what I end up with.

Any communication for anything to do with Across the Fence in future will need you to use the new email address which some of you do know, ***frogsbottom@outlook.com.***

Now down to ordinary business

BlazeAid has been transferred to Bulahdelah. Details on page 12.

A new advertiser who does painting and decorating. Haven't had a painter advertise for ages. Lots of plumbers and electricians and builders, but NO painters. They must all be too busy to advertise which is great for them.

Sad news with the tragic loss of "**Griffo**". He will be greatly missed in Nabiac shopping centre, a happy face and chat with your purchase, no more from his shop. Hard in a small village atmosphere.

Won't mention the show as there is a huge article on page 15.

How beautiful is the rain. Will be able to print without the machine wanting to rest as it is a lovely cool day here today. We needed what little fell although we don't want any on Friday or Saturday next. The Show needs to open bright and sunny and dry!!

Felt for the markets yesterday (Saturday) with the heavy fall that fell in the morning. Would have put a lot of the stalls off coming and the markets have grown so much lately.

Another good thing is some of the ground is now a bit wet and so not likely to catch fire quickly. The area is so tinder dry at the moment I am not game to mow.

The schools' reports this month indicate they are thriving which is great for small communities when other places are shutting down or decreasing hours, ie Dyers Crossing P.O.

Never thought I would say it, but I am looking forward to the cool of Autumn and hopefully not too cold a Winter,

That's all from me, until next month

Lyn & Timidthy

WHAT'S HAPPENING IN MARCH, 2026

Markets & Events.

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

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

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

ADVERTISING COSTS

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

6 months cost based on payment in advance.

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

The Nabiac Landcare team are back at the Lilypilly Bend reserve and are currently doing follow-up in the area between Park St and Woosters Creek. It's been hot enough to fog up the lenses on my safety glasses! It's hard to believe that it can be so dry and yet so humid down by the creek.

It seems to me that it's been a long, hot summer ...but...I've seen the first flashes of vivid yellow in the vegetation along the road. Easter or winter cassia (*Senna pendula var glabrata*) is beginning to flower reminding us that autumn is on its way. Regular readers of my articles know that these flashes of yellow are a reminder of how much this species has spread in the local area in the last 20 years. This plant is often shallow rooted and easy to pull. If cutting and painting with herbicides be sure to cut to ground level.

White passion fruit *(Passiflora* subpeltata) is a weedy vine that is also fairly easy to spot because it's leaves are a soft pale grey green against the trees that it is climbing over. It's very tempting to just pull this shallow rooted vine but it suckers readily from it's threadlike horizontal roots. It is better to cut at the base or scrape the stems and paint large specimens with 1 glyphosate:1.5 water rather than chase the roots through the surface soil and mulch. There are at least six species of introduced weedy passion fruit along the east coast and several species of natives. If in doubt Google can be your friend if used carefully. In some cases, fruit, flowers and leaves may all be necessary to confirm identity.

Lastly, if you have land that was subject to the 2025 floods be on the lookout for new weeds. The very nasty solanums ,Tropical Soda Apple ↑ and ←Giant Devil's Fig, can be spread by flood waters. As well, my weed vision, honed as a ten year old pulling weeds in soybean fields, is sure it sees Noogoora Burr →or one of it's Xanthium relatives growing on fence lines along the Purfleet straight.

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 655431

Liz Rees

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Krambach & District Garden Lovers News

On Monday 23rd February, we had our AGM and our former executive and committee were re elected.

At our meeting ***Mal McKinlay***, Garden Club of Australia co-ordinator, was our welcomed speaker. He gave a very informative talk on natives.

In 2025 we were able to assist the Taree Kitchen, present plants to the flood victims and buy fodder through the Australian Hay Runner.

We also had a delightful visit to the gardens of Harrington Garden Club members.

We didn't meet at many of our members' gardens in 2025 because of the rain and floods and hope this improves this year.

We area a friendly club. Please ring Kathy on **0470 584 689** or myself for more information.

Judi

6559 1375

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6554 1876

News from Nabiac Second Chance Op Shop

A big thank you to everyone for your ongoing support of the Op Shop and Shed.
All funds go back into the community.

Dates to remember:

Open show day 7th March, 2026, 9.00am to 12.00pm.
Closed Good Friday 3rd April, 2026
Open Easter Saturday 4th April, 2026
Closed Monday 6th April, 2026
Closed Anzac Day Saturday 25th April, 2026
Open Monday 27th for normal trading hours.

Donations.

A friendly reminder regarding donations.
Please do not donate dirty or unsaleable clothing / items. This has been a big problem in the past.
Please be mindful when donating. If you wouldn't buy it for yourself, family or a friend, please do not donate it.
A reminder we are unable to accept toys, electrical, car seats for babies/children and mechanical items.
If you are wanting to donate and unsure if we can accept your donation, please call on the above phone number before donating.
Thank you in advance for your co-operation and understanding.

History of Nabiac books are still available.
Cost of the book is only $30.00.

Pool passes and day passes are still available at the Op shop.

Volunteers

Looking for lady volunteers to work on a Saturday morning.
It wouldn't be every Saturday, once a month is all that would be required.
Please call into the Op Shop and leave your name and number with the lovely volunteers.
Alternately you can call the Op Shop between 9.00am to 12.00pm Mon to Fri and leave your details.
Phone Number is **6554 1876**.
I will be in touch to organise a time and day that suits you to meet up.
I work Wednesdays and most Saturdays.
If you are already a member of Nabiac Memorial Neighbourhood Centre, I will be able to start you immediately.

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

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NABiAC PUBLiC SCHOOL

We have had a fantastic start to 2026 here at the best little school… anywhere! It fills us with joy to welcome our lovely new Kindergarten class, whose enthusiasm and energy have already brought a fresh spark to our school community.

Term one kicked off with a splash of excitement at our annual swimming carnival held at the Nabiac Pool. It was a day filled with friendly competition, team spirit, and plenty of encouragement as students challenged themselves and cheered on their peers. We would like to thank the Nabiac Village Neighbourhood Group for generously covering the pool hire costs. This wonderful support is made possible by the efforts of volunteers from the Nabiac Op Shop, thank you for all your hard work.

The carnival was marked by some exceptional performances, with records being broken by ***Zara Farnell*** and ***Kobi Holder***. Congratulations to the students who qualified for the Manning PSSA Zone Swimming Carnival. These students include Zara Farnell, ***Khoda Phegan, Harper Packer, Brax Packer, Elliette O'Connell, Jackson Dunn, Evie Hill, William McCarthy, Aloka Bridge, Mack Mathers, Lucy Hickman, Ryan Hickman, Ayla Mathers, Kobi Holder, Erin Twaddell, Maverick Dunn, Bea Bruce, Archie Taylor, Willow Durran, and Reeve Hunt***. We wish them the best of luck!

We are thrilled to be participating in the upcoming Nabiac show once again this year. Our students have been engaged in a variety of exciting activities, including crafting a scarecrow, entering the colouring-in competition, and nurturing their own produce and flowers to showcase. These hands-on experiences not only foster creativity and responsibility but also strengthen our connection with the local community and environment.

With such a dynamic start to the year, we are already looking forward to many more memorable moments and successes throughout 2026. Stay tuned for more updates and stories as we continue to celebrate the wonderful spirit of our school! As always, you can stay connected with the best little school anywhere by following us on Facebook: https://www.facebook.com/NabiacPublicSchool/ and reading our weekly newsletter, published every Monday on our website: https://nabiac-p.schools.nsw.gov.au

Kind Regards,
Amelia Bridge
NABIAC PUBLIC SCHOOL **T** 02 6554 1247 **W** Nabiac Public School

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NEWS FROM BUNYA

Bunyah Public Hall Centennial: Celebrating Community Spirit

A Heartfelt Thanks for Bunyah's Centennial Preparations

As we look back on the weeks leading up to the Centennial Celebrations at Bunyah Public Hall, it's clear that our community spirit is alive and well. The preparations showcased what can happen when locals band together, pitching in with time, effort, and generosity. We want to express our warmest thanks to everyone who helped make the hall shine ahead of its hundredth birthday.

Working Bees: Hands-On Help and Achievements

Two working bees brought out a fantastic crowd, eager to lend a hand and make lasting improvements. Volunteers rolled up their sleeves to install a new garden bed with new plants adding colour and life to the surroundings, along with an underground irrigation system encompassing the Epitaph to ensure our gardens stay green and vibrant all year round. Garden crews spruced up the surrounds with pruning, and attention to safety issues was also a priority with crushed granite carefully laid to avoid some trip hazards and a new water filtration system installed to keep our water sparkling and fresh.

Painting crews gave the railings, steps, doors and window trims a fresh look, while others contributed their heart and souls to Centennial Displays. Memorabilia poured in from families and locals, capturing the hall's rich history and unique stories. The decorations were outstanding, transforming the hall into a welcoming space, fitting for a 100th Birthday Bash.

Donations: Generosity Fuelling Progress

Our preparations were made possible thanks to generous donations from *HKL Landscape Supplies* at Taree who stepped up with topsoil, backing our garden project and Special ***Thanks*** also go to: *All Pro Scaffolding; Bulahdelah Library, DonMar Industries; DONK Car Club, Farm and Home, Nabiac; Perry's Wildflowers; Great Lakes FM Radio, Max FM, 2RE, and ABC Radio; Across the Fence; the Mobil Service Station Coolongolook, and Spotlight, Taree,* whose help and contributions made our Centennial Event a whole lot brighter with their generosity.

Centennial Displays: Memories and Decorations

The centennial displays were a true highlight . Locals brought in memorabilia, from old photos to treasured artefacts, giving everyone a chance to reflect on the hall's past. Decorations were carefully crafted and hung, creating a festive atmosphere and reminding us all of the hall's importance in our community.

Committee Efforts: Catering and Entertainment

Behind the scenes, the Bunyah Public Hall Committee worked tirelessly to organise catering, entertainment and decorations. Their dedication ensured that the Centennial Event was not just memorable, but comfortable and enjoyable for everyone. From the delicious spread, catered by *Avon Valley Meats*, *Taree Charcoal Chicken, and Dawson's Wholesalers,* the engaging entertainment supplied by *Country Dance Revival*, to speeches and acknowledgements, and poem recitals, every detail was thoughtfully handled.

Looking Ahead: Centennial Event and Next Month's Coverage

By the time this article goes to print, the Centennial Celebration will have taken place. We'll share more highlights and photos in next month's issue, so stay tuned for a closer look at the festivities and the community spirit that made it all possible. Thank you again to everyone who contributed—your efforts have left a lasting mark on Bunyah Public Hall.

Warmest Regards,
Bunyah Public Hall Committee

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MINIMBAH MATTERS

RFS
NSW RURAL FIRE SERVICE

Minimbah Rural Fire Brigade brings you an update on a very important "Member" of our Brigade. Our local "Gnomes of Nabiac" creator, *Lesleeann*, presented us with our Fire Fighter Gnome some time back and since then he has been quietly watching everything that has been going on, and taking it all in, without really knowing what his name was. How very remis of us. We do apologise to all who have been concerned for his welfare. Several suggestions were made but none of them seemed exactly the right name, until now. We are excited to announce that our Gnome has finally been given a name. **RUFUS** (RFS)

This clever name, as suggested by a community member, was adopted at our February meeting and wouldn't you know it …. Rufus immediately started his training.

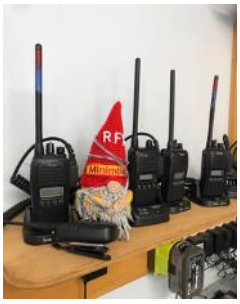
We now take pleasure in introducing **Rufus**

There must be something super special about **Rufus** because since he joined the Brigade, we have had three lovely young ladies, and a couple of blokes, sign up with us.

You too could join us. We promise to train you, but we can't promise you will receive the same special treatment that **Rufus** has been given.

Again, we thank *Lesleeann* and our anonymous name creator for their involvement. This is just another reason of why our Brigade relies so heavily on community involvement.

First day of official training for **Rufus.**
Communication: Knowing when on the fire ground.
Team building. A cuppa after training or a meeting goies a long way building a "healthy Brigade"



"Smoke in the vicinity". That's what often shows up on the screen when Brigades are called out in response to a Triple zero (000) emergency call. The Rural Fire Service has an operational mandate to investigate and act upon all Triple Zero calls.

Now, things have been a bit tricky lately with significant fires around Coolongolook and Nerong. Depending on the time of day and the wind conditions, there were occasions when visibility from the Minimbah Fire Station was about 150 metres. Yes, that is most definitely *smoke in the vicinity.* However, it was not just around our Fire Station – it was throughout the District. Throughout many Districts for that matter. The nearest flames were at Nerong, and were being managed, around the clock, by both ground and aerial firefighting crews and appliances. Can you imagine how many people and appliances would be involved?

Even when there are large and difficult-to-access fires blazing for days/weeks on end, a certain number of fire-fighting resources need to remain in our District to respond to local emergencies. Resources are stretched because there are never enough trucks to get to every house.

If you see a fire (**flames)** which is unattended, by all means call 000.

BUT, please give serious consideration to "*smoke in the vicinity*" . Before you call, ask yourself:-

- ◊ Is this emergency call necessary, or is it perhaps stretching the local resources beyond the limit?
- ◊ Is it local smoke or widespread smoke drifting from large bush-fires?
- ◊ Can I see any flames?
- ◊ If there are flames, is someone in attendance?

Where there is smoke there is generally fire.
But not always.

Almost a month from when it started, and the Nerong fire has flared up again.

Currently Free Fire Permits are required from the RFS before you are legally permitted to light outside fires. Fire Permits are suspended on days when the **Fire Danger is High**
or above, e.g. **Extreme** or **Catastrophic.**
Total Fire Ban days are just that ….**A Total Ban on all outside fires.**

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Go online to **rfs.nsw.gov.au/fire-information/BFDP** to apply for your free Fire Permit and follow the prompts.

Please call the **Mid Coast Fire Control Centre on 1300 643 262** with your queries and for contact details of your nearest Fire Permit Officer

*We take this opportunity to extend our condolences to the family and friends of the late **Gordon "Griffo" Griffis**. In so many ways Gordon was our butcher, our friend and the supporter of our club or organisation. You cannot replace a **"Griffo"**.*

.Report unattended fires (flames) to Triple Zero (000)
Quick action is the best action – keep small fires small.

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COOLONGOLOOK PUBLIC SCHOOL

What an exciting and energetic start we have had to the 2026 school year at Coolongolook Public School!

We are thrilled to begin the year with 32 students across our two classes, 18 students in K/2 and 14 students in 3–6. Our classrooms are buzzing with enthusiasm, curiosity and a strong commitment to learning.

We warmly welcome Mrs ***Quinn***, who has joined us as our K/2 teacher, and congratulate Mr ***Martyn*** as he steps into his new role teaching 3–6. We are also pleased to welcome back Mrs ***Everingham*** and Mrs ***Loveday***, who are working four days per week, along with Mrs ***Donnelly*** and Mrs ***Durbin***, who each support learning one day per week. Our dedicated team is working collaboratively to ensure every student is known, valued and supported.

A special congratulations goes to our 8 *Little Lizards*, who have made an outstanding start to big school. They have settled confidently into routines, embraced new friendships and are already demonstrating independence and enthusiasm in their learning. We are incredibly proud of the way they have stepped into school life.

We are also very proud of the students who represented our school at the Small Schools Swimming Carnival. Their effort, determination and sportsmanship were commendable and reflect the pride we take in representing our school community.

Our High Potential and Gifted Art group has begun working with Mrs Durbin as they prepare for their next competition. Students are exploring creative techniques and refining their artistic skills, and we look forward to unveiling their finished pieces in the coming weeks.

This term, our sporting focus is soccer, and after just one session it is already clear that we have some emerging talent on the field. Students have been developing their dribbling, passing and teamwork skills, while also demonstrating excellent listening and sportsmanship. Most importantly, the enjoyment has been unmistakable, smiles, encouragement of teammates and plenty of positive energy. We look forward to seeing these skills continue to grow throughout Term 1.

There has been significant activity around the school grounds as well. Our new bell system has been installed and has quickly become a favourite. Students are enjoying returning from breaks to music, adding a positive and energetic transition back into learning time.

Several of our vibrant playground stencils, including our school emblem and activity-based designs, have now been completed, adding colour and engagement to our outdoor spaces. Work has also commenced on the footpath at the front of the school. We ask families to please take care in this area over the coming weeks while improvements are underway.

We are also eagerly anticipating the commencement of construction on our new *Yarning Circle*, which will provide an important space for connection, storytelling and learning within our school community.

Looking ahead, March brings some wonderful whole-school events.

Harmony Week (16–22 March) provides an opportunity for our students to celebrate diversity, inclusion and belonging. Throughout the week, students will participate in activities that promote respect, cultural understanding and the important message that everyone belongs.

We will also be taking part in National Ride2School Day on Friday 20 March, encouraging students to ride, scoot or walk safely to school where possible. It is always a fantastic morning that promotes healthy habits, independence and community spirit.

As always, we value strong partnerships with our families. Thank you to those who attended our recent Parent Information Session and P&C Meeting. Your involvement plays an important role in the continued success of our school.

2026 is shaping up to be a dynamic and rewarding year at Coolongolook Public School. We look forward to sharing more updates with our wider community in the months ahead.

If you are new to the area and would like to drop in, meet the team and see our wonderful school in action, please feel very welcome to do so. We would love to show you around.

The CoolSchool Team

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WALLAMBA CWA REPORT

The February 2026 meeting of Wallamba CWA Branch (the first for our new year) was held on Tuesday 10th February and was chaired by President ***Margaret Weller*** who welcomed 9 members and received a further 3 apologies before declaring the meeting opened at 10.06am.

Following the opening procedure of singing the National Anthem and reciting the CWA Motto and Prayer, members paid the tribute to the passing of *Dame Bashir* (aged 95 yrs), former NSW Governor and CWA NSW Patron for13 yrs, *Maurice Stack* of Taree, along with the victims of the *Bondi Beach massacre*.

Member ***Penny*** provided our thought this month which was ***"What the New Year brings to you will depend a great deal on what you bring to the New Year. We all get the same 365 days. The only difference is what we make of them".***

Unfortunately, the December 2025 meeting had been cancelled due to lack of members for various reasons and this also saw the cancellation of the planned Christmas luncheon so let us all hope 2026 will be a better one.

Best wishes and speedy recovery messages were sent to members ***Jill*** and ***Pam*** who had both had accidents which keep them in hospital for a time but thankfully now back on deck.

Members remembered the passing of long time CWA members *Heather Gordon* (Life Member of Bulahdelah), *Barbara Hughes* of Forster CWA Branch and *Shirley Naylor* of Macksville Branch.

Members were reminded of the up coming CWA Cookery/Friendship Day to be held at Wauchope on 19th February and members ***Merle, Colleen, Margaret,*** and ***Penny*** were hoping to be able to attend.

March 27th will see the International Day being held and this will be further discussed at the March meeting.

Bulahdelah CWA Branch will be hosting the MNC CWA Group Council and Handicraft Day the Bulahdelah Golf Club on March 12th with 4 members hoping to attend.

Handicraft Officer ***Merle*** gave her report after Treasurer ***Trish*** presented her report of the months of December and January showing we still have a healthy balance to work with.

In Merle's report she spoke about the Group Handicraft Day as well a the Nabiac Show and said she hoped that there would be a pleasing number of entries - the Show being first and from that they would then go onto Group Day at Bulahdelah. Merle hoped to have a few more entries before the cut-off date and encouraged members to do this.

Gai gave a report on our new topic for this year which is the Casuarina (She-Oak) which is an Australian Native Pine and how Indigenous Australians used it for crafting spears, digging sticks, and shields. Early European settlers to Australia used if for roofing shingles, barrel staves and shipbuilding. Today it is a preferred choice for high-end furniture, musical instruments and decorative wood-turned objects.

The She-Oak provides food for the Glossy Black Cockatoos but is of little importance to bees producing very little nectar and poor pollen.

As our International Officer ***Pam*** was still away visiting family in Qld after her hip replacement, Assistant International Officer **Colleen** gave a brief overview on Fiji – our Country of Study for this year. Suva is their capital and currency is the Fijian dollar, according to the World Bank in 2024 they had a population of 928,784 persons and the official languages are Fijian, English and Fiji Hindi.

Cookery Officer ***Margaret*** presented her report and gave a recap on who had volunteered to cook for Wallamba to be entered in the MNC CWA Cookery Competition at Wauchope during late February.

Penny our Cultural official spoke about attending the X Mentals concert which she, *John* and friends had enjoyed at Tuncurry Bowling Club; the music brought back great memories and attendees got up and danced.

Member ***Trish*** and her mum had booked to travel to Brisbane to attend the 75th Anniversary of the Edinburgh Tattoo. I hope the weather stayed fine for their visit.

In general business the members spoke about the recent fires in the Aerodrome region of Nabiac which affected members **Penny** and ***Collen*** who live in that area. Many thanks to the Rural Fire Brigades, and the aerial water bombing which saw all properties saved. Many thanks go to the Artisan farmer and other dams who supplied water for the aerial bombing

Margaret reported on her visit to Coolongolook Public School's end of year presentation as an invited guest representing Wallamba CWA. Margaret even met someone from near her home town of Quandialla – it is a small world.

Member ***Trish*** has looked at helping out at the CWA Tea Rooms come this year's Royal Easter Show, a great experience if she gets to go.

No further business the meeting closed with members then enjoying a chat over a shared lunch and hoping to see each other again at the upcoming March monthly meeting set down for Tuesday, 10th March commencing at 10.00am at the usual venue of the Nabiac Community Church Hall.

Pam Muxlow
Publicity Officer

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BlazeAid AUSTRALIA

By the time you read this, BlazeAid will be set up in Bulahdelah.
Unfortunately, circumstances dictated that the Nabiac Showground option they had hoped for, was not feasible in the long term and so alternative arrangements had to be made.

One can imagine it is not a simple job to move a volunteer service such as this.
Several backpackers in tents, several caravans and many trailers, power station, repair facility trailer and associated equipment but it is happening the week before the Nabiac Show..

Their presence in the village has been a mutually beneficial one with several business's providing services and BlazeAid enjoying the hospitality we are known for.
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My Kid: I feel like you're always making up rules and stuff.
Me: Like what?
My Kid: Like if I don't clean my room a portal will open and take me to another dimension.
Me: Well, that's what happened to your older brother.
My Kid: What older brother?
Me: Exactly

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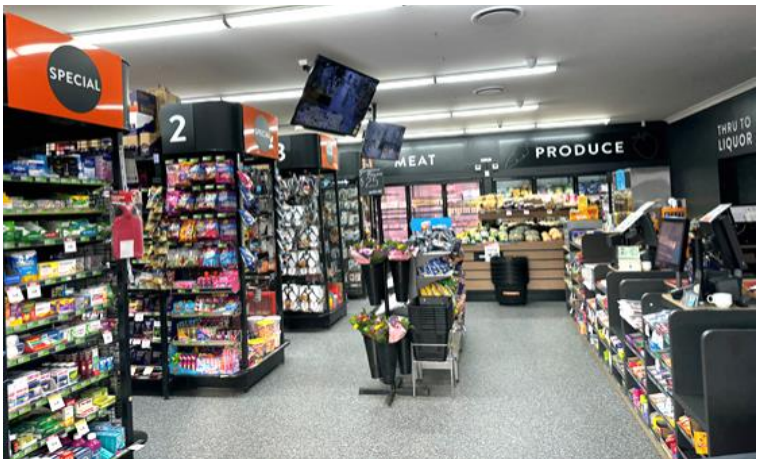

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Nabiac RSL - Sub branch - Family day outing

What a great day to spend with our veterans and their families.

Nabiac RSL SB spent the day at Forster Keys Park on Pipers Creek, last Sunday.

Members enjoyed a beautiful day by the water and a really good spread at the table.

Congratulations to our ladies team who won the *Finska* challenge.

We were joined by our invited guests from Forster SB Mr ***Keith McNiel*** and his wife and good serving mate ***Les***. Not bad for members nearing and in their 90s.

If you have served our country and are new to the area, you are most welcome to come along and join us.

Regards,

Max Frost - President - Nabiac RSL: SB - Call 0422 025 539

Lyn's Larder

Italian Pork with Marsala

(Margaret Fulton's Italian Cook book circa 1973)

Ingredients

500g Pork Fillets
3 tbsp Olive oil
2 tsp Plain flour
125 ml Marsala
30g Butter
Seasoned flour for coating
Salt & Pepper to season

Method

Trim pork fillets of any fat and slice lengthways, almost through. Lay fillets open, book fashion, and flatten with a meat mallet between 2 sheets of plastic wrap. Cut meat into pieces about 10 x 5 cm. Beat again until very thin, taking care not to break the slices Dust slices lightly with seasoned flour.

Heat oil in a pan and brown the meat for 2 minutes on each side over a high heat. Sprinkle lightly with salt and generously with pepper, then remove meat from pan and arrange slices over lapping on a warm serving dish. Keep warm

Add 1 tablespoon water to pan, then add flour. Stir and pour in marsala, scraping up the crustiness. Stir until sauce is thickened and smooth, then add butter and when melted, pour hot sauce over the meat.

Serve with choice of vegetables and mashed potatoes.

I found that I have been happier since I changed from coffee in the morning to orange juice.
My doctor explained that it's the vitamin C and natural sugars but I really think it's the vodka!

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Megan's Health and Wellness

Hi to all!
We're in Autumn; a new season and the slow transition into the cooler months. How lucky are we to have a roof over our heads?

One thing I am very grateful for is plenty of land to garden. It's been a dream of mine since god knows when - growing plants for cooking, cleaning, beauty, and of course, medicine.

Some of you may not know this but Naturopaths not only work with a person's diet and lifestyle, but they utilise plants as medicine. Plants have this incredible ability to stimulate a person's self-healing mechanisms, acting on the organs that need support in their structure and/or function. But plants aren't to be messed with! Just look at the "mushroom lady" (or so my nieces like to call her) who used a deadly strain of fungi in her cooking that almost wiped out all those that ate it!

Plants are powerful and can be deadly if used without knowledge, caution, and good intentions… so when it comes to medicinal plants, always consult someone trained in the arts, like a naturopath or herbalist.

I say this because almost 80% of the pharmaceutical drugs we know come from the plant kingdom. Just look at aspirin.

Aspirin is a synthetic form of salicin, with the Willow Bark tree being highest in concentration. Salicin and its active form, Salicylic acid, have powerful medicinal properties such as antipyretic (reduces fever), analgesic (reduces pain) and anti-inflammatory (reduces inflammation). Hence, aspirin is the most world-wide drug used today! What I love most about the natural plant form is it reminds me how perfectly aligned and connected we are with the natural world; salicin has a mucilage layer on the outside and when ingested, it coats the stomach lining before it is absorbed in the small intestines. Without this coating, the salicylic acid would irritate the lining causing nausea, pain and worse case, ulcerations. This is why the pharmaceutical aspirin is recommended to be taken with food or milk to reduce its impact on the stomach lining, or why some aspirin has an enteric coating.

Nature provided this protection already, and modern medicine is simply mimicking it. How fascinating!

Plenty of plants to use over autumn such as thyme, oregano, echinacea, sage and rosemary, ones you can put in the garden to have handy.

For some articles I will explore plants more deeply so you get to know them better, until then I'll leave you with a joke.

Why did the chef add extra oregano?
To make up for lost thyme.

Ha ha.

Enjoy!

Megan.

IN MEMORY OF

My condolences are given to two local families who have lost a beloved family member during the last month.

Late of Wingham, but previously of Dargavilles Road, Nabiac, **Cliff Sayers** passed away after an illness and my thoughts go to his wife, **Jean**, son **Peter** and daughter **Sue** and their families.

By now everyone will know of the passing of Nabiac's loved butcher **Gordon, 'Griffo" Griffis**, who we lost suddenly due to an awful accident Saturday week ago.

Taken in his prime he will be remembered and missed by all who knew him.

My condolences go to his wife, **Narelle**, and family as they come to understand the sudden loss of someone dearly loved.

Lyn Reid
Ed.

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Show News

Only 5 sleeps to go from the time I am writing

this (Sunday) for the big day to start.

Fingers, toes and every thing else thought of crossed, to hope that the day is a beautiful, fine, cool Autumn day in which we can all enjoy ourselves.

To start, please be patient and polite to the volunteers manning the gates as they have had to learn how to operate a new Eftpos machines as well as give you tickets and BRACELETS and change if you pay cash. Some of them are 'first timers' and so are learners.

Your yellow 'bracelet' identifies you as a paid entrant and enables you to duck off home for tea and come back to see the fireworks and the evening entertainment. Without it YOU GET TO PAY AGAIN!!!!

Your day starts at **8.00am** with the opening of the **HALL**, to go and admire all the great handicrafts done by the local entrants, their cooking and photography. Also the lovely flowers and art work

Step over to the **PRODUCE** shed to see the fresh produce then at **8.30am** duck next door to the **POULTRY** shed to see the magnificent array of Chickens, Roosters, Ducks & Geese being judged.

If you are more interested in the livestock area, race over to the ring as the judging there starts at **8.00am** with **HORSES** in the Led and Ridden Classes in the Horse rings and also at **8.00am** the **BEEF** judging starts next to the Cattle stalls.

Stay in the area and duck down to the back area's Bottom Ring for the **SHOWJUMPING** at **9.00am**.

While you are in the bottom area (Aub Ferris Oval area) you will also find the **SHOW DOGS** being exhibited and judged from **10.00am**

During the day there are special kids entertainers on all day and if you pop over to the office I can give you their "show timetable".

The kids have **Quenorie** back with her fabulous face painting fairies under the big tree opposite the office working non stop all day. **Quenorie** will put on 4 shows during the day - magic and bubble.

The **Pepporific** Performers are giving 3 shows and **Passion for Laughter's Joe May** is doing 3 shows. He and his son are Stilt Walkers! So as everyone walks around the grounds, please be aware of them and don't knock them—we don't want a fall. He also does a show with Mr and Mrs WOW, not sure what it is, but I will watch out for it.

They are all tucked in the area opposite the office, between the trees and the Produce shed.

Also in that area will be the great baby farm animals in **Old MacDonald's Travelling Show** that you can go and feed and pet.

Stuart is back with his **Reptile Solution Exhibit** which has endangered baby turtles/tortoises9?) from the Manning area, baby crocodiles, snakes and other interesting reptiles for the kids and adults to see and learn about. Very interesting to hear his talks and you can handle SOME of the animals.

DONK Motors will be back with a display of their old cars and machines up near the Showground lane entry gate.

In front of the Hall find the **Manning Great Lakes Woodworkers** again with displays of their woodworking skills and finished items.

On the Hall verandah **Ron Coafield** and a couple of his mates will be belting out some foot tapping music in the morning and in the afternoon **Kevin Don** will take over the music entertainment for you.

All day carnival rides are available for teens and tinies. Apparently this year it is ticket per ride, not a ticket for multiply rides. Could change on the day, but doubt it and I don't have a ride price as yet.

Food will be available from the Hall Luncheon Room, the BBQ and Canteen at the show ring side (both run by our Ladies Committee), various trade stalls as well with hot food, drinks, coffee and ice cream.

The Carnival food van has hot chips, fairy floss and hot food.

Suppose I had better squeeze this in here, for those who want it, there is a **BAR** and it is opens from **10.00am to 7.30 (last orders)** . It is next to the Ring Canteen.

At **12.30pm** we have our **Official Luncheon** for our special guests and that is followed at **2.30pm** by the **GRAND PARADE** in the main ring.

The show will be then officially opened by **Julien Schneider**, an old member of the show in the past, who still enters cattle on the day.

His opening is followed by the presentation of prizes for Best on Parade winner, Show Raffle's winners, and various others.

A Show Member will be given their **Life Membership** badge (the person is still in the dark about it's presentation) and another member, also in the dark of his award, will be give a **Medal of Appreciation** for their long contribution of volunteering and helping at the show. This medal is given by the Royal Agricultural Society of NSW.

Following on after the Grand Parade will be more **Show Jumping** called a **6 Bar Jump** and it is on in the Main ring at **3.00pm**.

Also in another part of the main ring at the same time will be **Junior Sporting** and the **Doggy High Jump** contest.

At **4.00pm**, hopefully we will have the great **Tug o War** competition, so come on all of you strong people - male or female - no bias here, get together a couple of teams to show the onlookers how good you are, even the kids have had a go in the past.

This will possibly be follow by the kids fun events.

Between about **4.00** and **5.30pm** the mad **Mid Coast Mower Races** will entertain you by racing in circles around the ring at one end and at the other end of the ring will be a **Post Ripping Demonstration** after which the posts will be bundled and Auctioned off.

To Finish the Day at **6.30pm** we have a spectacular show for you all as we are not having the Demolition Derby this year.

The **ROOFTOP EXPRESS SHOW** will be on until **7.45pm** featuring high-energy horsemanship, stunt work, and comedy horse tricks, bison display, yes those other cattle, and as I have never seen the show, but have heard that it is really something to see, get your little bodies over to the ring to watch it. It has appeared at the Royal Easter Show so it must be good.

When the show is finished, you will be able to do a meet & greet, with **David Manchon**, the man himself to ask any question you want to.

The finale of our show is, as always, our spectacular **KA BOOM FIRE-WORKS AT 8.00PM**

We apologise for the cancellation of the Woodchopping Event - beyond our control that is why we have the Post Ripping.

These times are true to what I am aware, any changes will have been unavoidable.

We hope you come and enjoy a cheap day's entertainment with us.

Let's face it - where can you go for a full day for $15 adults, $5 for kids and Aged Pensioner and $40 for a family of 2 adults and 3 or more kids. Not the movies! Or even a train ride.

'til Saturday

Lyn Reid, Secretary. 6559 1811 (if no go call **0403 012 309** - Karen

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REAL KULTCHA

Oh dear, is it March already? Better get on with it then.

The biggest news going around just now – and which you've probably already forgotten - is the debacle *The Miners** managed in the T20 World Cup on the Indian sub-continent recently. They were hopeless and for mine, their failure probably started before they even left the country. Whoever selected the side was definitely a few sandwiches short of a picnic! They didn't select Steve Smith first up, then sent him over later but never played him! And then everybody, it seems, was surprised to face spin bowlers? The sub-continent only occasionally produces a fast bowler of note but they produce spin bowlers (good spin bowlers) all the time! They ripped through *The Miners* like a dose of salts and the team didn't even make it through the round-robin series. Pathetic! I know I threatened *The Galahs* with a round of geldings and that brightened them up! I was however, just too slow to get overseas, I guess. I'll try to lift my game in future.

We all know Climate Change is real – save for the knuckle draggers in *The National Party* and if we needed any proof it came recently when the family of young Rugby League player Keith Titmuss launched a multimillion-dollar lawsuit against the Manly *Sea Eagles*. Keith died – according to the coroner – of exertional heatstroke at a training session (in November, 2020) *more likely than not inappropriate*. He was involved in a wrestling cardio workout and a paramedic who attended him after he collapsed, noted his body temperature was 41.9°!! Team coaches are now well and truly on notice: the climate has changed, it's hotter, so you need to take more care of your players or suffer the consequences.

Something stinks (again) in the world of soccer. I seem to recall years ago, the boffins in charge of soccer here in Oz (known as Football Australia {FA}) applied for a World Cup competition to be played here. Much money was spent in backing our bid (including a very expensive video) and we got one vote! Yep, we should've used the money to bribe the many officials in Africa and other places. So, to get the cost of their bid back they had every player (from juniors up) pay a fee to the National body. Soccer was, at one stage, just about the most expensive sport a child could play! Well, the 2026 World Cup is to be played in Canada, USA and Mexico. There will be 48 teams involved with matches taking place between 11th June and 19th July. Do you want to attend? In your dreams! For starters, tickets are as scarce as rocking horse manure **AND** they're expensive as FIFA has introduced *dynamic pricing* for this tournament. Don't know what *dynamic pricing* is? Well, take seat and hang on!

The first thing you need to know is there are some 6 million seats on offer in stadiums across the 3 countries so FIFA has set in place free ballots for tickets. But, to be in the FA ballot (for tickets allocated to FA by FIFA) you need to pay $A99 for it's new membership program, *Football Account+*. There are, as you'd expect, many stories of loyal Oz fans who'd like to go and who paid the new fee, applied for the number of tickets they wanted and got zip. FIFA says they have received 500 million individual ticket applications so to sort out who gets what, *dynamic pricing* has been introduced:

Dynamic pricing is a flexible strategy where businesses adjust prices in real-time based on market demand, supply, competitor pricing and customer behaviour. Instead of fixed prices, algorithms instantly change costs to maximise revenue, such as increasing prices during high demand (surge pricing) or lowering them during off-peak times. Wikipedia

Obviously, soccer is popular so FIFA has decided to allow the market place to allocate the 500 million requests for the 6 million seats! FIFA has also set up a resale site. Of course, they're charging like a wounded bull for this *service* with both the seller and buyer being charged a 15% fee – effectively meaning for every $100 involved, FIFA is ripping off $30! Now, a ticket to Australia's game against the USA in Seattle for instance, is listed for as much as $US29,000! Tickets for later matches such as the final, are listed for resale in excess $US233,000!!!

Now, if you're cashed up, have a ticket (or tickets) to the game(s) you want to see, have paid your airfare and have confirmed your accommodation all I can say is *bon voyage*. Of course, you are going to enter the USA and *you know who* has decided to get tough on people calling him names so I hope there's nothing in your telephone e-mails like that because if you have been a tad vocal about the *orange possum* (for instance) you could find yourself back in Oz very quickly having been nowhere and seen nothing!

Talk at you again next month,

The Hillside Critic

* *The Australian Men's Test Team I have named The Galahs because they tend, every so often, to do really stupid things, just like the native bird (Cacatua roseicaoilla). The men's T20 side I have named The Miners after the Noisy Miner bird (Manorina melanocephala) because that's what the team does, makes a lot of noise but seems to be useless. I'm working on a name for the men's ODI side.*

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Welcome to Deb's Gardening

Summer is almost done and dusted with minimal plant loss in my garden. A few native tube stocks that got planted prior to summer didn't survive but that was due to me not keeping the water up to them often enough. They have since been replaced and growing well. Tube stocks, or any new plant that is planted in the garden, require more watering, more often until they are established.

I have a native garden section that runs along the fence line that separates the paddock and the house garden. Prior to us purchasing the property the only plants that were there were 4 citrus trees. The citrus trees are still there but I have extended the garden and filled it with natives. The citrus and native plants all live happily together with fewer citrus fruits being eaten by the birds compared to the citrus growing in the orchard, an interesting observation. The citrus have an interesting shape on the fence side as the cattle stick their head through the fence and give the citrus a prune but they don't touch the native plants.

The native garden is one of my favourite parts of the garden. Most of the plants flower in the winter months, which brings colour to the garden. They are easy to maintain and don't need a lot of pruning, just a snip to keep them in shape. I never worry about fertilising but it is well mulched with wood chips. As the wood chips break down it becomes a food source for the soil. I fertilise the citrus that are in the native garden with an organic life which is animal manure but only around the root system of that tree and I mulch them with hay to encourage bacteria to the soil and so far it hasn't affected the native grevilleas that are closer to the citrus.

Native plants often dislike manure fertiliser because they have adapted to thrive in soils that are naturally low in nutrients, especially phosphorus. Manure, particularly poultry manure, is high in nutrients. Many native plants like grevilleas, Banksias and Hakeas, have developed specialized roots called "proteoid roots" to extract nutrients from poor, ancient soils. These roots are extremely efficient, meaning high- phosphorus fertilisers like manures can cause the plant to take up too much phosphorus, leading to toxic levels that kill the plant.

I also like the fact that native plants are indigenous, genetically diverse species adapted to the local ecosystems, providing maximum ecological benefits and food for wildlife. Cultivars (cultivated varieties) are human selected, often cloned plants bred for colour and size, which may reduce genetic diversity and limit nectar, pollen, or nutritional value for pollinators. Native plants possess high genetic diversity, allowing for better adaptation to climate and pests.

Another observation is that the monolepta beetles are not in the native garden but flying around the rest of the garden and orchard. The monolepta beetle is still in plague proportion. I read that they are quick to disappear, well that is a bit of a lie because they have been around all summer, but the fact that they are not anywhere in the native garden is very interesting.

There are apparently over 24,000 species of native plants in Australia with popular varieties including Grevillea, Eucalyptus, Banksia, Kangaroo paw, Wattles, Callistemon (bottlebrush), Leptospermum (tea tree), Melaleuca (honey myrtle) Native Hibiscus and Everlasting Daisies, just to name a few.

I have a Native Hibiscus growing in the garden which is not in the native garden and the monolepta beetle did not even touch it but annihilated the non native Hibiscus, another interesting fact.

After the heat and a dry summer I am seriously thinking of adding a lot more Australian natives to the rest of the garden, they seem to adapt a lot better than the ornamental or cultivar plants. In the future instead of planting and spending money on annuals that I put in each year that I end up being disappointed in because they are not putting on the show that I thought they would, I am going to start planting a native plant instead. I am sure I will find a native plant that I will love because there are not many native plants I don't love.

Until next time " We are all a part of mother earth. She sustains us and we must sustain her in return.

Deb

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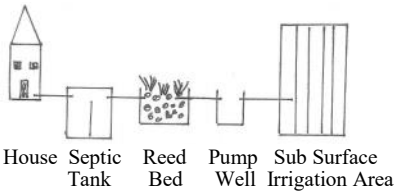

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Tackle Winter Weeds

Autumn is the ideal time to apply a pre-emergent herbicide such as **Oxafert**. Pre-emergents work by forming a protective barrier in the soil, stopping cool-season weeds before they germinate. Prevention is far easier, and more effective, than trying to control weeds once they've established.

If weeds are already present, treat them with **All Purpose Weed Control** early while they are actively growing and easier to control.

Enhance Your Colour

IronGuard Plus is an excellent autumn addition, acting as a bio-stimulant to enhance that deep green colour while strengthening plant health without excessive top growth. This helps maintain lawn presentation while supporting root development heading into winter.

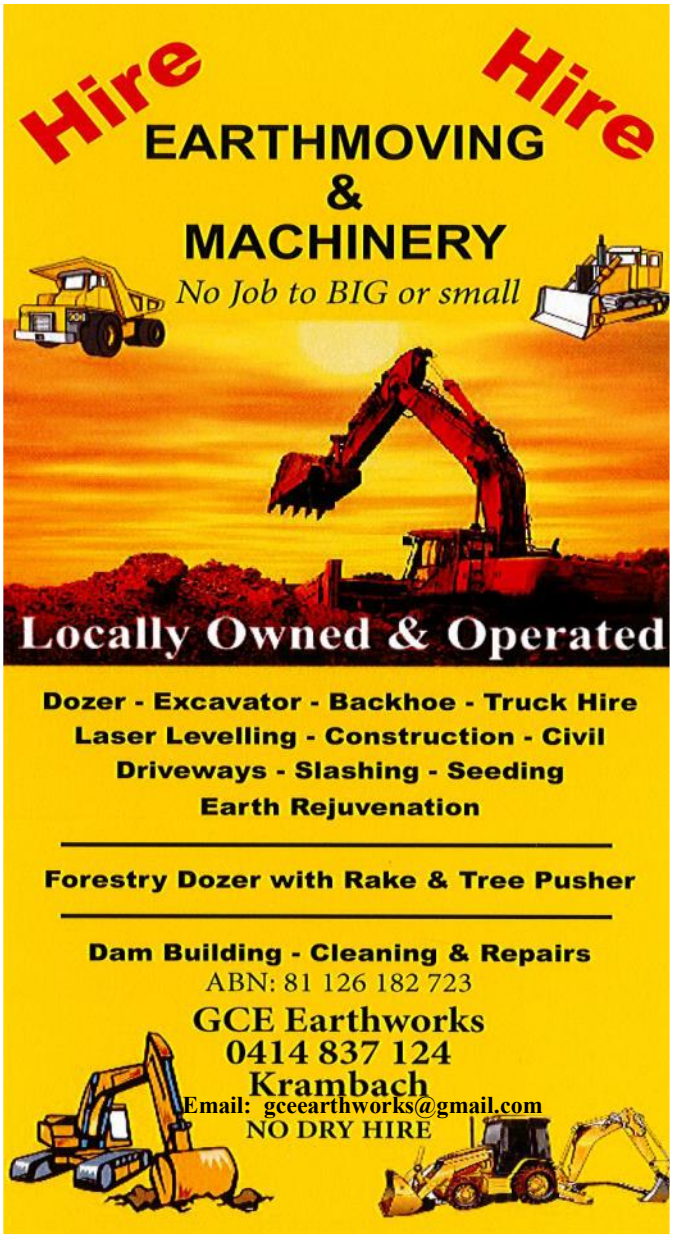
Adjust Your Mower Height

As daylight hours shorten and growth slows, lift your mower height slightly to reduce stress, avoid scalping your lawn and continue mowing as required, but less frequently.

Maintaining a little extra leaf helps the lawn retain energy and improves resilience through cooler conditions.

Autumn lawn care is all about preparation and prevention. By controlling weeds early, strengthening your turf, protecting against pests and adjusting maintenance practices, you'll set your lawn up to stay healthier through winter and transition strongly into spring.

For more information, give us a call on (02) 6550 2126 or check out our Lawn Maintenance Advice on our website; www.aglandturf.com. Open 5 days a week, we stock a wide variety of lawn care products on -farm at 520 Dargavilles Rd, Nabiac.



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at the showground. Pooches love the market and are welcome on a short lead. Next market day is Saturday 28th March.

Hello all!

2026 started on a good note, with a successful January market with 60 stalls. The weather was good, people were smiling and the whole of Nabiac was buzzing.

Delicious pizzas with fresh local tomatoes are always popular.

Tourists who were passing through pulled off the highway after seeing our signs and said they loved the market and would be back! It is guesstimated that around 50% of visitors to Nabiac Farmers Market live outside Nabiac and around 10-20% are tourists travelling along the East Coast. Some of these make a regular trip to see family up or down the coast and plan their regular trips around market day!

They love the great food, shops and friendly local vibe in our lovely little town.

We just noticed that Port Stephens coaches have planned a trip to Nabiac for the 28th February, which includes a market visit, browsing the village shops and lunch afterwards at the Artisan Farmer. As a community, we can be proud as punch for what Nabiac has to offer and the atmosphere which all of us help to create.

Greg's hot sauces were sure to have spiced up many BBQs after the last market day.

Several new stallholders reported a great first day, including metal art creators, Manning Plasma.

These ladies enjoyed line dancing to the sound of Alan Maisey's music.

Pasture Pearls had a good first day. Nothing beats fresh, local, free-range eggs from the rolling hills of Tipperary, here on the Barrington Coast. Check out their range of carton sizes including the usual dozen packs.

Several of our produce stalls also sell eggs, so our range and choice is eggselent.

Nabiac Farmers Market's producers,
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We regularly post info and updates on Instagram and Facebook. Follow us to stay in-the-know and please share our social media posts. Thank you to everyone in our community for making our market great: Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their patrons. We appreciate you all.

See you at the next market on Saturday 28th March.

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

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Colour price variable depending on amount of colour on the page & plain or photo paper - from 80c to $3.00 A4.

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

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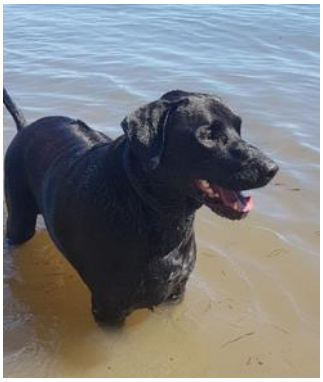
A common question people ask our Veterinarians is, "when is the best time to desex my pet?" The answer depends on their breed, expected mature size and the owners' personal circumstances, which will affect how readily they can responsibly manage an entire male or female dog. Historically, desexing young dogs and puppies was common practice, and most sterilisation procedures were performed around 6 months of age. Today, however, there is more scientific evidence that suggests waiting until an animal matures may be better for their long-term health and wellbeing. This is known as delayed desexing.

Overall, desexing is strongly recommended to reduce the risk of mammary and testicular cancers, aggressive or roaming behaviours, unwanted pregnancies and indiscriminate breeding. In females, it eliminates the risk of life-threatening uterine infections (pyometra), which we see commonly in older, undesexed females. We would recommend that all dogs that are not intended for breeding be desexed at an appropriate age. Delayed desexing for dogs allows their bodies to reach skeletal maturity with the benefit of circulating sex hormones, and this has been associated with improved skeletal conformation including appropriate growth plate closure and leg angle, reducing the risk of cranial cruciate ligament rupture. Another benefit is a reduced risk of urinary incontinence in female dogs.

Scientific studies show delayed desexing is especially beneficial for the health of large and giant breed dogs, however there is still a benefit in delaying desexing for several months in smaller breeds.

Our recommendations are as follows:

→ Giant and large breed dogs: Eg Wolfhounds, Great Danes, Labradors and Rottweilers - Delay desexing until 12-18 months of age.



Note: in large deep chested dogs (especially Wolfhounds, Great Danes, Greyhounds, Dobermans, Weimaraners and Irish Setters) we would strongly recommend a prophylactic gastropexy at the time of desexing surgery to prevent GDV (bloat/twisted stomach). This procedure attaches the stomach to the body wall the eliminate the risk of gastric torsion. *Up to 42% of Great Danes will experience a GDV in their lifetime*.

→ Small breed dogs: Eg. Pugs and Miniature Poodles - Delay desexing until 6-9 months of age.

If delaying desexing until these ages is not possible, desexing can still be performed safely earlier than recommended, or vasectomies can be performed for male dogs to render them sterile but allow their developing bodies the benefit of circulated sex hormones as they mature.

Please contact us on 6557 0000 if you would like to discuss delayed desexing or if you have any other questions about desexing your pet at Wingham & Valley Vets.

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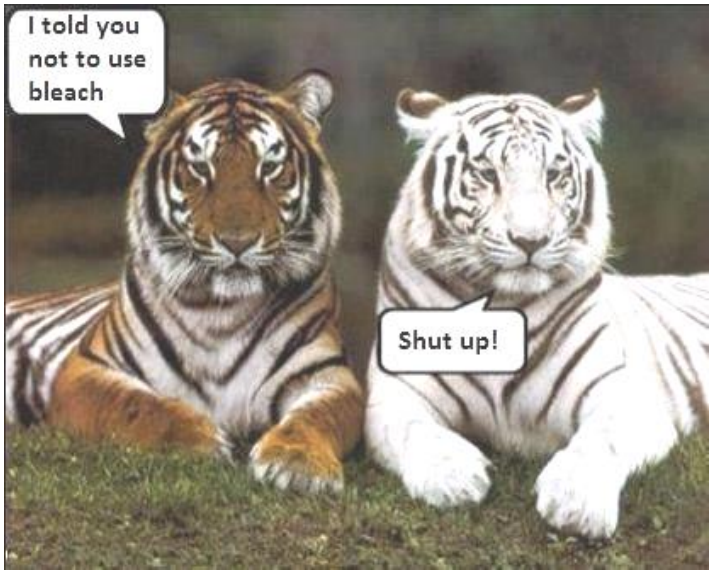

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Good Medicine

Tipping Point

In a book called 'The Tipping Point' the author likens this to a kind of threshold or boiling point … 'when an idea, trend or social behaviour passes the point of no return and gains acceptance'.

I remember when plastic containers began to replace glass … because as kids, my sister and I decided to buy Mum one every birthday and Christmas. Maybe she wasn't that excited about it!

You might be familiar with the TV program of the same name.

The tipping point can be when something is displaced … think an overturned flower vase or spilt glass of milk.

In economics it is the point at which an emerging technology becomes 'the industry standard'; in sociology it's when enough people adopt a behaviour which then 'reaches critical mass and goes viral' … eg. maybe 'dance crazes' like the Charleston of the 1920's or Rock and Roll in the 60's.

Perhaps it's related to fashion changes … I always wonder who decides we wear flares or stovepipes.

Spiritually speaking the tipping point is when you believe whole-heartedly that God is **for** you.

You might be sceptical … perhaps thinking your bad behaviour or past could influence God's opinion.

In *2 Kings 18 - 20*, the Old Testament relates the story of King Hezekiah … a king who lived to please God. When he came to power he opened up the temple which had been closed by the previous king, destroyed the idols and encouraged the people to come back to God. When the enemy army came he didn't say 'get our army ready' … but instead prayed with the prophet Isaiah, that God would save them.

King Sennacherib laughed at the idea that God would be stronger than his great army, but 185,000 of them were destroyed by an angel, *ch. 19.*

So Hezekiah was a 'good' king compared with others who led the people away from God. Still he became ill and Isaiah told him he would die. But Hezekiah thought he shouldn't die just yet because his behaviour should save him. I love the part where he says 'but I've been so good' … a bit like a child trying to escape punishment!

So God heard his prayer and let him live another 15 years and the sign of this promise was another miracle. God made the sundial go back 'ten degrees (we don't know how He did this but there's a similar miracle in Joshua chapter 10).

Just as Hezekiah thought God should love him because of his good deeds, we can also think our actions will cause God to NOT love us. But the fact that God is for you was proven at the cross.

Your spiritual tipping point is believing that God doesn't just love you … He likes you.

He loves you 'enough to die for you and He likes you enough to spend eternity with you'.

This I know … God is for me, *Psalm 56:9*

Quotes from Word for Today and The Tipping Point by Malcolm Gladwell

The Counsellor

Husband: I think I'm having a heart attack.
Wife: Ok honey, give me the password to your phone so I can call an ambulance
Husband: Never mind. I'm feeling better.

Wonder if it also miraculouslyworks in reverse??? Ed

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

March Mass times are Saturday 7th at 6:00pm, Saturday 14th at 6:00pm, Wednesday 28th at 6:00pm,
April Mass Saturday 4th 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 21st at 6:00pm (subject to change)

Before the birth of the word 'scientist' in 1833, scientists were known as *natural philosophers* or *men of science*. (Women didn't get much of a look in back then!

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"You can't always choose the path you walk in life, but you can always choose the manner in which you walk it."

Belinda, Barb & Jess

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

Do you need a ***Justice of the Peace?***

Then contact
Stuart **Weller** on 6554 1904 (Nabiac)
Gordon **Foy,** 2949 Bucketts Way, Belbora on 0417 290 874
Karen **Tyler**, The Bucketts Way, Kundibakh on 0425 226 699
Kate **McIntosh,** on 6554 1144 or 0434 589 048 (Minimbah)
Amanda **Chapman,** on 0437 067 117, 3392 Wallanbah Road Dyers Crossing
Jane **Hallock,** on 0414 626 549 (Nabiac)
Brett **Dennett**, on 0459 988 241 (Failford)

Useful Numbers

EMERGENCY - Police - Fire - Ambulance	**000**
Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing (Open 10am to 3pm)	5565 1222
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262

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

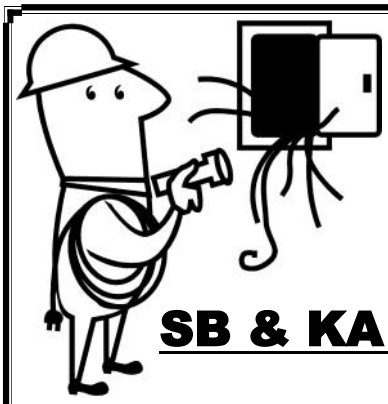
CAIBAN ELECTRICAL

Level 2 ASP Electrician

Construction - Maintenance - Defect rectification

0457081186 caibanelectrical@icloud.com

Lic: 365318C



Electrical Contractors
Lic No 178059C ABN 22 307 897 254

SB & KA McMILLAN

Call Stuart for quotes and work on all your
Domestic, Rural, Commercial and Industrial needs.
Prompt reliable friendly service to all areas.

0438 168 147 **6559 1219**