

FREE, pass me to a friend

ACROSS THE FENCE



Happy Mothers Day



To all of the Mums, Nabiacs Special 'Mums' in the area. May you be spoiled by your loved ones and have a fabulous day.

KRAMBACH COUNTRY MUSIC

Nabiac Poultry Club Inc 2nd Annual Show 7th June

Sunday
24th May
10am/4pm

Details page 4



EST 2024
NABIA C
POULTRY CLUB
Details page 15





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Editorial.

Hi everyone,

Autumn is trying to join us, but I think Mother Nature is playing games with us because, although some mornings have been more than a bit nippy, the days have been Summer temperatures.

I understand that the dryness (forget the miserable drips of rain we have had this month, they don't count) is causing fires around our area and so, as our Minimbah Fire reporter asks, only light up outside if the weather is ABSOULETY RIGHT and make sure a hose is right there too.

Mentioning Minimbah reports, it is a sad month as, after 19 years of anonymous articles, Jan Gray (that's who wrote them) has decided to leave us to be replaced by one of their brigades new young volunteers.

I will miss her natty ditties and songs and thank her hugely for the tireless effort she has put into doing the Minimbah Fire Brigade's reports letting us know what is happening in the area as regards to fires and danger.

Jan's articles started not long after I took over doing the paper, which was, would you believe, 20 years ago this month!!!

When you look back over the years and count the number of advertisers and article writers who have been with the paper from the start, it is quite mind blowing. I thank them all greatly because without them I wouldn't be writing this little blurb to keep you all up to date with local happenings.

We have two new ads this month; a Tree "Barber" - good play on words, and a new water carrier. Hope you will support them.

Mother's Day is almost on us and I wish all the mums, be you young, old, a special "other mum", or just looked on as a mum by others, have a wonderful day. Relax, be spoiled, and take the day off from menial chores.

Krambach Country Music Day has rolled around again, very quickly, and they appreciate your attendance to help the Krambach Hall going

I trust everyone had a happy Easter break and that the attendances of the ANZAC Day Marches and Dawn Services went well.

I have only had a report re ANZAC Day, from Coolongolook School, so don't know how Krambach and Nabiac went. I am sure they were well attended.

There is an article of interest on page 23 regarding the use of rat baits and the damage the results of poisoned rats has had on the local birds and animals who then eat the rats. We don't tend to think about the birds when we spray the yard with poison to kill the weeds and then the birds and animals who eat the grasses ingest it. So many species have died out over the years from lack of environment without our unwittingly poisoning them. Just a thought.



That's all from me, until next month

Lyn & Timidthy

WHAT'S HAPPENING IN MAY, 2026

Markets & Events.

- Bulahdelah (1st Sat) 2nd 8am to 1pm
- Blackhead Bazaar (1st Sun) 3rd 8am to 12 noon
- John's River Country (2nd Sat) 9th 9am to 1.30pm
- Wingham Farmers (1st Sat) 2nd 8am to 12 noon
- Myall Quays (3rd Sat) 16th 9am to 1pm
- The Hub Taree Showgnd (3rd Sat) 16th 8am to 12 noon
- **Krambach** (3rd Sun) **17th** **8am to 12 noon**
- **NABIAC** (Last Sat) **30th** **8am to 12 noon**
- Old Bar (Last Sun) 31st 7am to 1pm
- Pacific Palms (Last Sun) 31st 9am to 1pm
- Forster Town (2nd Sun) 10th 8am to 2pm
- Halliday's Point (1st Sun) 3rd 8am to 11am -?
- Town Head (every Mon) 8am to 2pm
- Mt. George (4th Sat) 23rd 8am to 2pm
- Forster Farmers Market (3rd Sat) 16th 8am to 12 noon
- Bobbin Community — 9am to 2pm
- Tuncurry Markets (4th Sat) 23rd 8am to 1pm
- Burrell Creek (2nd Sun) 10th 9am to 12.30pm
- Gloucester (2nd Sat) 9th 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.

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KRAMBACH

Nabiac Landcare



Slow and steady seems to be the pace for our Nabiac Landcare group at present. Several members of our core team have had to stop working with us due to family commitments. We would really like to encourage any Nabiac locals who have a couple of hours to 'spare' to join us and help repair the local bush reserves.

We normally work each Wednesday (weather permitting) 8-9am to 11am. We'll teach you to identify the weeds and the natives, teach the best way to control weeds and provide tools to do the job. You don't have to work every week if you join us. We can find a job for anyone of any level of fitness.

We are continuing to work at the Lilypilly Bend reserve doing follow-up weeding, paying particular attention to the riparian zone of Woosters Creek. The flood zone is currently a hotbed of garden escapees such as cardinals fire stick, ruellia, New Zealand Christmas bush and Maderia vine that came down in the last years flood as well as seedlings of the usual suspects, privet, camphor laurel and crofton weed.

This month I'd like to highlight a new weed. Luckily it isn't present in our Nabiac reserves but is in the Darawank and Failford area. ...and yes, it's colour is YELLOW! So let me introduce...**Long-leaf willow primrose** (*Ludwigia longifolia*).

- * An upright shrub up to 3m that forms dense colonies in wet areas and shallow water.
- * Leaves are long and thin with pointed tips, 10-20cm long and up to 2cm wide.
- * Flowers are yellow with 4 (or rarely 5) petals.
- * It flowers from summer to winter.
- * It sets a whole bunch of seed that is as fine as dust! It will grow from fragments of stem.
- * It's easily spread by floods, earthmoving equipment, mud off tyres and even seeds stuck to boots.



There are a couple of native *Ludwigia* including the shiny leaved floating *L. peploides* which is common locally. If in doubt of identification please contact the Midcoast weed officers for confirmation and control measures. Small infestations can be pulled. Now is the time to get on top of Long-leaf Willow Primrose if you do

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Nabiac Pharmacy News



Happy Autumn to you all, we hope it rains for you.

I thought it might be okay with revealing part of what we do to manage people's unique medications. For any sized pharmacy it is very impractical to keep every medication available or even what they commonly use. There are four main reasons that a pharmacy does not keep a medication; they are very bulky, need refrigeration, are rare or are expensive.

What we do to help patients manage this is to retain people's unique scripts and dispense and supply them ahead of time. It's a very old fashioned system, but it works very well. We currently have over 50 patients we manage their scripts for, none of them have ever missed a scheduled dose!

To give an idea why we do it, is that we have multiple patients who have a medication that costs \$20,306.25!!! They have never missed a dose because we are on board helping them to the best of our ability.

In summary, if you or a family member have medication that you have found hard to get, come and see us and we'll help work out a solution to ensure that you never run out of medication and save time.

Thanks,
Tim

have it, before seed set. As well, access may be easier since it is so dry.

Our cook is currently on leave but you might find us after work in a local cafe. You'll know us...looking a bit dirty and bedraggled! New members are always welcome. 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 for excess dirt, grass clippings, or anything else you don't want on your patch of earth. Most of all enjoy a quiet walk in the local bush!

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

Liz Rees

Manning Valley

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**Krambach & District Garden
Lovers News**



On Monday we had our monthly meeting at *Leone* and *Ed's* home at Krambach.

Their home is on a beautiful 2 acre block with lots of lovely little corners and Leone says all of the plants on their block have been gifted from friends and Garden Club.

They provided a sausage sizzle and we also collected food stuffs for the Taree Kitchen.

We are now going to make this a monthly thing.

This month's theme was Succulents and the colour scheme for May is Orange.

We are a happy group if you would like to join us we meet monthly on the last Monday of the month at a member's garden and you would be most welcome

Just call me

Judi

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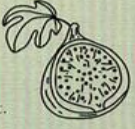


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COOLONGOLOOK PUBLIC SCHOOL



As we wrapped up what was an incredibly busy and productive Term 1, it provided a wonderful opportunity to reflect on the many learning experiences, achievements and events that have taken place across our school.

Students have continued to engage in rich and meaningful learning both inside and outside the classroom, supported by strong partnerships between staff, families and our wider community.

Our end-of-term events were a fantastic celebration of student learning and school spirit. The End of Term Assembly and Easter Hat Parade was a highlight, with students proudly showcasing their creativity through a range of colourful and imaginative designs. It was wonderful to see so many parents and community members in attendance, sharing in this special occasion with us.

The Colour Fun Run provided a fun and energetic way to finish the term, with students thoroughly enjoying the day. Events such as this are only possible through the incredible support of our P&C and parent community, and we are very grateful for their time and effort in ensuring its success.

Our Years 3–6 camp was another standout experience. Students travelled to Bathurst and Dubbo alongside Bungwahl Public School, building independence, strengthening friendships and creating lasting memories. Opportunities like these are invaluable in supporting both student wellbeing and personal growth.

We have returned to Term 2 with great enthusiasm and are looking forward to what promises to be another busy and exciting term.

A particular highlight early this term was our combined Staff Development Day with the Great Lakes Network schools, held at the Tuncurry campus. With over 400 staff from 10 schools attending, the day focused on inclusive education and provided valuable professional learning opportunities. It was a highly successful day and greatly beneficial for all staff involved.

Our ANZAC Day Dawn Service was once again a significant and respectful community event. Congratulations to our student leadership team, **Paisley, Eden** and **Jesse**, for their confident and thoughtful presentation of the service. A sincere thank you to our amazing P&C for their support in ensuring the smooth running of all aspects of the morning, and to the many community members who attended. Your presence and support continue to make this such a meaningful occasion. We are already looking forward to welcoming you back again next year.

The month of May will be another busy one for our school.

On Friday 1st May, six of our students will represent the school at the Zone Cross Country in Wingham. We wish them all the very best and look forward to hearing about their efforts and achievements, which we will share in our June edition.

Our school photos will take place on Monday 4th May. This is always a special opportunity for students to capture their school memories. We encourage all students to come to school in full school uniform, looking their best for both individual and class photos.

On Friday 15th May, we will be participating in *Walk to School Day*. This initiative promotes the importance of physical activity, road safety and environmental awareness, while also encouraging students to build healthy habits. We look forward to seeing students and families supporting this valuable event.

Over the next two Fridays, we will conclude our popular Friday soccer sessions, which have been a fantastic highlight for students. These sessions have supported the development of teamwork, sportsmanship and fundamental movement skills. Following this, we are excited to begin our basketball program at school, providing students with new opportunities to develop skills, confidence and enjoyment through sport.

On Tuesday 19th May, our student leaders will attend the GRIP Leadership Day in Forster. This is a valuable opportunity for our leaders to further develop their leadership skills, build confidence and bring new ideas back to our school to support our student community.

Our *Enviromentors Inclusion Program* will take place at school on Wednesday 20th May. This program provides students with meaningful learning experiences focused on environmental awareness, sustainability and inclusion, helping to build both knowledge and a sense of responsibility for our world.

Finally, on Wednesday 27th May, we look forward to welcoming the *Questacon Science Circus* to our school. This engaging and interactive science experience will provide students with hands-on learning opportunities designed to spark curiosity, creativity and a love of science.

As you can see, it is a very busy and exciting month ahead. We look forward to sharing all the successes of these events with you in our June edition.

Until then,

The Coolschool Team

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MINIMBAH MATTERS 

Minimbah Rural Fire Brigade received a fire call on 1st April, and it was no joke. It was the “talk of the town” for three weeks, before it became just a “mention in passing”. Despite the best efforts of many Mid Coast Brigades, strike teams from the Central Coast and Lower North Coast, aerial support (both helicopter and fixed wing) and earthmoving equipment, it has burnt over 1,000 hectares and is still not declared “out” at the time of writing. Like most things, nothing happens without those behind the scenes who work as a well-oiled machine but hardly get a mention. In this instance the “show did not go on” without the Incident Management Team, Staff, Caterers, Communications Crews, and Brigade Volunteers who support the crews on the trucks.

The NSW RFS runs on Volunteers. A Volunteer is a person who offers to do something. In our case we do it as a community service, and we do not get paid. That does not mean we are not professional. Far from it. We train hard, we have crazy irregular hours and not the greatest or most ideal working conditions. We have great teammates and unlike the Rolling Stones – we **do get satisfaction**. Have we talked you into signing up yet? Maybe not, but we sure could use your help in other ways.

The RFS has been busy throughout the State with escaped private pile burns in April, and Minimbah hasn't been left off the map. We have a big scar on the map.

Do you really need to do that pile burn just now?

Delaying it for a while if you can, might be a wiser option.

Don't light up just yet, unless you absolutely must, but before you do, please take a little extra care. These few handy hints, if followed, may make all the difference.

- ◇ A pile should not reach for the sky. Wide and low is the way to go.
- ◇ Clear diligently around the area/pile you are planning to burn.
- ◇ Only burn dry, natural vegetation – not building or household materials.
- ◇ Have water, tools, equipment and helpers ready before you light up.
- ◇ Stay with the fire at all times and ensure it is fully extinguished when finished.
- ◇ Notify. Notify. Notify. Notify the RFS. Notify your neighbours.

- At least 24 hours before you light up.
- ◇ Check the current weather conditions and the forecast for anticipated deteriorating weather. Changing your mind to suit conditions can be a smart decision.

Granted, we do go on about notifying, and we make no apology for that. It's not hard but it is an **all year-round** requirement that helps prevent unnecessary call outs of Volunteers. We can only be in so many places at once – one.

NOTIFY US of your planned burn.
 At least 24 hours before you light an outside fire, visit www.rfs.nsw.gov.au/notify

Don't be the fire risk in your community.
 The fire must not escape your property.
 If it does, things may get nasty.

Please call the **Mid Coast Fire Control Centre on 1300 643 262** should you have any queries with regards to safe burning off.

What has Rufus been doing?

Well, we wouldn't want him to be missing out on all the action, so he was checking out the Minimbah Cat 7 fire truck as soon as the alarm went off.




While we weren't watching he was getting to know Millie and picking her brains with regards to preparing and defending your property.

This is such useful, and possibly life-saving knowledge to have, and because Millie has been storing and passing on this knowledge for many years now.

Rufus knew she was the “go to girl”.



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Now let's get personal.

Almost 19 years ago, when our Fire Station was just a work site, an idea came to me that the community should be brought up to date, on a regular basis, with what was happening not only with the building itself, but with the goings-on of the Brigade in general. And that was the beginning of **Minimbah Matters**.

Since then, Lyn Reid has given me (almost) free reign with what I have submitted for publication, and I thank her most sincerely for this. Without Lyn's generosity our Brigade would have had extremely limited opportunity or avenues to communicate with our neighbours. Of course, now **we are on Facebook** (unapologetic plug) but not everyone else in our area is. Our Facebook page is **NSW RFS – Minimbah Brigade**. Check it out. See what we have been up to and what handy hints/advice we have for you.

Over the years we have told you of our gratitude to *Peter Hawkins* for providing us with a "home" for such a long time. It was humble, but it was "our home". Then, in 2007, came the construction of our current "home" and all the trials and tribulations that went with it. While we were very excited and grateful for what was constructed, it still took considerable time, funds and TLC to be considered "our home".

We have had many new Members since (not because) Minimbah Matters started. Some have moved away, some have walked away, and others have passed away. Every one of them were Volunteers and played an important part in our history.

Our new Station has been used by our Brigade and several other Brigades for meetings, training, and a Staging Area for some very big (what we call Section 44) fires such as the 2019-2020 fires. At varying times many of you have attended our Christmas Parties, our Get Ready Open Days and special events such as our Brigade 40th anniversary. You were welcome then, and you will always be welcome to call in and see us.

And you heard all about it in **Minimbah Matters!!**

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Since July 2007 I have written 162 articles. Some more creative than others, and I have received some lovely feedback from readers within our community. Thank you. It's what kept me going. This is my last article. A lovely Brigade Member put up her hand to take over from me as soon as I asked for a Volunteer, and I am so excited to know that MM will keep on keeping on. Your new reporter will no doubt have a different approach to the article and that will make it even more interesting reading. I wish her all the best (she won't need luck - she has talent) and ask you to please support her as you have supported me. I now looking forward more than ever to picking up my copy of Across the Fence.

Cheers!!

Jan Gray

**Report unattended fires (flames) to
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FRIDAYS
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WALLAMBA CWA REPORT

Wallamba CWA's April's meeting had 8 members in attendance and they were welcomed by President **Jenny Ang** and she also received 4 apologies.

Members paused to remember Mrs *Lena White* (nee Murray) sister of our member **Moya Harris**, **Pam Muxlow's** cousin Mrs *Val Patman* (nee Digby) and also friend *Paul Dyson* formerly of Tinonee and a dedicated member of the Tinonee Rural Fire Brigade along with Nabc local lady *Diana Murphy*.

Member **Fay Andeson** gave us the month's thought for the month which was

"Learn from yesterday, live for today and hope for tomorrow."

Business discussed included the recent MNC CWA March Group meeting which was hosted by the Bulahdelah Branch and attended by several of Wallamba members.

A number of correspondence items were tabled and included International Days invites and the upcoming State Conference being hosted by Forster CWA Branch at the start of May.

Several of the Wallamba ladies are planning on attending and also helping out the Forster Branch over the conference days.

President and Member **Margaret** spoke of her duty as a cookery steward at the recent Wallamba Show and said some sections didn't attract any entries. It was decided the Wallamba CWA would sponsor prizes for Chocolate Cake, Anzac Biscuits and Scones in keeping with CWA cooking competitions. 2027 & 2028 will see CWA celebrate 75 years of supporting The Land Cookery Competition.

Merle's handicraft report told us of Wallamba CWA success at MNC



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CWA Handicraft judging at Bulahdelah with our member Faye Anderson taking two 1st prizes for her quilt and crocheted rug and she also had two items going on to State Competition – well done to these talented ladies.

Pam's International report was on the Fijian National Flower – The Tagimoucia, a rare endemic liana with crimson and white hanging clusters found only in the highland rainforest of Taverini Island and it flowers between October and December and is a protected plant. It also appears on the Fijian \$60 note as it is one of the rarest plants on Earth. Fiji's more common national flower is the hibiscus.

Ag & Environment Officer **Gai** was absent for our April meeting so **Penny** gave a report on this year's Primary Product – Wattle Seed – with more than 100 species growing in Australia.

Cultural Report include Merle speaking about Rosalie Ham's book "The Dressmaker's Secret" which was the background novel for the award winning film "The Dressmaker".

Member **Jill** showed the ladies some treasured black & white photos of herself as a baby in Fiji where she had been born.

In general business the up coming Conference at Forster was discussed and we also discussed a date in November 2027 when Wallamba will host the Group Council meeting.

The CWA Cookbooks have been selling well at the Nabc Nook and it was suggested we might produce our own as a fundraiser.

We would like to welcome more members to our Branch and Penny is going to set up a Wallamba CWA Facebook page to help get our branch "out there".

With no further business the meeting was declared close and members then enjoyed a bring and share lunch with the May meeting set down for Tuesday 12th May commencing at 10.00am at the usual venue of the Nabc Community Church Hall when all are welcome.

Pam Muxlow

Publicity Officer
Wallamba CWA Branch



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COMMUNITY CONVERSATIONS



COUNCIL HEADING TO NABIAC

Give the grapevine a miss, and come along to your local community conversation instead - an open forum that gives you the chance to hear from and talk to Councillors and senior Council staff in person.

There's no need to register, simply turn up on the day. Every MidCoast resident is encouraged to attend.

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except December.

The next market is on Saturday 30th May.

The April market fell on ANZAC Day. It was a fantastic market day; the sun was shining, people enjoyed relaxed market shopping and, as always, a great opportunity for community connection.

People came along after the dawn service; there was handing out of rosemary and crocheted poppies, and the committee donned various spots with jars of rosemary too.



The committee discussed at length the issue of operating the market on ANZAC Day and decided to go ahead for several reasons: There was no other suitable day, mainly due to the roster of other markets in the area; the stallholders rely on the income; many stallholders sell produce, which is planned months in advance, and needs to sell when fresh. It was a chance for many store owners and people who normally work on a Saturday, to come along and enjoy the community spirit.

Under the trading guidelines we were allowed to operate, as a farmer's market, a charity fundraising event and seller of produce.

We only trade for 11 days a year, so each day is also important for us to raise funds for local charities and schools and to cover the high annual cost of insurance, so all in all, we were grateful to be able to trade.



Microgreens from *Petal & Sprout* are always popular and so pretty! *Sunhill Dairy Goats'* products also walked out the door.

I picked up the last cheese.

Susie's *Bangalow palm inflorescence weaving workshop* was greatly enjoyed by several ladies

who enjoyed a new challenge and the chance to be creative.

It was a hugely successful day, with produce stalls selling out, long lines for coffee from our two vendors. Many stallholders reported excellent sales, including





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wine, cheese, skin products, pottery, woodwork, flowers, textiles and baked treats.



New stallholder "*The Brick Home*" had a great first day. *Lil' Miss Pickles* enjoyed their 2nd day at the market and also had a great market day.

Many people enjoyed relaxing under the gazebos or in the sunshine with the wide variety of food on offer, including bagels,

market BBQ, Thai cuisine and pizzas.

Busker, *Tom Larmon*, provided the perfect backdrop with his much-loved music.



We are truly proud of our stallholders, who proudly make it, bake it, or grow it...

- *fresh produce *seedlings *microgreens *flowers *wine *cheese
- *goat's milk soaps and body products *plants *woodwork
- *macadamia nuts & oil *garlic *specialty mushrooms *boutique gin
- *chutney *preserves *honey *gingerbread *culinary delights *art
- *hand-spun wool products *natural homewares
- *unique artisan wares *pasture-raised meat & eggs
- *coffee *specialty teas *plants *crafts *textiles *baby clothes
- *garden art *pooch care *ginger beer *jewellery *photography
- *sourdough bread *cakes & treats *market BBQ
- *fab ready to go food *Live music

We regularly post info and updates on Instagram and Facebook. By following us and sharing, liking and commenting on the posts, you'll help to spread the word about our truly wonderful monthly market.

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 30th May. It'll be a big 5th Saturday market.

Market enquiries, including new stallholder applications:

www.nabiac.com
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By **Laura Pennington** on behalf of the Nabiac Farmers' Market committee.



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News from Nabiac Second Chance Op Shop

*Wishing all the amazing mothers a very Happy Mother Day on Sunday the 10th May.
 Hope you all have a wonderful day with your families.*

Clothing Clearance Sale

Nabiac OP Shop clearance sale has been extended to 30th May 2026. We still have an abundance of clothing, so come on in before the end of the May and grab some bargains.

Adult and Kids: 10 items - \$10.00
 20 items - \$15.00
 1 item - \$2.00
 Babies all zero's: 10 items - \$5.00
 20 items - \$10.00
 1 item - \$1.00

All Jeans, Jackets, Shoes, bags and all other priced items are not included in sale.

History of Nabiac books are still available for \$30.00

Ideal gift as a Mother's Day present for Mum.

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

Rod Thomas, of RJ & CL Thomas. for his creative design, supply, and installation on the new signage.

Phil Costa for his assistance in transporting the old Cart.

Thank you to the community for their continued support of the Wallamba Share Cart and the "Share Cart Fairies" who keep it neat and tidy.

Love **Tanya & Leslee**

WSC

THE WALLAMBA SHARE CART

The Wallamba Share Cart is a community initiative to encourage the sharing and swapping of home-grown produce, seedlings, and goods with the philosophy of "take what you need, give what you can"

The Cart was established in 2022 and originally located outside the St Paul's Anglican Church on Clarkson Street.

In recent times the Cart has seen a major refurbishment and new location - now situated on the grassy verge outside the *Circle of Friends*.



The organizers of the Cart would like to sincerely thank several members and community groups from the Village for their support and contribution to the continued success of the Wallamba Share Cart.

Thank you to the following-

The Members of the St Paul's Anglican Church and Ken Logan, owner of Circle of Friends, for providing a home for the Cart.

Wallamba Football Club for providing the funding to rebuild the new Cart.

Peter McKinnon, of P&L McKinnon. for providing his expertise and donating his time to construct and install the new Cart.

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Show News

Not a lot to report now that the show is over although I must apologise to the Show's Ladies Committee for neglecting to thank them for all the hard work their ladies did on the Friday and Saturday of the Show.

They are in the kitchen on the Friday to cater for the stewards and judges who set up the Hall and Produce exhibits and the volunteers and members who spend the day setting up the rings and sheds and on Saturday they feed the masses from the Hall Canteen and the Ring Canteen from 6am to late!

So, Ladies, a very belated Thank You from me and the Committee. The meals were lovely.

We also held our special Easter Sunday Egg Hunt for the local kids at the showground on the Easter Sunday morning.

I didn't attend, but was informed that it was VERY WELL attended by the young and not so young kids who searched for the hundreds of little eggs that had been hidden all around the ring area.

I don't think they had much room for lunch after they had collected their booties!

We still are on the lookout for volunteers next year to help set up, act as gate attendants and generally help with the day.

If you are interested in helping or joining come along to one of our monthly meetings— 7.30 pm, 2nd Tuesday of the month, and see what is happening

Lyn Reid, Secretary. 6559 1811

(if no go call Karen 0403 012 309)

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- Local group bookings
- Farmers Markets



In the Community & For the Community...

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0409~470 606 (Louise ~ Farmers Markets)

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Web: Krumbach.org



Krumbach Farmers Market are off to a flying start this year, with lots of new stalls. There is a range of produce, condiments, breakfast, cakes, chooks, craft and more to tantalise our shoppers. We've had a great turn out from the community the past 2 months, with people curious to see what's on offer and have wander and chat.

Monthly stallholder highlight: The hall kitchen is being run by *Hannah* and *Dan*, they have a delicious menu of bacon and egg rolls, sausage sandwiches and breakfast burgers all on beautiful fresh rolls from Nabiac Bakery. You can sit and eat in the supper room or take-away.

We have more new stalls lined up already for the May market. We are currently seeking a coffee van and flower/plant vendor.

Save the date for the next Markets on Sunday 17th May.

Louise

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Megan's Health and Wellness

Hi to all!

Some very nice crispy days we've been having; there's that soft hint of winter, and I'm sure at some point I'll regret saying this but so far I love it!

My 4 year old has already had a bout of the sniffles, and I'm very welcoming of it.

Each year microbes must evolve to adapt and survive the ever changing environment, let alone our immunity against them. When they invade our body, our immunity ignites a response and in doing so, becomes immune to the new evolved strain of microbes for the future.

Another benefit is a strong immune response will raise body temperature and flush out any toxins or lingering infections that it wasn't able to clear in the past. This will benefit us greatly as winter is hibernation time and our body slows down in productivity. It's quite intuitive when you think about it!

However, reoccurring or long, unresolving flues signals there's some underlying issues that need looking at. This is where seeing a Naturopath can help in exploring these issues with you.

When it came to my 4 year old's acute symptoms, I entrusted her own body to do its thing and not bombard it with anti-inflammatory and pain medication that will confuse the immune process. Fevers, coughing, mucous, lethargy, all of this is the body actually fixing itself. I just simply support it.

First and foremost - sunlight (and nature)! It's vitamin D, it's immune boosting and a disinfectant.


Kids of course love yummy flavours - so for herbal support I'd pick elderberry syrup (from local health food shops): it's sweet, easy to go down and gently supports their body. I also put lots of thyme in cooking as thyme is a powerful herb for acute respiratory infections, and of course, oregano!

Keeping hydrated helps keep the mucous light and easy to expel, and if possible, warm water. Think watery soups with veggie/bone broths with a rice noodle (even better if you can add ginger, garlic and turmeric in there). I also add Kombu (sea kelp) in most meals as it is

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Children—Too Precious to Profit

rich in minerals but specifically iodine, a wonder booster for immunity and growth development.

All the seasonal fruits are supportive here: oranges, mandarins, grapefruits, kiwi fruits, pomegranates and strawberries - they are super rich in vitamin C, essential for immune function, and hydrating! You can always get a vitamin C powder for an extra boost.

I recommend easing off dairy consumption for the little one during sickness as it can increase production of mucous, making it harder and heavier to remove.

If your kids are picky eaters, I invite you to make it about play and get involved, connect with them.

Therefore, last and certainly not least, love! Connection and emotional support goes a long way with our children. Furthermore, holding them against your skin is more than just making them feel loved and safe, but physiologically it will transfer the excess heat onto you and reduce their fever.

I must recommend seeking medical assistance when these are present:


- High fevers (~ 40 degrees Celsius)
- Dehydration (lack of urination, dry lips, excessive dryness)
- Appear pale / bluish in skin colour
- Trouble breathing
- Mental confusion
- Extreme pain and/or lethargy.

Overall, plenty of sunlight, hydration, love and happiness should kick the flu right out.

Until next time!

Megan.

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An update from the Framers in NABIAC...

An update from the Framers in NABIAC...

Hello there, for those who don't know me, my name is Debra, founder and owner of **Picture This! Custom Framing – NABIAC**.

I've taken this opportunity and express my sincere appreciation to the kindness and support demonstrated by the NABIAC and surrounding communities. We offer premium framing solutions for virtually any item and continually strive for excellence. Your feedback on how we can better serve you would be greatly valued.

On some exciting news, my little specialised business has recently achieved a significant accolade, being named a Finalist in the **Australian Champion Business Awards - Arts Category**. The Gala Presentation Evening in Sydney on the 2nd May 2026.

In addition, I have recently submitted a proposal to become a **Winston Churchill Memorial Trust Fellow**. If successful, I will be granted the opportunity over a two-month period to travel abroad working with global industry-leaders in the United Kingdom, France, Italy, and the United States. The goal is to improve Framing industry knowledge and skillset and obtain the global recognised certifications from both the UK and USA. If I succeed in application, as a highlight to the trip, I will be working in New York on a short-term – internship with a prestigious Master in the Fine Art of Framing and Painting Conservation! Not to neglect mentioning specialising in the fundamental principles of the traditional Artisan craft of 'Gilding' both in France and Italy. A dream to come true, by golly, who knew at 52, I'd be hitting life goals like this!

Obtaining the highest globally recognised Certification in Picture Framing and bringing these skills back to Regional - Mid Coast will significantly enhance the region's exposure within the arts sector. As this certification alone will position me as the 4th active CPF's in the whole of Australia. An exciting development both personally and professionally with huge aspirations – and work – ahead of me.

That said however, the current economic climate has had a profound impact on my business, resulting in a significant decline in sales. This

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has led me to reassess the long-term viability of operations in this location. Despite the challenges, NABIAC's central location in the Mid Coast makes it an attractive location for a business like mine, which is designed as a destination business rather than relying on retail "foot traffic". It's a devastating realisation as I've developed strong ties and fallen in love with this quirky community. For those considering our local service, now is the ideal time to support local businesses.

To express gratitude, we are running a customer appreciation promotion, offering 20% off your next **Custom Framed** job – mention this column on arrival. Furthermore, if you have enjoyed our services, we would appreciate it if you could spread the word or leave a review on our social media platforms, as this significantly aids our visibility to new customers. I firmly believe that we're all in this together, and to support growth, we need to support each other.

We understand that creating an ambient interior space with framed pieces can be challenging, and our service specialises in precisely that. Let's schedule a time to work together to enhance your space. I look forward to meeting you soon.

Deb

NABIAC Poultry Club Inc.
2nd Annual Show - 7 June 2026
Feature Breeds: Modern Game, Leghorn & Call Duck

To be held at NABIAC Showground

Judges

- Hardfeather - Cory Nordstrom
- Softfeather - Scott Nordstrom
- Waterfowl & Juniors - Riley Nordstrom

Entry Details

- Open Exhibits - \$2.50 per bird (Members \$2.00)
- Juniors - \$1.00 per bird (aged 6 to 16 years)

Entries close Thursday, 4th of June 2026

Send via email to nabiACPoultryClub@gmail.com, text message to Dwayne on 0407 749 516 or via post - 122 Pampoolah Road, Pampoolah NSW 2430. We will contact you to arrange payment

Conditions of Entry

- All entries will be judged to the Australian Standards
- Exhibitors may NOT approach judges during judging
- No person other than judges or stewards are permitted to handle birds during show
- Breed and/or colour must be listed on AOC/AOV/ARC class entries
- Juniors to prepare and pen their own birds
- Junior or pair entries are not eligible for major award
- Sick birds or showing signs of infestations will not be permitted to pen

Further Information

- Show Steward and President: Dwayne Kelly 0407 749 516
- Shed open for penning day before, Saturday 3 to 4pm by prior arrangement
- Shed open 7am | All entries penned by 8:30am | Unpenning from 3pm to 4pm
- Judging starts 9am | Canteen available for BBQ breakfast and lunch - cash or card

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Useless information: A mosquito has 47 teeth! Theoretically, a pair of rats will produce over 350 million descendants over three years (yikes);
Bulls are colour blind; .A woodpecker knows where to peck by stethoscopic hearing; King Louis XIV of France never washed himself

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Welcome to Deb's Gardening



The BOM web site has me scared! They are forecasting a "super" El Niño. And what does a "super El Niño" mean for Australia, well it is saying that there is an intensified risk of severe drought, record-breaking high temperatures, and an increased bushfire danger, particularly during winter and spring. It commonly brings significantly reduced rainfall across eastern and northern Australia, leading to drying conditions, along with a later monsoon onset and fewer tropical cyclones. The last "super" El Niño event occurred during the 2015–2016 season.

Alongside the 1982–83 and 1997–98 events, the 2015–16 El Niño is considered one of the strongest in historical records.

I had big plans this coming Autumn/Winter months to make a few new garden beds, especially around the house now that the Reno is near completion (No they are not finished yet but only the front deck to be completed, so close but yet so far)

I also want to plant more native shrubs in the orchard. Planting Australian natives among orchard trees boosts biodiversity, attracts beneficial predatory insects for pest control, and improves soil health. Key species like *Acacia*, *Hardenbergia*, and *Dianella* provide habitat for native pollinators, nitrogen fixation, and wind protection when planted between or beneath fruit trees. And the best time to plant is in the cooler months but if this "super" El Niño is supposed to hit, which I thought we were already in because it has been so dry already, it will be a total waste of time and energy if I can't keep the water up to get them established. Once Natives are established they can survive on little water but they do require water to get established.

My main concern is that our dams are already very low and the soil is so dry already. I have bare patches of grass in the lawn in some places, especially around the house where I need to improve and build up the soil because it is so compacted and hydrophobic because of the renovation that it needs building up and improving. I plan to make the new gardens no dig garden beds, that is a raised, above-ground planting area created by layering organic materials—such as cardboard, compost, and manure—directly over existing soil, grass, or even concrete. By avoiding soil disturbance, this method protects soil structure, reduces weeds, retains moisture, and creates a nutrient-rich environment for plants without backbreaking labor. But it does require water to help with the breakdown of materials.

The orchard is dry and once a week I water the fruit trees but even though the fruit trees get water there isn't much fruit on the citrus trees this year. I have 2 guavas trees and I am picking large perfect

fruit from one tree which is close to the mound of the new septic system runoff which obviously is always moist but the one guava tree that is above it, and further away from the mound, the fruit is small and no where near ready to pick, the tree just looks sad. The cherry guava tree, I should be picking and eating fruit but it is well late and very small fruit also. The fruit trees are well mulched but my watering once a week seems to be just keeping them alive. Maybe when I think about it, it's not once a week that they are getting watered, it's more like once a fortnight is more the truth. I have good intentions of doing it more often but time disappears out the window. And I didn't plant fruit trees to have to keep watering on a regular bases, I was relying on rainfall but that is so erratic these days. I have been preparing for this drought in the flowering garden, which does require more watering than my native garden. I have been giving the flowering garden a good dose of Seasol. (Seasol is a seaweed-based plant tonic and soil conditioner that stimulates strong root growth, improves, and helps plants cope with stresses like heat, drought, and frost. It enhances flowering and fruiting, boosts overall plant vigor, and helps protect against pests and diseases. It is not a fertilizer but a plant health treatment. It is safe for all garden plants including natives).

Then I have been mulching with sugar cane mulch instead of bark chips in the flowering garden. Both pea straw and sugar cane mulch offer superior moisture retention and soil improvement compared to bark, which I usually use but if this "super El Niño" is going to continue and be as bad as they say then Pea straw and sugar cane mulch are a better option. They both are nutrient-rich (high nitrogen) and break down fast (3–6 months) to improve soil structure, but pea straw may contain weed seeds. Sugar cane is more weed-free, long-lasting, and mats well to prevent blowing away.

Whatever the weather will be in the coming months, I only hope that the garden can survive with limited watering or no water at all. I didn't have such a big garden in the last El Niño event, so there will be interesting times ahead. I may need to put in more bird baths around the garden for the birds and insects as I can't forget them in dry times. I guess the coming months will be just preparing the new gardens ready for when the rains do come and then planting can begin. And not forgetting the veggie garden that is a given, no matter how bad the weather is, it will always be going strong and getting watered. I won't survive without my vegetable garden.

Until next time- "When the well is dry, we know the worth of water"

Benjamin Franklin

Deb



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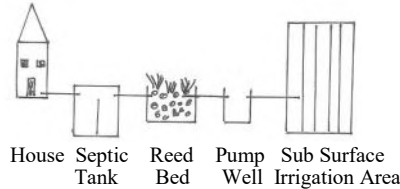
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'Bloopers' from Church Bloopers

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands *Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation*



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REAL KULTCHA

OK children; draw in close and pay attention because we're going to begin with something that concerns us all - The Big Sporting Arena (aka Federal Parliament) in Canberra. So here's the deal, there's talk in Canberra that the number of federal politicians should be increased. Why? Well, there's a lot of guff (aka statistics and we all know statistics are just a bunch of numbers looking for an argument) going around about how the number of pollies in the Federal Parliament hasn't been altered since 1984 when our population was about 16 million. Now of course, we're topping 27 million with each MP representing around 120,000 voters and that's said to be double what it was in 1984. Obviously (so the story goes) we need more pollies. In my opinion, what we all need to do is think about this issue: do we need another 40 members of the House of Reps and another 16 Senators! And the cost of this? Think of a number in excess of \$60 million and that's conservative. One argument of course, is some electorates are huge and that's true but in the inner cities, you could jog around an entire electorate in a couple of hours! For the moment the PM has put the kibosh on any increase because we're in a cost-of-living crisis. But keep an eye out for this issue to come back and if you think (as I do) we have enough pollies already, contact your local pollie and let them know your thoughts! If it's too hot in the kitchen for them, tell them to get out - there'll always be somebody else happy to get their snout in the trough and live with an electorate of 120,000 to 130,000 folk!

I noticed recently the *Wisden Cricketer's Almanack* crowned our own Mitchell Starc as the men's player of the year and the item went on to list his statistics and he really did have a good year. On the other hand the *Almanack* got stuck into the Poms for their efforts and what makes it interesting, is the England and Wales Cricket Board have retained the services of head coach Brendan McCullum (the architect of *Bazball*), captain Ben Stokes and managing director Rob Key. "In the game's long history, it is hard to think of a privilege so carelessly squandered, a chance so blithely spurned," wrote Lawrence Booth in his editor's notes. "England were feckless, reckless and legless. These were the wing-and-a-prayer Ashes and England got what they deserved. What a waste. What a shame." Ouch! Tell us what you really think, Lawrence.

Concussion has again raised its head and this time it appears the parents are doing the raising. There is some evidence that one in three children are being prevented from playing contact sport because of their parent's concern. It's a tightrope parents are trying to

walk. You want to protect them but you also want them to be outside, running around, riding a bike and generally living a healthy life. The opposite to that of course, is staying inside, playing on a screen and leading a sedentary life. If your children play sport can you actually protect them? My thinking is, it depends to a degree what sport they're playing. Folk playing tennis, netball and pickle ball of course, probably have very limited chance of concussion (save running headfirst into a fence post) but clubs now seem to be switched on to the care of their players. So, if your child wants to play say, rugby, rugby league or Oz rules I'd suggest you talk to the club officials (and doctor) and check out their preparedness for when or if a child has a concussion.

I notice Tiger Woods has again made the headlines - for all the wrong reasons. Yep, another car accident (3rd or 4th, but who's counting) and luckily (again) nobody was hurt. It seems to be the same old story: speeding, loses control and crashes. He's as full as a tick but apparently not on alcohol but still refuses to take a urine test. How many more times is this going to happen? Luckily I'm in Oz and he's in the US so there's little chance of him crashing into me on my street.

The *Papua New Guinea Chiefs* are to enter the ARL competition in 2028 and have just appointed their coach, Willie Peters, and recruitment manager, Liam Ayoub. These two, together with head of football Michael Chammas, have been tasked with putting together the playing roster for the team. The word is they're going into the market from 1st November this year and while they want several high profile players to build a team around, they're looking to ensure the team is made up of at least 1/2 Papua New Guineans. The team also has the advantage of being able to offer tax-free salaries and even third-party payments offered to players will be tax-free. The club CEO Lorna McPherson, is confident there's enough local talent out there to meet the targets in a country where rugby league is seen as the national sport.

I mentioned in my last rant Clive Palmer's full page ads and wonder now what he could have done with all that money instead: built a couple of hospitals or several health care centres? Who knows the name Clive Palmer might have been revered somewhat now rather than reviled.

Talk to you again next month,
The Hillside Critic.


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Cake Makers—Hint I saw on the web—. **Precision Food Slicing:** Use unflavoured, unwaxed floss to cleanly slice soft foods like cheesecake, brie, hard-boiled eggs, and cinnamon roll dough without crushing them. Also use for hanging light weight pictures, sewing on buttons, repair tents



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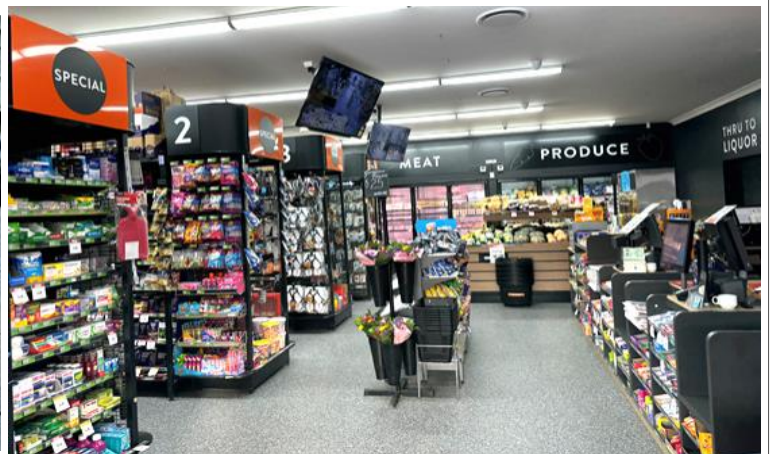
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THE PROBLEM WITH RAT POISONS.

Recently *Birdlife Australia* has successfully lobbied for the removal of second generation rodenticides (SGARS) from sale and use except by licensed pesticide agents.

These poisons are anticoagulants, containing ingredients such as brodifacoum, bromadiolone, difethialone, difenacoum or flocoumafen which cause uncontrolled internal haemorrhaging. These poisons can be dangerous for our pets, and even on rare occasions small children, as the baits are highly palatable and some look a lot like licorice. Possums, bandicoots, blue tongue lizards and even sugar gliders are known to take the baits directly. However, most poisoning occurs through what is called secondary poisoning.

Secondary poisoning occurs when sick, weakened animals desperately searching for water, even during daylight, become easy prey for other species including, but not limited to: all owl species; tawny frogmouths; hawks, eagles & other raptors; magpies; butcher-birds; kookaburras; herons, as well as phascogales; lizards; snakes; and even Green Tree Frogs. And of course, our pets can also fall victim. Basically, if something eats the poisoned rodent, it becomes poisoned as well with lethal consequences. Even when deceased, the poisoned animal or bird has the potential to continue poisoning scavenging species.

SGARS have had devastating impact on our wildlife with recorded huge mortalities in owl species as well as eagles and other raptors. Their long-term effectiveness as rodent controls is also questionable as any non-poisoned rodents will breed up without the presence of animals or birds that would normally prey upon them, thus leading to reoccurring population explosions of the problem species twinned with local extinctions of the native predators.

There are much safer alternatives. Most of us will remember the old-fashioned snap traps although these can unfortunately also harm native species such as antechinus. Box traps allow inspection before disposal and there are also flip and slide bucket traps purchasable online or instructions on how to cheaply make your own. Placement of the trap is important as rodents rarely cover open ground. Finally, an on-line search will also offer kitchen ingredient recipes, usually involving baking soda, that are reportedly effective with pest rodents but do not target our native species.



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BUNYAH NEWS

The Bunyah community recently gathered for our Annual General Meeting, where we were pleased to welcome both familiar and new faces into committee roles. *Jessica McGarry* continues on as *President*, with *Trish Murray* stepping into the role of *Vice President*. *Mel Campbell* continues on in the combined role of *Booking Officer, Treasurer and Media Officer*, while we warmly welcome *Maureen Ralph* back as *Secretary*, alongside *Wendy Murray* as *Assistant Secretary*.

We extend our congratulations to all committee members, new and continuing, and thank them for their ongoing support and generous contribution of time to our community. As with many small communities, we've farewelled a few valued members who have moved on, and we extend our sincere thanks for their contributions,

We are always open to welcoming new committee members - fresh ideas and helping hands are what keep our hall and community thriving

We also recently held our annual ANZAC Day service, While a quieter gathering this year, it was a meaningful and heartfelt morning, with the community coming together to honour and remember those who have served,

Kind regards
Mel Campbell
Media Officer

Two sisters, one blonde and one brunette, inherit the family ranch. Unfortunately, after just a few years, they are in financial trouble. In order to keep the bank from repossessing the ranch, they need to purchase a bull so that they can breed their own stock.

Upon leaving, the brunette tells her sister, 'When I get there, if I decide to buy the bull, I'll contact you to drive out after me and haul it home.'

The brunette arrives at the man's ranch, inspects the bull, and decides she wants to buy it. The man tells her that he will sell it for \$599, no less. After paying him, she drives to the nearest town to send her sister a telegram to tell her the news. She walks into the telegraph office, and says, 'I want to send a telegram to my sister telling her that I've bought a bull for our ranch. I need her to hitch the trailer to our pickup truck and drive out here so we can haul it home.'

The telegraph operator explains that he'll be glad to help her, then



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RIGHT THING. RIGHT BIN

Think that old electric toothbrush, vape or portable charger can go in your kerbside bins? Think again. Batteries of any kind should **never** go in your household bins. Instead, take loose batteries and battery powered items to your local recycling centre for free & safe disposal.



YELLOW BIN

Your recycling bin is collected fortnightly and is for all recyclable items such as

- Paper and cardboard – newspapers & magazines (make sure to remove any plastic wrap), egg cartons, cardboard boxes and empty pizza boxes
- Plastics – milk or juice bottles, fruit punnets (e.g. cherry tomatoes or fresh berries)
- Steel - food cans, empty aerosol cans, jar lids, coffee tins
- Aluminium - soft drink / beer cans, clean foil, scrunch foil into a tennis ball size
- Glass - bottles and jars only (all colours)

Red Bin

Your red landfill bin is collected weekly and is for general waste products and kitchen scraps. All waste in this bin goes to landfill. General waste includes:

- Food waste (if you do not have a home compost or worm farm)
- Plastic bags and other non-recyclable plastics
- Foam trays including meat trays (*I thought they were recyclable*)
- Pyrex, ceramics or pottery
- Broken toys
- Nappies
- Clothes and rags
- Plastic buckets
- Any glass except bottles and jars (including plate glass, windows, mirrors, drinking glasses)
- Takeaway coffee cups and lids (*thought these were as well*)
- UHT/ long-life milk and juice cartons

PROBLEM WASTE

Some of these "problem waste" items include:

- Batteries
- Paint and chemicals
- Light globes
- Vapes

- Gas bottles and motor oil
- These have to be taken to the tip,

Two sisters, one blonde and one brunette, inherit the family ranch. Unfortunately, after just a few years, they are in financial trouble. In order to keep the bank from repossessing the ranch, they need to purchase a bull so that they can breed their own stock.

Upon leaving, the brunette tells her sister, 'When I get there, if I decide to buy the bull, I'll contact you to drive out after me and haul it home.'

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The telegraph operator explains that he'll be glad to help her, then adds, it will cost 99 cents a word. 'Well, after paying for the bull, the brunette realizes that she'll only be able to send her sister one word.

After a few minutes of thinking, she nods and says, 'I want you to send her the word 'comfortable.'

The operator shakes his head. 'How is she ever going to know that you want her to hitch the trailer to your pickup truck and drive out here to haul that bull back to your ranch if you send her just the word 'comfortable?'

The brunette explains, 'My sister's blonde. The word is big. She'll read it very slowly.... 'com-for-da-bul.'

On a bitterly cold winter's day several years ago in northern British Columbia, a RCMP constable on patrol came across a motorcyclist, who was swathed in protective clothing and helmet, stalled by the roadside.

"What's the matter?" asked the policeman.

"Carburettor's frozen," was the terse reply.

"Pee on it. That'll thaw it out."

"Can't."

"OK, Watch me and I will show you."

The constable lubricated the carburettor, as promised.

The bike started and the rider drove off, waving.

A few days later, the detachment office received a note of thanks from the father of the motorbike rider. It began:

"On behalf of my daughter, who recently was stranded beside the road...."

Sorry, they are old, but good and I was pushed looking for joke the right size to fit the spaces Ed



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Good Medicine

Good News

We all like good news don't we? There's nothing better than hearing about success at school, sport or work for family or others ... or a good medical report. Watching TV can give us bad news so we need to counteract that. I've just read a book about a boxer who was in a concentration camp during the war. Because of the 'privileges' given to him on account of his boxing matches which entertained the guards, he was able to help many of the prisoners with extra food or clothes.

God cares about good news too. In fact, when we remember Jesus's crucifixion at Easter that is God's good news for us. It might not have seemed to be for Jesus, but He came into the world to die for our sins, and He was prepared to do His Father's will, *Matthew 26:39*. Last year I watched *The Chosen* and it made the gospel stories very real ... I can recommend it.

There's an island country in the Pacific Ocean called Kiribati which consists of 33 islands ... I haven't heard of it before. It's the 'only nation in the world that exists in all four hemispheres of the globe'. Its islands straddle both the equator and the 180th meridian. It is also one of the 'most remote nations in the world'. Do you think God cares about these remote places and the people who live there ... yes He does!

In *Acts 1:8*, Jesus told the disciples to take the message of the gospel 'to the ends of the earth' ... and missionaries have been doing that ever since. The old English meaning of Gospel is – god (good) and - spell (a story), thus - good news.

God doesn't forget people just because they live far away from others ... whether it's in outback Australia, remote islands or in outer space we are still on His radar. The recent Orion pilot Victor Glover, in a message from space, referred to our planet as an amazing place ... a spaceship called Earth which was created; adding we need Jesus whether on earth or circling the moon.

While God doesn't forget us, He does forget our sins if we confess them, *Hebrews 8:12*. The Bible says He throws them into the deepest sea, *Micah 7:18*.

That's good news as well. We can sometimes have a much harder time forgetting them and forgiving ourselves ... we tend to remember our mistakes more readily than our successes. The part of the brain called the amygdala is where our emotional memories are stored ... our successes might not make a blip on our radar whereas strong emotions such as shame or anger can get blown out of proportion in our mind, and thus we remember them.

If you are struggling to forget what God has forgiven, *Isaiah 43:25* says God will not remember our sins. Perhaps it's time for you to agree with Him and forget as well.

Here's good news to all mothers out there - God loves you. Have a wonderful Mothers Day ... and remember, you are special.

Quotes from Word for Today, Our Daily Bread and Daily Declaration

The Counsellor

Delay expected in Wingham round about



Construction at the Isabella and Primrose Street intersection in Wingham has encountered unexpected ground conditions that are likely to extend the project timeline.

During excavation, potential contamination was identified within the work zone. While this type of finding can occur on older urban sites, especially those with a long history of mixed commercial use, it does require careful management to ensure the safety of workers, the community and the environment.

On discovering the potential contamination MidCoast Council advised the Environmental Protection Authority and is following their advice to further investigate.

Specialist testing is now underway to determine the extent of the material and the appropriate method for its removal and disposal. These investigations are expected to take several days, and depending on the results, additional remediation work may be required. This means some delays and intermittent disruptions to the construction schedule are likely.

The reconstruction of the roundabout project includes relocating water pipes, upgrading drainage and rebuilding the road, kerbs and footpath. U-turn bays are in operation for vehicle access during construction and driveway access to businesses in the immediate area will remain open for the duration of the project.

News From The News

Nabiac Village Community Church

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

St Bernadette's Catholic Church, Krambach

May Mass times are Saturday 2nd at 5.00pm, Saturday 9th at 5:00pm, Saturday 23rd at 5:00pm & Saturday 30th at 5pm
June Mass Saturday 6th 5:00pm
(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*
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Call **Joy** on 0438 273 360.

St Isidore's Catholic Church, Nabiac

May's Mass time is Saturday 16th at 5:00pm,



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Lyn's Larder

CHICKEN MARENGO

As the nights are getting a tad colder I have chosen an oldie to start the winter

INGREDIENTS

1kg Chicken Joints or 4 chicken quarters
 3tbsp Oil
 1 Small Onion, chopped
 1 Garlic clove, crushed
 2tbsp Flour
 2/3 cup Medium dry Wine
 1¼ cups Chicken stock
 1tbsp Thick Tomato puree
 Salt & Pepper
 100g Button Mushrooms
 Chopped fresh Parsley or croutons

METHOD

Heat the oil in a heatproof casserole, and over gentle heat, fry the chicken joints until golden brown all over. Add the onion and garlic and fry with the chicken.

Stir in the flour and cook for a minute, then stir in the wine, chicken stock and tomato puree. Add the button mushrooms, then cover the pan closely and simmer gently for about 40 minutes

Dish the chicken (remove it to a plate), reduce the sauce by boiling if necessary, and pour over the chicken.

Garnish with freshly chopped parsley or croutons of fried bread.

Serve with boiled rice or mashed potato and vegetables.

Apparently this famous dish is said to have been invented by Napoleon's chef to celebrate the victory at Marengo when the only ingredients available on the battlefield were some scraggy chickens, wine, oil and mushrooms.

Husband walks into Ann Summers to purchase some see-through lingerie for his wife.

He is shown several possibilities that range from £50 to £150 in price, the more see-through, the higher the price.

He opts for the sheerest item, pays the £150 and takes the lingerie home.

He presents it to his wife and asks her to go upstairs, put it on and model it for him.

Upstairs, the wife thinks, "I have an idea. It's so see-through that it might as well be nothing. I'll not put it on, do the modelling naked and return it tomorrow and get a £150 refund for myself".

So she appears naked at the top of the stairs and strikes a pose.

The husband says, "Bloody Hell, it wasn't that creased in the shop!!" His funeral is this Thursday

(sometimes it doesn't pay to try to be smart and the truth hurts !!)



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Our **Grey Nomads** have been away again.

Packed up and loaded, we're off to Temora for the national rally for any motorised transport with an engine of 1 or 2 cylinders

Our three Hi Wheeler entries from the Motorcycle Museum are 1907/09 vintage and are basically a horse drawn buggy with a lump of a stationary engine bolted in somehow.

Large wooden wheels with solid rubber tyres don't make for a boulevard ride, marginal brakes and the performance of a wet dish-cloth, make for some interesting locomotion surprises.

An eight hour drive (including 2 stops) saw us at Yass overnight with not far to go. Bit of a haul for the no longer young drivers but all good with plenty of fuel to allay the fears we might have had.

Temora, a surprising industrious town of some 4500 souls, in the NE Riverina area some 400 kms SE of Sydney, made us extremely welcome.

Vehicles such as ours, with questionable brakes and steering, probably weren't designed for roundabouts and reverse parking. The locals however, gave us plenty of room and time to do our thing. Thanks Temora.

Lots of old world charm here.

We are camped at the aerodrome, 50m from the runway that was upgraded by cash from David Lowery of Westfield fame who has also provided some tens of millions of dollars in funds for the annual air shows and additions to aerodrome facilities. These are now in jeopardy. When governments try to handle an extremely well run volunteer organisation, expect disaster which is happening here. Very sad.

Perhaps some hundred private aircraft hangers with attached homes surround the Eastern side of the aerodrome. Some folks live here permanently, others drive in to fly their aircraft. Serious dollars here.

Meet and greet some friends from previous events, register and receive our instructions, goodies basket and red poppies, which were hand made by committee members and friends, for ANZAC Day. All very well done.

The total distance to be travelled over some 5 days is in the region of 480kms, yep that's right, our buggies are the only Hi-wheelers, the other 30 or so cars and 10 motorcycles, of different makes, have pump up tyres and are faster, much more comfortable, and perhaps some 5 or 8 years younger.

Most runs are in the region of 60kms return but two runs are about 140kms, return. We opted out of these as did some others. It's hard work and without any protection, one can be a bit diddled at days end in the sun.

Visits included the Chocolate Factory at Junee and adjacent huge historic train loco repair facility and roundhouse.

Morning teas and lunches at Barmednam, Aria Park, the great local Museum, (which includes a huge collection of NSW ambulances) Dirnaseer Hall, (on the way to Coolamon), and 1904 Bectric Hall, the last standing rammed earth (pise) building in Australia (original cost 36 pounds, \$72.00) recently restored and a credit to the locals. (look up on the net) Now on a diet program after all the great food.

The organisers provided trailers for those who "failed to proceed" and the NRMA provided some assistance where possible, but the repairs to magnetos, basic carburettors and old time ignition systems were a bit beyond them. They had fun and learnt a lot.

All in all, a great time with similar minded folks. Our travails? Two of ours failed to finish on the last day with broken internals, so a lot of work to be done at home.

More Church Bulletin Gaffs

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Please place your donation in the envelope along with the deceased person you want remembered.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow. *The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.*

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

Useful Numbers

EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing (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

"Happy Mothers Day" to all mums, nans, step mums, foster mums, pet mums, mums to be, mums in heaven and all the women in our lives who love and care for us unconditionally. You are priceless and very deeply loved."

" 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



- **Mobile Phone** - handed in to Nabiac

Show Office on Show Day.

Someone did inquire about a lost phone on the day, but did not leave a contact name and the phone was handed in AFTER the inquiry.

I would have put the found notice in last issue, but thought the phone had been claimed.

If you can describe the phone, its cover and give me a telephone number (i.e. phone it) and the opening password, phone me on 6559 1811 or email me at frogsbottom@outlook.com to claim it

Lyn Reid
Show Secretary

* 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)

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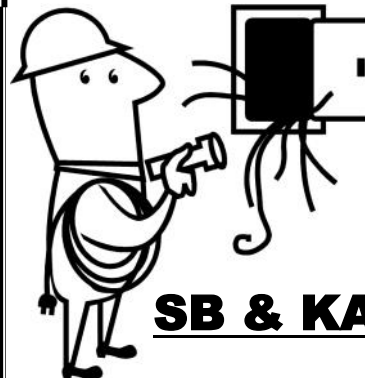
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