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ACROSS THE FENCE

Happy Holidays Kids

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CWA Craft &

Skills Day

Tuesday morning
21st July





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Editorial.

Hi everyone,

Missing a lot of articles this month. I think everyone has gone into hibernation.

The weather has been peculiar—cold one day and hot the next. I have noticed plants flowering now instead of spring. Hope we don't get some late frosts that would kill them all.

Can never get over how fast school holidays seem to come around now. The years went soooo slowly when I was a school waiting for holiday breaks, now the last 6 months have vanished and I am sure Woolies will have Christmas decorations on the shelves next time I go shopping.

I have had an email for a newbie moving into Krambach soon. He is trying to write up a history of the area, but also wanted some of the local 'yarns' to add to the pot. Anyone of 'long years' who has a knowledge of such, could you get in touch with me to forward your details to him?

Also had a phone call from an elderly (93 odd) gentleman who was raised in the Krambach area and still gets copies of ATF, who would like to get in touch with anyone still above ground who was around and at school at the time, to see if you are someone he know, and can have a 'good old days' reminiscence with him. Problem is I wrote his name and phone number down and now cannot find it so just have thinks at the moment and I will print the details when I find them.

We have a couple of new ads. One for yoga and one for a vet. The vet apparently specialises in horses and large animals.

Wingham vet has an interesting article on ULCERS in horse - they get all the problems from stress that we get, so an interesting piece to read.

CWA Ladies apparently had a good day teaching ladies how to knit and crochet last month, so have decided to repeat the experience. Details page 3, you can't miss it!!

We lost an advertiser, Great Lakes Air, after supporting us for over 23 years. Mark is cutting down leading up to thoughts of retirement. I wish him well and many thanks for his support during those years. If you count them up, there are a LOT who have supported the paper since it started before Paul and I took it over. So that would be more than 25 years. Not bad continuance when you look at it.

Keep warm and enjoy life

That's all from me, until next month

Lyn & Timidthy



WHAT'S HAPPENING IN JULY, 2026

Markets & Events.

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

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

Phone Lyn on 02 6559 1811 Email: 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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Nabiac Pharmacy News

Cold and Flu season is here -despite the warmer weather!

Cold and Flu is one of the leading causes of absenteeism from work and school and there are several things that can be done to minimise this. To treat symptoms there are cold and flu preparations that reduce nasal and facial secretions and some that also treat dry cough. These are ideal if you just want to power on. If the cough itself becomes the problem then there are several types of cough suppressants that mask the symptom and may help with sleep especially.

Tablets can help a lot with runny noses but if they are not the way to go then decongestant and anti-inflammatory nasal sprays can be very effective.

Specifically the flu vaccination is still available and has most of its intended effect with 48 hours.

Lastly there is available natural capsules that are proven to reduce the severity and duration of cold and flu.

There's also many other things in addition to these so please come and ask us. We won't be offended if you are sick without a mask! It's not 2020 after all.

Thanks,
Tim



Show News



It has been a very quiet month as we wind every thing up to get ready for the AGM in August, when we will have our elections to choose the new Committee

If you are interested in joining the show, membership is still \$10 per adult which saves you \$5 on entry fees!!! And gives you a chance to have your say on what happens at the show and enables you to vote. The show is on the 27th February next year, so a tad earlier than usual. Get started on your entries whilst keeping warm inside over winter. If you are interested in joining contact me for a form.

Lyn Reid, Secretary. 6559 1811



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Wallamba CWA Craft Skills Day - 2

KNITTING and CROCHET

For all those ladies who enjoyed joining us for our 1st Craft Skills day held on the 16th June; and for anyone who wasn't able to join us on the day!

We are planning a 2nd Knitting
and Crochet follow up day on
Tuesday 21st July.



Where? Forrest Fresh Laundromat Ferris Place Nabiac
What to bring? Last month's project, or new ideas.
Cost? \$5 to contribute to venue hire and morning tea.



RSVP? Penny Britton Ph: 0418 605 009 to reserve a spot!

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Nabiac Landcare



The Nabiac Landcare team is currently working at the Bullock Wharf Reserve doing follow-up weeding of all the 'usual suspects'. It is pleasing to find that after 30 years of work there are now more natives than weeds and the number of seedlings of privet and lantana are definitely reducing although camphor laurel seedlings continue to be thick along the edge along Nabiac Street.

The theme this month is **Phantoms**: The good, the bad and the ugly.

Firstly, the Good! For the past year or so we've been noticing the work of the phantom tree planter at Bullock Wharf. A nice selection of well planted trees has appeared in some of the more open areas. We'd really like to meet you to say 'thank you' and record your species list. Give me a ring.

The Bad: Unfortunately one of the floods in the past couple of years has not only brought more Maderia Vine to the narrow river flat but also **Turkey Rhubarb** (*Rumex sagittatus*) → which is new to the reserve. Turkey rhubarb is an old garden escapee from South Africa that is easily spread by water. It is a rapid growing, fairly brittle vine/creeper with arrowhead shaped green leaves. It bears clusters of small white flowers in the summer followed by papery three winged fruit. Unfortunately this vine is a perennial with tubers that enable it to survive cold winters and drought. According to foraging sources the leaves are edible but they do contain oxalic acid which can be toxic in large amounts.



Now the Ugly: The phantom tree chopper is back at Lily-Pilly Bend as is someone who is pushing over trees beside the track from Farnell St. The tracks in the reserves are for foot and bicycle traffic only.

Finally a safety note. The track at Bullock Wharf, close to the high side of the river, is experiencing erosion and undercutting. The council has been notified and are looking into how to prevent further damage. Please take care along this stretch, especially if riding bikes. Erosion of this nature is common on high banks after times of high run-off and floods, especially if trees have been washed from the rivers edge.

We normally works each Wednesday (weather permitting) 8-9am to 11am. New members are always welcome. If you are new to bush

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regeneration, we'll work with 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.

You might find us after work in a local cafe. You'll know us...looking a bit dirty and bedraggled!

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

Krambach & District Garden Lovers News



Greetings,

We were very lucky this month as the rain held off for our meeting on Monday 29th.

We had our monthly meeting at one of our member's home in Germany Lane.

This large garden is picture perfect and with an over abundance of bright, coloured flowers. You would think it was spring.

There are many large pots filled with lots of healthy flowers including violas, little bird houses and a cute potting shed.

I also saw pink baby's breath which I hadn't seen before and I will now keep a look out for it.

All in all a ver enjoyable morning

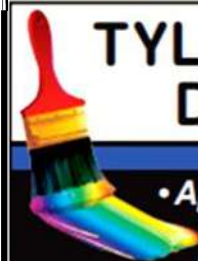
If you would like to join us we meet on the last Monday of the month and you would be most welcome. Just call me

Happy gardening

Judi

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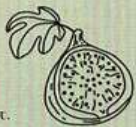
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As we arrive at the end of Semester 1, it's hard to believe just how much we have packed into the first half of the year. Our students, staff and families have embraced every opportunity that has come their way, and we continue to be incredibly proud of all that we have achieved together.

June was another action-packed month at our school. Students enjoyed a wide range of learning experiences including basketball, EnviroMentors activities, the Questacon Science Circus, the MidCoast Festival of Stories and the GRIP Leadership Conference. These opportunities allowed students to explore new interests, build confidence and create memories that will stay with them long after the term ends.

We were also thrilled to celebrate the success of our talented artists in this year's **NERAM "Let's Hang It"** competition. A huge congratulations to **Paisley**, whose artwork was selected as a finalist from more than 700 entries across 65 schools. We are equally proud of all our HPGE Art students who represented our school with creativity, imagination and pride.

One of the highlights of June was the *Small Schools Soccer Gala Day* in Wingham. Our students displayed wonderful teamwork, sportsmanship and determination throughout the day while enjoying the opportunity to compete alongside students from neighbouring schools. A big thank you to Mr **Martyn** and Miss **Schilt** for supporting our students and helping make the day such a success.

Over recent weeks we have also been fortunate to welcome Miss Schilt to our school as part of her teaching studies. Working alongside Mrs Quinn and our K-2 students, she quickly became a valued member of our school community. We have loved having her at our school and thank her for the enthusiasm, care and energy she brought to our classrooms each day. We hope she can call in and visit us again in the future.

Many of you may have already seen our school's entry in the Department of Education's Content Creator Competition. Schools across the state were challenged to showcase how they inspire excellence, and our students certainly rose to the occasion! The video captures the spirit, opportunities and smiles that make our school such a special place. A special thank you must go to Mr **Jake Martyn**, who led the filming and production of the project. His creativity, technical expertise and eye for storytelling helped bring our school's story to life. If you haven't seen the video yet, jump onto our Face-

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book page, give it a like and perhaps even share it with your family and friends. We think it does a wonderful job of showcasing what makes our little school so special.

The final week of Term 2 is often when we celebrate NAIDOC Week. This year, however, we are excited to join with the Myall Lakes Community of Schools at Bulahdelah Central School during Week 1 of Term 3 for a shared celebration. This will be a fantastic opportunity for our students to learn alongside others while strengthening connections with local Aboriginal culture, community and history.

As we wrap up the term, we are looking forward to our End of Term Assembly on *Thursday 2nd July*. This special event provides an opportunity to celebrate student achievement, recognise effort and reflect on the many successes from Semester 1. We always enjoy sharing these moments with our families and community members and look forward to celebrating together once again.

Following the assembly, the fun will continue with our End of Term Disco and Sausage Sizzle. This is always a highlight on our school calendar and a wonderful chance for students, staff and families to come together in a relaxed and enjoyable environment before the holiday break. With music, dancing, delicious food and plenty of laughter, it promises to be a fantastic afternoon. We can't wait to see everyone there and celebrate another successful semester as a school community.

Students return to school on Tuesday 21st July for the beginning of Term 3. We are already looking forward to another exciting term filled with learning, adventure and opportunities for our students to shine.

Thank you for your continued support throughout Semester 1. Together, we have created a school community where students feel valued, supported and inspired to achieve their best.

If you're new to the area and would like to discover what makes our school such a special place to learn and grow, we'd love to welcome you for a visit. Come and meet our students, see our wonderful facilities and experience firsthand the warmth, opportunities and sense of belonging that make our school unique.

Enjoy a safe and relaxing holiday break, and we'll see you all back for another exciting term of learning and fun.

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade, hello again, it's Cassody once more! Here to report the latest escapades of our brigade. It has been a quiet month for our brigade; with the recent abundance in rain, fire calls have been easing. However, even in the wet there is much to do at our brigade, whether it's more of our wonderful members gaining new qualifications, taking care of our equipment, our meetings, or planning new community engagement events, there is always something happening. But perhaps one of the most exciting events was the qualification of two more junior members! A huge **congratulations** to them for becoming qualified and ready! This means that we now have *three* qualified junior members!

New members are always welcome, and that's why we have our **Open day!** The Open day is a very important part of our community engagement; you can come and meet our members, see our, slightly aged, truck and learn more about what we do! So, **SAVE THE DATE, The 19th of September!**

Did you know that NSW RFS is the *world's largest* volunteer fire service? With over 70,000 members and roughly 2,000 brigades! All of these brigades are important, as are their members!

Minimbah is one of the thousands of brigades with brilliant, dedicated members, who give their time to engage with the community, help maintain equipment, fight the fires and much more! This is why we always could do with more members. If you are interested, please email us at minimbahrfb@hotmail.com.



Another critical part of what we do, is maintenance. Taking care of our gear saves lives. This is our new hose washer! A big upgrade from handwashing hoses in an old bath tub. Now while it seems silly to clean hoses that are just going to get dusty again, it isn't. If grime and ash builds up on our hoses it could cause them to rot or weaken and if they do, they won't be able to hold water, and if we don't have water on the fire field, we're cooked, quite literally! We take care of all our equipment, from our rakes

to our truck, everything matters!

Rufus was the star of our AGM, which was hosted on Saturday 13th of June. The AGM is our Annual General Meeting. It is important to keep our brigade up to specs and functional. However, in the cooler weather, Rufus has a special message for all the wonderful community! **Keep one metre clear, let the heat flow near. Space from the heater keeps danger from getting here!**



Don't forget to swing by our open day! Maybe in the meantime you could check out our Facebook at NSW RFS – Minimbah Brigade. Stay safe and have a wonderful month.

This is **Cassody Lee** signing off.

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WALLAMBA CWA REPORT

The June 9th meeting was opened by President **Jenny Ang** with 8 members present and 1 guest – **Wendy Murray** – mother of member **Trish** – further apologies were received from 4 members.

Following formalities re opening, the members paused to remember departed friends including 3 Gloucester CWA ladies, **Lyn Yates, Claire Renoylds and Jessie Burley**, **Ian Hasthorpe** of Firefly RFS, **Georgie Apperloo** of "Glenora" (friend and neighbour of member **Penny**) **Neil Daniher** AFL star and MND sufferer, and Professor **Richard Scolyer**, Australian Pathologist.

Member **Jill** supplied monthly thought which is accredited to Vincent Van Gough - "Close friends are truly life's treasures. Sometimes they know us better than we know ourselves". **Colleen** to bring July's thought.

Member **Jenny** gave a report on the State Conference which was held at Forster. **Jenny** is also in the process of setting up the Wallamba CWA Facebook page with the help of **Penny**.

The Group Ag & Environment, along with the Group Handicraft Day, was held at Forster on June 24th with 6 members planning to attend – they will report on this day come the July meeting.

The correspondence included a number of items including Sympathy Cards to Gloucester CWA on the loss of their 3 long serving members.

In General Business the upcoming Craft Skills Day planned for 26th June was discussed and a number of local residents have shown interest in attending to learn more of the skills in knitting and crochet.

Six Wallamba Branch members were attending to assist on the day which was to be held at Forrest Fresh premises.

We didn't have anything to report on Cookery for this month.

Pam our International Officer, gave some facts on Fiji that she had found in an old Funk & Wagnalls Encyclopaedia, including the information that there are 800+ islands of which about 100 are inhabited.

It was formed by volcanic activity many years ago. Vita Lewu are the



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2 main islands and the country was first sighted by Abel Tasman in 1643, later Captain Cook discovered "Turtle Island" now called Valoa in 1773.

Penny our Cultural Officer. listed the various topics for 2026/2027 which will be judged at 2027 State Conference to be held in Canberra.

Senior Photograph in Colour is "Windmills", Senior Photograph in Black and White is "The Sky". Junior photography is "Trees"

Senior Short Story is "Wallflower" (maximum of 1,000 words), Junior short story – "School Excursion"

Poem (24 lines) "Can you Believe it" and Junior Digital Poster – "Happiness Is".

AG & Environment report was presented by Officer **Gail** on responsible gardening in line with our FOE Topic on Escaped Garden Plants and she suggested replacing them with native plants e.g. Grevilleas or Callistemon and to dispose of waste responsibly in our Council Red Bins.

Colleen, our Handicraft Officer, gave a report saying she is working Brazilian embroidery. **Colleen** then treated members to a handicraft activity with a Fijian theme by encouraging them to make a simple folded Palm leaf with the green paper and wool she had on (hand!). We certainly had some different ones.

Penny gave a report re the Nabiac Library building advising us that Council said it needs major upgrades, including replacement of the roof, cladding and piers need replacing and internal floor repairs.

Members were saddened to hear that Council doesn't think it is a viable situation, which saddened many members, myself included as that was where my 21st Birthday Celebrations were held back in 1969.

Our next meeting will be held Tuesday 14th July, 2026 commencing at 10.00am at our usual venue, Nabiac Community Church Hall.

Pam Muxlow

Publicity Officer

Wallamba CWA Branch

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A nine year old visitor to South Shields Museum, County Durham, correctly identified a "*Roman sesterce coin from between 135 and 138 AD*" as a plastic token given away by a soft drink company!
{Bet there were some red faces at the museum next meeting!!}



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The next market is on Saturday 27th July, 8-12 at the showground.

The June market was chilly, but the weather was kind, with the rain holding off. It was great to see the crowds pouring in.

New stallholder "So Mutch Fish" drew a crowd with their locally caught fresh fish. I'm hoping they will send some photos from the fishing boat!

Georges' meats, Paperback Farm and Palms Artisan Bakery were amongst the stallholders who totally sold out.

The Cookery Project had hot minestrone soup, "Off The Rayles" curries offered tastings of their delicious chai latte spice mix. Hot food such as gozleme and the market BBQ was very popular too.

Matt, The "Fruit Tree Fella" supplied plenty of plants to keen gardeners. Katie, from "MacWood Mushrooms" offered her usual intriguing range of fungi, along with great advice. Lions' mane is popular, for its beneficial compounds to help with focus and memory. New stallholder "Farm House



"Creations" brought their cute range of chunky knit throws, cushions and slippers.




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"Sweet Tooth" marshmallows attracted plenty of happy shoppers too.



Frog in a Sock is one of our long-term stallholders with their ever popular range of unique, handcrafted pottery.



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- *photography *sourdough bread *cakes & treats *market BBQ
- *fab ready-to-go food
- *Live music

In other news, the Wallamba Show date clashes with the market in February, 27, due to the rotation of agricultural shows across the region, so we will be holding the market at another location, just for the February market.

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 25th July.

Market enquiries, including new stallholder applications:

www.nabiac.com
nfmcoordinator@gmail.com

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By Laura Pennington on behalf of the Nabiac Farmers' Market




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Wendy (left) Colleen & ?



Merle Barber on the left ↑

Pictures from CWA's first Craft Skills Day
Showing the ladies focused on how to knit and crochet.



Jenny, Fay, Kay and Kathy

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NABIAC PUBLIC SCHOOL



The best little school... anywhere has enjoyed a busy and rewarding month, with students engaging in a variety of learning opportunities, celebrations, and community connections.

A standout event was the school's early celebration of NAIDOC Week. Students, staff, and community members came together to honour the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples through a range of meaningful activities. Special thanks to Nabiac District Preschool and Nabiac Early Learning for joining the festivities. Thank you also goes to our wonderful P&C for cooking and providing a BBQ lunch for everyone on the day.

As part of the celebrations, Aboriginal artist Kirra-Lee Fletcher led a collaborative art workshop. Each student created their own small canvas, which combined to form a large, unified masterpiece. Once complete, Kirra-Lee will photograph the artwork and produce a digital copy for the school, providing a lasting reminder of the students' creativity and shared celebration of culture. We can't wait to see the final masterpiece!

Students also participated in the **RYSTEM** (Rotary Youth Science, Technology, Engineering and Mathematics) Engagement Day alongside peers from neighbouring schools. This hands-on event encouraged teamwork, creativity, and problem-solving, giving students a practical and enjoyable introduction to STEM subjects. We are excited to share with you that our year 5 students won the competition of the day.

We would also like to thank the *Lions Club* for running the *Children's Vision Screening Program*, offering free eye health checks. This important initiative helps identify vision concerns early, supporting every student's chance to succeed in their learning.

MICHAEL BOURKE PLUMBING

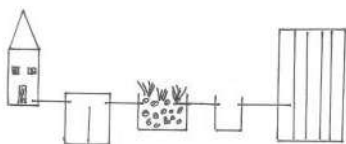
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Our school is currently looking to connect with our previous students and showcase their achievements to our current students and community. If you are a previous student, or know a previous student, we would love to hear from you. Scan the QR or follow the link on our Facebook page.



Enrolments for 2027 are now open! Orientation visits will begin in Term 3. If you or someone you know would like to enrol a child next year, please contact the school office for enrolment and orientation information.

As Term 2 draws to a close, Nabiac Public School wishes all students, families, and community members a safe and enjoyable holiday break. Students will return to school on Tuesday, 21st July.

Please note that the school will not participate in the Share Our Space program over the holidays, and the grounds will be closed to the public. The community is encouraged to report any suspicious activity during this time to the police. We thank everyone for their continued support in keeping our school safe.

To stay updated with all the latest news from the best little school anywhere, follow us on Facebook: <https://www.facebook.com/NabiacPublicSchool>

Our weekly newsletter is also published every Monday on our school website: <https://nabiac-p.schools.nsw.gov.au>

Thank you for your ongoing support and involvement in our school community!

Kind Regards,

Amelia Bridge

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0409~470 606 (Louise ~ Farmers Markets)
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Web: Krambach.org



Have you been down to check out our market lately? If you haven't, I'm sure you would be surprised by our changes. We are expanding every month, with local vendors bringing our community quality products. We have delicious hot breakfast options, barista made coffee, fresh fruit & veg, eggs, locally caught seafood, honey, cakes, jams, wine, gin, fresh orange juice, quality handmade crafts and live music.

We've received lots of positive feedback from our visitors, with many saying the same thing "the markets have a great vibe". People are hanging around, chatting and enjoying the atmosphere.

We will be joined next month by local federal member Alison Penfold. It is a great opportunity to come in and express your views, concerns and provide feedback.

Our next markets will be held on **Sunday 19 July**.

Stallholder spotlight: A lot of you may have seen the beautiful timber arbour that was made for the Krambach KPA ball in May. This was made by local carpenter **Bryce Flower**. Bryce attends our markets every month. He makes high quality, sustainable timber furniture and products for around the home. He has a range of products at every market and is also available for custom orders and home renovations, etc. Bryce is fully licenced with over 20 years experience.

Drop in and have a chat with him at our next market.

Louise

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WALLAMBA LANDCARE news,

Our next field day will be in August at Dyers Crossing. Details are coming soon.

For membership enquiries contact Joel Dunn
great@midcoast2tops.org.au

Laura Pennington- Coordinator – Wallamba LandCare Group.
Robyn Lamond – Co-convenor.

Vermiculture – Wallamba LandCare Group meet-up at The Artisan Farmer.

The focus for our meet-up in June was Vermiculture. The Artisan Farmer's shed-style event space was the perfect location for our group. It made a change from our usual farm locations.

Lee Fieldhouse from Island Biologicals provided an interesting talk about compost worms. Around 20 people came along to learn more about how worms improve the soil, including their complex role in the world of microbes and the mycorrhizal network under the ground.

The group included both experienced and budding farmers, plus experienced and budding gardeners, all keen to learn from Lee's wealth of experience.

There were several new people who joined in, eager to gain snippets for their various projects. One young couple had just bought land and were planning a food forest.

Les Roberts, founder of Dyers Crossing LandCare Group, always attends the field days and meet-ups. It's always valuable to have his contribution to discussions, with decades of experience under his belt.

We'll look forward to the next field day in Dyers Crossing for a diverse pasture discussion.

If you're reading this and would like to be added to the email list for upcoming events for Wallamba LandCare Group, let me know. All contact details above.

Laura Pennington.

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Jason Packer
Director / Bricklayer



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Pelicans

It's easy to take Pelicans (*Pelecanus conspicillatus*) for granted in our coastal region. Of course, they also migrate hundreds of kilometres to our inland rivers and lakes to feast and breed in good seasons with reportedly thousands having recently flown into the flooded Kati Thanda – Lake Eyre.

Pelicans are magnificent flyers, with wingspans between 2.3 and 2.5 metres and extremely light skeletons constituting less than 10% of their body weight. Males are larger than females. And, a fun fact, the Australian Pelican has the biggest bill of any pelican at 40 to 50 centimetres with a capacity to hold 13 litres.

In their non-breeding plumage these largely white and black birds have white bare skin eye-circles, and pale-pink pouches with a yellow hook on the end of their bills. In the breeding season, however, they colour up – their eye-rings turn bright yellow, their bills cobalt blue, the hook darkens to orange, and their pouches turn bright salmon pink with bright yellow in the throat region. And they develop long tufted feathers.

Courtship involves mutual "pouch-rippling" whilst repeatedly clapping their bills. Several males will attempt to court a female following her in flight, on the water and on land, hassling each other and at times throwing up and catching objects like sticks to show off their dexterity. She chooses her mate and she alone builds the rudimentary ground scrape of a nest. However, both parents incubate and care for the

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young.

Few people have ever seen a pelican chick as they tend to breed in remote places although there is a protected breeding site in Wallis Lake.

Sadly, pelicans feature prominently in FAWNA rescue callouts. They are extremely vulnerable to becoming hooked and entangled in fishing tackle, with often horrific injuries that are life-threatening without treatment. They can also be poisoned by avian botulism, a paralytic disease that similarly impacts swans and ducks.

There is currently a citizen scientist request by Conservation of Australian Seabirds and Turtles Inc (Coast) to help identify how our pelican populations are faring. This great activity involves signing up to spend 15 minutes counting pelicans **on July the 5th** and then submitting your data. For more information: <https://www.facebook.com/COASTRescuehotline>

Kym

FAWNA Media Spokesperson,
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Welcome to Deb's Gardening

Another rainy day in paradise, and as I look out my window the garden still looks fresh, green, healthy and colourful. The lawn is mowed, the edges neat from the whipper snipping, hardly any weeds. And the builder is back after a 6 months delay finishing the last of the house renovation which is the rotting front deck. A long slow process but I see the light at the end of the tunnel. Soon I will be able to start landscaping around the house, which I am looking forward to too.

This time a few years ago I would have been sitting in the old house watching the mice scurry past my feet or emptying the buckets of water in the lounge room where the rain came in and having the fire raging because the house was so cold and you needed to sit on top of it to keep warm. Now that the interior of the house is complete I am snug as a bug in a rug and vermin free. If only there was a way to get rid of the mice and rats outside in an environmentally friendly way.

I have mentioned in my past articles how I hate rats and mice and that they have been tunneling their way inside the vegetable garden and eating all the beets and germinated seedlings. Their tunnels were under the asparagus which is in the corner of the vegetable garden and that is where they were getting in. I thought when I built the fence I made it vermin free but Humpty Dumpty construction company failed again. I just couldn't keep them out so I had to resort to the final straw and use bait. Not something I wanted to use but I had tried everything else, from moving the compost bins outside the vegetable garden, putting more wire around the bottom of the fence and burying it but still they got in.

I bought a bait station and bait and set it along the inside of the fence line near the asparagus and checked it regularly and had to re-fill it frequently. That's how bad the infestation became. In the last few months I haven't had to fill it as often, only a few nibbles here and there.

A few weeks ago I was cutting back the asparagus. It's that time of year to maintain asparagus, the ferns die back and need to be cut back to almost ground level. They are heavy feeders so I spread cow manure over the top and filled the tunnels as much as I could with the manure. I added blood and bone and a layer of sugar cane mulch. I also checked the station again and it was empty again but I had to focus my eyes because it looked different and once focused there inside curled up was a red belly black snake. I was a little shocked but I was more concerned about my dog which was right near my feet as he wanted a look. I don't have a fear of snakes, they eat rats and mice and they are more scared of us but I am cautious as they are



venomous.

Two thoughts occurred to me at that moment: has he been eating the mice that had eaten poison, and the thought of knowing that the snake is in the vegetable patch again didn't sit well with me either. I have seen the redbelly snake around the yard plenty of times and I know that he lives under my water feature but I had only seen him in the veggie garden once before when my oldest granddaughter was little. She still remembers to this day and is scared of snakes that she is weary of going in there. School holidays are coming up next week and they will be here. Not to mention that our dog and I are in the vegetable garden on a daily basis.

The main reason why I bought the bait station in the first place was because I thought the poison would be locked inside a tamper-resistant box, it would provide a safe, weather-resistant way to control the infestations without endangering my dog or grandchildren and the poison is slow-acting - mice usually consume the bait and return to their nests to die, meaning I rarely have to clean up dead rodents around the yard or property. I was hoping that the wildlife would remain safe and not consume secondary consumption but seeing the snake inside the bait station gave me second thoughts about having it at all.

I pondered on it for the day and let it sit. I decided to remove the station, snake and all. So the next morning, I tied up the dog, put on big gumboots, long sleeves and pants and went in with a shovel to lift up the station and remove it from the vegetable garden but first I had to have another look inside and to my relief the snake was gone.

My other half saw an owl sitting on the wheelbarrow near the house the other night and the thought of it eating a rodent that may have consumed bait made me want to cry. I know that they have to consume a fair amount of poisoned mice to accumulate lethal levels of toxins but I have no idea how many the native predators (owls, eagles or snakes) have had over a period of time since having the station. This all started because I have a fear of rats and mice and that they were eating my beetroot!

The bait and bait station has now been removed, it is just not worth it. I would much rather have healthy predators like the owls, snakes and eagles consume non-poisoned mice and rats than knowing I may be slowly killing all these beautiful creatures around my home.

As for the beetroot, I have sowed a large quantity of beetroot seeds and finally they have all germinated. Hopefully enough for both me and the rats and mice.

Until next time - "A garden is always a series of losses set against a few triumphs, like life itself."

Deb



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REAL KULTCHA

All right, I'll admit it. I have no idea what's going on between the USA (OK, perhaps I should say, Trump) and the Middle East (and I guess I should say Iran there) as the MoU (Memorandum of Understanding, a sort of: *This is what we think we'll sign an agreement on later*) seemed to stop just short of the USA (aka *Trumpland*) almost apologising to Iran for attacking it! I thought Trump said he was going to bomb them back to the Stone Age? If anybody can enlighten me I'd appreciate it!

And while we're on the subject of Trump, if you could also have a go at explaining why a cage-fighting event (essentially a pub-brawl whose status they've tried to *elevate* to the level of what we know as a prize fight) could take on such importance that it's conducted on the White House lawn, I'd be very grateful. It seems to me The White House and the country's leadership, has the world seeing the USA as a poorly run, late 19th Century western saloon with a corrupt Sheriff, a gang of equally corrupt sycophants and a complete break-down of modern day culture! And the country elected him --- twice!!!

BEAM ME UP SCOTTY! THERE'S NO INTELLIGENT LIFE VISIBLE HERE-ABOUTS!

While all the above nonsense was occurring in Washington, the World Cup (soccer) has been taking place in various locations on the west coast of Canada, USA and Mexico. Our *Socceroos* are there and so far have won one, lost one and by the time you read this you'll know how they went against Paraguay and whether they've qualified for the next series of games. I know soccer is held as a religion in many countries and I've no doubt there is skill, endurance and tactics in play but it's not my game. For some reason I just can't grow to like it as I grew up watching Rugby League and shortly after I was introduced Oz Rules, both of which I enjoy watching. However, (and here comes the kicker) in my formative years I was introduced to baseball and so now *The Child Bride* and I enjoy watching MLB (baseball from the US) and the TV black box has been busy recording games – just now we have something like 25 games recorded so keeping up excludes watching almost anything else. No, we had no intention of watching Trump's cage fighting squalor but do occasionally watch US College women's softball: much more refined and certainly far less objectionable.

The Southern Stars (the Oz Women's Cricket team) are currently in the UK playing in the Women's T20 World Cup and by all the reports I've managed to see, they're doing quite well. Meanwhile, over on the sub-continent (that's India and the countries around her for those of you who failed Geography at school) *The Miners* (the Oz men's

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team) are playing in the Men's T20 World Cup and it's only just begun. Of interest however, was the fate of the Bangladesh side. Yep, they qualified and were *hot-to-trot* until the draw was announced and they saw they were to play India in India. Their boffins asked the ICC boffins if that game could be played in Bangladesh because they said there were security concerns. The ICC looked into the matter and replied that was not the case, there were no security issues they could see and the match remained in the draw. The objection was repeated in a meeting between the two Boards and as Bangladesh continued to maintain their objection, the team was punted from the competition and the next highest ranked side – not already in the draw - was activated and that was Scotland. Never let it be said I don't keep you informed.

Now those of you who are not watching the *gee-gees* will know we have been holding qualifications for the Commonwealth Games set to take place in Glasgow from 23 July to 2 August. There's a story behind the location in that Victoria (yep, just south of the border) had agreed to host these games and many sites in the State were getting ready when the Government went to water and pulled the plug! The Commonwealth Games boffins took exception to that, fined them big time (and quite justifiably, IMHO) and the money was then given to Glasgow to host the games. No, I'm not going to try and guess how many medals we might win – I'll leave that to the dribblers.

State Of Origin is one all with the third game in Brisbane. If history tells us anything, that'll be difficult for *The Cockroaches* as *The Canetoats* seem to grow another leg up there when the lollies are on the line.

The New York Kincks have won the NBA title (that's basketball) 4-1 against *The San Antonio Spurs* to claim their first title in 53 years! That's a long time between drinks!

NEWS FLASH! The NSW Government says they're going to allow drivers, who are registered to take medicinal cannabis, to get behind the wheel of a vehicle! I don't know all the facts but some 20 heads of trauma medicine and senior clinicians from a large number of hospitals in the State have said: *the new legal threshold is not backed by medical evidence*. WHAT??? So, until I hear from the doctors again saying they've looked more closely and now think it's OK, I'm with them and think the new drug driving laws in NSW are stupid and quite possibly a deadly idea.

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American Indians have a neat way of naming their children. After taking his first look at the new born baby, the father steps outside and names the child after the first thing he sees. Hence Flying Cloud, Laughing Water, Sitting Bull, etc.

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GASTRIC ULCERS IN HORSES ARE EXTREMELY COMMON

Do you suspect your horse has ulcers? It is estimated that up to 85-90% of racehorses, 93% of endurance horses, 40-75% of pleasure/performance horses & 50% of horses used for Western sports suffer from gastric ulcers. Up to 50% of horses with stomach ulcers may not show any obvious signs but will likely have negative impacts on their normal digestion.

Wingham and Valley Vets has collaborated with Randlab to hold a gastric scoping day at their Equine Hospital, 33 Isabella Street Wingham on **Thursday the 6th of August**. This is a great opportunity to have your horse scoped locally.

Is your horse showing any of the following signs?

- Poor appetite or weight loss
- Dry, dull, or harsh coat
- Poor body condition
- Behavioural vices: crib-biting, windsucking, irritability, 'girthiness'
- Mild colic signs
- Poor performance or reluctance to train

These could all be signs that your horse has gastric ulcers, which can cause pain and reduce your horse's ability to properly digest. A horse's stomach produces acid 24/7, up to 42 litres a day. When the stomach is not full, acid can splash onto the vulnerable upper portion called the squamous (non-glandular) mucosa. The best way to diagnose these gastric ulcers is by gastroscopy.

Gastric scoping is performed with a specialized gastroscope & all horses will require a sedation. The 3-metre fibre-optic scope (camera) is passed into multiple areas of the horse's stomach to visualize any ulcers. These stomach ulcers will be graded, and further medication will be determined, depending on your scoping results. The procedure is not painful, but due to the patient needing to be completely still and the scope being placed through the nasal cavity, which can be a little uncomfortable, all horses will require a sedation

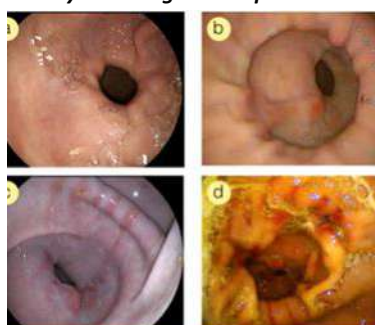


FIGURE 1: Pyloric region of stomach (a) normal, (b) mild, (c) moderate, (d) severe lesions. Lesions in the pyloric region are typically inflammatory in nature and only severe cases show classical ulceration.

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The Gastroscope cost is a total of \$130, which includes a health check, sedation and gastroscopy. Please note: Your horse will need to have food withheld overnight (12-14 hours prior to appointment) and water withheld 8 hours prior to the appointment.

Dental Assessment and Powerfloat:

All horses should have a dental assessment performed by a qualified Veterinary equine dentist every 6-12 months. A dental assessment and Power float (Additional \$140 *conditions apply) can be performed on the same day as the gastric scope if discussed prior at the time of booking.



What is involved in our routine dental assessment:

- A seven-point external examination of the head, to assess for changes associated with dental disease.
- A thorough assessment of all teeth and soft tissues including mirror exam.
- A full dental chart will be completed on the day, that can be emailed to you for your reference.
- Floating of the teeth: reduction of sharp enamel points and overgrowths, correcting occlusal abnormalities where necessary and bit seating where necessary to improve comfort whilst ridden.
- We also examine the mouth closely for minor changes that can lead to significant problems if not accurately diagnosed and treated early (gaps between teeth leading to food packing and periodontal disease, pulp abnormalities, occlusal abnormalities etc). Small changes can often prevent major problems in the future.
- Due to time restrictions, any major dental issues requiring further workup or treatment may not be able to be performed on the day, however we will be happy to formulate a plan moving forward.

Please register your interest by emailing us at

admin@winghamvets.com.au and include your contact details, horse's details (name, age, breed) and please advise whether your horse is on any current medication for gastric ulcers. Further details (appointment times, parking etc) will be provided closer to the date. A \$50 deposit is required when booking. Spaces are strictly limited so ensure you reserve your spot ASAP!



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HOW TURF CAN INCREASE YOUR HOME'S STREET APPEAL AND VALUE

First impressions matter, and when it comes to your home, your lawn is often one of the first things people notice. A lush, green lawn instantly creates a welcoming feel, enhances the overall appearance of your property and can even add value to your home.

At Agland Turf, we've seen firsthand how a quality lawn can completely transform a property. Whether you're preparing your home for sale or simply wanting to create a beautiful outdoor space for your family, investing in premium turf is one of the easiest and most effective ways to boost your home's street appeal.

Beyond aesthetics, a quality lawn also provides practical benefits including:

- ◇ · Creates usable outdoor living spaces
- ◇ · Helps cool the surrounding environment
- ◇ · Reduces dust and glare around the home
- ◇ · Provides a safe, soft surface for children and pets
- ◇ · Improves the overall enjoyment of your backyard

Choosing the Right Turf for Your Home

As a proud supplier of Lawn Solutions Australia premium turf varieties, Agland Turf can help you select the perfect lawn to suit your property and lifestyle.

Sir Walter DNA Certified Buffalo

Australia's favourite buffalo grass, Sir Walter DNA Certified is renowned for its exceptional shade tolerance, soft leaf and low maintenance qualities. It's ideal for family backyards and homes with surrounding trees or shaded areas and remains beautifully green throughout the year.

TifTuf Hybrid Bermuda

For homeowners wanting a manicured, high-end appearance, TifTuf Hybrid Bermuda delivers a stunning fine-leaf lawn with exceptional drought tolerance. It requires significantly less water than many other turf varieties, making it an excellent choice for Australia's changing climate.

Eureka Kikuyu

Fast-growing, hard-wearing and self-repairing, Eureka Kikuyu is perfect for active families, pets and high-traffic areas. Its vibrant green colour and ability to recover quickly from wear make it a fantastic option for large backyards and recreational spaces.

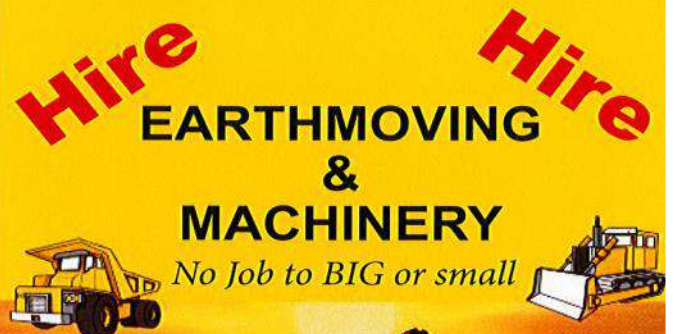
Zoysia Australis

If low maintenance is your priority, Zoysia Australis offers a dense, soft lawn that requires less mowing and maintenance than most other traditional varieties. Its neat, tidy appearance adds a premium feel to any home or space.

A new lawn isn't just an expense; it's an investment in your property. At Agland Turf, we believe every great home deserves a beautiful

lawn. Our team is here to help you choose the right turf variety for your property and provide expert advice to ensure your lawn thrives for years to come.

For more information, give us a call on (02) **6550 2126** or check out 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,



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Nabiac RSL - Sub branch



The Nabiac RSL sub branch has joined in with other district SBs this year, sharing outings with their veterans and their families.

These activities are a real promotion to the health and well-being of all our members. Ten pin , put put golf, etc., great activities that encourage vets to communicate more and share communal activities with their friends and families. I'd also like to thank the Nabiac Hotel for their support.

Regards,

Max Frost

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President - Nabiac RSL: SB



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9.30am - 12 noon

Nabiac Community Technology Centre

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

We offer copying & printing - Colour or Black & White (30c a side A4 black & white) laminating, scanning & binding.

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.

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

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

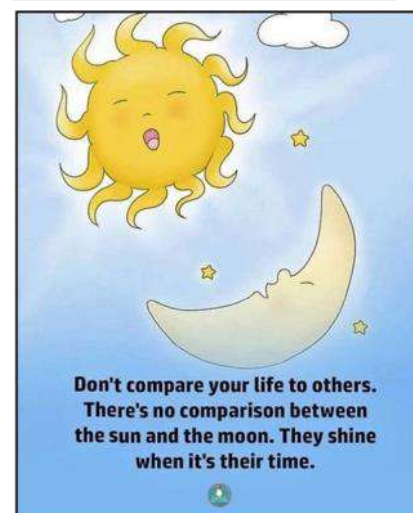
You can contact us via email: nabiacctc@gmail.com

Alan, Terry, Stewart, Glen, Jillian and Sheila. (6554 3032)



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Would you believe!

1. If they all survived and multiplied, at the end of a year the descendants of one aphid would weigh as much as 600 million men!

2. The White Cliffs of Dover are retreating from France at the rate of up to 15 inches a year

3. In 1970, teachers at a primary school near Barnsley, Yorkshire, found that some children could not eat their school dinners with knives and forks as they had been accustomed to eating only fish and chips out of the paper.

4. Dr Keate, a headmaster of Eton College, commanded his pupils to be pure of heart, "for if not I'll flog you until you are." He once publicly flogged 80 boys in a day and, when he died in 1852, he's had the distinction of administering the birch to half the bishops, generals and dukes in the kingdom.

(how long would our kids last with that type of school discipline??)

5. The "JUKE" in juke box comes from the Old English word 'jouk' meaning 'to dance'.

6. The push button toilet cistern is an Australian invention.

7. People who don't smoke are heavier dreamers than those who don't.

8. In 1972 the British drank enough whisky to fill 25 public swimming pools.

9. Snails can sleep for three or four years at a stretch I found these in a 1974 book called "Would You Believe This Too." his second book.



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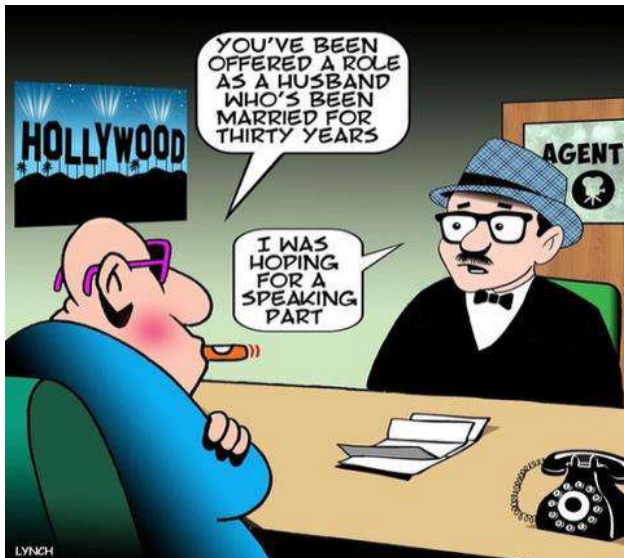
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A man entered a crowded restaurant and was obliged to share a table with a stranger. The man ordered his dinner, a juicy steak, and when it was served he burrowed into his pocket looking for something. Looking at the stranger he exclaimed "Oh! Dear, I have forgotten my dentures."

To his surprise the stranger dived into his bag and produced a set of dentures and said "Let me help you, try these."

The man tried them but they did not fit too well, so the stranger produced another set then then another with fitted perfectly.

"Doctor", said the man, "I have always been troubled with my dentures, but this set fit me perfectly. May I have your name and address as I would like to consult you professionally?"

The stranger sadly shook his head, "I am not a doctor, I am an undertaker".

Overheard in a Private doctor's clinic..

Young Doctor: "Why do you always ask your patients what they have for dinner?"

Old Doctor: "It's a most important question, for according to their menus I make out my bills."

Dr Korale was writing down a list of Mrs Johnson's problems.

1 Dizziness, 2 Insomnia, 3 Double vision, 4 Headaches, 5 Loss of appetite, 6 Heat sweats, 7 Loss of weight, 8 Loss of libido.

"How old are you Mrs Johnson?"

"Thirty eight last week."

Dr Korale promptly wrote down:

9. Loss of memory

Diagnosis: Post menopausal syndrome.

*There was a young maid from Madras
 Who had a magnificent ass
 Not preety and pink
 As you probably think!
 It was grey, had long ears and ate grass!*

A cowboy rides into town, hitches up his horse and walks up to the bar.

He gets a beer, drinks it, and walks out, Half a second passes and he bursts back into the bar and says, "All right, which one of you mothers painted my horse's face yellow?"

A huge man-mountain stands up, looks down at the cowboy and says, "I did."

The cowboy looks up at him and whispers, "The first coat's dry."

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MYALL LAKES MISSES OUT IN ANOTHER CITY-CENTRIC BUDGET

26th June 2026

Member for Myall Lakes, Tanya Thompson has criticised the 2026-27 NSW State Budget, saying regional communities have once again been overlooked, with no significant new investment for the Myall Lakes.

"This Budget was an opportunity for the Minns Labor Government to deliver for regional communities. Instead, the Myall Lakes has been left behind yet again," Mrs Thompson said.

"Sadly, this is becoming a familiar story. Another Budget, another missed opportunity."

While the Government has continued its existing commitment to the Lower Mid North Coast Health Service Project, there was no new funding to progress the broader vision for healthcare across the region.

"Our hospitals are under pressure, our population is growing, and local families deserve confidence that they can access quality healthcare close to home."

"The Government had an opportunity to commit to the future healthcare needs of our region, but there was no additional funding for the Lower Mid North Coast Health Service Project and no new investment to improve healthcare services for the Bulahdelah community." Mrs Thompson said the people of Myall Lakes had been clear about their priorities.

"Our communities have consistently called for better healthcare, safer roads and investment in essential infrastructure. Unfortunately, those priorities have been ignored."

The Government also ignored key infrastructure priorities for our region, with no funding provided for upgrades to The Lakes Way corridor, the rebuild of Wingham Memorial Pool or the redevelopment of the Tuncurry Slipway.

"These are not luxury projects. They are critical investments that would improve safety, support local growth and strengthen our communities."

"Instead of delivering new investment, this Budget largely repackages existing commitments while leaving major regional priorities unfunded."

"Myall Lakes contributes enormously to this state. Our communities deserve more than recycled announcements and empty promises. I will continue fighting for the healthcare, infrastructure and services that the people of Myall Lakes deserve."



SMALL BUSINESS

Small businesses are the backbone of our local economy.

Across Lyne, they create jobs, support families, sponsor the local footy team, donate to school raffles, keep our main streets alive and provide the services our communities rely on.

But I am hearing from more and more small business owners who are under real pressure.

Higher power bills. Higher insurance costs. Higher rents. More red tape. Staff shortages. Tax changes. Cashflow pressures. Delayed payments. It all adds up.

That is why I will soon be launching a Small Business Survey to hear directly from local business owners about what is working, what is not, and what needs to change. My Lyne's Biggest Survey is focused on individuals, and I want to drill down on the particular challenges and opportunities for small business. That's why I am doing a separate survey.

The Coalition believes small businesses should be backed, not burdened. We have committed to increasing the Instant Asset Write-Off to \$50,000, reducing red tape, opposing Labor's new taxes on family businesses and investment, and delivering lower-cost, more reliable energy to help businesses invest, grow and employ more people.

I want to know what is making it harder to run a business in our region, what support would actually make a difference, and what politicians need to think more carefully about when making decisions that affect small businesses.

The survey will help shape future small business roundtables across Lyne, bringing local businesses together to develop practical ideas and local solutions.

From there, I want to build a clear picture of the state of small business in Lyne and identify the key issues that need to be raised with local, state and federal decision-makers. I will be releasing the survey results and using them to lobby for policy change.

Small business owners need practical policies that lower costs, encourage investment and reward hard work. Most importantly, they need to be heard.

Keep your eyes peeled for the survey, coming soon.

I encourage every small business owner across Lyne to have their say.



MY FIRST SPEECH

In my first speech, I said the greatest honour of my life is to represent the people of Lyne in the Federal Parliament.

These are the communities where I grew up, where I live, and where I am proud to call home.

Now it is your turn.

The Australian Parliament's My First Speech competition is open for students in Years 10, 11 and 12.

The competition asks students to imagine they have just been elected to Parliament and to deliver their own first speech about the issues that matter to them.

It is a wonderful opportunity for young people to think about the kind of country they want to help build, the values they care about, and the changes they would like to see.

I know there are many thoughtful, passionate and capable young

people across Lyne with something important to say.

Whether it is health, education, housing, the environment, agriculture, local roads, cost of living, mental health, sport, community safety or the future of regional Australia, I want to see local students use their voice and share their vision.

I encourage students across Lyne in Years 10, 11 and 12 to have a go. Entries close 20 July 2026.

For more information and to submit an entry, visit www.aph.gov.au/mfs





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LOVE

Love is always an interesting topic. It is the subject of songs and movies and supposedly 'makes the world go round'. On a human level it's easy to love others when they are 'at their best', but not so much when they're at their worst. Think of the toddler acting out ... it's hard to feel loving while giving that smack even though we know that discipline itself is an act of love. According to the dictionary the word, love, is attached to many things ... eg. love bird, pansy flower (love- in- idleness) and, believe it or not, a tomato is a love apple.

When we are operating in a love mindset our brain releases chemicals such as oxytocin which melts away negative thoughts. So trusting, bonding and reaching out in love can help us feel more positive and less fearful. Plus endorphins and serotonin help give us the wisdom to handle our life better ... as well as making us feel good!

God's love is different to ours ... it is perfect and always unconditional. Perfect love drives out fear *1 John 4:18*. It is also proactive while ours is reactive. There is nothing you can do to make God love you more (or less) because He already loves you perfectly. He loves us when we least expect it and deserve it.

Relatively and interestingly is information about the celestial black hole .. unfamiliar to me but probably not to the scientific among us. It is so massive that 'light can only enter but never exit its gravitational field', because its escape velocity is greater than the speed of light. Once 'you cross its horizon there's no turning back' ... it's the point of no return.

God's love is like that ... nothing pulls stronger or longer than God's love. You can't get to God's love through logic because it's theo – logical. Paul the apostle prayed that the Ephesian church would know how wide, long and deep was God's love for them, *Ephesians 3:17*.

God's love is measureless ... it doesn't fit in a box, not even one the size of the universe. So that means human logic can't understand it, and we need to pray for God to reveal it to our hearts and minds.

While we were still sinners Christ died for us, *Romans 5:8*.

Quotes from Word for Today

The Counsellor

Lyn's Larder

APRIL PASQUALINA

(OLD AUSTRALIAN HOME JOURNAL)

A quick warm lunch take on a quiche

INGREDIENTS

PASTRY

750g Plain Flour
4 tbsp Oil
Pinch Salt
Water

FILLING

500g Silver beet, stalks removed
5 Jerusalem artichokes
1 Onion
Oil or Butter
6 Eggs
315g Cream or Ricotta Cheese
A little Pecorino or freshly grated Parmesan Cheese
½ tsp Salt
1 cup Sour Cream

1. Make the pastry in the usual way, using enough water to mix to a smooth dough. Rest for at least half an hour.
 2. Line a large round pie dish with half the pastry
 3. Chop Silver beet, artichokes and onion finely; fry in the oil or butter for about 15 minutes
 4. Beat 3 eggs, mix them into the silver beet mixture
 5. Mix in the cheeses, salt and sour cream; fill into repared pastry case
 6. Make 3 large hollows in the mixture, into each hollow gently break 1 egg
 7. Cover pie with the other half of the astry; bake in moderate oven (180°c or 350°f) until the pastry is a rich golden brown
- Should serve 6



How to tell you're an adult:

- You gain 30lbs overnight
- You'd rather sleep than go out
- Everything hurts
- Comfort comes before style
- You have a favorite spatula
- Everything feels like a chore
- College students look like 12yr olds
- You're always annoyed

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

July's Mass times are Saturday 4th at 5.00pm, Saturday 11th at 5:00pm, Saturday 25th at 5:00pm
August Mass Saturday 1st 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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St Isidore's Catholic Church, Nabiac

July's Mass time is Saturday 18th at 5:00pm,

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* Some personal message?
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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)

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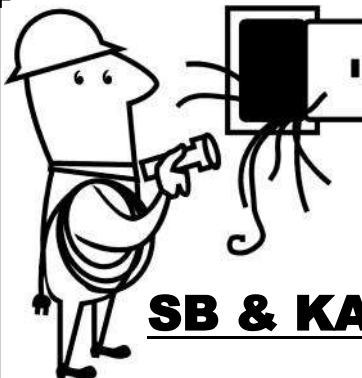
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