Issue No. 235 September, 2026

FREE, pass me to a friend

ACROSS THE FENCE

May all the dads enjoy a great day with their families on this THEIR SPECIAL Day Sunday 6th September

LEGACY

Week - 30th August - 5th September

Details page 5

Grace & Hugh & The Big Ol' Bus Band

Sunday September 20th

Look up www.graceandhugh.com/tour for details

has sprung, the grass is ris,
I wonder where the birdies is.
The bird is on the wing,
But that's absurd
From what I've heard
The wing is on the bird

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Editorial.

Hi everyone,

What a lovely start to Spring today was (Monday) and I missed it as I was stuck inside doing the paper. I hope it lasts for the next few days and that I can get outside and enjoy it.

Father's Day is looming and I would like to wish all the dads in the area a Happy Fathers Day on Sunday and hope you all enjoy a lazy day spent with those you love and that they are spoiling you.

This weather gets the 'mojo' back after some cold and wet weeks and gives me incentive to do things outside or even inside as it is lighter and warmer and my aches and pains seem to diminish encouraging me to put the books down and get back to work around the house. It needs a BIG spring clean as my head has been in books all winter.

Hopefully we are not being lulled into thinking the spring will be temperate and not a prelude to a very hot and dry summer.

A new ad which will be good for swimming pool owners now that the swimming season is upon us. A pool maintenance ad for you.

Also one for those, like me, who have still got lots of vinyl records and CDs that they don't listen to any more. I actually still have some treasured old baculite (?) records with fairy tales on them from my childhood. Won't part with those!

The Tennis Court is apparently just about ready to open. The complex looks huge compared to what it was. I expect there will be a grand opening when it is totally finished.

Note we also have a new butcher getting ready to open next to the cake shop. He will have big shoes to fill.

Also a tobacco shop—why do we need another one when the two shops sell cigarettes. Can't see him making much money.

The CWA Ladies are running their Knitting/Craft day again this month. Must be successful and Bunyah has caught the bug and is starting something similar as well. Good places to go for some social connections if you are lonely and need some companionship.

Legacy Week is with us again. Try and support it and forces' wives and children left behind by purchasing a badge, pen, whatever from the ladies at their stall in Nabiac on Friday, outside the Old Bank Shop

Lastly, note for all the pyromaniacs (self included) who still have lots of fire piles to burn, YOU NEED A PERMIT FROM TODAY before you strike the match!!! Big trouble from the brigades if you haven't got one.

That's all from me, until next month

Lyn & Timidthy

WHAT'S HAPPENING IN SEPTEMBER, 2026

Markets & Events.

• Bulahdelah	(1st Sat)	5th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	6th	8am to 12 noon
• John's River Country	(2nd Sat)	12th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	5th	8am to 12 noon
• Myall Quays	(3rd Sat)	19th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	19th	8am to 12 noon
• **Krambach**	(3rd Sun)	**20th**	**8am to 12 noon**
• **NABIAC**	**(Last Sat)**	**26th**	8am to 12 noon
• Old Bar	(Last Sun)	27th	7am to 1pm
• Pacific Palms	(Last Sun)	27th	9am to 1pm
• Forster Town	(2nd Sun)	13th	8am to 2pm
• Halliday's Point	(1st Sun)	6th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	26th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	19th	8am to 12 noon
• Bobbin Community		—th	9am to 2pm
• Tuncurry Markets	(4th Sat)	26th	8am to 1pm
• Burrell Creek	(2nd Sun)	13th	9am to 12.30pm
• Gloucester	(2nd Sat)	12th	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

Hayfever Relief: Finding the Right Treatment

Hayfever, also known as allergic rhinitis, can make spring and summer uncomfortable, with symptoms such as sneezing, an itchy or runny nose, nasal congestion and watery, itchy eyes.

The good news is that there are several effective treatment options available from your local pharmacy. The right choice depends on your symptoms and how frequently they occur.

Oral antihistamines

Non-drowsy or less-sedating antihistamine tablets are a convenient option for relieving symptoms such as sneezing, an itchy or runny nose and itchy, watery eyes. They generally work relatively quickly and can be particularly useful when symptoms are occasional or constant.

Nasal sprays

For symptoms that are mainly affecting the nose — particularly persistent congestion — a nasal spray may provide more targeted relief.

Corticosteroid sprays reduce inflammation inside the nose and are considered one of the most effective treatments for persistent or moderate-to-severe hayfever. They work best when used regularly and correctly, but may take several days to reach their full effect.

Antihistamine nasal sprays can provide rapid relief of nasal symptoms and may be useful when symptoms need quick treatment. Combination nasal sprays containing both an antihistamine and corticosteroid can offer the benefits of both approaches.

A **saline nasal spray or rinse** can also help wash away pollen and mucus and soothe the nasal passages.

Which treatment is right for you?

If hayfever is affecting your day-to-day life, your pharmacist can help you choose an appropriate treatment based on your symptoms, age, other medicines and health needs. Correct nasal-spray technique is also important to get the best results.

Pop into Nabiac pharmacy and speak with our team for personalised advice

Thanks,
Tim

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Sharpen your hooks folks!

Krambach & District Garden Lovers News

Hello Gardeners

This month the garden club meeting was held at my place on the Bucketts Way at Krambach.

We were blessed with a lovely sunny morning, just right to show off my camelias.

The bower birds love my magnolia petals.

During the meeting a little yellow robin came to visit.

To day we also said farewell to one of our members, Julie, who with her husband, is off to Queensland to live.

You can never predict what happened next.

Two weeks ago I was greeted by some cattle grazing in my front garden, but they were very well mannered, only eating the water iris and straying onto a couple of plants.

My peach blossom finished last week and it was too early for the wisteria. All in all, we had a happy meeting.

It is nice to meet and enjoy the company of our very friendly club members.

If you would like to join us, you would be most welcome. We meet the last Monday of the month at a member's garden

Happy gardening

Judi

6559 1375

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COOLONGOLOOK PUBLIC SCHOOL

What an exciting few weeks it has been at Coolongolook Public School! Our students have been busy learning, celebrating, trying new things and making wonderful memories together. Thank you to our families and community for continuing to support our small school with such enthusiasm.

Education Week gave us a wonderful opportunity to celebrate the many ways we inspire excellence at Coolongolook Public School. We loved welcoming parents, carers and community members into our classrooms to see our students learning and proudly sharing their achievements. We hope everyone who joined us enjoyed the day and left with a real sense of the energy, care and exciting learning that fill our school each day.

Book Week was another fantastic highlight. Our school came alive with colour, creativity and plenty of smiles as students and staff dressed as favourite book characters, enjoyed special book readings and proudly joined the parade. Thank you to the many parents, carers and community members who came along and added to the fun. The costumes were amazing. Well done, everyone!

The day was extra special because it was also our second Kindergarten Orientation session. We were delighted to welcome *Harvey, Luka, Lyra, Mikaela* and *Jack* back to our school. They joined in with the parade and book readings and had a wonderful time. It was lovely to see them feeling more comfortable, confident and connected to our school community.

Our Stage 3 students also enjoyed a terrific *Future Focus Day* at Bulahdelah Central School. They took part in engaging activities, experienced a taste of secondary school and made new friends along the way. It was a fun and valuable day as they begin looking ahead to their next big step. Thank you to *Jake Martyn* for helping with supervision and supporting our students throughout the day.

Friday is quickly becoming a favourite day thanks to our *NRL lessons* with *Daniel*. His sessions are active, inclusive and full of fun. Daniel does an amazing job, and our students simply love having him at school each week.

There is still plenty to look forward to! *Life Education* will visit on Tuesday 1st September. Our third *Kindergarten Orientation* session will be held on Wednesday 2*nd* September, followed by our *Week 7 Assembly* at 2.15 pm. From Monday 7th to Friday 11th September, students will take part in *Intensive Swimming* at Great Lakes Aquatic Centre. We will welcome our future Kindergarten students back for their fourth orientation session on Wednesday 16th September, before Term 3 finishes on Friday 25th September.

Intensive Swimming is one of the most valuable weeks in our school year. Five consecutive days of focused instruction help students build water confidence, improve their swimming technique and develop essential survival and water-safety skills. The daily practice allows them to make wonderful progress in a short time. With many beaches, rivers and waterways nearby, these skills are especially important, and it is always exciting to see how much confidence, independence and enjoyment our students gain during the week.

Are you new to the area? Come and discover what makes our small school so special. *Lionel* and the team would love to welcome you for a visit. Please contact the school to arrange a suitable time or check out our Facebook page for the amazing learning experiences we offer each day.

The Cool School Team

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LEGACY WEEK 2026

Buy a badge this Legacy Week and support local families of veterans

Forster Tuncurry Legacy is calling upon the local community to buy a badge this Legacy Week –
Sunday 30th August to Saturday 5th September 2026.

For over a century, Legacy has kept the promise to thousands of veterans' families – helping provide financial and social support during times of hardship and grief. *Times of hardship* are appearing more and more in our current financial climate, and we do need the help of our communities, both financially and by way of volunteers, to ensure we can keep our promise.

As the needs of veterans' families continue to evolve in complexity, Legacy remains committed to meeting these changes with compassion and care. We are adapting our services to provide personalised support that recognises each family's unique circumstances and challenges. Every veteran's family deserves care that honours their journey and meets their distinct needs.

Donations made during Legacy Week make a meaningful difference in the lives of veterans' families. Your generosity directly contributes to the ongoing care and wellbeing of the families we proudly support. Division Chairman, Trevor Jones, said that "Every dollar raised in our area stays in our area to help and support our Beneficiaries".

Forster Tuncurry Legacy currently looks after 200 beneficiaries, providing services like home care visits, financial support, education support, access and support to attend Youth, Adult and Family Legacy holiday accommodation.

Legacy merchandise, including badges, pens, keyrings, carry bags and other new items will be available at our Club during Legacy week, as well as fund raising areas set up throughout our area. Look for the banners and come and have a chat, and, if you can, support our work by either buying some merchandise or giving a donation.

On the morning of Friday 4th September, you will find a Legatee selling Badges and merchandise outside the Old Bank Centre in Nabiac.

We highly respect people's privacy, but privacy restrictions do have certain handicaps. Legacy is no longer directly notified of the passing of Veterans in their area, which means we may not be aware of a family who was lost a loved one and therefore cannot reach out to them. If you know of a widow who is not on our beneficiary list, would you please either let us know or encourage them to contact us. Even if it is only advice, we can surely provide something

To find out more about Legacy, visit ***www.legacy.com.au*** or call
Forster Tuncurry Legacy on 0478 076 774
or email ***forstertuncurrydivision@tareelegacy.com.au***

WALLAMBA CWA CRAFT SKILLS DAY - 4
KNITTING & CROCHET
TUESDAY, 15TH SEPTEMBER

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

RSVP: Jenny Ang Phone 0400 105 333 to reserve a spot,

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MINIMBAH MATTERS

RFS
NSW RURAL FIRE SERVICE

Minimbah Rural Fire Brigade, hello and welcome to the Minimbah Matters! I am coming to you live from Minimbah. Here we have all the latest, freshest news ready to inform *you* of all the things RFS! It's been another quiet month on the fire front but that doesn't mean we aren't busy; in fact, we are *very* busy planning for the upcoming *Open Day*, and the beginning of the 2026 Bush Fire Danger Period.

From the 1st of September it is the 2026 Bush Fire Danger Period, this means Fire Permits are required. Yes, this means all **Outdoor burning legally requires permits**. This may seem a bit excessive, but did you know that seventy pile burns get out of control every week! And those are just the ones that the RFS are called to. But quite a few of those seventy turn out to have escaped the property boundaries and have become serious incidents.

Here's a little hypothetical story for you. It's a lovely still day, the sun is shining and the birds are singing. That pile of sticks has been spoiling your view for months! Time to burn it off. But you don't have a permit yet, why should you? It's *your* pile. Surely it can't hurt. So, you light it up.

The flames flicker to life, and with that you leave the fire unattended. Maybe you're doing odd jobs around the garden, or cleaning the house, or better yet getting fire safe! Either way, you aren't exactly watching that fire. As the sun gets hotter you duck inside for a quick drink. That's when you see it. Flames swallowing trees, wind you didn't notice, now tossing a cloud of smoke up. This is a huge problem. What was once a small pile burn is now well out of your control and could quite rapidly turn into a large bush fire.

Bush fires like this destroy property, houses, livestock, crops and in the worst cases can claim lives. This might seem like an extreme example but no matter how small or big the burn, this can happen. Weather is unpredictable and fire is dangerous, sometimes deadly. So for the sake of your neighbours, of the volunteers who will have to dedicate hours, maybe days, to that fire, and everyone else who will be involved, Get a **free Fire Permit .**

Visit **rfs.nsw.gov.au/fire-information/BFDP**

Applying for your Fire Permit online has several added advantages.

(1) Your local Fire Permit Officer will automatically be contacted and will in turn contact you to arrange for an inspection and issuing the Permit.
(2) The RFS will be Notified.
(3) If Fire Permits are suspended due to weather conditions, you will be advised.
(4) In the event of a Total Fire Ban day, when absolutely no outside fires are to be lit, you will also be advised.

Not everyone is able to apply online for their Fire Permit. While I cannot publish private phone numbers, you can call **Mid Coast Fire Control Centre on 1300 643 262** for up-to-date advice.

Your 24 hours' notice of intention to burn can be given at **www.rfs.nsw.gov.au/notify**

and you can contact our Brigade at **minimbahrfb@hotmail.com** or on Facebook at NSW RFS – Minimbah Brigade

If you are using fire on your property to reduce your fire risk, use it safely.

Check the forecast and Fire Danger Rating before you light up.

Don't be the fire risk to your community.

Thank you for staying fire safe.

Get Ready Weekend

It is almost time for the official RFS annual Get Ready Weekend. On 19th September Minimbah Brigade is one of many Brigades across the State that is holding an **Open Day** where you can ask us all your fire questions! Not just that but you get to see our awesome fire truck, meet our incredible volunteers, *and* the one, the only **Rufus** in person! Or maybe in gnome?

If you didn't receive our leaflet or don't live in the area, don't worry, there is no reason why you should miss out! Because if you are reading this then **you are invited to our open day! No one has to miss out here! So, swing on by Minimbah fire station on September 19th - 11 am to 2 pm. We can't wait to meet you!**

Rufus has been keeping busy making sure the station is completely fire safe. Whether that's checking the smoke alarm, or the extinguishers, or something else because fire safety is always top priority. Speaking of, how is your home's fire safety? If you aren't sure swing on by for our open day, we are happy to help with all your fire safety needs!

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Perhaps the best way to stay on top of your fire safety is to join the RFS, we are a completely volunteer service, and membership is free.

That's another thing we would be happy to talk to you about at our open day! In fact, it was the open day that convinced me to join the RFS and now I get to tell the community all about it. No matter the job, every member is important.

Thank you for reading, stay safe and have a wonderful month!

This is *Cassody Lee* signing off

Worry is the interest you pay before the debt is due.

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

The next market is on Saturday **26th September.**

Wow, what a fabulous market day! The weather was totally perfect and the people poured in. The market BBQ was a sell-out by 11am! I think that's a first.

Father's Day shopping was high on the agenda for shoppers today, with *Ebsworth Pots* special occasion mugs a popular choice, along with chopping boards, wine, gin, plants, art and photography.

"*So Mutch Fish*" had a successful 2nd market with people remembering to bring their cooler bags.

Inside the hall was buzzing with activity too; *Liz's flowers* are always a delight.

"*Manning Plasma*" attracted plenty *of attention*

Sally had a good market day too. This fabulous pottery fish is by Frog In a Sock and is a hot selling item.

See you all at the next market.

ake it, Bake it or Grow it… check out our range of stalls:

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

We mentioned in the last article that the Wallamba Show date clashes with the market in February, 27, due to the rotation of agricultural shows across the region. This means we will be holding the market at another location in Nabiac, just for the February market. Location yet to be determined.

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 26th September.

Market enquiries, including new stallholder applications:
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By **Laura Pennington** on behalf of the Nabiac Farmers' Market committee.

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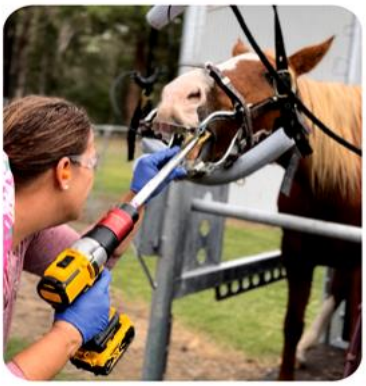

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Nabiac Second Chance Opportunity Shop

Established 1993

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6554 1876

WALLAMBA CWA REPORT

Each year CWA of NSW runs an Awareness Week dedicating the Association's resources in that one week to an issue important to members and advocating for change or understanding around the issue. *Awareness Week 2026, 6-12 September*, will focus on the challenges facing regional, rural and remote communities and continuing to advocate for practical reforms that will deliver better health outcomes across NSW.

This year's theme is

'Stop normalising the Rural Health Crisis. Start Fixing it.'

People in our area continue to experience significant inequalities in access to healthcare including:

- Ongoing shortages of GPs and primary healthcare providers;
- Long waits to access specialists and hospital services;
- Increasing out of pocket healthcare costs;
- Reliance on expensive fly-in, fly-out locum doctors, rather than permanent local health professionals;
- Significant travel, accommodation and time costs simply to receive routine healthcare.

The CWA was formed in 1922 because of an urgent need in rural and regional NSW. Country women were fighting isolation and lack of health facilities and they soon realised they had nowhere to turn to but themselves. Within a year the Association was a unified, resourceful group, going from strength to strength.

CWA is still bringing together women who share a commitment to improving the lives of other women and their families by lobbying government on key agenda issues, fundraising and teaching life skills.

The local branch of CWA is Wallamba (named after the river flowing through the town of Nabiac).

We meet the 2nd Tuesday of the month in the hall of the local Nabiac Community Church (opposite the Nabiac Showground) at 10am. We would love to see our little branch grow and invite women from the area to come and join us.

Jenny Ang
President
Wallamba branch CWA
0400 105 333

News from Nabiac Second Chance Op Shop

Welcome everyone to spring and some warmer weather.

A big thank you to all the awesome volunteers at the Op Shop and Shed for all your hard work keeping the op shop and shed looking amazing.

Thank you to all who have made Donations to the Op Shop and Shed. Your generosity is very much appreciated.
All profits go back into the community.
A friendly reminder we are **unable** to accept toys, bikes, scooters, electrical, cots, beds, car seats for babies/children and mechanical items.

The Op Shop and Shed will be closed
Monday 5th October, 2026 for the Labour Day public holiday.
We will be open Saturday 4th . Returning Tuesday 6th.

Op Shop
We have a lot of clothing on the racks for both winter and summer.
You can buy 10 pieces of clothing for $15.00.
All priced items are not included. Such as Denim Jeans and winter jackets.
We will putting out more summer clothing over the coming weeks.

Shed
Australian fiction authors have become very popular with our customers. Our library is running low on these books. If you have any books you wish to donate they would very much appreciated.
Also looking for any glass/ timber cabinets. Big or small. If you have any the shed would gladly take them off your hands. Come and see the guys in the shed.
Thanks in advance.

Pool Passes
Pool passes for 26/27 season will be available from 7th September 2026 at Nabiac Op Shop.
Hours for purchases will be 9.00am to 11.30am Monday to Saturday.
If you still have your 25/26 pass bring it with you as there is a discount of $5.50 when you purchase your 26/27 pass.
New prices given from Mid Coast Council are as follows:
Adult: $54.00 per adult and child aged 16 and above. $48.50 if you bring back your 25/26 pass. →

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Concession per adult $43.00. $37.50 if you bring back your 25/26 pass.
Day pass is $5.40 adult 16 and above.
Any child under 16years will be free but must be accompanied by a paying adult at all times.
If you should lose your 26/27 pool pass, the fee to replace it will be $5.20.
Nabiac pool will open on 3rd October 2026.

Carpark.
A friendly reminder the speed limit in the carpark is 5km. Please take care when entering and leaving.
Thank you in advance for your co-operation.

The History of Nabiac and District is still available from Nabiac Op Shop. The Cost is $30.00.

Kind Regards

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

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Email enquiries to: hamishtb@hotmail.com

Weird bathing beliefs of past times.
In the seventeenth and eighteenth centuries in Spain the bath was forbidden as a heathen abomination! *Queen Margret of Navarre washed once a week—and then only her hands*. The Roi Soleil, Louis XIV, never washed himself.

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NABIAC PUBLIC SCHOOL

Welcome to the Final Weeks of Term 3!

It has been another busy and exciting term here at Nabiac Public School, with plenty happening both in and out of the classroom. Our students have been embracing every opportunity to learn, perform, explore and connect with our wonderful school community, and there is still plenty to look forward to before the holidays!

Week 6 was a particularly exciting one for our Stage 3 students, who headed off to Canberra for a fantastic action-packed educational excursion. The week was filled with opportunities to explore Australia's history, democracy, science, sport and environment. Students visited the National Electoral Education Centre, Australian Institute of Sport, High Court of Australia, Parliament House, Australian War Memorial, National Dinosaur Museum, National Museum of Australia, Questacon, Perisher and the Snowy Hydro Discovery Centre. From learning about our democratic system to experiencing the snow at Perisher, there were plenty of memories made along the way. A huge thank you to Mrs *Ashby*, Mrs *Dunning*, Mrs *Laws* and Mr *Tickle* for generously giving up their time to make this wonderful experience possible.

We're now looking forward to our annual *Father's Day Breakfast* and *Assembly* on September 4th. Our students have been busy rehearsing and are excited to share their performances with their dads, grandfathers and father figures. These events are always such a lovely opportunity for our school community to come together and celebrate the special people in our students' lives. We can't wait to see everyone there!

On September 1st, we'll be celebrating the joy of books and reading with our *Book Fair* and *Book Parade*. We're especially excited to welcome children and educators from Nabiac District Preschool and Nabiac Early Learning, who will be joining us for the celebrations. We can't wait to see the creative costumes as students bring their favourite book characters to life! A huge thank you to all the families and community members who have generously donated books to help make our Book Fair possible. Your support is helping us encourage a lifelong love of reading in our students.

Looking ahead, our talented choir and dance students are getting ready to take the stage at the *Shine On Performing Arts Concert* on September 9th at Club Forster. We are incredibly proud of our students and the commitment they have shown as they prepare for this special performance. Tickets are currently on sale through the school office for families of participating students, with a limit of two per family. A waiting list is available for additional tickets should more become available.

We've also loved welcoming many of our future Kindergarten students during recent visits as we begin looking ahead to our 2027 Kindergarten cohort. It is always wonderful to see our youngest prospective students exploring the school, meeting our staff and getting to know our school community. If you or someone you know has a child ready to start Kindergarten in 2027, we would love to hear from you. Please contact the school office or enrol online via our school website.

Finally, a reminder that Term 3 concludes on Friday, September 25th. We wish all our students, families and the wider community a safe and happy holiday break. Students will return for Term 4 on Tuesday, October 13th, ready for another term at the best little school... anywhere!

Kind Regards,

Amelia Bridge

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Picture This! Custom Framing – 2026 MidCoast Business Awards Announcement

Picture This! Custom Framing is proud to announce its recognition at the 2026 MidCoast Business Awards, celebrating excellence and outstanding contribution within the MidCoast region.

Our owner and principal framer, **Debra Kay Atkinson**, received **Highly Commended – "Outstanding Business Leader"**, acknowledging her leadership, dedication to traditional craftsmanship, and commitment to regional creative development.

Picture This! Custom Framing was also honoured as a finalist in the following categories:

- **People's Choice – Product**
- **Best Retail**
- **Outstanding Business**

These accolades reflect the high standards of workmanship, care, and expertise applied to every project completed within our Nabiac workshop.

Our specialised framing skills contribute directly to regional creative ecosystems, strengthening the cultural economy across both the MidCoast and Hunter regions.

In an era where AI and robotics are reshaping many professions, traditional framing techniques remain highly resistant to automation, requiring hands□on learning and years of practice.

Through mentoring and youth training, we are committed to passing these skills on to the next generation of Australian craftspeople. Our goal is to ensure specialist framing knowledge continues to thrive locally and remains a valued part of Australia's creative future that support passing these skills on to the next generation of Australian craftspeople.

Continued development and future□focused advanced training will enable us to undertake highly specialised work and attract clients seeking expert craftsmanship from beyond the MidCoast.

To mark these achievements, Picture This! Custom Framing is offering an September promotion exclusively through our Nabiac workshop.

- **20% off selected in□stock mouldings**
- **Free upgrade to conservation anti□reflecting art-glass for artwork A4 or close too..**
- **Full payment required at booking**
- **Limited September capacity**

(Excludes heavy□labour projects such as jerseys, shadowboxes, oversized builds, memorabilia framing, and special□order mouldings.)

We extend our sincere gratitude to our clients, ongoing supporters, and community. Your trust in our craftsmanship allows us to continue preserving traditional skills and contributing to the creative strength of our region.

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Update on the Tennis Court Complex

If you have seen a not so tall bloke with a felt hat constantly at the new tennis courts complex, there's a good chance you've seen **Colin Henderson.**

This bloke and Treasurer **Ross Dearing** are part of the small Neighbour Centre group that handles the funds generated by the great volunteers at the two opportunity's shops.

Colin wrote the highly successful application for Government funding (around $1M) that enabled the project to get off the ground and has been like a terrier dog with the build whilst constantly dealing with the many issues that naturally arise.

Several times a day, the smallest action which most of us consider unimportant, does not take place without his consent.

Treasurer Ross Dearing steered the money bit and the balance sheet is as complex as any medium business.

Having GST returned and ensuring we are getting value from every contractor is only the beginning.

There was a shortfall in the finished price due mainly to there being an extra unknown layer of concrete below the one visible. Who knew?

The amount needed was some 221,853.83.. This was provided by the Nabiac Op shop, an effort that we should be extremely proud of.

It is not possible to thank everybody involved, but the following do need a mention-

Amelia Bridge, who got the project on the map.

Senator **O'Neill**, who believed some retirees could deliver a project of this complexity**.**

The **Op Shop**, contributing a significant sum without which the project had no chance of completion.

And **Colin**, who lived and breathed this for eighteen months.

Without all this we would not have what we now have.

Well done Nabiac.

Article supplied by a reader

Word is a tobacco and vape shop is opening opposite the skate park in Nabiac.
How did Council OK this?
Did they know that area is crowded with school kids after school?
What an opportunity for disaster

From a concerned citizen

ALISON PENFOLD MP

FEDERAL MEMBER for Lyne

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BUNYAH NEWS

URGENT CALL-OUT FOR TENNIS PLAYERS
Help Keep Tennis Alive at Bunyah Public Hall Courts

The Bunyah community is putting out a heartfelt and urgent call for tennis players to help keep our much-loved local tennis tradition alive.

For many years, players have gathered at the Bunyah Public Hall courts every Wednesday morning for friendly tennis, good company, and community connection. Sadly, over the last couple of years our group has dwindled, largely due to aging members and ill health.

There are still some very keen members who would dearly love to keep playing, but we urgently need more people to join us so Wednesday tennis mornings can continue.

When: Every Wednesday, 9:00 am to 12:00 pm
Where: Bunyah Public Hall courts
Who: All ages and all levels are warmly welcome — experienced players, beginners, returning players, visitors, and anyone who would simply like to have a friendly hit.

A special invitation to other tennis groups: If there are any tennis groups from nearby halls or community groups looking for a change of scenery, please come and try our court out at Bunyah. Bring your group, bring a friend, and join us for a relaxed and friendly morning of tennis.

Your presence could make all the difference. Even one or two new players can help keep the games going and show that this valued Bunyah tradition still has strong community support.

Please come along this Wednesday and help keep tennis alive at Bunyah before this wonderful tradition fades away.
Contact: Maureen on 0408 463 944

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Knitting & Sewing Circle

Sip, Stitch & Socialise!

Looking for a cosy place to unwind, create, and connect?

Come along to the Bunyah Public Hall for a friendly morning of knitting, sewing, coffee, conversation, and community. Bring your portable project, drop your stress at the door, and enjoy a welcoming, judgment-free space where you can swap patterns, share tips, learn something new, and have a good laugh with like-minded locals.

What to expect:

- **When:** 1st and 3rd Friday of the month, 9:00 am–12:00 pm
- **Where:** Bunyah Public Hall
- **Perks:** Morning tea provided
- **Who:** Beginners, experts, and everyone in between

☆For more information, ring Bev: 0437 283 660 ★

Save these dates:

- 4 & 18 September
- 2 & 16 October
- 6 & 20 November
- 4 & 18 December

Bring your project, bring a friend, and join us for a relaxing morning of creativity and connection. Hope to see you there!

Show News

A new 'show year' has begun. We held our AGM on Tuesday 18th August and have a new Committee for the 2026-2027 Show
Elected were:- **President**: Dave Reeve
Vice Presidents: Mark Farley & Cherie Paterson
Secretary: Lyn Reid **Treasurer**: Joshua McNamara
Committee: Brian Styles, James Newell, Jodie Reeve, Trevor White,

Thanks were passed on to the outgoing committee for their work done during the 2025-2026 year, with special thanks to Warren Gregory for his work as President.

There has been considerable works done on the grounds around the Produce and Poultry Sheds with cemented paths to them for easier access and re cladding of the upper walls of the Poultry Shed. All done by Council.

We will be looking for volunteers, as always, for show day, especially manning the gates and as stewards for the Hall and Produce Sheds. If you have 2 hours to spare for the gates or the day for the others we would love to hear from you.

Show memberships are also open, still $10 for adults. If interested contact me for application forms on **6559 1811**.

We will not be having the Demolition Derby due to ongoing insurance rules and new ASC rules, but hope to get another fabulous event to keep you happy for our finish of the day before the fireworks

Will keep you all up to date as the year progresses, BUT, remember it is February 27th so get a start on your entries.

'Til next month
Lyn
Secretary WDA & H Assoc Inc

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Bathing. Napoleon, to everyone's astonishment, changed his linen every day and Josephine changed hers three times a day.
Beau Brummell (17'78—1840) bathed 3 or 4 times a day. His fear of dirt was so acute that he even had the soles of his boots polished. Due to Brummell it became smart to be scrupulously clean and to wear spotless linen

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Fathers Day Sunday, September 6th- Music with ***BRUNO*** 3pm.. Raffles

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Saturday, September 19th from 4pm- **Open Mic Night**... All Artists Welcome.

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Welcome to Deb's Gardening

Well that does it! I am going to not stress about what the weather report says any more and take the weather like my life " One day at a time" Super El Nino, ha. I have had the watering on once this winter. The dams and tanks are full, there is water in the creeks. I now have plenty of water if it does turn dry, so I will take it "One day at a time" in the garden and tend to its needs as required and not worry about what is said about the 'So called" weather events coming ahead.

This month has been another busy month and again, not much time has been spent in the garden. I am just watching the weeds grow, oh well, food for the soil. I like to keep the soil healthy because that is the starting point for a healthy, productive garden. Feed the soil first!

I know my soil is healthy and I must have so many soil micro-organisms that the mulch has almost broken down already, and needs to be topped up with more mulch to help suppress weeds and continue to feed the soil.

These soil microorganisms are tiny living things — such as bacteria, fungi, archaea, protozoa, and algae — that live in the dirt and form a complex, active community' They break down dead plants, leaves, and animal waste into simple nutrients. They turn locked-up elements into forms that living plants can easily absorb as food. They produce sticky materials that glue dirt particles together into loose, healthy crumbs, which helps air and water move through the ground. Many helpful microbes team up with plant roots to block harmful diseases and pests.

I have had my daughter and grandbabies stay for a week. She does this every few months or so to be fed healthy organic produce, plenty of greens picked fresh from the garden and to recharge the batteries. She calls my place 'The Wellness Retreat" because she goes back home feeling well. My daughter likes to garden herself but having 2 small children and feral deer eating the garden is too hard for her at the moment, so she comes to stay at my place when she feels a bit run down. Mind you I am left feeling exhausted but I recover quickly and I wouldn't want it any other way. I love having them and knowing my home is a healing place for her and the grandies.

She was a bit surprised to see the vegetable garden and how big and healthy everything was growing amongst the nasturtiums. The nasturtiums in fact are taking over, even the nasturtiums leaves are huge, they are now becoming a weed! I don't have garden paths in the vegetable garden any more, I have giant nasturtium paths. There is not one bit of soil left exposed, it's either vegetables or nasturtiums. I seriously have to get into the vegetable garden and pull a lot out and get some control happening. I planted about a dozen seeds which were given to me from a friend many years ago and now they have exploded, even outside the vegetable garden and yes, I have them growing under the fruit trees where I just chucked a pile of nasturtiums that I pulled out of the vegetable patch and threw on top of the soil under the fruit trees and they took off. The beneficial insects love them and I love eating them too so it's not a bad thing and they are easy to pull out and propagate. I am just amazed how quick they take over if left unchecked.

When I have time to get into the garden this past month it was to landscape around the front and one side of my house now that the renos are finished (I tell a little lie the front steps have got to be put in and I need to give the front deck another coat of oil but as far as I am concerned the renos are finished) The carport and new front paths have been concreted and now dry to walk on, so in went the plants.

The new garden runs between the house and the new path. The front is 1metre wide and is under the eaves and faces west. It continues onto the side of the house which is about a 3mtrs x 3mtrs wide garden bed that faces north. Firstly the soil got turned over as it was compacted from all the reno and then went in loads of cow manure from the cattle camps and lightly turned in. I went for a row of Blue Victoria salvias which grow about 40cm high and 40cm wide, very hardy and drought tolerant. As for the north side that continues on from the front, well I couldn't go past 3 mauve standard roses called "Tangles" and continued on with the border of salvias. In front of the north-facing path I planted a row of kangaroo paws which I dug up from the garden and divided and got over 20 new plants. I first put in a row of bricks, which were left over from the build, as a border, which ties in with the brick wall footings around the house. The new gardens then received a thick layer of sugar cane mulch and a good watering.

I plan to put in 2 dwarf standard white cherry trees in front of the house between the path and the driveway which will remain lawn. I just have to wait to plant them out as there is still a pile of sand to get rid of.

The only funny thing is, I don't know which colour kangaroo plant I dug up as I have both the red and yellow kangaroo paw in the garden, so it will be interesting once they start to flower over spring and summer to see which colour emerges, but I don't really care, red or yellow, it will be an interesting colour pallet. With the mauve roses, dark blue salvias, white cherry blossom and either red or yellow kangaroo paw and the house painted a colour called Old Stone Wall, which is a greyish colour, it will be colourful, just like the rest of my garden. I am excited to see the results once they flower. Who said that a garden should have certain colour schemes, not me!

Until next time- "The whole point is to live life and be — to use all the colors in the crayon box."

Deb

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REAL KULTCHA

Ah, where do I start? Do I rip into the *Sydney Swans* regarding their doings in Melbourne or do I reignite the perennial story of the pathetic batting of *The Galahs*?

OK, we'll start with *The Swans*. The story seems to be that, after winning a game in Melbourne, several players did a pub crawl before going back to their hotel and somebody phoned a local business and booked several *exotic dancers* to come to the room in the early hours of the morning. How many guys were there? Seems to be shrouded in some mystery. What happened? Again, a bit of a mystery. Were there any drugs involved? Thought you'd ask that and again the stories seem to vary. However, when the story broke (and you'd have to be an idiot to think it wouldn't) there's enough manure to go around. Five of the team's top players have been punted for the rest of the season and there are stories of other people (both officials and ex-players) being present but that's not being discussed either. The *exotic dancers* (and that term could cover a host of activities) have been *traumatised*, according to their lawyer, and are suing somebody/ everybody! Yep, though they're in a totally legitimate occupation that one could probably describe as risqué or spicy, and you could suppose they'd done gigs like this before, suddenly they're traumatised! Were they raped? No. Were they beaten up? No. So what happened? The fog has floated in. As I type this, both *The Swans* teams (♂ and ♀) are getting ready to play a double header to-day and the rumours abound as to what will happen. Oh, and the men's team are sitting second on the ladder but with five of their best players out, the dribblers are predicting the team is about to begin a death spiral out of contention for the flag!

The Galahs have started this cricket season early with two Test matches against cricketing minnows *The Bangladesh Tigers*. The first match in Darwin was a fiasco. Well, not for *The Tigers*! They thrashed us. To put the game into perspective, it'd be like Lord Howe Island taking on Brazil in a soccer match and beating them!! To be honest, they bowled very well and when they batted they did so like men possessed. When the dust had settled on the First Innings, we were **behind** 228 runs and never recovered. As I type this the second Test is being played in Mackay and Starc has found his mojo, took six wickets and *The Tigers* were all out for 64 runs in their First Innings! We're back! No we're not because we then batted. Oh boy. The new opener failed as did Head, Labuschagne and several others to the point that when stumps were drawn on Day One, we were 8 for 165!! Pathetic. If it were a race at Flemington, the stewards would've been called in and all bets would be held. I know I've said it before but it bears repeating: I think it's time for me to make a trip up to Mackay with my little bottle of metho and rusty razor blade to set about threatening to geld a few of our blokes. They're on good contracts but don't seem to be focussing on their batting, in particular. It's a five-day match not a T20! Dig in and remember the basics of batting that got you into the team in the first place! I refuse to watch the rest of the Test match because I get so angry at *The Galahs* lack of dedication.

From the *What Tha?* file: Saw an item on *Run It Straight* recently and thought you might like to know about it. It is played (and I use that term advisedly) on a tight 20 by 4 metre arena with blokes (generally) running straight at each other to see who can dominate or survive the impact. It has a concussion rate of around 20% and with weight being an advantage; you can count skinny me out!; After the soccer World Cup had concluded, FIFA President Gianni Infantino decided it would be a good idea to sell off a part of the World Cup competition for big bucks. It seems he hadn't asked anybody else and the blowback came swiftly. So swiftly it could well see him punted from the position. Last I heard he was asking Donald Trump to help him because obviously, he helped The Donald (and the US team) by reversing a penalty against a US player during the comp. It should be recorded here of course, there's no corruption in either FIFA or the US administration; Nick Kyrgios has failed a drug test (cocaine) and the tennis boffins have come down hard. To say he had talent and didn't reach his potential is an understatement. He was good and you have to think if he had listened to his minders early on, who knows how far he could've gone; and Ferrari has entered the electric car scrum with its model *Luce* which will set you back almost $A900,000, if you're keen to own one. It has a quad-motor set up producing 1,035-horse power, which will rocket you from 0-100 km/h in 2.5 seconds! The first unit (Chassis #0) sold at a charity auction during the Monterey Car Week recently for $US40 million ($A56 million).

Talk at you again next month,
The Hillside Critic.

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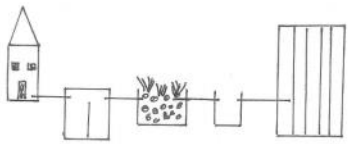

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Threat of H5N1?

When originally planning this article, I was thinking about spring gardening and how we could make our gardens more robust for the many small birds that are under increasing pressure these days. However, the impending threat of H5N1required a pivot. We can still hope that it won't reach our area, but it seems increasingly unlikely.

This is going to be a tough time, for who knows how long, for anyone who cares about our natural environment and its unique wildlife. For FAWNA folk, like other volunteer wildlife rescue and rehabilitators who commit their time, personal resources, and hearts to helping native birds and animals, it's going to be really tough.

Having spent a day trolling through the 34 pages of risk scores for our Australian native birds and mammals, I can say it makes for very depressing reading.

Giving into helplessness is just not an option, however. FAWNA will be upping its biosecurity and staying informed and keeping on. We too are pleading that people follow the guidelines and be alert to report and record sick birds and mass mortalities as immediately as possible. The waterbirds, seagulls, swans, pelicans, cormorants, egrets, ducks etc particularly need close observation as they will be the likely carriers and first casualties.

Isolating and removing sick and dying birds is still our best chance to stop the infection spreading into scavenging species including eagles and kites, crows, rakali, dingoes and even butcherbirds as well as feral species of foxes, rats and cats. Several species of dolphins as well as seals have also proved vulnerable which presents a whole other challenge.

Making our gardens and surrounding areas as wildlife friendly with habitat planting of dense native species providing food and shelter for the nectar eaters and the insectivores is still an important strategy. A slightly more positive note, they are believed to be at lesser risk than other species.

Feeding birds human food decreases the resiliency they gain from their natural balanced diet and increases the spread of diseases, including beak & feather disease in parrots, from artificial congregations. Having multiple bird baths with routine emptying and disinfection, particularly with the predicted hot summer, is important as both water, soil and other surfaces can carry the virus.

Overseas cats have proved to be particularly vulnerable so keeping cats contained indoors is a must as is keeping your dogs away from sick and dying birds. Advocating with governments to increase support for our wildlife is also important.

There is a lot of potential grief on the horizon with this highly contagious and highly deadly virus. FAWNA volunteers often talk about how the care and concern for wildlife from members of the community keeps us going. Joining with us to combat H5N1, all of us looking out for our wildlife and for each other, focussing on what we can do, and relishing those good moments is going to be needed more than ever.

Kym
FAWNA Media
Spokesperson,

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Bathing continued. In Spain in the Eighteenth century, a lover was, as one of the greatest of favour, given permission to search for lice on his fair lady!

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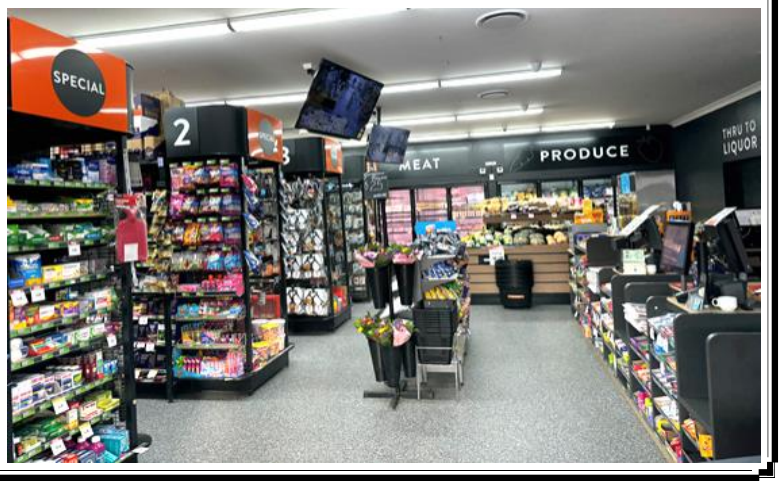

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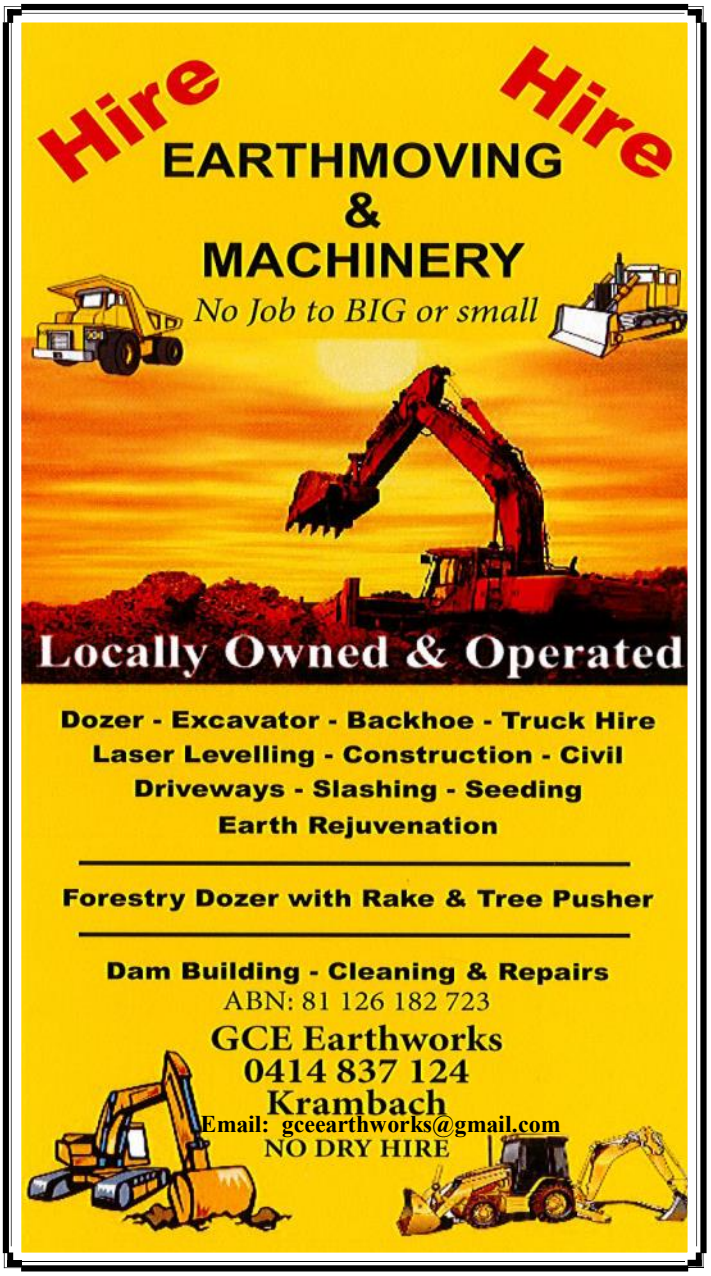

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Our little market goes ahead even in wet weather and we were definitely grateful for the little drop we received. We didn't let it dampen our spirits though and we had another successful market morning. *Jill* brought sourdough loaves for the first time and quickly sold out. The kitchen was the place to be, with the warmth of the ovens and friendly hum of chatter as people sat and enjoyed their bacon and eggs, toasted croissants or a cheeky waffle with ice-cream.

Demoiselle Distillery are becoming a firm favourite with locals with their excellent selection of flavoured gin. There might be a few lucky dads receiving a bottle for Father's day in a couple of weeks.

Winter woolly warmers were also popular at Carmen's stall with her hand knitted beanies and gloves.

Our students at Krambach Public School have been working hard in the garden this year and we had a couple of tables with a selection of plants for the garden.

Krambachians sure do have a sweet tooth! Rocky road, brownies and sticky date cupcakes were selling quickly. Look out next month for Wagon Wheel slice.

We are looking for more fruit and veg vendors, please contact me for more info **0409 470 606.**

Next market Sunday 20th September.

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Tick Paralysis: A preventable disease

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With spring upon us, it is time to make sure your pets (and livestock) are protected against deadly paralysis ticks. Although we have seen paralysis tick cases throughout the winter months – an unfortunate reality of living on the Mid-North Coast, we do expect there to be a rise in cases as the weather warms up through September and October.

Tick paralysis is caused by the *Ixodes holocyclus* tick and causes an awful ascending paralysis. This is a potentially life-threatening disease that causes hindlimb paralysis, bladder dysfunction, respiratory failure, aspiration pneumonia and other complications. Tick paralysis is however preventable with the use of effective preventatives.

With so many tick preventative products available, it can be overwhelming at times to know if you are doing the right thing for your pet. Here are a few things to consider:

- Choose a product with a time frame that is easy for you to remember as compliance is key!
- **For dogs,** this may be a monthly chew, a three-monthly chew or a yearly injection.
- There is a ***YEARLY*** injection available ('Bravecto Quantum') for adult dogs. This is a great option and provides great peace of mind knowing they are protected for 12 months.
- **For cats**, there are several spot-on preventatives available (lasting anywhere between 1 month and 3 months depending on the product).
- Make sure you are selecting a product appropriate for your animal's weight. These products have excellent safety margins, so it is safe to "dose up" rather than run the risk of inadequate protection.
- Tick collars provide good additional protection for cats and dogs but are not recommended as the sole prevention.

We unfortunately will see young puppies and kittens for tick paralysis because owners do not realise there are products available for use in young animals.

- Nexgard, Nexgard Spectra, Bravecto & Simparica products are licenced from 8 weeks old.
- If your pet is less than 1.8kg, there are products that are still safe to use. Contact your veterinarian to discuss this further.
- Frontline spray can be used from 2 days old. This is recommended for litters, even if they are inside only, as the adult dogs or humans can bring ticks in on them, putting the litter at risk. Reapplication of Frontline as they increase in weight is important.
- We usually recommend not purchasing big packs of chews for growing animals as they may outgrow the weigh bracket, rendering the preventative ineffective if they are under protected.

Signs of tick paralysis can include: weakness in back legs, difficulty rising or wobbly when walking, changes to breathing, "retching" or vomiting. If you are concerned about tick paralysis in your pet, please contact us immediately. The earlier the treatment is initiated, the better the outcome may be. Prevention, however, is always better than a cure for cases of tick paralysis, because sadly not all tick paralysis patients will survive, even with intensive treatment and care.

A little note about livestock: although there are no licenced preventatives for Paralysis tick prevention in livestock, for pet calves, sheep and goats tick collars can be useful. Spraying calves with a short acting preventative such as 'Amitik' may also be helpful. Close monitoring and early intervention and seeking Veterinary advice if signs are seen is recommended. The treatment for tick paralysis that is used in dogs and cant can also be used in livestock where necessary.

If you would like any advice about preventing tick paralysis in your pets, please contact Wingham & Valley Vets on 02 **6557 0000**.

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Nabiac Landcare

The birds are singing and gathering nesting material, the weeds are growing....It's Spring! Thanks to some winter rain and warmer than average overnight temperatures, things are looking pretty good for early September. My hope that a bit of frost would take out some weeds at Bullock Wharf hasn't eventuated and according to Taree records the average night time minimum for August has been 1.9º above the 29 year average.

The Nabiac Landcare team is currently working at the Lilly-Pilly Bend Reserve removing some large lantana by Woosters Creek and doing follow-up weeding of all the 'usual suspects'. Unfortunately, it seems to rain on Tuesday nights and we've had to cancel several sessions because the area is too wet and slippery.

On the weed front....it's open season....if a weed is growing well...it will probably respond to herbicides. Check out NSWWeedwise for appropriate control techniques. The soil is reasonably soft so pulling seedlings is a viable option. Two of my 'favourites'...Mother of Millions is still flowering at the moment and Micky Mouse bush (Ochna) is starting to flower...deal with them before they set seeds.

And finally, the delightful coastal heath communities in the area should be starting to bloom. A rich assembly of flannel flowers, boronia, tea trees, wedding bush and acacia plus other species makes it well worth looking along the back of sand dunes, around the reserves of Tuncurry, and Saltwater Reserve near Old Bar. Many of these areas are very fire prone and have burned locally but usually regenerate well after three or four years.

Nabiac Landcare normally works each Wednesday (weather permitting) 8-9am to 11am. New members are always welcome. If you are in bush regeneration or just learning what plants in your area are friend or foe, 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.

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WALLAMBA LANDCARE news.

For membership enquiries email Joel Dunn: greatlakes@midcoast2tops.org.au.

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

Hello all,

I hope you have enjoyed a welcome drop of rain on the land. We are happy to see plants in the garden and the paddocks starting to grow.

The Wallamba LandCare Group August field day in Dyers Crossing was a great success.

Joel Dunn, our local Land Care Coordinator, came along with the group founder, *Les Roberts*. They both provided excellent information and insights throughout the morning.

It was interesting to hear our hosts' comprehensive overview of the seeds which were sown during the past year. This included an impressive list of the multi-species seeds which included grasses and legumes. The mixed results provided fodder for good discussion and learning.

Our hosts had inoculated the seed each time with locally available Biocast, which was also applied afterwards as foliar spray. They have more recently also spread some MaxSil, a new product, which combines soluble silicon, humates and lignin to unlock locked-up nutrients like phosphorus already in your soil and to boost fertiliser efficiency.

It was great to see the results and discuss different methods for sowing seeds.

In the mix were huge turnips, of which a couple of us were gifted some to take home.

I slow-roasted some in the wood oven and they were delicious.

We discussed at length some local sightings of a beetle which is eating the fireweed. All agreed this was good news!

Although we'll have fingers crossed that this type of leaf beetle won't start munching on other plants! We explored using the app: "iNaturalist"

We heard about some happy sheep being entertained in their back paddock during the day by doof-doof music, a reported success in keeping wild dogs and foxes at bay. Closer to the house at night the sheep have the comfort of a radio. Disruption of this bliss by neighbouring pigs breaking through fences may be met with electric wires close to the ground.

We chatted too about the effectiveness of guinea fowl in consuming insects including ticks, warning off intruders with their call, needing minimal care and prolific egg production, providing you can find them.

The share swap table included fresh rhubarb, herbs and lavender. Hamish's blue eggs piqued our interest and a lively discussion about hens ensued, including eagles and foxes.

If you would like join and stay in the know with future LandCare Events across our region, simply email Joel Dunn (details at the top of this newsletter. It is $10.00 per year to join.

There is a range of benefits, including connecting with like-minded people, gaining knowledge from a range of experts and access to equipment to borrow/hire.

Laura Pennington.

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Good Medicine

Fathers

What memories do you have of your father … positive …or not so good? Mine tell me my Dad wasn't perfect ... neither was my Mum, though, as a child, I thought she was. There's no such thing as perfect parents …. most parents are ordinary people trying to do their best for their kids. If perfection is your goal remember the Bible says no one is perfect except God alone, *Mark 10:18.* You don't have to be perfect, you just have to be present – for **the people who love you**.

Even if you didn't have an earthly father God wants to be a father for you. He is a father of the fatherless, *Psalm 68:5.* The Lords Prayer begins with 'Our Father'.

Recently a politician said on TV he wished he'd taken more time with his daughters instead of rushing out the door every morning; then at a funeral I heard a daughter talking about her wonderful dad. Of course it's not easy making time for your kids between working and everything else you have to do ... it takes a real effort. And children can be annoying just as adults can … it's important to give them unconditional love just as God does with us.

The Bible says a lot about families and relationships … eg. Honour your father and mother … children obey your parents … and … fathers do not provoke your children.

When Jesus was going to heal a man 'He first called him son, thus showing him love and acceptance', *Mark 2:5.* This is unconditional love. He didn't say 'you have to clean up your act' before you get healed.

In the Old Testament, fathers placed their hands on the heads of their children or grandchildren and spoke God's promises and blessings over them. Children without caring, involved fathers struggle with identity and self-worth and may look for these in unhealthy relationships or influences. A father's presence 'can help provide confidence and an example of manhood that complements a mother's love and support'.

Fathers, you can do much to help yourselves live a long life, and so be around for **those who love you** ... eg. watch your weight, diet and exercise. It's also important to have strong social connections. Loneliness is as deadly as smoking 15 cigarettes a day. The participants in the TV program 'Alone' often say they can't stand the loneliness.

The people **who love you** need you here. A baseball player who gave up his dream career to help care for his adopted children with special needs said 'I'm the only father my children have'.

Malachi 4:6 He will turn the hearts of the fathers to the children, and the hearts of the children to their fathers.

Happy Fathers Day to all the great fathers out there … **your kids love you**.

Quotes from Word for Today and Our Daily Bread

The Counsellor

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

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
Brett **Dennett**, on 0459 988 241 (Failford)
Stacey **Forrest** on 0407 381 319 - Unit 5/8 Ferris Place, Nabiac

News From The Pews

Nabiac Village Community Church

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

St Bernadette's Catholic Church, Krambach

September's Mass times are Saturday 5th at 5.00pm, Saturday 12th at **5:00pm**, Saturday 26th at 5:00pm
October Mass Saturday 3rd at 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*
We also provide Vacation time care.
Call **Joy** on 0438 273 360.

St Isidore's Catholic Church, Nabiac

September's Mass time is Saturday 19th at 5:00pm,

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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 (Wed. closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262

"A father is someone who holds you when you cry, shines with pride when you succeed, and has faith in you even when you fail."

Wishing all the dads, poppy's, and important men in our life a wonderful Father's Day.

Belinda, Barb & Jess

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

WANTED

"old photos" of the Nabiac tennis courts for a display being made by **Deb** at "**Picture This Framed**" for her to make into a Wall Hanging for the new Tennis Courts.
Can you take them to her please, at 25 Nabiac Street, Nabiac

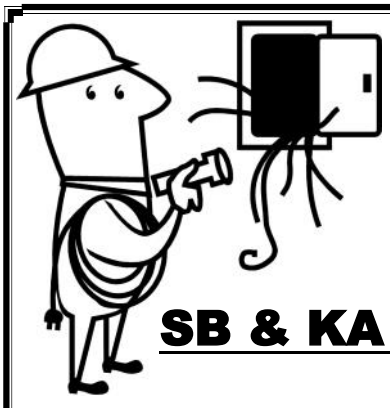
NABIAC RSL Sub Branch

This month, Nabiac RSL sub branch laid a wreath for **Vietnam Veterans Day** 18th August, commemorating 60 years since the battle of Long Tan, where 18 young soldiers lost their lives.

Outings coming up; we will be holding our next coffee and walk on Saturday 22nd and then our Ladies Day Luncheon on Thursday the 27th of August.

As always, if you know of any veterans needing assistance, please call on 0422 025 539 or leave a message at the Nabiac Motorcycle Museum.

Max Frost
0422 025 529



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