

MidCoast Council
Updates

Meet Local Legend
Anne Schubert



Star
Pet

The Forster Tuncurry



FREE

The 'TFT' is your local independent newspaper distributed fortnightly to Hallidays Point, Black Head, Tallwoods Village, Tuncurry, Forster Pacific Palms, Charlotte Bay, Smiths Lake, Coomba Park, Bungwahl and Seal Rocks.

Wednesday 25th November 2020

NO.8

Super Saturday of triathlon at Forster



As competitors rolled in on Friday evening, the 13th of November, the weather wasn't looking ideal for the 2020 KIND Triathlon NSW Club Championships the following day. However the competitors, spectators, event crew and locals, all welcomed the sunshine that beamed over the beautiful townships of Forster and Tuncurry on Saturday morning.

Whilst the event was a little different to past Club Championships, this year saw COVID protocols in place, with social distancing an important measure and no 'ritual' after party. Luckily it didn't deter triathlon clubs from right across New South Wales from racing at the triathlon club event of the year. The event saw close to 500 competitors on the day.

An exciting outcome for local Forster Triathlon Club - taking out the top spot on the podium

in Division Three. Honourable mention to the winning clubs of Division One: Warringah Tri Club; Division Two: Sydney Tri Group; and Division Four: Clarence Valley Tri Club.

In what has been a strange year, the event proved a success with minimal impact to the town, and locals welcoming back the triathlon and in this new form of 'normal'. Local

businesses enjoyed the significant increase in foot traffic, with tills ringing that has been, for most of 2020, missing.

The event organisers Triathlon NSW and Elite Energy, thank the gorgeous towns of Forster/Tuncurry for hosting the triathlon, and for the support of Mid Coast Council. A special mention for the wonderful local volunteers, as

the event is simply not possible without them. For the triathletes and the clubs as a whole, it's great being back at the home of long course triathlon in Australia.

Hew Colless
Photos: Rogue Wolf Images/GeoSnapShot
See back page for more photos from this event.

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The Forster Tuncurry

We currently distribute 6,000 FREE copies a fortnight from Hallidays Point to Seal Rocks. A FREE digital flipbook is available at: www.theforstertuncurry.com.au

Our commitment is to provide a newspaper that is factual, informative, and full of local stories and community news to share. We are here to promote and support our amazing local volunteers, community groups, sporting groups, schools, events and businesses.

We welcome your stories and letters

Submissions: www.theforstertuncurry.com.au

Email: info@theforstertuncurry.com.au

Post: PO Box 4228, Forster Shopping Village NSW 2428

Editor: Mary Yule **Phone:** 0413410492

Business Hours: 9:30 - 5pm (Monday - Friday)

Advertising & Classifieds: Please see our Advertising and Classifieds page on our website.

Print & Radio packages are available with our local community radio station Great Lakes FM. Contact Belinda Bouras on 65558433.

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The Forster Tuncurry: Proud to be a local family - owned business.

Welcome to the eighth edition of your fortnightly TFT

The triathlon season has arrived and it is wonderful to have sporting events back in the town that is still widely renowned as the original home of Ironman Australia. As well as the front and back cover please see photos from the first Forster Tri Club Aquathon event of the season, held at Forster's Bullring.



oceanswims.com

Thank you to Vanda Gooley and Roberta Pearce for their wonderful expertise behind the scenes.

The next edition deadline is 5pm Wednesday the 2nd of December, prior to distribution Wednesday & Thursday the 9th & 10th December.

Submissions: www.theforstertuncurry.com.au

We acknowledge the Worimi People, the traditional custodians of the land, waterways and sky of the Worimi Nation where this newspaper is distributed. With great respect we acknowledge their Elders, past, present and future.



Meet Noel and Jane from Access Fuels in tuncurry. One of the many places where you can pick up your free copy of the TFT newspaper.

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Local Scouts seeking leaders for our youth



Above: Group Leader Leanne Richardson investing

For nearly 95 years, 1st Forster Tuncurry Scout Group has been part of the fabric of our twin towns. First formed in 1926 as 1st Cape Hawke Scout Group, meetings were held in the School of Arts hall. On the 25th June, 1938 the Group moved into its own hall on Pilot Hill reserve and meetings continued here until 1953 when the hall was dismantled and moved to its current location on the corner of Lake and McIntosh Streets. At this time the Group was renamed 1st Forster Scout Group. Twenty years later, in 1973, the name was once again changed to 1st Forster Tuncurry Scout Group, thus encompassing both sides of the bridge.

Scouts, as with all organisations, is only as strong as those who lead it. Leaders are the lifeblood of the Scouting movement doing their part to support our youth to grow and develop through the aims and principles of Scouting. We aim to help our young people to become community minded individuals who will one day become the leaders of the future. Young people who have a sense of responsibility, fair play and compassion for those who are less fortunate.

Leaders not only help youth members to develop valuable skills but, they themselves, develop a variety of skills in leadership, management and event planning. Scouts is an organisation run by around 3800 volunteer Leaders who are all committed to these ideals

and who are having fun doing it.

1st Forster Tuncurry Scouts currently runs programs for both boys and girls aged from 5-15 years. Programs are designed as "Youth led, adult supported." This encourages Youth members to develop and actively participate in the planning and running of games and activities enabling them to gain confidence in their ability to try new things.

To enable 1st Forster Tuncurry Scouts to continue to give back to the community through its youth program, we are actively seeking volunteers to become Leaders across all Sections. No previous experience is necessary to become a Scout Leader. Training in all areas of youth leadership, program planning and safety are provided by Scouts Australia NSW. Child safety is an important aspect of Scouting so all prospective Leaders must undergo a Police check and hold a valid Working with Children check.

If you have an interest in helping to develop the youth in our community, have a love of an active lifestyle, are aged 18 and over and want to help 1st Forster Tuncurry Scouts to continue well into our 100th year we would love to hear from you. Please contact our Group Leader, Leanne Richardson at leanne.richardson@nsw.scouts.com.au or phone on 0438 180 394. *Leanne Richardson*

New youth members being invested into Scout Section by Scout Leader Adam Richardson.



Star Volunteer

Name: John Thorn

Organisation: One Mile Dune Care

What does this organization do in our community?

We help stabilise the sand dunes and provide a natural environment for native birds and other wildlife. We mostly plant, weed, maintain the walking track and fences, and clean up rubbish. This helps the area's Littoral Rainforest regenerate which also means it is less likely to burn. This morning we are planting lots of Pig Face cuttings.

What is your role?

I'm a volunteer environmental conservationist. For me it's attempting to eliminate the introduced species of vegetation. For now, it is mainly removing the weed "Morning Glory", while other volunteers work on the Asparagus plants. We have recently cleaned up the Lantana, Bitou Bush and Cassia along One Mile.

What is the best part of your job?

Personally, I get satisfaction out of seeing the native fauna proliferate. We are seeing birds feeding from native trees. I also work at Pilot Hill, and again I'm trying to develop a native corridor between Second Head and Tuncurry. This encourages the Yellow Tailed Black Cockatoos that are there most mornings.



"John is an asset to our town and a man of many hats. He is a quiet achiever and a happy chap - an asset to both One Mile and Tuncurry Dune Care. He can also be seen working along the headland areas by himself, where there are weeds or unwanted vegetation. He is everyone's friend and a caring gentleman." Pam White, Coordinator of One Mile Dune Care.

www.midcoast.nsw.gov.au/Community/People/Volunteering

Do you know an amazing Local Volunteer? Please send a high resolution photo and answers to www.theforstertuncurry.com.au

Grand unveiling of community mural at Stockland Forster



Photo left to right: Councillor Troy Fowler, artist Donna Rankin, Centre Manager for Stockland Forster Alex Walichnowski and artists Lara Went, Nicole Bramble and Shannon Creees.

An 83-metre-long colourful mural is now on display at the community wall entrance to Stockland from The Lakes Way. The mural was commissioned by Stockland Forster in July 2020 after the building of a takeaway store left a highly visible blank wall in Forster. Centre Manager Alex Walichnowski said that the purpose of the mural was to enhance the environment whilst promoting community pride and a stronger sense of connection to community cultural life.

Local artists Donna Rankin, Lara Went, Nicole Bramble and Shannon Creees were awarded the contract for the mural and collaborated their many talents and experiences to create and complete their design.

Artist Shannon said, "We have woven a collective narrative of the local community - for the community. Through pattern, symbols and icons representing life in Forster and its surrounds, this dynamic and abstract artwork 'blends in harmony' with the local environment, using the ocean waves to segment each artist's unique work."

It was created to engage with people, and is, as artist Nicole said, "A playful description of Forster."

Contemporary Worimi artist Lara explained, "This mural has great meaning to local people. The artwork is very significant for the Worimi people [who have] sustained the land here for over 65,000 years. I hope it gives a sense of belonging to everyone [and that we] care for the land that cares for us."

Local artist Donna said that the mural depicted, "The unique landscape of Forster and the freedom of our youth growing up here." She also added that, "We would like to acknowledge the volunteers who helped complete the mural, and to thank the families of the four artists who supported us. [Special mention] to Ted Bickford who will be organising a coating on the mural to protect it."

Mary Yule



Wig Service by Great Lakes Palliative Care Support

Our charity raises funds to provide assistance to palliative patients and their carers in the Great Lakes area. One of the areas this help is provided is in the wig service.

The wig service has been a great success, operating for seven years, and in that time we have supplied 136 wigs, a number of hats, turbans and caps. The Big Wig Company based in Queensland has been very supportive and helpful over the years.

Nursing staff working in the Oncology Unit at Forster Private Hospital, where patients are receiving treatment, are in contact with Great Lakes Palliative Care Support member Charmaine Barraclough. A meeting is set up at the Hospital or in the privacy of their own home, to discuss their needs. Within two weeks the wig is fitted and information given on maintaining of their wig and moral support.

After the patients have received their wig Charmaine keeps in contact spending time over a cup of tea to hear about their situation and to see how they are coping. It is a very emotional time for these women, it is wonderful that GLPCS can provide a service to help women restore their confidence and dignity.

The ladies we have helped have been extremely grateful and appreciate the service we provide. It's wonderful to see a smile on their faces after fitting their wig.

Other areas of assistance provided by Great Lake Palliative Care Support are: loan of specialised equipment, extra nursing services including personal care and domestic assistance, financial assistance on an individual needs basis, assistance with costs of allied health Professionals such as Social Worker and Physiotherapist.

This year has been difficult as fundraising has been restricted due to Covid but services have continued to be provided. We are very grateful for the continued support and donations we receive from our Community.

Our main fundraising efforts currently are regular garage sales held at our premises at 32 Manning St Tuncurry. Upcoming sales are to be held on 28th November and 16th January.

For further information about any aspects of our organisation please contact Deidre on 0437 830 818

Deidre Stokes



Community News

Local Rotary recycling drive for Womens Shelter

The Rotary club of Great Lakes is assisting the Great Lakes Womens shelter in sorting and collecting recyclable cans and bottles from some of the local caravan parks and also from the service station at Rainbow flat.

You are never too young to volunteer. Pictured is Trish Hartman's granddaughter Lily Carmody from Cremorne and Deb Verdich's 3-year-old granddaughter Ocea Parsons who helped us with collecting from Secura Lifestyle in the school holidays. Future Rotarians in the making.

Ocea is the Great Granddaughter of Robert Parson who has been a member of the Rutherford Telahra Rotary Club. She has a Ruby Paul Harris recognition award. All the cans and bottles collected are recycled and the money raised goes directly to supporting the Great Lakes Womens shelter.

Local people can also donate the money from their cans and bottles to the Great Lakes Women's shelter by asking at Tuncurry tip return and earn and by choosing where you wish to donate at the return and earn at Forster Woolworths. *Lyn Martyn*



Scientists discover two new ridiculously cute Australian mammals

In what's possibly the greatest news we've read all year, Australian researchers have discovered two new species of greater glider.

Published in the Nature's Scientific Reports journal, new genetic research has identified that there are not one, as previously thought, but three separate species of greater glider. "Australia's biodiversity just got a lot richer. It's not every day that new mammals are confirmed, let alone two new mammals," said James Cook University Professor Andrew Krockenberger, one of the researchers behind the study.

The extremely adorable marsupials are one of the world's biggest gliding mammals (the largest can grow to the size of a cat) and can glide up to 100 metres through the air. Greater Gliders are nocturnal, feed on eucalyptus leaves and spend their days nestled in the nooks of their favourite trees.

This once common animal is now facing extinction. The greater glider is listed on the Australian threatened species list and lost one third of its habitat as a result of last year's bushfires. Southern glider populations have also decreased by 80 per cent in the last 20

years. "For the southern species, anything over 20 degrees Celsius at night means it has to use its energy to actively cool itself and high temperatures also put them off their food and stop them eating."

The research acts as a reminder of the importance of conserving Australia's biodiversity and protecting this vulnerable species against the threats of climate change and land clearing.



Lucy Jones Planet Ark

Fire safety when travelling

As COVID restrictions are lifted across Australia and with summer holidays almost here, now is the ideal time to plan for your fire safety while you travel. There are two main things to consider – your fire safety while you are away and the fire safety of your home while you are absent.



Before you begin your trip, short or long, check the Fire Danger Rating and the Fires Near Me app and see what weather conditions are predicted for your route. Pack an emergency kit and let someone know where you are going and how long you expect to be gone.

Before you load up and leave, double check that all your home maintenance is up to date and your home is as well prepared as you can make it. Remember that a well-prepared home is more likely to survive should a fire occur while you are absent.

If you are caught in a fire, expect plenty of noise, heat and smoke; call 000 if you think your life could be at risk.

If you are caught in a car

- face the front of the car towards the fire and park off the road in a clear area away from trees, scrub and tall grass

- close windows and air vents
- turn off the engine and turn on headlights and hazard lights

- cover yourself with a woollen blanket and stay in the car below the windows to protect yourself from radiant heat

- drink plenty of water and cover your mouth with a damp cloth

- stay down until the sound of the fire has passed, carefully leave the car (it will be hot)

If you are caught on foot

- do not panic or try to outrun the fire – if you see smoke ahead turn around

- find a cleared area with rocks, hollows, embankments, streams or roads to protect you and avoid hilltops

- keep low and cover exposed skin

- drink water and cover your mouth with a damp cloth

As we are now in the Bush Fire Danger Period, permits are required before you conduct any burning off. Rainbow Flat Brigade's permit issuing officers are Keith Duncan (0427 553 636), Barry Price (0413 180 241) and Teresa Price (0431 459 116). Once you have your permit, you can now notify NSWRFs of your burning activities on phone, tablet or computer at www.rfs.nsw.gov.au/notify

For further information, please visit www.rfs.nsw.gov.au or contact Robyn King, Rainbow Flat Rural Fire Brigade Community Engagement Officer on 6559 2041 or 04900 13182.

Community News

Manning Great Lakes Community Health Action Group

The Manning Great Lakes Community Health Action Group was established in June 2016. Its primary mission is to advocate on behalf of the community and medical personnel for increased funding and resourcing to facilitate improved health service delivery.

Physical improvements at Manning Base Hospital are evident by way of construction and facilities. More importantly, recent key personnel appointments include:

- *Director of Anaesthetics, Professor Jason Bendall

- *Four (4) permanent full-time Staff Specialist anaesthetists: Drs Grossi Rocha, Jayasinghe,

Nardy De Avila and Symon

- *Infectious Diseases Specialist, Dr Nilar Iwin

- *Specialist in Palliation Medicine, Dr Aaron Veltre

- *Specialist Paediatrician, Dr Daphne Ng

Another very welcome addition to health service delivery across our region is the new Imaging Department which includes onsite CT and MRI imaging.

Our Group loudly acknowledges these improvements, but it is imperative that regional areas such as ours receive from Government the resources necessary to ensure acute care can be delivered when called for. We have over 1000 supporting members and 7000 signatures on a petition regarding the Manning Base Hospital upgrade.



Left to right: Eddie Wood (President), Trish Wood, Tom McDonald, Helen Halpin (Treasurer), Peter Johanson, Carmel Bartlett (Secretary) and Alan Tickle.

New Years Eve fireworks postponed

MidCoast Council has postponed the annual New Year's Eve fireworks events in Forster due to the ongoing risks associated with large gatherings and COVID-19.

"Through liaison with key stakeholders, including NSW Police, we have determined that the event would be unable to be safely conducted without creating issues with the current social distancing requirements," said Mayor West.

Mayor West said that while there was the chance the requirements could change between now and New Year's Eve, a decision had to be made to provide certainty.

"We are working with event sponsors and fireworks suppliers to canvas opportunities for a community celebration during next year, when COVID restrictions are eased."

WE'RE HIRING

If you're looking to make a difference in our community... we're looking for you.

JOIN OUR TEAM

A diverse range of exciting positions are available right now.

Find out more and apply: midcoast.nsw.gov.au/careers

Part of your every day

Help us plan the Tuncurry Water Playground

The MidCoast community will be helping to shape the plans for the Tuncurry Water Playground in a community consultation that will stretch from now until Wednesday 13 January 2021, ensuring everyone can have a say.

"We're very excited to be kicking off the consultation process, after over 81% of community respondents supported the concept to develop a water playground at the old Tuncurry Pool site," said Council's Manager Community Spaces, Recreation and Trades, Dan Aldridge.

The Tuncurry water playground is a facility for people of all ages and abilities to enjoy water play. The facility will remain open all year round, and will be free of charge.

"We'll be getting out and about to consult with people face-to-face, providing COVID19 restrictions continue to allow us to do so. We'll be having some fun with this – so keep an eye out for us over the next two months."

Council will hold focus groups and visit schools. There will also be targeted consultations with families and people living with a disability and their carers, and the local business community.

The initial stage will include construction of the shaded

playground, new amenities block and barbecue and picnic table facilities.

"Later, we will be expanding facilities at Fazio Park, which will develop into the Tuncurry Recreation Precinct. The reserve already includes the Skate Park and Tuncurry Community Hall.

"There are plans for a children's safety bike path in the precinct and we'll be developing parking, footpaths and a safe access way to link Lone Pine Park and the foreshore with the new precinct," added Dan Aldridge.

Visit www.midcoast.nsw.gov.au/waterpark to find out more, check out the program for pop-ups and activities and the online survey and poll.



'Packed, Lost, Found' Exhibition

Manning Regional Art Gallery is hosting a very special exhibition, marking the anniversary of the Black Summer Bushfires of 2019. 'PACKED, LOST, FOUND' is a visual and written documentation process exploring people's experiences in the bushfires that devastated the MidCoast region and beyond.

Gallery Director Rachel Piercy said this documentation process has been very important for everyone involved in the weeks and months after the fires, and will continue to be for years to come.

The visual stories have been documented by writer Tessa Kerbel and photographed by Julie Slavin, and explore people's experiences through objects that they packed, lost or found during and after the fires.

The artists believe objects hold meaning, power, connections and memory and PACKED

LOST FOUND shares personal stories which will resonate with individuals and the wider community.

The exhibition is open now until 14 February 2021. To find out more about exhibitions at Manning Regional Art Gallery visit www.mrag.midcoast.nsw.gov.au



A heartbreaking and uplifting author event

Join author and teacher, Betty O'Neill for a zoom talk on her latest release *The Other Side of Absence* Discovering My Father's Secrets, on Tuesday 1 December from 6pm to 7pm.

Betty's memoir is about resilience and strength as a daughter reconciles the damage and trauma wrought on families by war.

Betty grew up knowing very little about her father Antoni. She knew that he had fled Poland after WWII, that he had disappeared one night when she was a baby. His brief reappearance when she was a young adult had been harrowing and painful.

Fifty-five years after he deserted her family, Betty became determined to solve the mystery of her absent father and discover exactly who was Antoni Jagielski.

Betty's search took her to Poland, where she unexpectedly inherited a family apartment from a half-sister she had never met.

Sifting through photos, letters, and other clues from her father's life, she put together a more complete picture of Antoni: Polish resistance fighter, a Catholic political prisoner, survivor of Auschwitz and Gusen concentration camps, an exile in post-war England, and a migrant to Australia.

What also became clear, through writing *The Other Side of Absence*, is the illumination of parts of her own life; as the only child of a single parent, Betty was fostered out to

different families and then sent to boarding school at age 9. Her upbringing was often painful and lonely. The war cast long shadows.

"We're delighted to have Betty joining us to discuss this incredible book," said MidCoast Council Libraries Manager, Chris Jones.

"Betty's story is both heartbreaking and uplifting, and it makes her success even more impressive."

This event will take place on Zoom and a Zoom account is needed to take part. A link to the event will be sent to ticket holders the day of the event.

For more information and for bookings, head to www.midcoastlibraries.com.au/events



Star Pet

Name: Coco

Age: 5 years

Likes: Listening to people talking and training with the Forster Tuncurry Dog Club.

Dislikes: Flies. Terrifying things!

Claim to fame: High jumping, spinning and shaking hands.

If you would like to see your beloved pet featured in Star Pet please submit a high resolution photo and answers to www.theforstertuncurry.com.au Submissions are published when space permits.

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Brommy's Community Update



The NSW Government and I (through the 2020/21 Budget) have again proven our commitment to delivering better health care for our region with funding locked in to progress Forster Public Hospital.

Forster-Tuncurry will share in \$7.9 million of planning money which will allow the Local Health District to work with Government and the community to deliver further designs and a business case for Forster Public Hospital.

This project has long been fought for by residents in Forster-Tuncurry and surrounds and I am proud to be moving it forward.

Access to quality healthcare is an issue at the heart of our community and in the lead-up to the Budget I fought tooth and nail in Parliament to ensure we got this funding.

In 2020-21, the Government will spend more than \$900 million for health capital works in regional and rural communities throughout NSW.

Myall Lakes has also received three new ambulances for Forster-Tuncurry thanks to the NSW Liberals and Nationals' response to COVID-19.

What the latest budget means for our region

Member for Myall Lakes, Stephen Bromhead said this 2020-2021 Budget is delivering vital funding for the redevelopment of Manning Base Hospital, Forster Public Hospital, the Northern Taree Gateway and both Aboriginal Housing and Public Housing in Myall Lakes thanks to the community working together with the NSW Nationals in Government to get these important projects over the line.

"Last week I announced \$1.5million to progress the \$100million dollar stage 2 upgrade at Manning Base Hospital and that planning for Forster Public Hospital would continue thanks to a \$7.9million pool of planning funding. Today the proof was in the pudding," Mr Bromhead said.

"NSW are also delivering \$910 000 to upgrade

the intersection for the Northern Taree Gateway Project. This will ensure better outcomes for businesses and families, whether transporting food and fibre, travelling for leisure, or driving home after a long day at work."

"Funding will be available for housing with \$485 000 committed for new Aboriginal Housing in Forster and \$520 000 for capital works on Aboriginal Housing in Taree."

"Funds are also flowing for Social Housing to both upgrade and new supply," Mr Bromhead said.

"The NSW Government are also delivering for Tourism and Hospitality by giving every adult \$100 in vouchers to spend on dining and entertainment."

"This will provide a major boost bringing \$5.5million into our local economy for the industries which were hardest hit through COVID-19 and encourage all NSW residents to get back into the community and support our local, cafes, restaurants, cinemas and more," Mr Bromhead said.



Local Surf Clubs get funding boost

Old Bar and Blackhead Surf Life Saving Clubs became a place of refuge for thousands of residents during last year's bushfires and will share in \$112 218 funding from the NSW Government under the Bushfire Support Program to better equip them to serve as emergency evacuation centers.

Member for Myall Lakes Stephen Bromhead



said funding will enable vital upgrades as part of the Bushfire Support Program.

"During last year's bushfires our surf life saving clubs provided shelter for thousands of evacuated residents," Mr Bromhead said.

Blackhead Surf Life Saving Club will use their \$56 109 to install a wind turbine, build retaining walls at the southern end of the club and purchase an all-terrain vehicle.

"The wind turbine with the clubs existing solar will enable the facility to remain operational in all weather conditions even if the power mains are cut - which is vital in emergencies like bushfires."

"The new retaining walls will increase the safety of the club by creating a cleared zone between the facility and the surrounding bush, while the new electric ATV will reduce on site fuel storage."

New ambos for Forster Tuncurry

Tuncurry Ambulance Station is receiving three additional ambulances as part of a roll out of 89 new ambulances across NSW in response to COVID-19.

Member for Myall Lakes Stephen Bromhead said the three additional class 1 ambulances will provide another great boost for health supporting our paramedics responding to emergencies in the community.

"These new ambulances with additional life-saving equipment on board are a tremendous addition to our community, helping our paramedics to help us, when we need it most."



Music a welcome addition at Alesco Senior College



Anna's expertise has allowed the school to offer another creative avenue for students to express themselves in an alternate and safe way. This has proved crucial throughout the tumultuous year that 2020 has been!

Alesco's choir runs every Thursday, and at the moment is working on a few musical items including "Like Real People Do" by Hozier and "Rescue You" by Lauren Daigle. When the Covid 19 situation improves, the Alesco choir has hopes of performing outside of school in the hope of sharing the joy of music with the community. Singing in a choir improves mood and decreases anxiety and stress, it is a safe strategy for students to manage stress in daily life and offers another connection to the school community whilst also contributing to a sense of identity.

In 2021 Alesco will offer Music 1 as an HSC subject option. We have recently purchased new equipment, so we have the most up to date instruments and recording systems to offer students an amazing musical experience. Anna is thrilled and honoured to have the opportunity to offer music as a subject at Alesco next year, and is excited to see its positive impact on the lives of the students.

For more information please contact Head Teacher Kate Townsend at ktownsend@atwea.edu.au or on 048199168.

Student's wellbeing is at the forefront of learning at Alesco. Our student-centered approach to education priorities and wellbeing is through individualised support, re-engagement and developing strong connections with school, peers and teachers.

A safe way students explore and express themselves and their unique identity is through creative expression. Being creative is an outlet for many students - it allows the freedom to explore their thoughts and emotions in a way that is unique and meaningful. At Alesco we incorporate opportunities for students to use their creative flair in many ways, commonly through art and cooking, and more recently through music and singing.

This year Anna Davidson has joined the Alesco staffing team; Anna brings with her a fresh approach to teaching and a wealth of knowledge of the music world developed through her tertiary study and over 10 years' experience as a musician and singer. She is a competent pianist and talented singer with expertise in establishing, managing and performing with community and school choirs.

Smart sensors will make homes safer for older Australians

Older Australians living independently at home will be able to send real-time data to their healthcare providers through a seamless, secure and transparent new health monitoring solution developed by CSIRO, Australia's national science agency, and now licensed to Australian company HSC Technology Group Ltd.

With Australia's ageing population predicted to rise to 22 per cent by 2056, and more than 80 per cent of senior Australians over 60 opting to live at home, aged care facilities and the broader healthcare system will face increasing pressure to provide transparent, high quality care.

CSIRO Health Services Group leader Dr Mohan Karunanithi said technology can support greater quality and provide more informed continuity of care for citizens who choose to live independently, keeping their families updated remotely, while also providing 24/7 healthcare information to medical care teams and clinicians.

The CSIRO Smarter Safer Homes Objective Activities of Daily Living algorithm will be one of the foundational technologies of the HSC TALUS platform.

The algorithm will turn collated sensor data into measures of an individual's daily life activities such as meal preparation, mobility, hygiene and grooming.

This information in the HSC platform will offer users a secure way to self-manage at home, while simultaneously sharing medical information with healthcare providers and family members via a smartphone app and web portal.

CSIRO



NSW Government Return to Work plan for women

The recent 2020-21 NSW Budget has grants up to \$5,000 through the NSW Government's new \$10 million Return to Work program.

Women looking to return to work will be able to use these grants towards things like training and education, textbooks or stationery.

Any NSW resident who has been out of the workforce for at least a month and is intending

to return to work within six months of receiving a Return to Work Grant is eligible to apply.

Successful applicants will be given a Return to Work Coordinator to develop a Return to Work Plan, which will set out the resources that will assist them getting back in the workforce.

To register your interest, visit: www.service.nsw.gov.au/

Taree Uni Campus nears completion and initial University partnerships announced

The new Taree Universities Campus (TUC) is in the Stacks Finance building at 1 Pulteney Street Taree. Level one is being fitted out ready for students. It has been designed for flexible use and full functionality with wifi facilities, tutorial spaces, training rooms, moveable furniture and a larger area for lectures. The official launch is on the 17th of December.

Taree Universities Campus has announced that Central Queensland University and University of New England are the first universities to offer courses at TUC for 2021. Negotiations are also continuing with other partners to deliver university degree programs

ready for next year.

This is great news for anyone in the MidCoast region who is wanting to study while remaining at home or at work in their local area.

For further information visit: www.tareeuni.org.au or m.facebook.com/tareeunicampus



FORSTER TO SHARE IN \$7.9 MILLION TO PROGRESS FORSTER PUBLIC HOSPITAL

Authorised by Stephen Bromhead MP, 1-9 Manning Street, Tuncurry NSW 2428. 2430 using Parliamentary entitlement

THE NATIONALS for Regional NSW

BUDGET 2020-21

\$10m to support women to return to work

3 NEW AMBULANCES FOR FORSTER-TUNCURRY

\$4.4BILLION BUSHFIRE RECOVERY SUPPORT

Free preschool in 2021

Extending free preschool for NSW Families

Young Local

Name: Annabelle Perkins, 1st year Bachelor of Nursing student at the University of Newcastle.

Favourite book and tv show: I particularly enjoy poetry and prose books, and my favourite tv show is The 100.

Favourite local place to hang out: I've always loved catching up with friends at the Aztec or having a couple people around to my farm at Nabiac.

What do you think is going well now on the world scene? Following a presidency that transformed the United States into the Divided States, the outcome of the US election is what I believe to be one of the best things to be happening in the world scene of late. Despite Trump's paroxysms of insecurity and fallacious claims throughout the event acutely fuelling partition, Biden and Harris's victory is something I'm quite contented by as it signifies progression toward the representation and advocacy of minorities and climate justice.

What do you think could be done better? I believe amelioration of the treatment of the Indigenous community in this country is an extreme necessity. In particular, the lack of convictions regarding aboriginal deaths in custody and the recent bulldozing of the sacred Aboriginal Djab Wurrung tree which showcase the need for a more culturally sensitive, egalitarian Government.

Who inspires you? I'm honestly constantly inspired by the amazing friends I surround myself with, people within our community, in particular the teachers and GLEF (Great Lakes Education Fund) community, and strangers around the world that I've only ever heard about. However, above all, my mum and dad inspire me practically all day every day to be and do better. Whilst being the best parents, role models, friends and moral compasses, they also provide me all the encouragement and wisdom I could possibly need.

What do you want to get up to in the future? Since graduating year 12 last year, I've been completing a Bachelor of Nursing degree at the University of Newcastle. Upon completion, I aim to continue my studies to specialise in emergency nursing and then eventually become a nurse practitioner. I also aspire to undertake the Nurses in Action program to practice/volunteer in developing countries.

If you are 21 years or under and would like to feature in Young Local please submit a high resolution photo and answers to www.theforstertuncurry.com.au Submissions are published when space permits.

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Star Business



Our highest commitment is to provide a quality service and professionalism of the highest standard. We are a Boutique styled Realty whose team focuses on the quality of life, provides a friendly and supportive service and showcases the individual beauty that is unique to Forster, Tuncurry and its surrounding areas.

We service clients from the pristine coastal areas to the majestic Forster hinterland towards the mountains.

Business: Coastal Realty Forster Tuncurry (off Head St carpark in Forster).

Best part of the job?

We enjoy the friendships we make with our clients through the buying and selling process. We like to think we are property matchmakers!

What would you like your clients to know?

We are a vibrant, friendly, family oriented and dedicated team who love Real Estate!

Our team are all different ages and are at different stages of life, which brings us a fresh range of ideas and modern technologies to our office. In return, we can offer this to our clients for greater exposure when selling property.

Any tips for other local businesses?

It starts with your team. Appreciate the hard work your team puts in, celebrate the wins together and support the losses. If your staff are happy, positive, dedicated and enjoy what they do, you will always achieve great results.

Treat your clients and customers the way you would like in return. Be honest, be humble and provide the best service that you can, each and every time.

Editor's note: This business was nominated by a happy customer.

Do you know a great local business to feature here? Please submit their business name and a brief description to: www.theforstertuncurry.com.au

We will contact them and publish when space permits.

Star Business is a free promotion of goodwill for local businesses that either regularly support our community and/or local environment, have suffered from the recent effects of covid or fires, or provide a unique service or product to this area.

Manning-Great Lakes Police District



Whether you're heading off the beaten track, or closer to home, download the updated Emergency+ app. The app works across Australia, using GPS functionality built into smartphones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services. The updated app now includes 'what3words', a software enhancement allowing Triple Zero (000) callers to provide their exact location quickly and accurately with just three words describing the address to assist responding emergency services.

The warmer weather has finally arrived and that means plenty of people will be taking advantage of our beautiful outdoors.

Save the app that could save your life. Download at <https://www.triplezero.gov.au/>

SCAM ALERT! We've had several reports of scammers calling people from what appear to be trusted NSW Police Force numbers and threatening the call recipients with fines or arrest.

These scammers are using technology to make it appear that the calls originate from legitimate police phone numbers - a practice known as ID spoofing. The caller



impersonates a NSW Police Force officer and states that the person receiving the call has an outstanding fine or warrant. The scammer demands a form of payment to prevent arrest or further court action.

The NSW Police Force will never call a member of the public and demand payment over the phone in order to avoid going to court or being arrested.

If you get an unexpected call from someone who states they're from the police and starts asking for personal details or threatens you, please hang up. If you're concerned, you can always verify by contacting your local police or the Police Assistance Line directly on 131 444.

To find out more information about scams, or to find out other ways to protect yourself, visit www.scamwatch.gov.au. If you have been the victim of a scam, you can report it to local police or to the ACCC online at the 'SCAMwatch report a scam' page.

Expanded Sport Stadium 'Iron Arena' for Manning Valley

Taree and the Manning Valley will soon be home to one of the North Coast's largest regional indoor sporting and entertainment facilities.

The current Saxbys Stadium will be expanded and transformed into the "Iron Arena," one of the most significant community infrastructure projects the Manning Valley has seen in decades.

Federal Member for Lyne Dr David Gillespie and State Member for Myall Lakes Stephen Bromhead announced \$8,251,100 in funding from the the Bushfire Local Economic Recovery Fund.

Dr Gillespie said that when complete, the Iron Arena would provide a transformative change for the local economy attracting a range of high profile events at the local, regional, state and national level.

"Iron Arena will cater for a range of activities including increased participation in sport, by meeting latent demand, especially in Basketball and Futsal and a range of new sports such as volleyball and indoor hockey, as well as hosting trade shows and concerts.

Mr Bromhead said the project consists of expanding and redeveloping the facility to include five indoor courts and the installation of retractable seats to create a 'show court' for larger scale sporting and entertainment events seating 1,300 patrons.

Chair of the Iron Arena Development Committee and President of Taree Basketball, Steve Atkins said, "Taree has outgrown the current facility. This expansion of Iron Arena will fill a void in the sporting community allowing us to cater for larger events, like state championships," Mr Atkins said.

Celebrating the Forster Tuncurry Bridge opening 1959 & the bridge today



Photo: Great Lakes Museum



"Did You Know?" Meteorite falls near Krumbach

An interesting specimen of a large meteorite fell about 15th October, 1927 at Avalon near Krumbach in the paddock on the property of Mr. Charles Paff (1886-1972).

The specimen weighed 25 lb (11.34 kg). Mr. Paff who was a dairyman, witnessed the meteorite fall from an angle of about 45 degrees whilst attending to his cows.

The heavy meteoric substance resembled the slag that comes from a tin smelting furnace. The definition of a meteorite is "A mass of stone or iron which has fallen to the earth from space." Meteorites usually show a pitted surface with a fused crust, caused by the heat developed in their rapid passage through the earth's atmosphere."

Mr. Charles Paff and his family were pioneers of the Krumbach District. Descendants still reside in the area.

If you would like to know more about the pioneers or the history of the area, please call into the Great Lakes Museum, 1 Capel Street, Tuncurry.

Ruth Stocker
Museum Volunteer



Art in the area - Forster

The Great Lakes Art Society is a local community resource – not only for established artists but beginners and those who painted at school and want to again enjoy the creative experience in their retirement. There are classes in oil painting, watercolours and pastel with interesting and dedicated tutors. To give you an idea of the diversity of the local talent, here's a few of the members who enjoy painting for relaxation in the company of other artists and giving help to their students.



Pam Dunne from Coolongolook with her major work "Litchfield Falls".



Vicki Bullard from Tuncurry, working on her new pastel painting "Ellenborough Falls"



Wayne Barry from Forster with his watercolour painting "Shadow Study" and examples of the works of his students



Pat Barry from Firefly with her pencil drawing of her granddaughter "Aika".

So come along to 34 Lake Street Forster and join a group of friendly locals who will welcome and support you in discovering your artistic personality, or just enjoy the ever-changing exhibition of art in the gallery.

Story by Fred Bullen
For more information visit: www.glas.org.au

Star Photo



Photo by June Southwell

Do you have a great celebration, wedding, new baby or fun photo to share? Please send your high resolution photo to www.theforstertuncurry.com.au Submissions are published when space permits.

Dr David Gillespie MP
FEDERAL MEMBER FOR LYNE

AGRICULTURE

For a century, The Nationals have been a strong voice for regional Australia and stood up for agriculture. It's in our DNA.

The Government is investing \$328 million to grow our food and fibre exports as part of our Economic Recovery Plan for Australia and our commitment to supporting the farm sector's goal to become a \$100 billion industry by 2030. This includes:

- \$222.2 million over 4 years for digital services to take farmers to market. This will deliver a modern and reliable digital service to help farmers do business quickly and cost effectively – a single touch point for exporters that is available 24/7.
- \$10.9 million over 3 years for building a more competitive export meat industry and working with industry to streamline export and production costs to remain competitive.
- \$10 million over 4 years for busting congestion for plant export industries. Streamlining border clearances for plant exports by reducing manual processes and improving service times and cost savings for exporters.

FIRST HOME LOAN DEPOSIT SCHEME

First home buyers are now able to apply to First Home Loan Deposit Scheme lending panel lenders to secure a guarantee to build a new home or purchase a newly built home with a deposit of as little as five per cent.

As part of the Government's Economic Recovery Plan to create jobs, rebuild our economy and secure Australia's future, 10,000 first home buyers will be able to purchase a new home sooner under our extended First Home Loan Deposit Scheme.

These additional guarantees will be available until June 2021 and will drive more construction and support jobs in the economy at a time its needed most.

The First Home Loan Deposit Scheme has delivered for first home buyers with almost 20,000 buyers accessing the Scheme to purchase a home this year.

For more information go to: nationals.org.au/budget2020



Dr David Gillespie MP
FEDERAL MEMBER FOR LYNE
He Listens. He Cares. He Delivers.

THE NATIONALS
for Regional Australia

Authorised by Dr David Gillespie MP, Corner of High and Hastings Streets, Wauchope, NSW 2446.

Wauchope Office

02 6586 4462
Corner of High and Hastings Streets, Wauchope, NSW 2446
david.gillespie.mp@aph.gov.au

Taree Office

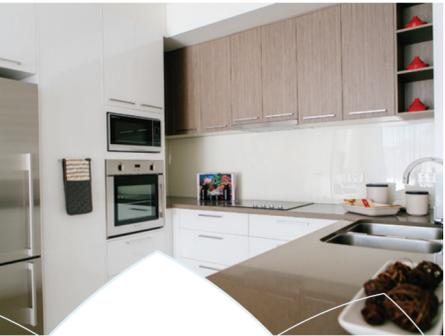
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THE FORSTER TUNCURRY

Community News

Local Church Services

Forster Tuncurry Uniting Church

Each Sunday 9am we are gathering, physically distanced and without singing. Pacific Palms service has also recommenced.

Printed and emailed copies of the service are available. Our buildings continue to be open for use by many self-help groups. Links to live streamed services by other UCA congregations are available also.

Please check out our web pages: forster.uca.org.au tuncurry.uca.org.au; our facebook page: [Uniting Church In Australia Pacific Palms / Forster Tuncurry](https://www.facebook.com/UnitingChurchInAustraliaPacificPalms/) or give Pastor Geoff a call on 65558573.



Forster-Tuncurry Catholic Parish

The current Mass times at the Holy Name Church are:
Saturday - 5:00pm
Sunday - 8:00am, 10:00am, 12 noon

Due to the current COVID-19 restrictions Mass attendance is by registration only. To register, phone 6554 6401 or email forster-tuncurry.parish@mn.catholic.org.au. To watch the 8 am Sunday Mass live stream please send us your email address to receive the link.

The Holy Name Church is open from 9 am - 3 pm Mon- Fri for private prayer.
www.forstertuncurrycatholic.org.au



COAST EVANGELICAL CHURCH

We currently meet on Sundays at 4pm (with Kids Church) and 6pm at Forster Public School Hall.

We also run SALT (years 3-6) on Friday afternoons and RIPTIDE (years 7-12) on Friday nights.

More information plus videos of services can be found on our website: www.coastec.net.au

Due to COVID regulations please register via the website.

Anglican Church Forster-Tuncurry & Nabilac

Forster /Tuncurry Anglican Church

We are meeting for services at 6 St Alban's Place Forster on Sundays at 8am (Traditional Communion), 10.00am (Families plus creche - NOTE NEW TIME); 5.30pm (Informal Communion) and on Thursdays at 9.30am (Traditional Communion).

Our Toddler Time Group is on Monday mornings at 9.30am with pre-registration required on 5543-7683.

We also operate the Op Shop off the car park on Head St Forster, open Mon - Fri 9am to 4pm. The Christian Bookshop at 6 St Alban's Place serves all the churches in the area and is open Mon, Wed and Fri, 9am - noon.

Our services can be viewed at: forsteranglican.com

We encourage you to support our local advertisers who help make this paper FREE to pick up and read each fortnight.

Forster Tuncurry Presbyterian Church

We meet at 16 Bruce Street, Forster (next door to Evermore) at 9.30am each Sunday, utilising both the Church & Hall space. Registering at the Church entrance on arrival is essential.

Children are very welcome but due to Covid 19 restrictions & lack of available separate space our Sunday School /creche is on hold. BUT activity sheets will be available for children to do during the service with their parents/



Seventh-day Adventist Church Forster Tuncurry

Forster Tuncurry Seventh Day Adventist

We are open again, having been on zoom for many weeks. We have a bible discussion group at 10 am that continues into the service at 11am on a Saturday. We usually have a lunch afterwards - but due to COVID19 we have had to suspend these. We are at 29 north st Tuncurry.

You can find us on Facebook and at: Forster.adventist.org.au. Pr Graham Stewart phone is 0447 444 424.

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Local Calendar

November

28th Nov - Tuncurry Market
John Wright Park
Bookings essential
Enquiries: Anne 0417400994

28th Nov - GL Pallative Support Garage Sale
8-2pm 32 Manning St Tuncurry
Opposite John Wright Park

29th Nov - Pacific Palms Market
9am - 1pm Pacific Palms Community Centre
Last Sunday of the month
Enquiries: Jennifer Doyle 0401968516

29th Nov - Pacific Palms Self Drive Arts Trail
Start Pacific Palms Markets from 9am near
The Recky. Check times at pacificpalmsartsinc.org.au

December

6th Dec - Blackhead Bazaar Market
8am 1pm Wylie Breckenridge Park
www.hallidayspointinfo.com

6th Dec - Lions Club Car Boot Sale
8am - 12pm Hallidays Point Shopping Village
1st Sunday of the month
Bookings: Alan Stewart 0488160126

13th Dec - Forster Tri Club Triathlon
Arrive 7.30am for 8am start, different kms
Elizabeth Reserve Forster Keys
www.forstertriclub.com.au

13th Dec - Pacific Palms Market
9am - 1pm Pacific Palms Community Centre
Last Sunday of the month
Enquiries: Jennifer Doyle 0401968516

13th Dec - Pacific Palms Self Drive Arts Trail
Start Pacific Palms Markets from 9am near
The Recky. Check times at pacificpalmsartsinc.org.au

18th Dec - Forster Tri Club Aquathon
Arrive 5.45pm for 6pm start, different swim/run kms, Forster Main Beach Ocean Bath (Bullring)
www.forstertriclub.com.au

19th Dec - Forster Farmers Market
8am - 12pm Forster Info Centre on Little St
3rd Saturday of the month
Enquiries: Linda 0421347273

Weekly Diary

Wednesdays

The Forster Tuncurry Community Kitchen
12-1pm, 33 Lake Street Forster
6539 5900 or sabdooc@catholiccare.org.au

Great Lakes Breast Cancer Support Group
First Wednesday of every month
4pm Forster Beach Bowling Club/membership
Email: facilitator@breastfriends.org.au

Thursdays

The Forster Tuncurry Community Kitchen
12-1pm, 33 Lake Street Forster
6539 5900 or sabdooc@catholiccare.org.au

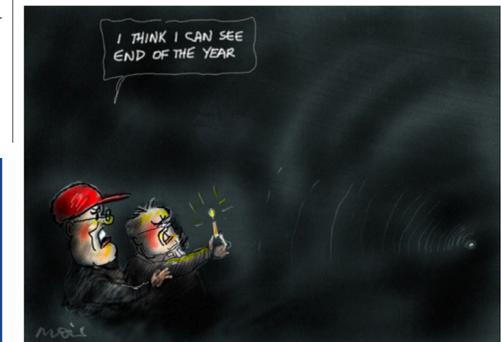
Coomba Mens Shed
Open every Thursday 8.30am- 12pm.
86 Moorooaba Rd Coomba Park
All men welcome to come along & participate.

Codependents Anonymous
Difficulty maintaining relationships?
5.30 - 7pm Uniting Church,Tuncurry
Phone: 0412 386179

Saturdays

Codependents Anonymous
Difficulty maintaining relationships?
5 - 6.30pm Uniting Church,Tuncurry
www.codependentsanonymous.org.au

Letters and Feedback



The 'Letters & Feedback' are best limited to 250 words. The writer's name and town will be included unless specifically requested otherwise. This newspaper intends to provide an opportunity of reply for any person/organisation involved before publishing.

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Anne Schubert

“Becoming a Bowen Instructor began one of the most rewarding passages of my life.”

Anne Schubert has been a very familiar name and face in Forster Tuncurry for many years, for the work she has done, and continues to do, for her involvement in the community, professionally, on a volunteer level and for her sporting prowess. Anne says “I have spent three quarters of my 80 years in this precious town which has given me so many opportunities to reach personal highs and immense satisfaction.”

Above all, she is known for her capacity to work with clients as a Bowen Therapist achieving amazing results. Many people’s lives are much richer after working with Anne. “In fact I am still busy running my Bowen Therapy Clinic as well as continuing sharing my knowledge as a national and international Bowen Therapy instructor.

Anne greeted me at the door of her home and clinic – a very tall, lean, elegant and graceful lady. Her demeanour – peaceful, calm and warm. I knew this was going to be a special interview.



Jack and The Beanstalk

Massage in Sydney. From 1980 – 1989 Anne gained many qualifications in massage including ‘Swedish Massage Certificate, ‘Sports Massage Therapy Certificate of Merit,’ Bachelor of Massage with NSW Association of Masseurs’ and ‘Sports Therapy Massage Certificate.’ In 1983, Anne established the Great Lakes School of Massage and in 1989, was a tutor at Forster Tuncurry Adult Education as well as a TAFE instructor.

Anne volunteered her massage skills at all 15 Ironman’s held in Forster. At her final Ironman event, she organised 200 TAFE massage students from Newcastle, Port Macquarie and the Central Coast as well as local students.

You would be correct in thinking Anne was and still is a ‘Mover and Groover!’ She was the first female to achieve status in many areas.



having the opportunity to guide others to effectively use this eminently successful body therapy became a consuming passion for her. In 1987 she was one of the original Bowen students of Ossie and Elaine Rentsch and went on to become a registered Bowtech Instructor in 1994. Anne achieved a Bowen Therapy Academy of Australia Advanced Certificate in 1999 and was a director of Great Lakes Remedial Therapies in Forster from 1985 – 2010. In 2000 Anne was given Life Membership of the Bowen Academy of Australia.



Hockey Captain

Anne was born in Merewether in 1940. One of five children to Joyce and Jack Corbett. Anne believes she had wonderful parents, Joyce’s acceptance with dignity of her own polio and Jack who was an electrician and philosopher – Anne sees herself as a body electrician. Joyce and Jack taught Anne that “Women can do anything.” Anne embraced this belief and became a trailblazer for women in many aspects of life.

Newcastle Homescience High, which then became Hunter High. Her sporting prowess was certainly recognised as she played in the hockey first team from year 7 and later captained the side.



School Teacher

Anne qualified as a teacher in Newcastle. Whilst at college she continued to pursue her sporting passions and was awarded Sportswoman of the Year – twice. She was assigned her first appointment at Forster Central School. With a days’ notice, using public transport, a naive 19 year old arrived knowing no one and with nowhere to live. Anne disembarked the bus at the Lakes and Ocean with just her suitcase, feeling very lost. Standing at the bottom of the steps was a taxi driver. The taxi driver took pity on the forlorn teacher reassuring her he’d find her somewhere to live. He booked Anne into the Lakes and Ocean then found her a flat and later a boarding house. This kind gentleman was named Trevor Schubert – the rest is history! Trevor was also a builder and later bought a farm – a beloved farm in Coolongolook. Trevor and Anne were married three years later and had two sons Ian and David – David now manages the farm as Trevor passed away six years ago. Anne believes their marriage was so successful because both Anne and Trevor followed their passions – Trevor with his farm and Anne with her Bowen. Ian and David, both very intelligent and talented formed an entertainment duo ‘The Schwingin Schuberts,’ known to many locals and famous for their wild animal print suits and antics. Anne has 8 grandchildren.



Champion squash player

Living 100m from the ocean during her childhood, Anne found a natural affinity and love of the ocean and catching waves – the bigger the better! She continues to cherish her daily morning cycles to One Mile to catch a few waves.

Anne attended Primary school at Raymond Terrace. Her schooling there was a wonderful experience where play was encouraged and learning was free flow. Anne later attended



The Forster Tuncurry

Anne also held a position at Forster High School as the PE and Art teacher before the door closed on her teaching career. This event, which devastating at the time, is now something Anne reflects upon philosophically – it allowed her to open the door to new possibilities and horizons and a brilliant career. She continued to teach part-time as an Aboriginal Liaison teacher – but her calling was drawing her towards another passion.

Anne, at the suggestion of her sister-in-law, studied Swedish



Trevor and Anne

First female to march in the Cape Hawke Surf Club Men’s Team for the traditional March Past. (Women weren’t allowed to compete!)

First Forster Aerobics (ACHPER trained), Aquarobics and Zumba instructor. Many will have fond memories of her classes held at the squash courts, Club Forster (RSL) and Tuncurry swimming pool.



Bowen Worldwide

First female soccer coach for the Lower North Coast boys teams – many males were scathing of her position as coach.

First Female to achieve a bronze medallion and become an instructor as well as a patrol captain at Cape Hawke Surf Club.

A flaming redhead (her own words) back then, she was also a first grade squash champion, sang with The Great Lakes Singers (The Company of Voices) and performed with the GLADs. Anne made a cool Jack in the pantomime, ‘Jack and the Beanstalk.’

Despite this illustrious journey Anne says “that becoming a Bowen Instructor began one of the most rewarding passages of my life.”

Following Anne’s success as a Bowen therapist,



Currently, as well as running a general Bowen practice, she has developed a particular interest in working with babies and children, including accessing the ‘inner child’ in us all. Anne shares this experience of the fascinating ability of Bowenwork to aid in the release of memory and facilitate Mind-Body integration.

Alongside her fellow Instructor Margaret Spicer, Anne created and developed the Mind Body Bowen approach and workshop. As well as teaching in Australia, Anne travels the world as a Bowen Therapy ambassador.

“My enthusiasm for instructing new participants has not waned since teaching my very first four-day workshop in 1994. Now, with the high quality, nationally recognised course, I delight in guiding others in developing both manipulative skill as well as an enthusiasm and understanding of the philosophy of the outstanding Bowen Technique.”

Prior to Covid Anne had presented at numerous national and international conferences. She is

Below: Massage at the Forster Ironman



Continued top of next page.



Photo on left: Trevor and Anne on the farm

Continued from page 12.

known to her peers, colleagues and students as, ‘The Grandmother of Bowen.’ Also prior to Covid, Anne had volunteered at Tuncurry Primary School for the past 15 years working with children who have suffered from trauma and anxiety.

Whilst Anne excelled in business and sport, she was not academic. She discovered recently that she is dyslexic. She feels that this learning disorder armed her with the tools to truly talk, engage and connect with her clients on



a unique and intuitive mental and physical level.

When Anne’s Father, who didn’t believe in the afterlife, passed – Anne was at his bedside. She closed her eyes and felt her father come back to her alongside his own mother. He very clearly said to her, “I was wrong!”

Anne’s favourite sayings are... ‘One day at a time.’ ‘Don’t take life too seriously.’

Story by Vanda Gooley. Photos supplied by Anne Schubert.

Your Travels – To seven countries

When I went overseas last year, I learnt many things such as driving on the right-hand side of the road. My experience happened in 7 different countries which has expanded my knowledge of geographical features and events that have happened overtime, such as Brexit and the attack on the Twin Towers.

The main reason behind going overseas was to go to the International Pathfinder Camporee in Oshkosh, which is kind of like scouts, but Christian. The camporee spanned five days and 75,000 people took part... no social distancing! We broke the world record for the largest human image of a cross, and I participated. After the camporee, four families hired RVs and drove 7,000 miles (11,265 kilometres) across the US, and we passed through 19 states. On the way, we stayed near Washington D.C and



then drove to San Francisco.

My favourite country was Ireland. This was because two of my cousins have lived there their whole lives and have never come to

Australia, so it was my first time meeting them. I taught my youngest cousin about drop bears and gave him a koala teddy. We stayed at their house and made trips to castles such as Birr Castle, and we also drove to Northern Ireland and went to the Giants Causeway, before driving to Belfast. The next morning, we went to The Titanic Exhibition (where the Titanic was made and launched for its maiden voyage) we also went on the boat that carried the passengers out to the Titanic.



On our way to The Cliffs of Moher we passed The Burren, which is 250 km² and is made up of bedrock

incorporating a vast cracked pavement of glacial era limestone, with cliffs and caves including rock formations. We then drove to Lisconnor where we met up with my two cousins and we watched the Rugby World Cup. It was strange watching Ireland versus Australia! The next day, we walked The Cliffs of Moher, we were roughly 30cm from the cliffs edge (not at all scary).

In London, our hotel was in Westminster (where parliament sits). While we were there in London, we visited Tower Bridge, saw The London Eye, Buckingham Palace, Trafalgar Square, The British Museum (which features ‘Night at the Museum’), The Biggest Lego Shop in the world and London M&Ms shop. We kept checking on Westminster as there were television stations that reported globally about Brexit.

The day we were flying to Hong Kong, we went over and found an anti-Brexit protest with over a million people while the British Parliament spoke about Brexit stuff. In Hong Kong, we visited The Peak and caught the ferry a couple of times and at 8:00 each night, there was a light show. For food, we



went to the markets and had Vietnamese food and Maccas. We then returned to Australia. Trent Hopper (Year 6)

Out and About

Forster Tri Club’s Aquathon at the Bullring - November 20th

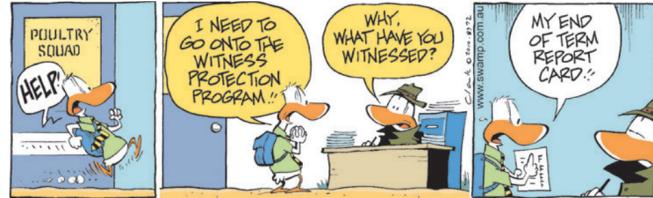
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The Grin Bin



Swamp



Doodley Squat

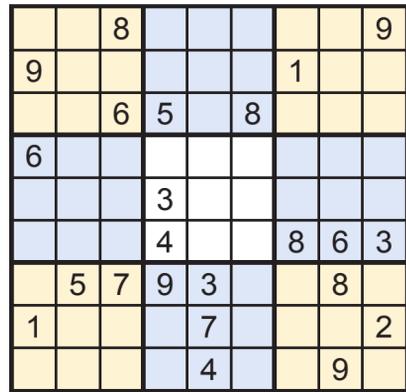


Bushy Tales



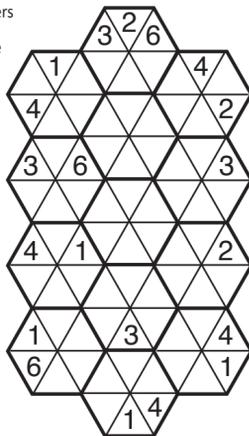
Sudoku

Fill in the blank cells using numbers from 1 to 9. Each number can only appear once in each row, column and 3x3 block.

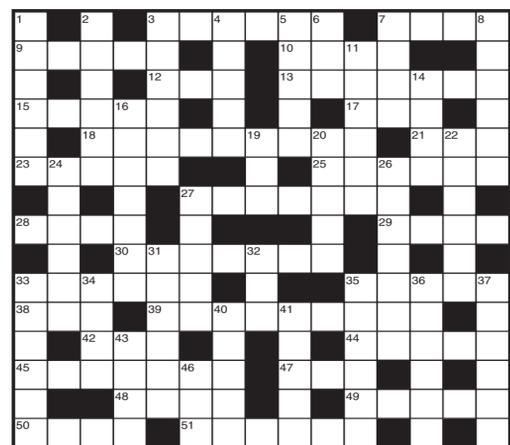


Quick Workout

Fit the numbers 1, 2, 3, 4, 5 and 6 into the hexagons so that where the hexagons touch, the numbers will be the same. No number is repeated in any hexagon.



Crossword



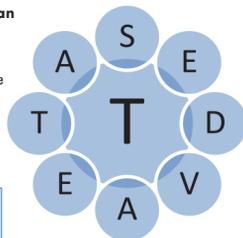
- ACROSS: 3 Unrevealed fact, 7 Keen relish, 9 Coral isle, 10 Female horse, 12 Tree, 13 Utter repeatedly, 15 Association, 17 Present, 18 Made lawful, 21 Fate, 23 Sifting implement, 25 Against, 27 Make ready, 28 Couple, 29 Festive, 30 Flow out, 33 Present as a gift, 35 Best part, 38 Tree, 39 Large boas, 42 Man's name, 44 Golf clubs, 45 Touching, 47 And so forth (abb), 48 Notion, 49 Vestige, 50 Reflected sound, 51 Shatters, 16 Young hare, 19 Frozen treat, 20 Dodge, 22 Vent, 24 Optical counterparts, 26 Normal, 27 Shrimp-like crustacean, 31 Expressed suffering, 32 Curve, 33 Fight, 34 Part of the leg, 35 Decrees, 36 Curve of equal pressure, 37 Festive season, 40 Sacrificial table, 41 Musical drama, 43 Premium on money in exchange, 46 Beak

Solutions

Solutions for puzzles: a grid of words, a hexagonal grid, and a crossword grid.

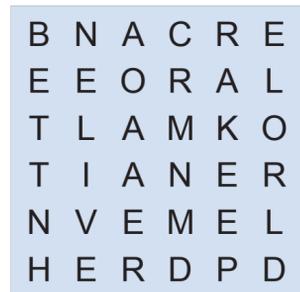
Focus An All Australian Word Game

- * Each word must contain the centre 'Focus' letter and each letter may be used only once
* Each word must be four letters or more
* Find at least one nine letter word
* No swear words
* No verb forms or plurals ending in 's'
* No proper nouns and no hyphenated words



Reference: Macquarie Concise Dictionary Focus No. 3842

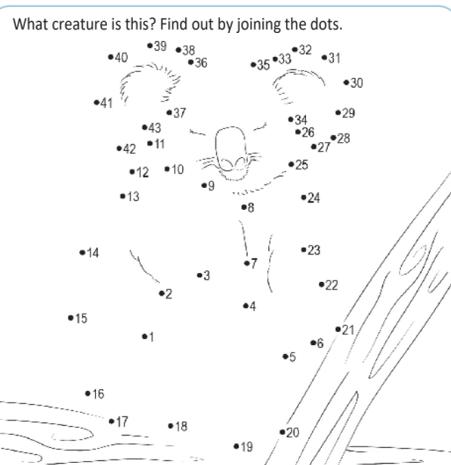
Word Find



Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

- Acre, Knee, Oral, Tea, Bean, Lamp, Rain, Tied, Colt, Lemon, Rake, Herd, Live, Red, Keep, Male, Role

Join the Dots



Forster SLSC Silver Salties

The Forster Surf Live Saving Club (SLSC) Silver Salties have just completed their 6-week Yoga program. The event was very popular but unfortunately, we had to turn some people away because our numbers were limited. Hopefully, there will be more programs in the future.

Nicci Nitya Robertson for her guidance throughout the course. Janet Litwin



Everyone who attended, enjoyed the Yoga and meeting new friends. The Surf Club was a perfect venue, with the waves in the background slapping the shore, as we went through our moves.

We would like to thank

Forster Croquet Club catch - up

Forster Croquet Club have recently finished playing the last of the competitions for this year. Like all other sports everything was put on hold due to Covid and we had plenty to catch up on in the past two months.

proceeded to win the Cedar Bat and the Runner-up was Barbara Wilson.

Golf Croquet had three events to play in October-November.

The third competition was the the Captains Trophy, handicap range -1 - 6. This was a very special event as 18 of the club members contested it. A record number, never before has there been so many players in any competition within the club.

We started with the Hoopmakers Trophy which is run for new players with handicaps of 11 to 14. This is usually the first competition that this handicap range plays and they did well.

This competition was played as 2 blocks of 9 giving everyone 8 games each. Semi-finals were played between the two top players in each block. Ray Vize and Fred Smith-White, and Graham Innocent and Rod Walch. Ray and Graham winning their semi's played the final, with much cheering from the sidelines, such a great game to watch. Ray took out the game 7/6 against Graham.

The winner was Peter Pittard and Runner-up Karen Pittard. All in the family.

Congratulation to all the players who played in any of these competitions, great to see.

The second competition was the Cedar Bat with a handicap range between 7-10. There were 9 contestants giving them all 8 games each which challenged each one of them.

Barbara McTiernan

Peter Pittard's handicap had dropped with his success in the Hoopmakers and he then



2020 Major Consistency Singles - our winners finish on a high

Our final bowling competition for 2020 the Major Consistency Singles commenced on Friday, 30th October with 18 ladies vying to win and finish the year on a high.

The game between Kath and Vicki was close all the way with Kath winning to go through to the Final. In the other game Val got off to good start and had a handy lead throughout to defeat Ruth and go through to the Final.

There were a number of close and exciting matches leading into the Semi-Finals which were played on Thursday, 12th November. In one game we had Val Feuersanger playing against Ruth Higham and in the other game Kath Anderson playing against Vicki Piper. All four ladies were in great form and played quality draw bowls throughout the

The Final was played on Friday, 13th November between Val Feuersanger and Kath Anderson. Unfortunately for Val and Kath the weather conditions were not ideal with the predicted showers arriving during the game. The game was played in great sportsmanship, not to mention the quality bowls played by Val and Kath in wet conditions. It was a fairly even start for both players, however, it was Val who

Below: Winner Val Feuersanger and runner up Kath Anderson



managed to set the pace and had a lead of 40 points at one stage. Kath endeavoured to reduce the lead with some very good draw bowls but it was not enough with Val continuing with her consistent draw bowls to take out the 2020 Consistency Singles Final 150 to 116.

Congratulations to Val on winning the Major Consistency Singles for 2020 and Kath on a tremendous effort during the Major Consistency Singles and being Runner Up for 2020.

Sue Ryan

Forster Womens Bowling Club Minor Finals

The final of the Minor Consistency was played on Thursday 12th and Loretta Funnell defeated Narelle Mantle in a very exciting game. Both of these ladies have only been bowling for a short length of time and it was so pleasing to see them reach the final. The President Fours first round was played on Wednesday 18th in very warm conditions. Ladies, when playing in these hot conditions, please remember to keep up the fluids. It was very pleasing to see such interest in this competition. Good luck to all players - winners will be announced next edition,

you a speedy recovery, and when possible welcome you back to the club. Enjoy your bowls and the lasting friendships it creates.

Now to Xmas. Where has this year gone!!!! Our break-up day is on the 10th of Dec and because of restrictions regarding seating and numbers, we will need to limit the number of bowlers for that day. The list for names is now up in the locker room.

Fay Hannah

Enquire about our Friday evening twilight bowls for individuals or teams.

To anyone member past or present on the sick list we wish

Below: Finalists Loretta Funnell and Narelle Mantle.



Advertisement for MAT PILATES at Tuncurry Physiotherapy. Includes class times (Tuesdays 8AM, Thursdays 5PM), cost (\$17 per session), and contact information.

Forster Tri Club Division 3 winners at NSW Club Champs held in Forster



Forster Triathletes Aaron Eichner, Rob Mellor, Tristan Marshal and Kieran Dalton.

Saturday the 14th Nov saw 9 of our local competitors compete in the NSW Club Championship. Everyone was hit with some hard conditions, a rough swim saw a few of us struggle out of the water but regrouped only to hit the hills hard on the bike leg. Aaron and Rob

The women were just as quick with Marg, Louise and Sam finding some great rhythm and setting down some great times. Overall Forster Triathlon Club was able to walk away with heads held high, no matter our individual

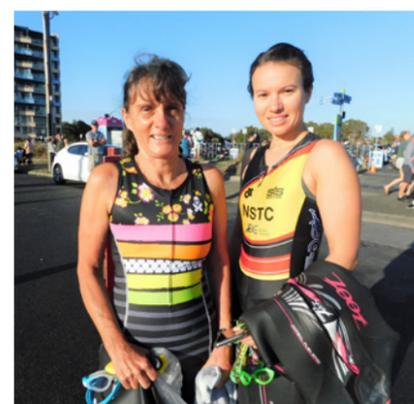


Forster Triathletes clockwise from top left: Samantha Doust, Clodagh Deignan, Louise Every, Margaret Gordon, and Monique Kusse with daughter Natalie Kusse.

as always went toe-to-toe pushing as hard as possible, with the rest of us pulling up slowly behind. The run saw the field spread out with some fast times being pumped out by everyone!

placings, as we came out with a group win! Division 3 Winners, beating out Kiama, who has held it for 2 years previously!

We would also like to thank all those volunteers who stepped in on the day to help out. This win wouldn't have been possible without you all. And lastly to all those who showed up and yelled out support along the way, it is always good to grab a little extra motivation when you're reaching to find something. We hope to see you all soon! Keep pushing hard.
- Triman



Cape Hawke Surf Club catch-up

We have had a busy start to the season and some really beautiful beach days. The surf has been kind to the nippers starting out for the season. The club has initiated a regular Sunday Swim at 9am for members' fitness followed by a paddle. This has been well attended as many are keen to hone their skills to maintain patrol proficiency as well as enjoying a salty social activity.

Thank you to the following patrolling members (currently 9am - 1pm) -

Patrol 8 on Sat 21st November: Andrew Jones (Capt/Driver), Paul Scott (VCapt), Geoff Truett (Crew), Kylie Jones, Harlen McDougall, Kerry Scott, Ian Mackey, Trent Blomgren, Kayne Bonventi and Jack Duffy.

Patrol 7 on Sun 22nd November: Adam Mulligan (Capt/Driver), Nat Kelly (VCapt/Crew), Troy van Kampen (Crew), Cathy van Kampen, Angus Robertson, Harry Ward.

Patrol 10 on Saturday 28th November: Grant Gardiner (Capt/Driver), Warren Sweetman (VCapt), Reece Dodds (Crew), Robert Dent (Crew), Jack Dent, Peter McTiernan, Tyler Sweetman, Torbian Titow, Scarlet McCarthy and Bowen Nash.

Patrol 9 on Sunday 29th November: Ian Reynolds (Capt/Crew), Luke Felsch (VCapt/Driver), Jack Wood, Jason Berg, Mark Jackson, Matthew Wood, Declan Felsch, Kane Jackson and Travis Felsch.

In other news, the club is hosting the Silver Salties, a free programme targeted at the older men and women club members for social



One of our valued members, Nathan de Rooy, doing his proficiency.

connection and fitness. This involves gentle exercises lasting for approximately one hour followed by coffee at The Pantry. The program has commenced, however if you have any enquiries don't hesitate to contact the club.

Our new competition swimwear is now available for order and board training has commenced on Tuesday and Wednesday afternoons. See you at the beach!

Emma Barton

Zone 11 Bowls - 2020 Champions at Forster

Our 2020 Champion of Champion Pairs commenced at Forster Tuncurry Sporties in what were very gusty, windy conditions. This did not make precision bowls easy for anyone, but by the next day we were down to the semi's and conditions had eased considerably.

The first semi was between Gordon Pritchard and Allen Rose from Gloucester, and Brian Wilson and Martin Gosper representing Forster. Unfortunately, for the Gloucester pair this game was virtually over after 8 ends, when they trailed 1-18. Forster were far too good and went on to record a 29-10 win and book the first spot in the final.

The second semi was a much closer affair between Errol Ruprecht and Dominic Riley (Club West), and the defending champions from Tuncurry, Noel James and Rex Johnston. Although the West team skipped out to a 9-3 lead, Tuncurry were not to be denied, and scores were soon all tied up at 9-9. Five ends later and not much had changed, scores were 12-12. Spectators were happy, with it looking like a tight finish was looming. The turning point came on the eighteenth end where the Tuncurry team, leading 16-14, scored a 4 to grab a 6 shot lead with just the 3 ends to play. They exchanged singles and the 6 shot lead stayed intact with only the last end to play. This was virtually mission impossible, and although Dominic killed the end once, he was unsuccessful on his second attempt and Tuncurry were in the final with a 23-15 win.

The final had all the promise of being a cracker of a game. These two teams were very evenly matched. The Forster team really jumped out of the blocks, winning the first 5 ends to lead 6-0. They then won 3 of the next 4 ends and the lead was extended to 10-2. They were

playing superb bowls and really backing each other up. This is a winning formula in any team game. The Tuncurry team could not let this get any further away if they were to have a chance, and they didn't, scoring 7 shots to 2 over the next 5 ends to reduce the lead to just 3 at 12-9. Alas it was not to be, Forster got back on track, and turned the screws, scoring another 5 shots, and the lead was out to 17-9. Against quality opposition this was too big a gap, with too few ends left to play for the Tuncurry team. Forster led all the way, and ran out 18-11 winners, and are our well-deserved 2020 champions.

We wish them well in the State Finals which will now be played in early 2021.

Noel James



Winners Martin Gosper and Brian Wilson

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