

MidCoast Council  
Updates

Meet Local Legend  
Jeff Summers



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 6th January 2021

Owned and Loved by Locals

Circulation 6000

NO.11

## One of the best Mountain Bike Parks at our back door



"We are so lucky", explains Bruce Pain, representative of the Manning Great Lakes Tip Riders (Tippies). "One of the biggest and best Mountain Bike Parks on the Eastern seaboard is right here at our backdoor."

Today we met Bruce Pain and Paul Mackie, both Tippie members, in their distinctive green bike tops at the Kiwarrak Mountain Bike Park (pronounced "Kye-warrick") on the Bucketts Way, opposite the Taree Waste Management Centre. Both are passionate mountain bike riders who are happy to show us the recent upgrades built by Tippie volunteers. While we chat, a steady stream of locals and tourists arrive to unload their bikes before approaching the large sign that shows the many bike trails to choose from. Our hosts Bruce and Paul [see photo far left] naturally start to say hello and give good advice of which trail will suit their needs. A bike pump is also lent out from their resourceful 4WD.

Continued on page 15.

"Tuned in lately?"



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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](http://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.

**Submissions:** [www.theforstertuncurry.com.au](http://www.theforstertuncurry.com.au)  
**Email:** [info@theforstertuncurry.com.au](mailto: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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**Puzzles & Cartoons:** Supplied by Auspac Media, an Australian company with Australian cartoons.

**The Forster Tuncurry:** Proud to be a locally owned family business.

## Welcome to your eleventh TFT



A Happy and Healthy New Year to all our readers and supporters.

On the front page we have Tippi member Bruce Pain flying through the upgraded trails at Kiwarrak Mountain Bike Park. On the left is Bruce on the Green Bottle Trail jump.

It's great to have our local Forster parkrun open again. See page 10 for photos in our Out & About feature. Heavy rain was forecast but it held off to allow 110 runners and walkers to enjoy the first one for 2021. We met quite a few returning visitors who love this free event.

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

The next edition deadline is 5pm Wednesday the 13th of January, prior to distribution Wednesday & Thursday the 20th & 21st of January. We welcome your stories and letters.

All submissions: [www.theforstertuncurry.com.au](http://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.

## Three good reasons to advertise with us

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3. Free and accessible newspaper with online version.

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Enquiries: 0413410492 or [info@theforstertuncurry.com.au](mailto:info@theforstertuncurry.com.au)



Meet Kristy from Access Fules in Rainbow Flat. One of the many places where you can pick up your free copy of the TFT newspaper.



'The Forster Tuncurry' is available from Hallidays Point to Seal Rocks.

We encourage you to leave your car behind and walk to your nearest pick up place for your FREE local community newspaper.

**Hallidays Point**  
 Foodworks Hallidays Point  
 Diamond Beach Takeaway  
 Tallwoods Country Club

**Tuncurry**  
 Oasis Service Station  
 Woolworths  
 TSG Stop n Go  
 Access Fuels Service Station  
 Tully's Tuncurry News  
 Thoughtful Things on Manning

**Forster**  
 Beach Bums Café Main Beach  
 Tulls News on Wharf St  
 Forster Information Centre  
 Little Mart on Little St  
 Pearl Energy Service Station  
 Farmers Patch on Lake St  
 Great Lakes YMCA  
 Forster Bowling Club  
 Plunge Café on Boundary St  
 Tradies Takeaway on Kularoo  
 Coles Service Station  
 MidCoast Library  
 Coles  
 Woolworths  
 Stocklands Customer Care  
 Forster Keys Mini Mart

**Pacific Palms**  
 Blueys Supamart  
 Kembali Café

**Charlotte Bay**  
 Metro Petroleum  
 Foodworks Charlotte Bay

**Smiths Lake**  
 Smiths Lake Friendly Grocer

**Coomba Park**  
 Pollards General store

**Bungwahl**  
 Bungwahl Fuel & Liquor

**Seal Rocks**  
 Seal Rocks General Store



# NSW Health Department updates and new rules

The following information was correct at time of publishing.

Please visit [www.nsw.gov.au/covid-19/latest-news-and-updates](http://www.nsw.gov.au/covid-19/latest-news-and-updates)

## New Rules for hospitality venues

The NSW Government recently announced that from Friday 1 January 2021, hospitality venues must use the Service NSW COVID Safe Check-in app to electronically register customers.

A QR code collects customers' contact details in case they're needed for contact-tracing purposes. This rule applies to venues including all food and drink premises, casinos, microbreweries, small distilleries, pubs, small bars and registered clubs.

Customers who enter a venue without a mobile phone will be asked to record their details on another device.

If you have not already done so, download the Service NSW app, visit [service.nsw.gov.au](http://service.nsw.gov.au) and search for 'Service NSW Mobile App'.



@GoldingCartoons

## Visitor restrictions are in place for Sydney's Northern Beaches, Greater Sydney, Central Coast and Wollongong.

For other areas of NSW, there is no daily limit to visitors to your home, so long as you don't have more than 50 visitors at any one time. The total number of 50 visitors includes all adults, children and babies.

The limit applies whether you are indoors or outdoors (such as a backyard, courtyard or balcony) at your home. If you are unable to use an outdoor area NSW Health recommends keeping visitor numbers to no more than 30.

If you are planning a party at home or at a cafe, restaurant or other venue, the limits are:

50 visitors at home (including adults, children and babies)

100 people in an outdoor public place

30 people at an individual table at a hospitality venue such as a restaurant, cafe, pub or club.

## Covid 19 Testing Sites for the Manning - Great Lakes

### Forster

- Forster Private Hospital  
15 South St, Forster  
Ph - 6555 133
- Forster Laverty Pathology  
29 Breckenridge St, Forster  
Ph - 6554 7129

### Taree

- Manning Base Hospital  
Ph - 6592 9111
- Taree Health Hub Respiratory Clinic  
15 Butterworth Lane, Taree  
Ph - 6552 5533

## Welcome to Yalawanyi Ganya in Taree

### MidCoast Council's new administration and customer service centre at Yalawanyi Ganya on Biripi Way, Taree will open to the public on 7 January.

The customer service centre in Yalawanyi Ganya will provide a modern concierge model customer experience, supported by Council's online services.

"We are excited to be welcoming the community to our new building and to be able to continually evolve the way we are able

to provide services," said Adrian Panuccio, MidCoast Council's General Manager.

"Everyone who has seen the space is really proud of it and we hope the community embraces it in the same way staff have."

Mr Panuccio said the construction of the new building had also been delivered on time and within budget of \$18.646 million, lauding the work of the team of contractors and staff who worked together throughout a tumultuous year.

"This is a huge project to coordinate and everyone who contributed is to be

congratulated," he added.

"We will continue to operate customer service points at Forster, Gloucester, Stroud and Tea Gardens which allow the community to undertake transactions with us within their own communities."



**Our customer service team in Breese Parade looks forward to welcoming you in 2021.**

While our administrative functions have moved to the Administration and Customer Service Centre at Yalawanyi Ganya on Biripi Way Taree, customer service continues to be delivered in Forster as it always has.

Drop in and see our friendly team with your general enquiries, to pay your rates, lodge a form, or to register your pet.

For development and building enquiries, site inspections will be arranged by appointment with our building inspectors.

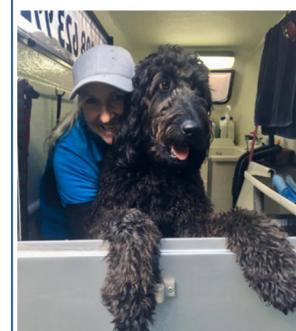
If you're not sure about something, contact us before you visit.

7955 7777  
[council@midcoast.nsw.gov.au](mailto:council@midcoast.nsw.gov.au)

Find full contact details on our website

[midcoast.nsw.gov.au](http://midcoast.nsw.gov.au)

## Star Business



I also like meeting my new owners. So many of them have become my friends and I love keeping in touch with them. They send me photos of what their puppy is up to and where they've gone, or funny things they have done.

By far the best part of my job is having that special bond with all my furry friends. Making them feel relaxed when they have that relaxing massage during a bath, having that extra cuddle, and definitely the excitement they show looking forward to their yummy treats.

### What can you tell us about your staff?

Lucky for me I have one very well-organised staff member who happens to be my gorgeous husband. He takes care of all my paperwork and the business side of things so I can solely concentrate on my fur babies.

### What do you want your customers to know?

I want my customers to know that when their fur babies are with me, I take care of them and love them just as much as they do.

My standards are high when it comes to looking after their fur babies. I am always happy to help and am open to any questions that my clients would like to know. I have been a professional dog and cat groomer for over 26 years and have with a vet nursing background.

### Any tips for other local businesses?

I've found that if I treat my customers and fur babies the way I'd like to be treated, then people know (and definitely my fur babies know) that you're genuine and they appreciate the extra attention I give them. Then I find that everything else falls into place this way.

Do you know a great local business to feature here? Please submit their business name and a brief description to: [www.theforstertuncurry.com.au](http://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 supports our community and/or local environment, or provides a unique service or product to this area.

**Brommy's Community Update**



The Pacific Highway is now a dual carriage way from Hexam to the QLD border in an upgrade which has been truly lifesaving. Prior to the duplication, our region alone from Bulahdelah to Harrington would see as many as 28 lives lost on the highway in a year.

The safety benefits of this project are immeasurable but over its life it has created over 40 000 jobs and unlocked economic potential for generations to come.

Nationals MPs fought for this project tooth and nail for more than two decades, so to see it come to fruition is truly monumental. To mark the occasion I joined the Deputy Premier John Barilaro and my NSW National Party colleagues on a tour up the NSW coast to meet with key stakeholders in the project.

I'm proud to be part of a Government which has made travelling the Pacific Highway safer for all road users, from tourists to locals and truck drivers.

**You can't miss Ted's new Graffiti Buster truck**

There's a new Graffiti Buster truck in town that cannot be missed with its modern design and bright colours.

"This special truck has made things absolutely fabulous", said Ted Bickford, our very own Graffiti Buster man. "The design on this truck is so important. It needs to be seen through this area, so people are reminded to ring me when they see any graffiti. It's a massive, massive deterrent. Everyone knows - if you put up graffiti, I will take it off."

After clocking up 260,00 km in his second truck, MidCoast Council told Ted it was time for a new one. Ted told them that if he had to get a new truck, he needed a dual cab. This means he can now have up to four kids working with him at a time. Council did not hesitate, and Ted says he already has three schools lined up this year to be a part of his Graffiti Buster program.

Ted said the truck is one of the main reasons for the success of the Graffiti Buster and why he has the truck out all the time, especially through the holiday seasons. Many visitors approach him during these periods and often want to know how he manages to keep the town looking so clean. He also likes to chat with young visitors. He explains to them that he is



the kids and the people inside."

A few weeks ago, the importance of his work was shown when Bulahdelah was very badly vandalized. Ted spent two and a half days cleaning graffiti off 16 colour bond fences, the pumping station, the bridge and several toilet blocks, signs, seats and tables. One couple helped him all that Sunday. Whist

here to remove graffiti and that our local kids will not tolerate graffiti in our town. He is also happy to show anyone around the truck.

Last month Ted said the local kids rang him when a young man turned up at the Tuncurry skate park with a spray can. Ted came straight away and explained to the young visitor that the local kids standing nearby had rung as they won't put up with this. The young visitor apologized and gave Ted the spray can.

Ted went on, "It was very important that when the new truck was ready, I took it down to the skate park to show our local kids. They gave it an A1 approval!"

Ted explains that the Graffiti Buster work is so successful, "Because we have the kids inside. The school buildings around here are perfect. To me, it's a personal challenge. I want to get

in Bulahdelah Ted spoke to the locals about what he does and told them that it is always best to ring him straight away as he has the proper equipment.

During the school holidays the local kids are not around to let Ted know of any graffiti, so he says it is very important that the larger community be on the look out and ring him straight away. He likes to get the graffiti down early so no one sees it. After 26 years of removing graffiti Ted (and his new truck) surely knows his stuff!

Mary Yule

**Please ring the Graffiti Hotline on 0408440309 to speak to Ted or leave a voice message.**

**Forster Tuncurry Lions Club Xmas Trailer Raffle**

Due to the COVID-19 concern in Forster and the inclement weather, it was a decision of the Club Board to abort the selling of Trailer Raffle tickets on Sunday 20th instead of the advertised Tuesday 22nd December. Not all books were sold so our members separated and folded all tickets sold to enable a fair draw.

The official drawing of the raffle took place at the President's home at 1.00 pm Tuesday 22nd December with 9 Lions members present to supervise. It was drawn by Mary Yule, the Editor of the Forster Tuncurry Newspaper.

The lucky winners were:-

1st Prize: Gary Merryweather – Forster Keys

2nd Prize: Sue Unsworth - Tuncurry

3rd Prize: Allan Williams – Harrington

After the draw, President Sharon Bishop presented Mary Yule with a Lions Xmas Cake and a Certificate of Appreciation for assisting us with the draw and supporting our club advertising.

Margaret Kentwell



Photos by John Monks.

Above: First prize trailer full of goodies. Below: (Left to right) Lion members Bev Old, Margaret Kentwell, Jenny Olsen, Dot Monks, Chris Soorley, John Soorley. (In the front) Mary Yule and President Sharon Bishop.



Above: Lion Chris Soorley presented a certificate and a Lions Xmas Cake to Alex Manager of Stockland for allowing us to hold the raffle at the Stockland complex.

Above: A certificate and a Lions Xmas Cake was presented by President Sharon Bishop to Andy the announcer at 101.5 FM for his assistance in promoting Forster Tuncurry Lions Club activities.



Above: A Certificate and Lions Xmas Cake was presented by Lion Bernard Pearson to NAB Staff Amy & Tash for allowing us to store our Xmas cakes near the trailer raffle.



Left: A certificate and Xmas cake was presented by President Sharon Bishop to the staff of Forster Trailers & spare parts, where our fabulous tilt trailer was purchased.

**Great Lakes Palliative Support Care extremely grateful to community**

Great Lakes Palliative Care Support are extremely grateful to our local community. Despite the difficulties of the past year with COVID restrictions our community has continued to provide financial help to us through regular donations received from individuals, sporting groups and service clubs. We have been able to hold monthly garage sales at our Tuncurry premises in the latter part of the year. Recently we were delighted to receive \$1000 donation from Beach Bums which was made possible through the Creative Christmas Tree Competition run by Forster Tuncurry Quota Club in association with the local business chamber. We were also grateful to be involved with gift wrapping in Stockland prior to Christmas. Services have continued to be provided throughout

this period despite limited fundraising opportunities.

Our charity has served the area of the Great Lakes and surrounds for over 32 years providing palliative care support to patients, families and carers of those suffering life limiting illness. The care we provide is made possible through working closely with our Community Palliative Care Team and local service providers. Loan of equipment, extra nursing services, personal care and domestic assistance, as well as our Wig service are just some of the ways we are able to provide assistance. None of this would be possible without the ongoing help of our wonderful hard working volunteers.

Sadly at our recent AGM our current Vice President and Treasurer Nigel Harman had to retire due to ill health. We very much thank Heather and Nigel for the ongoing support they have provided over many years and wish them good health and rest in the New Year.

We continue to welcome new members to our group and look forward to a hopefully brighter and more active 2021. Our first garage sale for the year will be held at 32 Manning St Tuncurry on Saturday 16th January from 8am to 2pm with all sorts of goodies for sale.

For any enquires please don't hesitate to contact Deidre on 0437 830 818 [www.greatlakeshospice.com.au](http://www.greatlakeshospice.com.au)



Left: Nigel Harman- retiring Vice President

## Stephen Bromhead MP

Delivered for Myall Lakes in 2020

### Health & Wellbeing

- ✓ Forster to share in \$7.9million to progress public hospital
- ✓ 3 new additional ambulances
- ✓ 2 new domestic violence case managers for the Great Lakes Women's refuge

### Infrastructure & Transport

- ✓ \$8.5million investment to ensure future water security
- ✓ \$1.6million upgrade for Pacific Highway entrance at Failford Rd
- ✓ 3 new coaches for the Taree, Forster to Newcastle service

### Sport & Community

- ✓ \$3million for Forster Surf Life Saving Club
- ✓ \$3million for Forster Tuncurry Golf Club
- ✓ 47 projects funded by Community Building Partnerships in 2020

✉ [myalllakes@parliament.nsw.gov.au](mailto:myalllakes@parliament.nsw.gov.au)

☎ 02 6555 4099

🌐 [stephenbromhead.com.au](http://stephenbromhead.com.au)

Authorised by Stephen Bromhead MP, 1-9 Manning Street, Tuncurry NSW 2428 Produced using Parliamentary Entitlements December 2020

## Star Volunteer

encourage the girls to be proactive in their local community and schools, to advocate for issues they care about, to nurture our local environment and wildlife, and to challenge themselves to try new activities.

**What is your role?**  
I am the Forster Tuncurry Girl Guide Leader of the past 8 years, being leader qualified with Girl Guides Australia and also a Registered Nurse. I help run the weekly meetings, plan the term program with the girls, manage the unit affairs, attend camps, organise activities and help maintain our Guide Hall.

**What is the best part of your job?**  
Having the opportunity to run a group where girls feel welcome to attend, be themselves, have fun, and be empowered to become confident, self respecting and responsible community members. Volunteering with a professional and long running organization provides support and safe Guiding events; NSW Guides celebrated 100 years of Guiding in 2020. My best camp was attending the Qld International Jamboree in 2015 with 1400 participants, as a leader with 3 Guides from our unit. I am looking forward to our NSW Centenary Camp in April 2021 to be held in Katoomba...join Girl Guides so you can come too!! [www.facebook.com/ForsterGirlGuides](http://www.facebook.com/ForsterGirlGuides)

**Name:** Christine Wernicke (far left in blue)

**Organisation:** Forster Tuncurry Girl Guides

**What does this organisation do in our community?**  
Our local Unit represents Girl Guides Australia, meeting weekly during school terms, at the Forster Girl Guide Hall for girls aged 7-15yrs old. We always welcome new members with the Active Kids Voucher being accepted. Our meetings provide a varied term program of activities focused on providing fun, friendship, adventure, life skills, values, camping, badge achievement, craft and outdoor activities all in a girl's only non-competitive learning environment. Forster Tuncurry Girl Guides represent our community in the Anzac Parade, Clean up Australia campaign, interacting with local services such as the Police, Fire Brigades, Marine Rescue and Animal Welfare League, and run Bunning's BBQ's. We

Do you know an amazing Local Volunteer? Please send a high resolution photo and answers to [www.theforstertuncurry.com.au](http://www.theforstertuncurry.com.au)

Manning - Great Lakes Police District



Summer is a popular time for going on holidays, and we are reminding people to take some time to assess their home security before they head away.

Most of the recommended precautions are very simple, particularly just checking to make sure doors and windows are locked and secured - an unlocked window in an empty home, full of valuables, is an opportunistic thief's dream.

We also recommend limiting what you post on social media about your holiday, especially if your home will be unattended for an extended period.

It's relatively inexpensive to put a good lock on your letterbox and ask someone you trust to empty it regularly - or organise to have your mail held at your local post office whilst you're away.

The NSW Police Force has a wealth of information about safety and security, including fact sheets, available at:

https://www.police.nsw.gov.au/safety.../safe\_and\_secure/home

If you have concerns about possible criminal activity in your local neighbourhood, call Crime Stoppers on 1800 333 000 or use the Crime Stoppers online reporting page: www.nsw.crimestoppers.com.au Manning-Great Lakes Police District

A great time for taking stock

The week between Christmas and new year is unique among the 52, a week of no great consequence, a kind of no man's land between the end of the old year and the start of the new.

But I've always found it a good time for reflection and taking stock. What were my great achievements in the year just past - if any? And what are my grand plans for achievement in the coming year?

A few days ago I happened upon a list of "17 Things I Believe", written by the American management professor Robert Sutton, which I put away a decade ago because I believed so many of his 17. Some of them are useful for anyone using this week for a little reflection.

Let's start with No. 14: "Am I a success or a failure?" is not a very useful question. That's because all of us are both a success and a failure. Successful in some aspects of our life and less successful in others.

If so, see No.17: Work is an overrated activity. Many men do need to find a healthier balance between work and family. They need to stop kidding themselves that sending their kids to an expensive school and buying their loved ones expensive presents is a satisfactory substitute for their presence and attention.

More generally, however, the school of "positive" psychologists says that, rather than always focusing on fixing your weaknesses, you make more progress if you concentrate on getting the best from your strengths.

But Sutton has his own twist. "Rather than fretting or gloating over what you've done in the past (and seeing yourself as serving a life sentence as a winner or loser)," he says, "the most constructive way to go through life is to

keep focusing on what you learn and how you can get better in the future."

This ties in with No.8: Err on the side of optimism and positive energy in all things. Yes, a much happier way to live your life.

And it leads on to No. 5: You get what you expect from people. This is true when it comes to selfish behaviour; unvarnished self-interest is a learnt social norm, not an unwavering feature of human behaviour.

This really chimes with my experience. I've found it particularly true of bosses. If they can see that you expect them to give you a square deal because they're a decent person, they most likely will if it's within their power.

That's because of a person's natural desire to meet the other person's expectations of them. Hold them to a high standard and they'll rise to it. But let them see you distrust them and half expect to be cheated, and they're unlikely to dash your expectations.

Another one I really like is No.7: The best test of a person's character is how he or she treats those with less power. Or, as I prefer to say after too much Downton Abbey, how you treat the servants. The taxi drivers, shop assistants, receptionists and executive assistants trying to stop you getting through to their boss.

It's a test I apply in retrospect to my own behaviour and often don't pass.

Now here's a better one for this time of year, No.9: It is good to ask yourself, do I have enough? Do you really need more money, power, prestige or stuff?



Like many economists always have, in this age of hypermaterialism and vaulting ambition it's easy to assume more is always better. It often isn't, particularly when quantity comes at the expense of quality.

I think the world would be a nicer, less frantic, more generous, less unequal and, above all, more enjoyable place to live if our politicians and business people put more emphasis on making things better rather than bigger.

Sometimes I think top executives strive for ever-higher remuneration because they don't get much satisfaction from the jobs they do. They'd be better off themselves if they put more emphasis on making sure their staff had more satisfying and reasonably paid jobs and their customers always got value for money.

Which brings us back to work. There is more to life than work but, since work takes up so much of our lives, I think the secret to a better life is to keep wriggling around until you find a job that's satisfying. And a business full of satisfied workers - from the boss down - should still be one that makes a big profit. That is, big enough.

Ross Gittins is the economics editor of The Sydney Morning Herald

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.



Moir.com.au

Current Local Art Sale 'Under the Bed & Behind the Door' proves very popular



Above: Pam Dunne of Coolongolook with some of her art works.

artwork makes a visit to the Lake Street, Forster Gallery an opportunity not to be missed. The great news is that the sale will be extending until the end of January, so it is expected that locals and visitors alike will take advantage over the next few weeks.

Note that most formal Open exhibitions exclude individual pieces from being shown more than once in the local area so unsold works are likely to be eagerly offered up by artists

The Great Lakes Art Society Gallery in Lake Street, Forster is conducting an Art Sale that, rather than being an exhibition, is attracting quite a deal of attention and favourable comment from collectors and art enthusiasts alike because of the bargains on offer.

The idea of the sale is for artists to be able to offer, at a reduced price, artworks that they have on hand. The Great Lakes Art Society (GLAS) specifically stipulates the items in this sale are reduced in price and the general public has been keen to take advantage of this, as in the week leading up to Christmas over 30 paintings and two sculptures were sold.

when an Art Sale is conducted.

Ross Williams, past President and experienced sculptor was extremely impressed on his visit to view the Art Sale and remarked; "The standard of artworks has increased dramatically over the past few years and I give a lot of that credit to our current group of tutors."

Pam Dunne, long time artist quipped that; "This is quite an outstanding collection of quality artworks to be offered for an 'Art Sale!'"

Obviously that feeling has been felt broadly because it has been noted that quite a few artists 'in-the-know' have been

New record set for world's largest ocean clean-up in 2020

A dedicated clean-up crew from Hawaii has set a new record for the largest ocean clean-up event in history.

A total of 103 tonnes of fishing nets, debris and consumer plastics were successfully hauled out of the Great Pacific Garbage Patch this year by the Ocean Voyages Institute (OVI). The team spent 48 days on the open seas in the north-central Pacific Ocean collecting masses of plastic rubbish, overwhelmingly comprising of discarded fishing nets.

"We exceeded our goal of capturing more than 100 tons of toxic consumer plastics and derelict 'ghost' nets - and in these challenging times, we are continuing to help restore the health of our ocean, which influences our own health and the health of the planet," said OVI founder and executive director Mary Crowley.

The Great Pacific Garbage Patch is twice the size of Texas but despite this scale it's not easy to find and gather all the debris. The team from OVI have relied on technology to help them with GPS trackers placed on nets by crowd-sourced volunteer yachts and commercial vessels before being found and retrieved by the team. The huge plastic haul now has a new life on land with the nets being recycled and repurposed. The OVI team is committed

to have none of the collection end up in landfill or ever returned to the ocean.

Whilst clean-ups like this one show visually the extent of the marine plastic pollution problem, they are not going to be solely responsible for addressing this issue. The OVI team identifies three areas to be focused on: changing the habits of consumers and producers to create less waste, improvements to waste management and infrastructure and undertaking mass clean-ups.

The OVI team have already set sail for their next ocean clean-up in the Pacific. The length of their voyages are determined by donations and fundraising

"Our goal is to have another 3-4 boats working next year - all bringing in large cargoes of debris," said Crowley. "We have vessels wanting to help clean up, so right now we can begin to make a big change, because our solutions are scalable."

Planet Ark journalist Laura Chalk www.planetark.org



Dr David Gillespie MP FEDERAL MEMBER FOR LYNE

HAPPY NEW YEAR

Over Christmas Charlotte and I have been blessed to spend time with our children Isabelle, Oliver and Alice and their partners.

I hope like us you have had a chance to relax and unwind from what was a very challenging year.

2021 brings new hope, and I am pleased to report several Covid19 vaccines are in final trials and production - and the Australian Government has secured supply of 138 million doses.

The new year will see my focus remain on assisting our farmers who are still battling the drought and working with our towns and villages to rebuild following the bushfires.

There are many exciting projects big and small across our towns and villages that are taking shape thanks to the Federal Governments record investment in our region.

- Great Lakes Womens Shelter - \$1.39 Million - Funding new and expanded emergency accommodation
Work has recommenced on the Forster Civic precinct delivering enhanced community services
Delivering a Headspace Youth mental health support Centre
A New Radiotherapy Cancer Centre for our region

If I can be of assistance please feel free to contact my office and I look forward to getting out and about listening to the issues that are important to you, your family and our community.



Dr David Gillespie MP

FEDERAL MEMBER FOR LYNE

He Listens. He Cares. He Delivers.

THE NATIONALS for Regional Australia

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GLFM Radio Station Xmas Raffle winner

The winner of 101.5 Great Lakes FM Christmas Raffle was Toni McNiece.

Toni is being presented with her hamper of goodies at the Tuncurry Radio Station by Station Manager Andy Harris.



Pakistan Government provides green stimulis package for unemployed

The national government of Pakistan has expanded an innovative scheme aiming to reforest the nation and to provide work for those unemployed as a result of the coronavirus.

The government has created more than 63,000 positions for unemployed laborers by relaunching an ambitious national tree-planting scheme that had been brought to a grinding halt by the pandemic. The 10 Billion Tree Tsunami campaign, launched by Prime Minister Imran Khan in 2018, was restarted in 2020 with paid work being provided to thousands of agricultural workers facing unemployment as a result of coronavirus restrictions.

Labourers follow social distancing guidelines and wear face masks while undertaking tasks, but the work allows them living wages planting saplings and protecting the trees from fires and illegal logging. Much of the work involved in the government program is being undertaken in rural, low-income

areas that have been hard hit by the pandemic.

The project is essentially acting as a green stimulus plan for the nation, with local police and district authorities advised that trucks carrying trees should be allowed to travel and villagers permitted to leave their homes to work with the project. The government plans to expand the project to provide further employment once restrictions ease further.

"This tragic crisis provided an opportunity and we grabbed it," Malik Amin Aslam, climate change advisor to the prime minister, "Nurturing nature has come to the economic rescue of thousands of people."

The 10 Billion Tree Tsunami project is a five-year, country-wide tree planting drive aiming to establish ten billion trees by 2023. The project is part of the nation's efforts to address climate change.

Planet Ark journalist Liam Taylor www.planetark.org

# 'Then and Now' - Blackhead Beach & Forster Main Beach

Below: Boxing Day in 1940 at Blackhead Beach.  
Lower right: Main Beach at Forster present day.

Right: Main Beach at Forster in 1965.  
www.facebook.com/GreatLakesMuseum



## Face-to-face school holiday fun at the library

The team at MidCoast Council Libraries is excited to be able to host their first face-to-face school holiday program since COVID-19.

The Summer Holiday Program will kick off in January across all library locations and is jam-packed with fun for kids of all ages.

From movie screenings, science exploration, kids bingo, bee hotel and Bunnings workshops, as well as arts and craft, everyone is excited to be able to welcome kids back into the libraries again for our school holiday program.

"It's been a long, challenging year and the school holiday programs were something our team worked hard to adapt to ensure they could still offer the kids some fun," explained Chris Jones, MidCoast Council's Libraries Manager.

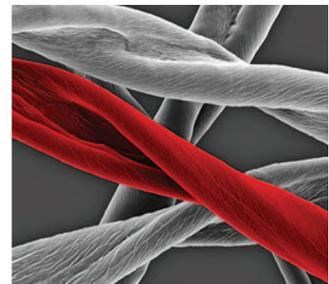
All events are COVID safe with full supervision and social distancing rules will apply, with parents and carers asked to follow directions from staff at each event.

The Summer holiday program begins on 7 January 2021 and all event information can be found on the MidCoast Council Libraries website at [www.midcoastlibraries.com.au](http://www.midcoastlibraries.com.au)

"If you're interested in signing your child/children up for an event we'd suggest you get in quickly, spaces are limited and bookings are essential," added Chris.



## Tamworth Textile Triennial comes to the Manning Gallery



Locals and visitors are in for a visual treat over the summer break with Manning Regional Art Gallery hosting the prestigious Tamworth Textile Triennial exhibition.

The exhibition will run through from December 18th to Saturday 13 February and Gallery Director Rachel Piercy, said it's one not to be missed.

"The exhibition features an array of textures, materials and immersive experiences and we're so glad that we can welcome people back in to the gallery for this one because it really needs to be seen in person," explained Rachel.

"It's a truly beautiful exhibition and it's amazing to see what can be created using textiles."

The Tamworth Textile Triennial is held every three years and showcases the best of textile art from across the country, attracting artist participation from all States in Australia.

Tension(s) 2020 has been curated by Vic McEwan, creating an important record of the changing nature and progress of textile practice from a national perspective.

"Every artist has a story to tell and more than 20 artists are featured so you really get a broad perspective of all those different voices," Rachel added.

"We hope to see lots of locals and tourists taking the opportunity to experience this wonderful exhibition while it's here."

For further information about the gallery visit [www.mrag.midcoast.nsw.gov.au](http://www.mrag.midcoast.nsw.gov.au)

## Historic novel by local writer

We (myself and wife, Ariel) moved to Elizabeth Beach seven years ago from Sydney with our two cattle dogs - a good move to a peaceful place with dog friendly beaches. Like many retirees moving 'up the coast', a certain readjustment is required and many take the opportunity to try creative things such as painting. For me, one or two oils on canvas were reasonable but when the uncleaned colourful palette was decidedly better than the actual paintings, it was time to look for another outlet which turned out to be writing. It took me three years to finish my one and only book - it was a challenge like all projects but with the occasional sense of accomplishment to spur me on. The research on Google was wonderful - links to this and that and three hours later I would realise I had not written a word.

I would recommend story writing - historical, fiction or family history with pictures as a worthwhile and stimulating project. If you are not too computer literate, you could put the material together on good old pen and paper and enlist the young in your family to get it onto Kindle.

Dogs have moved on to the happy skitching grounds, but Steve and Ariel are still here at Elizabeth Beach enjoying walks and snoozes. Steve writes almost daily to the SMH and sometimes gets published!

Steve Johnson

**REVIEW (abridged): 'Palembang to Pine Gap - the CIA, JFK and Whitlam'**

Review by Dr Lee Duffield, a former ABC foreign correspondent, political journalist and academic.

A new historical novel dredges up Cold War stories with a warning for present times, writes Lee Duffield.

A story for all those who are open to hearing what might have been if John Kennedy had

survived and hearing about the transgressive corporations running the United States and the world - also those with backgrounding in Australian folklore about the Japanese invasion of the Asia Pacific.

The prose is clean and clear, so the story and treatment of the reference material provide an interesting "read", running to over 80,000 words.

What happens in the novel part of it, is that Mila van der Laan escapes to Australia with the children as her husband is personally beheaded by the chief villain, Colonel Masanobu Tsuji. Tsuji is well-connected in reactionary circles, escaping justice and going on to a nefarious role in the post-war era. Mila marries a Sydney businessman, becomes a Labor MP in the Whitlam Government and conscientiously raises her son, Pieter, who becomes the avenger.

'Palembang to Pine Gap - the CIA, JFK and Whitlam' is available on Amazon Kindle and paperback.



# Taree University Campus officially launches



Left: Refurbished interior of the TUC Campus, on the first floor of the Stack's building in Taree.

Beach, Clarence Town, Nabic and of course Taree. The interest is from school leavers who may not be able to afford to leave home to study, as well as from mature aged students who want to broaden their skills and their career options."

The closest university campus to Forster Tuncurry had its official opening launch on the 17th of December.

The general public were invited to view the new facilities and have the opportunity to ask questions about the courses being held in 2021. Taree University Campus (TUC) will be offering ten university degree programs this year in partnership with a number of university partners including Central Queensland University, University of New England and Charles Sturt University.

"In recent weeks, we have received dozens of formal Expressions of Interest and additional queries from potential students," said Mrs Ballard, CEO of TUC. "We have potential students from Green Point, Wang Wauk, Forster, Old Bar, Rainbow Flat, Wingham, Pampoolah, Tuncurry, Hallidays Point, Diamond

profit community organisation established to assist with expanding the accessibility and delivery of local higher education and university degree programs in the MidCoast



Council area. At the official opening launch TUC acknowledged the 1.5 million funding from the Federal Government and \$600,000 from the community which has allowed this Campus to kick off.

TUC recently announced its first corporate sponsorship which will support Bachelor of Nursing students in Taree. HealthCare Australia (HCA) will provide a \$100,000 in-kind donation to support Nursing and future Allied Health courses through TUC.

TUC Chairperson

Dr Alison McIntosh welcomed the 'outstanding' show of support. "HealthCare Australia will facilitate unique work placements, tutoring and training for Nursing students at a number of the top medical facilities in Taree and Forster Tuncurry."

The Bachelor of Nursing degree is being delivered in partnership with Charles Sturt University and will have

Left: Prospective students at the launch.



Above (left to right): Chair Dr Alison McIntosh, General Manager Mid Coast Council Mr Adrian Panuccio, Taree University CEO Donna Ballard, Campus Coordinator Marlo Slavin, Community Liaison Sarah Bucknell and University Consultant Moira Coffey from South Australia.

its first intake of students in March 2021.

Charles Sturt Director External Engagement Ms Kate Wood-Foye acknowledged the strong interest across the Mid Coast in nursing and allied health services. "This partnership represents a fantastic opportunity for nursing students to learn these vital skills without having to leave their home region," Ms Wood-Foye said.

For more information visit: [www.tareuni.org.au](http://www.tareuni.org.au)

## Young Local

**Name:** Sophie Collins

**Favourite music:**

My favourite music would have to be the 70s. I love old music as it's so different to our music nowadays.

**Favourite local place to hang out:**

The beach is definitely my number one favourite place to spend my time. Swimming and listening to the sounds of nature is so calming and refreshing to me!

**What do you think is going well now in our local area?**

I think the people in our community who are raising awareness on keeping the environment rubbish and helping clean up the town is one major positive!

**What do you think could be done better?**

I think more people should be educated on and acknowledge the fact of how much rubbish and toxins affect our environment

**Who inspires you?**

I have two major people in my life who inspire



me. One of which is my Pa, Ted Bickford. He has helped me grow into the person I am today and his aspect on life keeps me going. He's a hard worker and once he puts his mind to something nothing is getting in his way! And I love him for that. The second is my "boss" Maureen Deluca. She has inspired me to be who I am no matter what people think. She's someone who would do anything for anyone and is one strong lady who has shown me the light in the world.

**What do you want to get up to in the future?**

Something I have planned on doing for a long time is to live in a van and travel around Australia.

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[www.timelessfunerals.com.au](http://www.timelessfunerals.com.au)  
6 Douglas Avenue, Tuncurry NSW 2428

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](http://www.theforstertuncurry.com.au) Submissions are published when space permits.

# Out and About

Forster parkrun - 8am every Saturday at Pebbly Beach, off Head St Forster. Register with parkrun Australia then register with QR code on arrival. [www.facebook.com/Forsterparkrun](http://www.facebook.com/Forsterparkrun)



## Star Photo



A friendly Diamond Python at Blueys Beach. Photo by Harriet Kelly.

Do you have a great celebration, wedding, new baby or amazing photo to share? Please send your high resolution photo to [www.theforstertuncurry.com.au](http://www.theforstertuncurry.com.au) Submissions are published when space permits.

## Star Pet



**Name:** Mumma  
**Age:** Our Merino sheep is about 15 years.  
**Claim to fame:** She has escaped from wild dogs three times.  
**Likes:** Her owner and sheep nuts (food pellets)  
**Dislikes:** Pepe the dog!

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](http://www.theforstertuncurry.com.au) Submissions are published when space permits.

# 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 the 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](http://forster.uca.org.au) [tuncurry.uca.org.au](http://tuncurry.uca.org.au); our facebook page: [Forster Tuncurry](https://www.facebook.com/ForsterTuncurry) 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](mailto: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](http://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](http://www.coastec.net.au) Due to COVID regulations please register via the website.



## Forster /Tuncurry Anglican Church

We meet at 6 St Alban's Place Forster on Sundays at 8am (Traditional Communion), 10 am (Families plus Creche) 5.30 pm (Informal Communion) and on Thursdays at 9.30 am (Traditional Communion)

Services can also be viewed on-line at [forsteranglican.com](http://forsteranglican.com)

We also operate the Op Shop off the car park in Head St Forster Monday to Friday 9am to 4pm. Our bookshop will reopen on January 27."

## 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/guardians supervision.

Additional Information & sermons are available on our church website [www.ftpc.org](http://www.ftpc.org)



## 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](http://Forster.adventist.org.au). Pr Graham Stewart phone is 0447 444 424.

## Public Notices

### FORSTER SHORES COMBINED PROBUS CLUB

January 19th Annual Sports Day Meeting. 11am start at Club Forster, upstairs near darts area. Followed by Lunch at the Club.

If you would like to attend call Peter Dreise 0407842905

## Weekly Diary

### Mondays

**Green Bikes Community Workshop**  
 Open 9 - 12pm. Supplying parts & free help with bike problems. Budding mechanics welcome. Tuncurry transfer station. 0458809975

### Wednesdays

**The Forster Tuncurry Community Kitchen**  
 12 - 1pm, 33 Lake Street Forster. Provides a meal in a social & safe place. Volunteers and donations welcome. 6539 5900 or [sabdooc@catholiccare.org.au](mailto:sabdooc@catholiccare.org.au)

**Green Bikes Community Workshop**  
 Open 12 - 3pm. Supplying parts & free help with bike problems. Budding mechanics welcome. Tuncurry transfer station. 0458809975

**Great Lakes Breast Cancer Support Group**  
 First Wednesday of every month. 4pm Tuncurry Beach Bowling Club/membership Email: [facilitator@breastfriends.org.au](mailto:facilitator@breastfriends.org.au)

### Thursdays

**The Forster Tuncurry Community Kitchen**  
 12-1pm, 33 Lake Street Forster. Provides a meal in a social & safe place. Volunteers and donations welcome. 6539 5900 or [sabdooc@catholiccare.org.au](mailto:sabdooc@catholiccare.org.au)

**Coomba Mens Shed**  
 Open every Thursday 8.30am- 12pm. 86 Moorooa 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](http://www.codependentsanonymous.org.au)

**Forster parkrun**  
 Pebbly Beach Playground off Head St 7:45am for 8am start Register with parkrun Aust & bring barcode [facebook.com/Forsterparkrun/](https://www.facebook.com/Forsterparkrun/)



## Local Calendar

### January

**Until 31st Jan - Art Sale**  
 The Lake St Gallery Friday, Saturday & Sundays

**Sat 9th Jan - This Happy Hill Twilight Market**  
 4-8pm Bungwahl Hall [www.facebook.com/BungwahlHall](https://www.facebook.com/BungwahlHall)

**9th - 17th Jan Rotary Book Fair**  
 9-4pm Tuncurry Memorial Hall Lower MidCoast Rotary Enquiries: 0412653061

**Sun 10th Jan - Forster Town Market**  
 8-2pm Forster Town Park Enquiries: 0437634056

**Sat 16th Jan - Super Garage Sale**  
 GL Palliative Care 8-2pm 32 Manning St Tuncurry Opposite John Wright Park

**Sat 16th Jan - Forster Farmers Market**  
 8am - 12pm Forster Info Centre Little St 3rd Saturday of the month Enquiries: Linda 0421347273

**Sat 16th Jan - Manning/Gr Lakes Birdwatchers**  
 Meet 7:30am Lansdowne General Store for Lansdowne outing Visitors welcome, phone 0431878395

**Sun 17th - Forster 'Try a Tri'**  
 7.30am for 8am start, must register Elizabeth Reserve Forster Keys [www.facebook.com/forstertriclub/](https://www.facebook.com/forstertriclub/)

**Sat 23rd Jan - Tuncurry Market**  
 8 - 1pm John Wright Park Bookings essential Enquiries: Anne 0417400994

**Sat 23rd Jan - Super Garage Sale**  
 GL Palliative Care 8-2pm 32 Manning St Tuncurry Opposite John Wright Park

**Sun 24th Jan - Forster Tri Club Triathlon**  
 Arrive 7.30am for 8am start, different distances Elizabeth Reserve Forster Keys [www.forstertriclub.com.au](http://www.forstertriclub.com.au)

**Frid 29th Jan - Forster Tri Club Aquathon**  
 Arrive at 5.45pm for 6pm start Forster Main Beach Ocean Bath (Bullring) [www.forstertriclub.com.au](http://www.forstertriclub.com.au)

**Sun 31st Jan - Pacific Palms Market**  
 9am - 1pm Pacific Palms Community Centre Last Sunday of the month Enquiries: Jennifer Doyle 0401968516

**Sun 31st Jan - Pacific Palms Self Drive Arts Trail Start Pacific Palms Markets**  
 from 9am near The Recky. Check times at [pacificpalmsartsinc.org.au](http://pacificpalmsartsinc.org.au)

Left: Spinning wheel at Pacific Palms Market.

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Main Beach at Forster. [oceanswims.org](http://oceanswims.org)

# Local Legend – Jeff Summers

“It’s more important to be a good person than to be a good footballer.”

Jeff Summers has enjoyed an illustrious career with his passion for soccer as his platform. He is passionate about his sport, his teaching and helping kids to be confident by providing opportunities for all kids to achieve their best. Reading through his life journey, his achievements, his activities and ongoing community involvement, I was exhausted and slightly overwhelmed. Jeff obviously has enormous amounts of energy and is able to channel his energy in such a positive way. He is involved in numerous worthwhile facets of our community – time did not appear to be an issue. I was fortunate enough to witness Jeff in action several years ago when I was a teacher at Holy Name School. He came to coach the children in soccer skills. He had a wonderful rapport with the students. He was engaging and encouraging and he made the clinic so much fun that even I couldn't resist participating on the field.



Above: Jeff training with the Australian team in 1995.

born shortly after Peter returned. Jeff has fond memories of his childhood. His siblings, Jennie (two years older) and Scott (two years younger than Jeff) loved their backyard sport which involved the whole family. Pam's position was always goal keeper and she only retired

Below: Holiday Clinic September 2020.



Right: Jeff with Vietnamese Christian orphans 2020.



Above left to right: Jeff (3yrs), Scott (1yr) and Jennie (5yrs).

When the kids got too big. She had excelled in numerous sports including, netball, diving and softball. Peter had been an outstanding boxer who also played in the over 35's AFL.

Jeff's dad always made time for his children and would return exhausted from work, change out of his work clothes, and with a smile, commence battle with his kids until they were called for dinner. Between them, amongst other things, they managed a few broken windows and an accident with a brick fence resulting in concussion - all added to the fun. Peter and Pam always found enough money to take the family on holiday. There are many memories of long car trips playing games in the back seat to pass the time, "Best childhood ever!"

Jeff attended Greystanes High School, then Erindale Sports College (Canberra) and completed his education at the Australian Catholic University achieving a Bachelor of Education. During this time Jeff was obsessed with football, "I just couldn't get enough!" He was constantly working to perfect his craft – he loved it.

During his playing career, Jeff represented Australia in the under 20's Young Socceroos squad in 1994/95. At the same time, he also played for the Australian School Boys team which toured both South America and SE Asia. In 1995, Jeff Represented Australia at the World University Games in Japan. He captained his State team at the Australian championships and also the ACT Academy of Sport.

Jeff has been a primary school teacher for 20 years and just completed his first year of teaching high school. At his very first teaching appointment, a child care worker named Carol

(before and after school care) caught his eye. Jeff made every excuse to arrive at school early and to stay back late before it became obvious to his boss and to Carol that he had ulterior motives. Jeff says "I hit the jackpot with her!" The newlyweds visited Jeff's parents in Forster and both Carol and Jeff fell immediately in love with the area. The rest is history. Carol and Jeff continue to love the water, the relaxed way of life and have many friends. They have four very talented children; Maddie and Jackson both 16, Jasmine 11 and five year old Jimmy.

After retiring from football, Jeff coached at various levels ranging from junior club teams and representative squads to local first grade sides. He also worked for various coaching companies and academies including the world renowned "Coerver Coaching Program", where Jeff held the position of Northern NSW Regional Director for 5 yrs and included coaching in Tokyo and the International Coerver Academy. Jeff has also worked as a Development Officer for the ACT Soccer Federation and as a technical director for the Great Lakes United Vikings Football Club.

On October 24th 2019, Mr Stephen Bromhead (National Member for Myall Lakes) acknowledged Jeff's achievements. This is a direct extract from Mr Bromhead. "Mr Speaker, I rise to congratulate football coach Jeff Summers on a highly successful year of coaching the Wallis Lake's premier league winning first grade team. Summers took on the role of first grade coach at the club at the start of 2019 and was able to translate his considerable experience coaching junior players into success at the top level." Mr Bromhead added; "After a stellar 2019 season, Jeff was announced Football Mid North Coast Premier League Coach of the year." He had another reason to celebrate on the night when the Rainbow Warriors FC, a team of special needs kids he's been involved in since they formed in 2018, were awarded the team of the year.

Jeff helped start Rainbow Warriors FC, a special needs program in Taree, with Matty Zarb. It is a football club modified for young people with special needs on the Mid North

Coast of the year." He had another reason to celebrate on the night when the Rainbow Warriors FC, a team of special needs kids he's been involved in since they formed in 2018, were awarded the team of the year.

Jeff helped start Rainbow Warriors FC, a special needs program in Taree, with Matty Zarb. It is a football club modified for young people with special needs on the Mid North



Above: Carol and Jeff on Bali holiday 2003.

Coast. The RW philosophy is "Giving all kids a chance to shine."

Currently Jeff is coaching with Midcoast FC NPL program and liaising as a consultant to, and working with numerous local clubs on coach and youth development. Jeff is also involved with the Samuel Brett Nelson Kickstart Foundation. Jeff is head Coach/ Director of the school football program. The foundation was created in memory of Sam Nelson who died at a young age from a heart condition. The purpose of the foundation is to change and impact children's lives. It aims to give children opportunities that, up until now they have not been able to experience, enabling marginalised children to participate more fully in our community.

Jeff helped establish the inaugural Wandarra Wallamba FC indigenous team to play in the nationals in 2018. He currently runs the Jeff Summers Football Coaching Academy which has three programs catering for children from 2-16. "The reason I started the academy was to expose the kids in our rural area to the same level of coaching the urban kids get. I disliked how pure geography made the logistics of gaining that expert coaching difficult to access due to distance. We have some exceptional coaches in our area who I work closely with to develop players." Jeff says

Continued top of next page.



Continued from page 12.

he gets as much joy out of seeing a nervous child participate in a game for the first time as he does when one of his players gains representative selection. The Academy caters for the beginner to the high level learner. Jeff feels blessed to

Below: Jeff's Dad and Mum in Vietnam on their holiday January 2020.



have a marvellous staff made up entirely of local coaches who Jeff has trained as JSFC coaches. He gives credit to his two head coaches, Tony "Russy" Russ and Roan "Biggie" Whiteman.

Jeff is fascinated with how at under 6 level, every child wants the ball. Then when they get older, the pecking order introduces itself and those tentative kids start "not" wanting the ball. Kids can't have fun if they're scared of the ball or scared of making mistakes. "I have created an environment that is safe from being yelled at when mistakes occur. My players are not afraid to try new things and make mistakes. My aim is to develop all of the kids so that they again, "want" the ball as they get older." The Academy has 2 ambassadors; Adam Pearce and Saffron Grass. Adam is a local boy playing in the A League with the Central Coast Mariners and has just been selected in the Australian Olympic Games squad (under 23). Saffron is in the Newport Jets youth academy and has been selected for to play for NSW.

Jeff has travelled extensively but a most memorable trip was in January 2019 when his parents and siblings travelled together to Vietnam. They revisited the place where their dad, Peter, had served. Jeff says it was an amazing and very emotional experience. Not surprisingly he believes his dad is his inspiration.

Jeff is a proud member of his church 'Coast Evangelical.' He says, "I'm very proud of my faith and adore my church fellowship." Jeff's favourite sayings are; "It's more important to be a good person than it is to be a good footballer." And 'Success smiles on effort.'

Vanda Gaoley



Below: Family portrait at Burgess Beach 2018.

# Your Travels-Forster Mudcrabs head west

In 2019 the Mudcrabs (local winter swimming group) went out to western NSW on an adventure, with about 10 Mudcrabs headed out to Lightning Ridge via Burra Junction. We travelled by car and stayed in cabins and motels along the way. It was a great trip that was enjoyed by all. Lightning Ridge is a very interesting place to spend a couple of days and the hot springs are also an experience.



So, in 2020 we decided on another trip out west. The Covid 19 pandemic had caused a number of overseas and interstate trips to be cancelled as the NSW borders were locked down. The bushfires and drought had created a lot of sadness and lack of income for outback towns and businesses. This time we decided to head as far west as we could go, which was Silverton, out the back of Broken Hill. On Friday 12th June twelve Mudcrabs and friends headed off in 6 vehicles to inject some money into towns in western NSW.

We took swags and tents to sleep in, however everywhere we went there was cabin style accommodation available. We left Forster and travelled via Merriwa to Dubbo, where we stayed on a farm about 35 kms out of Dubbo. We cooked our own meals on the property.

Day 2 saw us head off to Wilcannia via Nyngan and Cobar, a comfortable 6-hour drive with stops for meals and coffee, and checked out the mine site at Cobar. At Wilcannia we stayed at "Warrawong" on the Darling River. Warrawong is a caravan park for camping or cabins a few kilometres out of Wilcannia. The cabins were

spacious, modern and well kept. It costs about \$130 per night for two people, which included air conditioning and Wifi. Excellent facilities for camping, so again we cooked our own meals after buying local meat at Nyngan.

Day 3 we headed to Silverton, which is about 25 kilometres west of Broken Hill. We stayed at the Silverton Outback camel farm, with our hosts were Petah and Duncan offering camel rides for 10 minutes or overnight camping treks in the desert. Fantastic hosts who could not do enough for us. Some of us camped, some stayed in caravans on site and others stayed in home style accommodation in a nice house with beds and bunks. Showers and toilets were excellent, as was the cooking area for meals. Petah had the Silverton Hotel open up just for us, serving us meals and a few drinks at night. Whilst there were no Covid cases out in Silverton, they were very strict on social distancing due to Covid restrictions. We had a good look around Silverton and did a tour of the Silverton Jail, which includes a huge collection of historical clothing and images. We saw the Mad Max complex being constructed next to our accommodation and saw the church where our hosts recently got married on camels, which was televised by Channel 7 for new program on unusual weddings.

The next day was spent in Broken Hill. There is so much to see and do, such as the must see "The Big Picture". So many art galleries, including Pro Hart's, the mining memorial and the living desert sculptures. There was too much for one day, and we could easily have spent a week in Broken Hill, a great town to visit.

On Day 5 we headed back to Wilcannia and turned left without going over the Darling River and travelled down a good dirt road, beside the river to Tilpa. We had lunch at the Tilpa Pub and saw the Major Mitchell monument as well as Breaker Morant's name on the memorial for fallen soldiers. It is the only place in Australia where he is remembered. Afterwards we went to "Trilby Station" our home for the night, a working sheep station with a variety of accommodation, camping, powered caravan sites and modern bunkhouse and more, all set on the Darling River. Meals cost \$65 and you received cheese and snacks around the fire pit

in the afternoon, a 3-course evening meal and a cooked breakfast. We had an interesting tour of the new shearing shed and were informed of all the facts and figures incurred in running such a huge property. There are a number of these farm stay properties along the Darling River.



On Day 6 we went down the same good dirt road to Louth, a little town of 100 people - we saw the Mary Matthew Monument at the cemetery and a 7.6 metre granite monolith on a grave site. It casts a beam at sunset to the spot that was the back door of the home where she raised 6 children prior to dying at age 42 years. This was erected by her husband in 1886, a great story of enduring love, celebrated every year on August 19th. Then a quick trip into Bourke avoiding wild goats that are everywhere! Goats are now the main income for some farmers out west. We stayed at the "Kidmans Camp" at North Bourke, which again has everything - camping, caravan sites and modern cabins, great showers and facilities on the Darling River. We purchased some top meat at butchers across the road from Bourke

Police Station and we had a big cook up that night, a top spot. Bourke is the gateway to the outback, a town that has a history of better times, when it was where a lot of wool was freighted from Melbourne on the Darling River. The town now has a population of about 2000, a lot of social issues and unemployment and a high crime rate. I worked there as a Police Sergeant in the late eighties and it was a tough town in those days. However, the town is a lot better now and a lot of good people have contributed to changing Bourke. Another interesting place to visit.

On day 7 we drove back to Dubbo to stay with our hosts Rod and Cathy at their farm, again camping with BBQs and watching the football on a TV in the newly renovated entertainment area.

On our final day we headed back home to Forster. Everyone had an enjoyable trip, and we would have liked to have stayed longer in some of the places we stopped, especially Broken Hill. Anyway, there is always 2021, and you never know where the Mudcrabs and friends will end up, but you can be sure we will be going Outback somewhere. While we love our morning swims, we found that we appreciate them a lot more after you have been out in the red dust for a while.

Bob Lee



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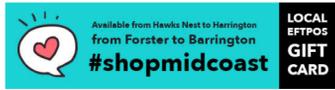
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## Bushy Tales



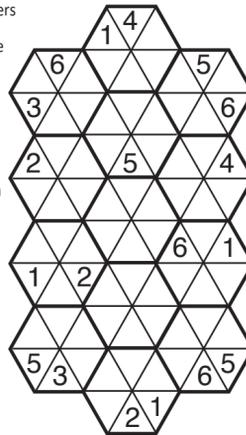
## Sudoku

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

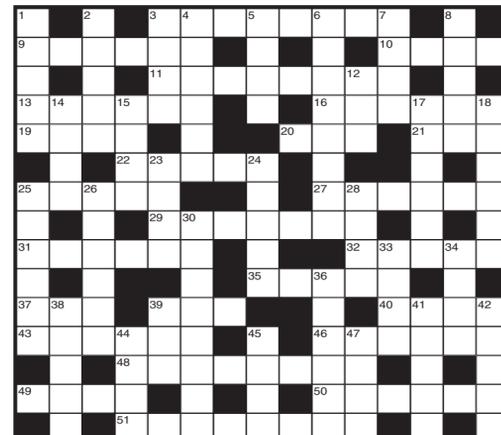
1	5	4			7			
		8	9					
	6							
	3		8	2				
	7			3				5
					6			3
		5	2	1				
			4	6				8
					9		4	2

## 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.



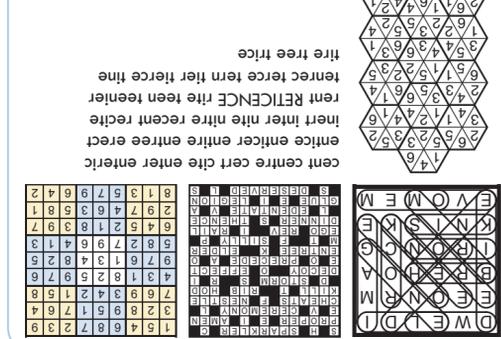
## Crossword



- ACROSS: 3 Hand-held firework, 9 Appropriate, 10 Prayer ending, 11 Formal observance, 13 Swindles, 16 Snuggle, 19 Slay, 20 Curved bone, 21 Bricks trough, 22 Tempest, 25 Lure, 27 Consequence, 29 Go before, 31 Dish before main course, 32 Church office bearer, 35 Foolish, 37 Self, 39 Speed an engine, 40 Scoff, 43 Meal, 46 From that place, 48 Without teeth, 49 Adhesive, 50 Great number, 51 Earned, 23 Kind, 24 Makes fun of, 25 Judged, 26 Soft white downy substance, 28 Touch, 30 Arbitrators, 33 Old stringed instrument, 34 Poem of heroism, 36 Small, 38 Breathing organs, 39 Colour, 41 Smith's block, 42 Inclines, 44 Require, 45 Agitate, 47 Pay attention
- DOWN: 1 Small spot, 2 Mean dwelling, 3 Cult, 4 Quickly (mus), 5 Shoal, 6 Treated as a celebrity, 7 Narrow beams, 8 Stringed instrument, 12 Beak, 14 Conceal, 15 As well, 17 Fine cord, 18 Publication executive

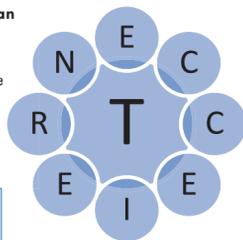
## Solutions

Puzzles and pagination supplied by Auspac Media



## 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. 3846

## Word Find

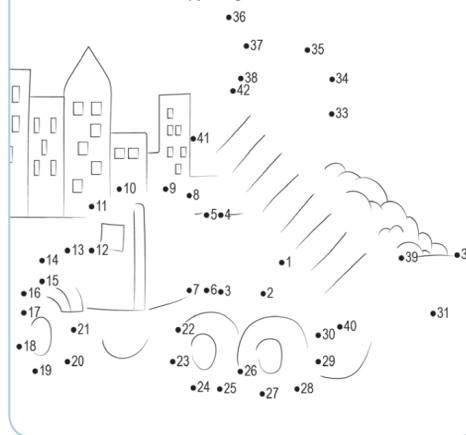


Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

- Bed Herb Knee Rock
- Bike Hone Lewd Sink
- Brim Idle Memo Sore
- Echo Image Move
- Gone Iron Rend

## Join the Dots

What is this? Find out by joining the dots.



# Forster Tri Club's Christmas Mystery Triathlon and Aquathon



Most people think that triathlons are a mystery at the best of times (why would you do three sports in one?) but for the Forster Triathlon Club we chose a Mystery Triathlon for our Christmas special. Normally in triathlon the legs are in a specific order - swim, cycle and then run, for very good safety reasons over the longer races. For our Mystery Triathlon, each person had to pull an individual ticket out of a hat that told them what order they had to follow. Once we had

our tickets, we all started from the same point and then everyone ran in different directions to the start of their leg. Off we went. It was a little chaotic, but a lot of fun and you have no idea where other people in your division were up to. The water was a fantastic temperature and there was only a little wind for the bike leg. For those who ended up running at the end it was quite warm. For those who had the swim leg last they were very grateful and were hard to get out of the water. Again, we had some new people coming to have a try of a triathlon. We did try and explain that this was not the normal method for a triathlon, but

we're not sure if they believed us.

The following Friday we then backed up and had our aquathon at the Bullring. We had a mass start over the three different length courses with a number of people stepping up to the full-length course. An aquathon is a swim, run, swim, run. The run leg takes you down to the group of big rocks outside the Forster Public school and back. Your shoes are soaking by the end and the washing machine gets a good work out washing everything. Aaron was again extremely fast over the run leg and came in over a minute ahead of the next competitor - our fearless club president Margaret.



circuit to support everyone. The shorter Try Tri distance includes a 300m swim, 12km ride and a 3km run. If you have additional needs, we will talk it through with you so that you can have a triathlon as well. We will have our big finish arch up for you at the finishing line and will put the photos up on social media. That way you can prove to your friends that you have done a tri. So, what is stopping you from coming and having a Try of a Tri?

## On the 17th of January we are having a 'Come Try Tri' Day at Forster Keys

Due to covid complications we are not running the usual Girls Tri this year. Instead, we are opening our normally scheduled event for anyone who wants to come and have a Try of a Tri! Participants will be able to socially distance on the course and we will have plenty of hand sanitiser at the registration desk. We will be setting a shorter course and many club members will be around the



Check out our facebook page below for details of costs, what's included and any questions. Registration opens 7:30am for an 8am start. See you there!!!!  
Bruce Hopper  
www.facebook.com/forstertriclub/

# Surf Patrols welcome visitors to Forster Tuncurry

The Christmas season is where we spend quality time with family and friends. Often we travel to do so. Sometimes we only meet and spend time with each other once a year at Christmas. We come together as an eclectic mix of people to share the spirit of Christmas during a wonderful Christmas lunch or dinner.

They may have overlooked slip-slop-slap guidance and may not have protected themselves properly from the sun or may not be wearing a hat. They may not have nicely toned bodies and may not have a smooth and natural body tan.

sun is today, a friendly hello and reminder to swim between the flags, the surf club patrols provide a wonderful welcome to our visitors. The surf club patrols also benevolently watch over everyone in the surf and gently intervene as required. Most visitors are not aware of the wisdom, knowledge and experience shared in often casual and friendly conversations with the patrol members. The surf clubs welcome everyone, everyone from all parts of Australia. Everyone who has chosen our region to spend their holiday. Our beaches are an eclectic mix of Australians



all sharing their Christmas/New Year holiday together. Stay safe everyone.  
Andrew Barton-Gowing

# Kiwarrak Mountain Bike Park

Continued from page 1.

In October, when the Kiwarrak Bike Park was reopened after the recent bush fires, many members of the Tippiess worked hard for months to clear, rebuild and create 70km of single track and over 100 structures, including jumps, wall rides and bridges, to international standard.

"We treated the fires as an opportunity to improve what we already had. The club has upgraded what was here big-time," explains Bruce.

One of the Tippiess' main aims is to cater for all levels and ages. Club members have built 5km, 10km, 15km and 20km loops which are well marked and colour coded for different abilities, including the kid's 5km trail. A 30km loop is underway.



There are also 'B LINES' around all the tough spots where riders can choose to go on a technical and faster jump line or a safer line. There is plenty here to enjoy with some trails named 'Lobotomy', 'Brain Damage' and 'Jelly Legs'. Club member Gary Tonkin takes care of the structural designs and metal work which is built off site and then easily bolted in at the park site. The Tippiess are

leaders in using these 'Rock Gabions' designs for some jump structures.

The Tippiess were formed in September 2010 with some of the trails being built some 20 years ago in the late 1990s. The Club was formed to ensure the ongoing sustainability of the Kiwarrak Mountain Bike Park, and they hold an occupation permit with the Forestry Corporation who wanted people to use and enjoy this State Forest. The Club still retains a very good working relationship with them to this day.

Ongoing maintenance is crucial with burnt out trees still falling over the tracks a year after the fires. Out of the 4WD comes a chain saw to clear one trail as we go along.

"We keep the trails clean and have working bees once a month. Every Tuesday and Friday a smaller group of Club members continues to work on rebuilding structures," says Bruce, "and we would welcome any new volunteers."

The Tippiess have applied for a Bush Fire Recovery Grant (a State and Federal joint venture) and have many more plans to further improve the Kiwarrak Bike Park. Next on the list is a toilet block and extended carpark for the growing number of visitors, along with the creation of an 'Adaptive Trail' (or flow trail) which will be a 2.5km trail designed for all abilities. This will be one of the longest Adaptive Bike Trails in Eastern Australia. They are also building a climbing trail as the Bike Park is quite steep in places which suits many visitors. When a trail is steep, they cut in and 'berm' it so riders can go around corners at speed.

Most funding comes from the Club's annual PBM Hardrock Race every August. This is a six-hour race on a 10km cross country loop that can be ridden as individuals or teams, with well over 200 competitors attending, from all over NSW.

The upgraded Kiwarrak Bike Park is certainly a winner with hundreds of visitors a day and an estimated \$2 million revenue in tourism. No wonder the dirt car park is full every Saturday! Many are regular visitors, with one group from Newcastle coming up every second weekend. Most riders use the 'Trail Fork app' to locate this amazing Kiwarrak Mountain Bike Park.

While we were there, we spoke to a few visitors.

"There is lots of room and you can ride for hours. There are trails from pro-level to beginner level," said a rider from Old Bar. This rider went on to explain that the Sydney Bike Parks can be expensive and in a small area full of jumps. He likes to mix it up and ride for longer here at no cost.

"The work done since the fires has been unbelievable. Hats off to the volunteers," said two ladies from Wingham.

The final word comes from Bruce, "We want to get this grant. This will enable all riders of all abilities to be able to ride here. We have weekly rides for different groups, including kids."

Mary Uley

For more information visit www.tipriders.com

# Forster Womens Bowling Club 'President Fours Champs' and Christmas party



Above: President Four winners Penny Collins, Denise Huender, Belinda Gray and Gail Gorman.

Olliffe. This is the first time that Belinda Gray and Lesley Gresham have reached a final and Belinda was in the winning team. Congratulations to all players. This was the last championship for the year.

Thursday 10th December saw our Xmas Break Up party and as usual it was a great party day. With the threat of rain our club members let their hair down and celebrated the end of a troublesome year. We had approximately 90 at our Xmas lunch which was ham, chicken and salads followed by desert and all prepared by our social girls, supervised by Barbara Coferos. Due to the covid virus we were unable to have our usual concert, but we were entertained by hypnotist Luigi (aka Lenore Campbell). She chose 5 girls, and after putting them under her hypnotic spell, gave them an act to do when the music started. Julie Scott - Drunk dancer, Julie Hamilton - Opera Singer, Bev Swindail - Ballerina, Debbie Slater - Disco Dancer and Debbie Carey - had concrete boots. It was so much fun when the music started at intervals during the

I will begin this report by wishing a Happy New Year to all the readers. It has been a troublesome year and we are hoping for a brighter future.

The winners of our President fours were Penny Collins, Denise Huender, Belinda Gray and Gail Gorman. Runners up were Carol Watters, Lesley Gresham, June Walsh and Carolyn



Above: Club Person of the Year Shannan Haylan with President Dave Swindail.

President Yvonne Hughes, for all of her hard work in organising socials. Well-deserved and congratulations.

A big thank you to the ladies and mens club for the Friday night twilight bowls. It has been a great success. The numbers have been increasing weekly. The last game for 2020 was played on Friday 11th. We will return on January the 8th.

Fay Hannah

Below: President Yvonne Hughes with Award winner Barbara Coferos.



lunch. There was also a look back at concerts in years gone by, put together by Karen Newcombe. Well done Karen. We also had two presentations. The Directors of the club chose Shannan Haylen, from the coffee shop, as this year's Club Person of the Year. The award was presented to her by Dave Swindail, President of the Club. Congratulations Shannan from all of our members. Barabara Coferos was presented with an award by our Ladies Club

# Blackhead Tennis Club able to continue

The 40-year-old Blackhead Tennis Club has been given a new lease of life with around \$100,000 in funding for the refurbishing and resurfacing of its two tennis courts. This funding has come from the NSW State Government's Stronger Country Community's Fund.

"This has really saved the Club", said John Mead, President of the Blackhead Tennis Club. "Without this funding we would have had to close the Club because the courts were becoming dangerous, worn and very slippery

when wet. They were well past their use by date."

Later in January the Blackhead Tennis Club will be celebrating its 40 year milestone/ anniversary and officially open their newly resurfaced courts.

Mary Yule

Right: (Left to right) Mark Keating (contractor from Principal of Power Court), Secretary Lyn Skipper, Vic President Keith Skipper, MP Dr David Gillespie and President John Mead.



# 2020 Presentation Day and Xmas party for Tuncurry Forster Sports WBC

On Thursday 26th November, following Social Bowls, Tuncurry Forster Sports W.B.C. held their 2020 Presentation Day. President Roslyn welcomed our invited guests Club Forster and Sporties Tuncurry President Claire Fletcher, Sports Club Manager Dean Venuto, Men's Club President John Ross, Life Members Signe Meehan and Marie Masters and Green Keeper Nathan Fletcher.

President Roslyn congratulated all the participants, particularly the Winners and Runners-Up of our Championships and Competitions held during 2020. With a special thanks to our Match Committees, Umpires and Controlling Bodies.

Following the presentation of Perpetual Trophies, Badges and Certificates to our Winners and Runners-Up for 2020 it was time for Joycelyn Williams to announce the Most Consistent Player For 2020, Val Feuersanger. Val has had a very successful year on the green - winning our Club Triples Championship and Major Consistency Singles, Semi-Finalist in the Major Singles, Major Pairs and Club Fours Championships. Congratulations Val on a tremendous effort this year.

We finished our year on a high with our Christmas and Break Up Party on Thursday,



Above: Joycelyn Williams presenting Val Feuersanger with Most Consistent Bowler Trophy.

10th December. Once again, our Social Committee out did themselves with beautiful, decorated tables and room for our Christmas Luncheon.

Thanks to our Chefs at Sporties who prepared a traditional hot Christmas meal and dessert for us. Then it was time for our raffles - there were so many prizes to be won!

President Ros concluded proceedings by wishing Members and their families a very Happy and Healthy New Year. Ladies Social Bowls will resume in 2021 on Thursday the 7th January.

Sue Ryan

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