MidCoast Council Updates

Meet Local Legend Romney Newman



The Forster Tuncurry

FREE

Your local independent community 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 17th March 2021

Owned and Loved by Locals

Circulation 6000

N0.16





DINE & DISCOVER NSW

Above: The Mcdonell family crew at Hog's Breath Cafe, Forster. One of many local businesses registered to accept Dining vouchers from NSW Service.

Left: Photo of Forster Boardwalk by

Free Dine & Discover vouchers coming soon!

By the end of March every resident aged 18 and over will be eligible for \$100 worth of free vouchers to spend on dining out and entertainment in NSW thanks to the NSW Government's Dine & Discover program. Recipients will be notified via the NSW service app. Each of the 4 x \$25 vouchers need to be used in a single transition and must be used by the 30th June 2021.

Dining vouchers include 2 x \$25 for use Monday - Thursday in registered restaurants, cafes, bars, wineries, pubs and clubs (excluding takeaway meals).

Discovery vouchers involve 2 x \$25 for entertainment and recreation including

registered live music events, art venues and cultural institutions.

Businesses can register online to participate in Dine & Discover NSW. Vouchers will be distributed to NSW residents from early 2021, with some residents being the first to redeem their vouchers in selected trial locations prior to a statewide rollout.

"This is a positive initiative from the State Government and a great opportunity for local businesses to get a share of potentially \$1.5 million in the Forster Tuncurry region", explains Megan Lewis President of the Forster Tuncurry Business Chamber

"I encourage business owners to get on board and check if they are eligible. This is a great way to keep current customers happy and also encourage new customers to come in and use the vouchers. Ideally businesses can optimize the vouchers in creative ways, like promoting special opening times if they don't normally operate on some of the required days. If any business owners have any questions about it, they can get in touch with the Chamber at info@ftchamber.com.au"

Businesses can register and check their eligibility at: www.

service.nsw.gov.au/transaction/ register-business-dine-discover-nsw

Customers can find local businesses ready to accept these vouchers at www.mybusiness.service.nsw.gov.au/dine-and-discover/business-finder

At the time of publishing 9 places in the Forster Tuncurry region have registered including:- Forster Bowling Club, Free Spirit Cruises, both Subways, Coffee Grind, Beach Brew, Hog's Breath Café, Pezzella's Pizzeria & Bar, Manyana Mexican Taqueria and Forster Entertainment Centre.



The next deadline is 5pm Wednesday 24th of March and will be published on Wednesday 31st of March.

> We welcome your stories and letters. All submissions: 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.

Editor: Mary Yule Phone: 0413410492 **Email:** info@theforstertuncurry.com.au Business Hours: 9:30 - 5pm (Mon - Fri)

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

Thank you: To Vanda Gooley and Roberta Pearce for their expertise behind the scenes.

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

Advertise with us

We have a budget to suit everybody at: www.theforstertuncurry.com.au







Meet Lucy, Katie, Lizzy, Jenny and Meri at the Forster Library. 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

Rainbow Flat

Access Fuels Service Station

Hallidays Point Foodworks Hallidays Point

Diamond Beach Takeaway Tallwoods Country Club

Tuncurry

Tuncurry Resource Centre 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 Stocklands Customer Care

Forster Keys Mini Mart **Pacific Palms**

Blueys Supamart Kembali Café

Charlotte Bay Metro Pertroleum Foodworks Charlotte Bay

Smiths Lake Smiths Lake Friendly Grocer

Coomba Park Pollards General store

Bungwahl Bungwahl Fuel & Liquor

Seal Rocks Seal Rocks General Store

The Forster Tuncurry Tuncurry Rockpool stage one complete for Easter



The upgrade to Tuncurry Rockpool's promenade is progressing on time and budget, with stage one opening by the Easter and school holidays.

In the first stage (which covers the area directly in front of the kiosk), the shared walkway has been extended and widened. Tiered steps (that double as seating) have been constructed, and ramps with handrails will be installed to provide improved all-ability access.

"In time for the upcoming holidays, the contractor will remove most of the barricades, except for a small service area around the temporary works shed," said Manager of Community Spaces, Recreation and Trades, Dan

"While we've provided access to the Rockpool throughout the project, removing the barricades and allowing people to enjoy the completed first stage of the project along with the views from the kiosk, will make for an enjoyable holiday period."

In stage two, crews will move along to the area in front of the carpark to widen the walkway. and construct two access ramps including one that provides easy truck access to the beach during sand harvesting.

While traffic flow and use of the area around the café will be maintained throughout the construction period, parking capacity will be reduced with several car park spaces allocated for storage of materials and equipment. Visitors to the area are asked to be alert to construction activities on the site, to remain outside of fenced-off areas, and to follow all signage and directions from crews as required.

Visitors are also asked to be aware of strong currents that can pose a risk to swimmers, particularly at the southern edge near the safety net, and to exercise caution at all times.

The playground, toilets and barbecue areas are not impacted by the works.

Field maintenance closures across region

As summer sports come to an end, MidCoast Council will be capitalising on the short break before winter sports begin, to rejuvenate

The annual maintenance closure begins on select fields on 8th March and will continue through to 6th April

Parks crews will be undertaking a range of procedures to make the most of the increased rainfall and prepare the sports fields as well as possible for the high traffic over winter. From insecticide spraying, weed spraying and fertilising of all parks areas, through to oversowing the main sports fields, it's going to be a busy few weeks for the team.

"This is a crucial time for us every year - but this year our team really has their work cut out for them with the increased rainfall we've had and resulting high growth," explained Manager nunity Spaces, Recreation and Trades, Daniel Aldridge.

"In saying that, we're in a completely different place to where we were this time last year and it's been great to see the state of our parks and sports grounds continue to improve over the 12 months post-drought."

Council's Parks team mow sports fields to a regular schedule, weather permitting, but the drought of 2019/2020 meant a renovation program was established to assist the local grounds in their rejuvenation. The program consists of vertical slicing, adding top soil where required, along with the oversowing and fertilising. Council has also purchased several additional travelling irrigators over the last 18 months to continue to improve and maintain the playability of the fields.

"We've always been very supportive of Council's maintenance closures," said Bruce Potter, General Manager of Football Mid North Coast.

"Every year we start our season on the back of this work being done and there is always a noticeable improvement, it's great."

Despite some occasional criticism in the community, the majority of sports clubs support the closures and the work Council does maintaining the fields around the region.

"We're continuing to get regular feedback from local sporting clubs who say the sporting fields are looking the best they have in a long time, added Dan.

"While we know that the combination of the rain we've had along with the decrease in activity last year due to COVID has certainly helped with the regeneration of the fields, we're hoping to keep on this trajectory with our maintenance closure this year."





Rainbow Flat RFS shed

rises from the ashes

Above: Mayor David West, MP Stephen Bromhead and RFS Commissioner Rob Rogers.

Local RFS volunteers lead the way

"The brigade have shown true resilience, continuing

to serve their community despite the loss of their base and two members' homes in the bushfires," Mr Bromhead said.

Community News

When fire tore through

almost 24% of the Mid Coast Council area,

our region burning

at the end of 2019,

the Rainbow Flat RFS

were busily protecting

their community while

their home base was

consumed by flames.

On Saturday the 27th of

Bromhead was joined by

NSW RFS Commissioner

Rob Rogers AFSM,

Mayor David West,

NSW RFS District staff

and Brigade members

to officially open the

brigade's new station.

despite being without a

station since November

2019 the Rainbow Flat

Brigade have pulled

serving the local

community

together to continue

Mr Bromhead said

February, Member for

Myall Lakes, Stephen

"For the last year the brigade has operated out of a temporary demountable building and housed their truck at a nearby member's home to ensure they could support their community in times of need.'

"This excellent new station built at a cost of \$285,000 is a modern, standalone, fit for purpose building that is greatly welcomed by the volunteers and the communities they

"The new station has space for two tankers, as well as a training room, kitchen, office, storeroom, bathroom and change room."

Commissioner Rogers added the NSW RFS is committed to providing volunteer firefighters with the equipment, infrastructure and

Local NSW Rural Fire Service Volunteers are

encourage and help Midcoast Rural Fire District

(Midcoast and Port Macquarie-Hastings Local

reduce their risk of bush fire. The Community

Engagement Strategy and Annual Action Plan

has been developed in response to the recently

released Bush Fire Risk Management Plan and

A key part of the NSW Rural Fire Service's

philosophy and role has always been the

community is the way to go.

prevention of fire; more prevention means

fewer fires. In other words, a well-prepared

Inspector Guy Duckworth AFSM, Acting District

Manager for the Midcoast District, said today

that the area poses many challenges for

focusses on assets listed at high or extreme risk

Government Areas) residents and communities

leading the way in the rollout of a plan to

resources they need to carry out the important work of protecting their local communities from fire and a diverse array of incidents.

"I would like to take this time to praise all our volunteers for their ongoing efforts each and every day, particularly when dealing with emergencies here in the Mid Coast," Commissioner Rogers said.

"I also wish to thank Mid Coast Council for facilitating the insurance claim of \$160,000 towards its completion and managing and coordinating local contractors in its build."

"We also thank the families, friends, employers and colleagues of these and all of our volunteers. We know it takes their ongoing support and patience which in turn enables NSW Rural Fire Service volunteers to do what they do to save lives and property."

"There is a diverse range of population and

numbers of property owners travelling out of

the area to work, growing numbers of retirees,

landscapes; with high tourism areas, large

and rapid population growth generally as

people look for an alternative to living and

working in large cities. Many new or part time

residents are from urban areas, often people

with little previous exposure to bush fire and

villages plus individual assets such as schools

bush fire can be treated in practical ways such

as hazard reduction works or improved building

codes. Others need a more personal approach,

the plan. Simply by using and sharing their local

and this is where our local volunteers fit into

knowledge and experience to pass on critical

safety messages to their own communities,

they are able to assist landowners to prepare

Over the coming months, local brigade

members will be working with property

and rural business owners to encourage

everyone to complete a Bush Fire Survival

properties more fire safe, not just for the

Plan and undertake any work necessary to

make themselves, their families, homes and

coming summer but for years into the future.

For further information, please visit www.rfs.

nsw.gov.au or contact your local NSW Rural Fire

for bush fire.

Brigade.

Assets include rural residential estates and rural

and tourist facilities. Many assets at high risk of

living within bush fire prone areas."

The Lakes Way **South Forster roadworks**

Lake Resort will emporary traffic lights on The Lakes Way at South Forster for the next four to six weeks while major works to relocate and add new sewer lines takes place.

The works involve laying approximately 320 metres of 225mm sewer gravity mains and seven manholes at correct depths and gradients parallel to the roadway.

Contractors report that the works are proving challenging during what has

been consistently wet weather, delaying the

The nature of the works in this location have proved challenging, with shoring required to keep water out and ongoing dewatering of the

If the weather allows, contractors hope to have the roadside part of the job completed by Easter, but given recent weather patterns, it is likely that works will unavoidably continue through the school holiday period. If that occurs, the contractor will take measures to try to mitigate queues.

"Once these sewer line works are complete, the lights will be removed although a further roadworks project will require traffic control in the near future," said MidCoast Council's Manager of Projects and Engineering, Rhett

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The next step will be a major road reconstruction of The Lakes Way at that site

"Dunns Creek has been realigned and will flow through the new development, so beginning around July, we'll be undertaking works to construct a large box culvert on The Lakes Way which will carry the Creek under the roadway The culvert will significantly reduce the chance of flooding that has cut off The Lakes Way at

Dunns Creek previously. The road reconstruction project will widen the road at this location, improving safety and installing a roundabout just south of the culvert, which in future will meet The Southern Parkway extension and a future expansion of

Council will be calling for tenders to undertake the roadworks soon, and is expecting to award

I'm not here. He is

face who fits in well

He started around Christmas and does a

good job - particularly

with burgers. He's the

king of burgers! I've

also got the juniors

as Pete. They are all

just part of the family

down here really. We

have fun. Work is not

really work when you

all joke around and

Shana and Tilly as well

another friendly

the Palm Lakes development

Star Business



Name: Lisa Marriott

Business: Fairways Takeaway

What is the best part of your job? love seeing the regular faces and I've seen lot of kids grow up around here.

The busier the better - my brain works better when it's busy. That's why customers don't see and use local fish as 'the fish of the day'. I'll me serving at the counter much as I keep busy try to increase my sales so I can support local cooking on the friers.

What can you tell us about your staff?

We have had Samantha since she was 14 years old [7 and a half years ago]. She is now joining the Police Force. Luke has taken over for Samantha and is second in charge. He

What would you like your customers to

have recently made some changes. I'm now registered as a sole trader for the last 6 months. I'm trying to run the business better and fresher. I try to source local produce more fishing families more.

I've been here for 13 and a half years and

Any tips for other local businesses?

Treat your staff with respect. Get along and have a joke - as well as know when to knuckle down when we get busy. Knowing when to do

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.

Local roads damaged in recent rains



While a welcome relief for some, heavy rainfall across parts of the MidCoast region has taken a significant toll on the local transport network.

Motorists are urged to take extra care on damaged roads as Council's road crews continue to try to prioritise temporary repairs in the worst hit areas. Along with repairing potholes caused by the recent wet weather crews have also been clearing debris and removing fallen trees, and will continue to assess the condition of the region's roads over coming weeks.

Council says it's important for the community to understand that filling potholes is only a temporary fix because reconstructing roads is a much larger operation that requires long term planning and funding.

"Of course we'd love to be able to get out across the region and fully reconstruct our entire roads network, but it's not as simple as that," explained Daniel Park, MidCoast Council's Manager, Operations North

"This kind of consistent rain over a long period of time brings all our work to a halt and when

MIDCOAST

unfortunately sets us back even

We know the community is upset when they see us patching the road, but this is the best temporary solution to improve safety on our roads in the interim, while we plan for full reconstruction through our major roads program.'

Dan explained that fixing roads properly is a timely, costly exercise and it's not as simple as the mmunity may think.

We are aware that the condition of our roads has been heavily impacted by the weather over the last few weeks, and we're doing

our best to try and make them safe again, first and foremost. We're asking people to be alert to changing road conditions, slow down, and to observe roadside signage which may be in place to indicate where roads are worst damaged,"

"We're also encouraging people to let us know of any damaged roads they come across, as this helps us prioritise repairs and divert crews to the appropriate areas."

"Unfortunately, with one of the largest road networks in the State, we're always going to be on the back foot, but we want the community to know we are aware and we're doing our

The Bureau of Meteorology website indicates a wetter Autumn for the MidCoast with the three month rainfall predictions showing much of the

To report damaged roads or debris, complete the online 'report and request' form on the Council website, www.midcoast.nsw.gov.au/ report or call 7955 7777.

Local schools to receive funds

Schools across Myall Lakes are set to benefit from a more than \$1.2 million investment thanks to round one of the NSW Governments Regional Renewal Program.

Member for Myall Lakes Stephen Bromhead said thirteen projects are being funded across the region including playground upgrades, toilet renovations and learning unit improvements.

"I'm delighted to see our schools benefitting from the Nationals in Governments delivering on our commitment to build a safer and stronger regional NSW," Mr Bromhead said.

"The regional renewal fund is one way we are ensuring regional students can thrive in a great learning environment, no matter where they live or what their circumstances may be.

"Some of the Projects receiving funding in our region include a \$500 000 upgrade to the learning unit at Wingham High School, more than \$300 000 for upgrades across Great Lakes Colleges campuses, \$100 000 each for Old Bar Public School and Nabiac Public school to upgrade playgrounds and more."

"Delivery of these projects will be undertaken in the next 18 months as part of the NSW Government's economic stimulus package for NSW schools," Mr Bromhead said.

The Regional Renewal Program will provide a government co-contribution of between 50 to 80 per cent for school infrastructure improvements to high priority schools in regional NSW



Book Review by John King

17th March 2021

YOUNG ADULT BOOK REVIEW

It is many years since I was called upon to coach a final year student in poetry. He was coming top of the class in Maths and Physics, was a member of the local astronomy club. ground his own lenses - and was second bottom in English. "Why" he said "should I waste my time on this when I can read and write perfectly well."

I tried an analytical approach: failure. I still do not know what would have got through to him. Maybe, if he saw beauty and rhythm in the stars, could he have been encouraged to see that in English literature?

Consider The Lord Of The Rings" by JRR Tolkien. First, put aside the violent images in the films of Orcs and wars. The real beauty is in the language and the movement through light and dark scenes. So, in the house of Tom Bombadil is the fair lady, Goldberry, daughter of the river.

"O slender as a willow-wand! O clearer than

O reed by the living pool! Fair river-daughter! O spring-time and summer-time, and spring

O wind on the waterfall, and the leaves'

Can you see her dancing, her hair flying loose, and as it caught the sun it shone and

John King Librarian

Pacific Palms Community Library



COMMUNITY NEWS

If you're looking for an easier way of finding funding, we've just launched a new grants hub to help community groups and local business-owners keep on top of grant funding opportunities... and it's free. Our new site partners with Grant Guru to provide the most comprehensive listing of grants available across Australia, with over 1,000 currently open.

Find out more and register to receive email alerts when new grants open up, by visiting https://midcoast.grantguru.com.au

Integrated Development Proposal

Development Proposal DA-265/2021

In 2019 Council notified local residents of a development application for a proposed eight-lot subdivision and mixed use a mix of townhouses, secondary dwellings, apartments and a community centre.

Since that time the applicant has withdrawn the application for the subdivision and mixed use development and has recently lodged an application for an eight-lot subdivision only. The application does not include any built form, apart from the roads and necessary infrastructure.

Property details: LOT 164 DP 655650

Property address: Point Road TUNCURRY NSW 2428 Proposed development: Eight (8) Lot Torrens Title Residential Subdivision

Applicant: PDA Planning

View applications: On our website or at our offices

On exhibition until: 7 April 2021

Make a submission: Submissions must be made in accordance with our guidelines and to meet legislative requirements. Please visit our website to check our guidelines.

Have your say

We are seeking community feedback on:

- Development Proposal DA-265/2021 Eight (8) Lot Torrens Title Residential Subdivision - Point Road, Tuncurry
- Development Proposal DA2021/1047 Establish a camp ground - Tuncurry Sporties Club 63-65 Beach Street Tuncurry
- Tea Gardens Jetty replacement
- Ageing Strategy
- Draft Events and Festivals Sponsorship Policy

Visit the Have Your Say page on our website for further info.

Join our Youth Taskforce



We are establishing a youth taskforce for progressive, community minded, active young people from across the region.

This taskforce provides an opportunity for young people aged 16-24 to be involved in a formal and ongoing youth participation setting. Elected taskforce members will be able to actively have a say on decisions affecting them and work together to deliver initiatives for other young people across the MidCoast.

Once established, the taskforce will plan and run a variety of youth activities and events and support the delivery of localised youth action teams in the Manning, Great Lakes and Gloucester

There are 12 positions available. Applicants must be aged between 16 and 24 and live in the MidCoast region. To find out more and apply to join the taskforce visit

www.midcoast.nsw.gov.au/youth.

Hurry, applications close this Friday 19 March.

WE'RE HIRING



















We are seeking suitably qualified people to fill the roles of:

Careers at Council

- Asset Accountant
- Customer Service Officers
- Intake and Business Development Officer
- Learn to Swim Instructor

Visit our website for further information and to apply.

Bulky waste

The annual bulky waste and scrap metal kerbside collection is back this year, currently collecting in the Manning region. The message is loud and clear – don't put your waste out any earlier than specified for your zone or you may be fined.

Manning residents can find full details, including when and how to place your waste on the kerb on our website

Gloucester and Great Lakes regions will follow. The dates for when you should place waste on the kerb will be provided well in advance. Check our website in the meantime for information on what items will be accepted and what will not.

Development proposal-self contained campin

The Tuncurry Sporties Club has lodged an application to create a camp area for self-contained RVs and trailers on land around the

The application proposes 37 sites for the parking of registered moveable dwellings. The sites are proposed to be established on existing grassland areas and will generally be 12m x 5m.

There will also be five double-sized spaces (24m x 5m) for longer moveable dwellings.

Visit our have your say page for more information. The deadline for public comment has been extended to 30 March.

THE FORSTER TUNCURRY

Outdoor Learning starts again for Great Lakes preschoolers

The time has come for our Whales (children in their year before Kindergarten) to embark on Outdoor Learning for another year at the Great Lakes Children's Centre.

Outdoor Learning is a 5 day a week, all weather program developed by centre Director Natasha Briggs. The program began in term 2 of 2017 with the aim of helping children build creativity and strengthen problem solving skills, improve academic capabilities, reduce symptoms of hyperactivity, increase physical activity, enhance children's ability to get along with others, develop self-regulation, and reducing stress and anxiety.

Children in the Whale room begin their day at pre-school, but shortly after start their safety talk in readiness for the day's adventure. Children don their safety vests and hats ready

to Pebbly Park. On arriving they vote to determine where the day will take them - children frequently walk to Pebbly Beach, the Tanks, the Bullring, Pilot Hill, the Basin (near marine rescue) and even Lone Pine Memorial Park in Tuncurry! Each year is different as the children's interests dictate the direction of the program.



climbed rocks, made fishing rods to fish with, written their names in the sand and played in the shallow water. All under the watchful eyes of experienced educators like Kath Clifton who has guided children and other educators for each of the 5 years the program has run.

One thing we didn't expect the program to do was offer so many chances to meet interested community members whilst we are out and

about. Educators love to talk with them about our philosophy for play and learning. Many older community members talk nostalgically about their own childhood and being able to play for long periods of time outside, often without any supervision. Those who enquire are reassured to hear that playing in nature and engaging with our community more than prepares children for school.

Please feel free to chat and ask questions if you see us out and about. We look forward to seeing you soon.



Forster Library. We provide free tutor support, afternoon tea, printing/photocopying and Wi-Fi

No bookings are required. Phone 79557001 for more information.



Above: Homework help at the Forster Library in 2020.

Young Local

answers to: www.theforstertuncurry.com.au

Full Name: Rourke Banham

A full time University student studying at William Blue Hospitality College a Bachelor of Business (Hospitality Management). I've worked at Beach Bums for the past 6 years. I started there as a junior in the washroom and finished as Assistant Manager

Favourite music/food/book/game or sport:

I share a great passion and deep love for the game of soccer and have made countless mates and memories within the game. One major highlight being the captain of the winning side in the 2018 under 18's grand finale. I owe the game of soccer a lot and am very grateful for the amazing opportunities it's given me.

Favourite local place to hang out:

Since turning 18 only last year, it's easy to say it's down by Forster's beautiful lake, the Lake's and Ocean's Pub in the heart of Forster. A great place to catch up with mates and family to enjoy nice cold beer and a meal

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

think that in Australia and especially in Forster our response to COVID has been a reflection of how our community comes together in times of need. We appreciate the fact that locals continued to support Beach Bums throughout the past 12 months of the pandemic.

What do you think could be done better?

better but I'm really proud of the way our Beach enjoy the moment I live in and enjoy my life, Bums Crew and our wider community have esponded during the pandemic.

Who inspires you? Definitely my parents are at the front of my mind. They are my biggest support crew, my cheer squad and my biggest



fan. I actually feel a great privilege and honour to say that they are indeed not only my parents, two of my best mates and a true inspiration not only to my life but also others. They support me to do whatever it is I want to do in life. encourage me to chase those wild adventures and I know that they will forever have my back. They inspire me to do better, and be better, and

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

The future can be a scary place, many unknowns and being a young adult there is much to decide. I don't have a real plan or structure to tackle my future and I guess I never have. I've never really known what I want to do I guess there is always things that could be done when or how, I love to just live in the moment, because I sure do have a great one. I'm so lucky and so fortunate to be able to say that I've found an amazing lady in my life that I get to call my best friend. I can't say what our future holds, I just know with Georgia by my side our future will be so very bright.

If you are 21 years or under and would like to feature in Young Local please submit a high resolution photo and

Holy Name attends Aspire Workshop



Recently Holy Name School students were Aspire workshop at St Clare's High School, groups to create a performance.

invited to attend the Manning Catholic Schools Taree. Students collaborated with other schools in Dance, Drama, Visual Arts and Instrumental Simone Maloney

Community News

Brommy's Community Update



delivered the Koala SEPP 2021 (State Environmental Planning Policy) which strikes a balance between protecting the rights of farmers and protecting core koala habitat across regional NSW.

The new SEPP will see core rural zones in regional areas decoupled from the SEPP as new codes that protect koala habitat under the Local Land Services Act are developed over the next month.

This means land zoned for primary production or forestry in regional NSW will not be subject to the new SEPP, ensuring farmers will not be strangled by red tape, while also immediately introducing enhanced protection for koala habitat in areas where more than 95 per cent of development activity

The NSW Nationals are creating a safer and stronger regional NSW and we are committed to protecting the rights of farmers and primary producers in regional NSW

The intention has always been to find a solution to protect both farmers and koalas and we have successfully arrived at the Koala SEPP 2021

New ambulance stations for Forster and Old Bar



The Mid North Coast will benefit from two new ambulance stations at Forster and Old Bar under the next stage of the NSW Government's Rural Ambulance Infrastructure Reconfiguration (RAIR) program. Myall Lakes,

Member for Stephen Bromhead. said the announcement is another example of the NSW Liberal National Government investing in the health of Myall Lakes residents

"The new ambulance stations for Forster and Old Bar will enhance access to emergency

health care across Myall Lakes," Mr Bromhead

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"The next step will be finding the best location for the stations, which will be supported by international best practice demand modelling software which maps Triple Zero (000).

In 2020-21, the NSW Government is investing more than \$1 billion in services and capital works for NSW Ambulance. This includes \$27 million funding for 180 new NSW Ambulance staff across NSW, the third installment of the June 2018 commitment to recruit 750 additional paramedic and control centre staff

The existing station located in Tuncurry will remain operational. When complete, both stations will service the communities of Forster

Permenent Palliative Care at Manning

Health care in the Myall Lakes has taken another step forward with Manning Base Hospital appointing its first permanent palliative care specialist after years of community

Member for Myall Lakes Stephen Bromhead said the new permanent part time position is a vital improvement to our regions healthcare.

"Myall Lakes has the oldest demographic in all of NSW so the permanent appointment of palliative care specialist Dr Arron Veltre will be invaluable for healthcare in our region," Mr Bromhead said.

"Our community has been calling out for this appointment for years so I'm over joyed to welcome Dr Veltre to the region as our palliative care specialist, for what I am sure will be a very rewarding job caring for our local community.

"Having a palliative care specialist on hand at Manning Base Hospital, will ensure the existing high quality end of life care being delivered

in our community not only continues but improves.

"Dr Veltre's new permanent role is also expected to help attract additional specialist clinicians to the region in the future."

"He's already securing an accreditation for Manning Base Hospital to deliver Advanced Skills Training in palliative care, and the Hospital is supporting Dr Veltre to secure further specialist palliative care training and education programs in the future.

as a Palliative Care Specialist at Manning Base Hospital Dr Veltre had been working at Manning Hospital under a temporary contract arrangement, providing palliative care services to the

Before receiving permanency

hospital including ward consults with inpatients, multidisciplinary meetings, and running specialist outpatient clinics.

Below: MP Stephen Bromhead, Dr Osama Ali, Push for Pallative Care Judy Hollingworth, Dr Aaron Velte and Sally Drury.



Stephen Bromhead MP Delivering for Myall Lake's Schools Supported by the Investment in Vital Regional Renewal Program More the \$300 000 for upgrades at A new ambulance station for Forster Great Lakes College across their 3 \$2.3million to upgrade Forster Police Station \$100 Million to repair and maintain local \$35 000 for a sporting facility at roads in Mid Coast Council area Tuncurry Public School

Our Local Wildlife by Kym Kilpatrick

Flying-foxes or Megabats often get a pretty bad rap: they are considered smelly, noisy and thieves who steal from our fruit trees. There are, of course, also concerns about diseases also. However, most people don't know too much about our fellow coastal locals.

In our area we have three species of flyingfoxes: the grey-headed flying-fox (Pteropus poliocephalus) with grey heads, rusty reddishcoloured collars, hairy legs, and a 1 metre wingspan; the black flying-fox (Pteropus alecto) which is almost completely black but with a slight rusty red-coloured collar and a wing span that can be more than a metre; and the little red flying-fox (Pteropus scapulatus) which is the smallest Australian fruit bat and has reddish brown-coloured fur

Flying-foxes are amazing animals, and their nearest genetic relatives are lemurs, so there is an argument that, like lemurs, flying-foxes are really primates! And like all primates (including humans) they are generally extremely intelligent and affectionate little animals. FAWNA carers of flying-foxes often fall very much in love with their charges as a result!

Flying-foxes are also amazing athletes. They have very high metabolic rates and extremely powerful pectoral muscles that generate twice the heat of non-flight mammals during exercise and increase the oxygen delivery to their muscles 30 times more than when they are at

They can fly up to 50 kilometres a night collecting and dispersing seeds and are absolutely critical to our eco-systems. Included in their seed dispersion are eucalypts that are essential koala trees, so if the mantra for koalas is 'no tree no me' for flying-foxes it is 'no me no tree'

Many people are concerned about the disease potential with flying-foxes. However, less than one percent of flying-foxes carry Lyssavirus and it can only

foxes absolutely do not swoop or hunt humans! However, handling of flying-foxes should only be done by fully vaccinated individuals, so a hurt flying-fox is definitely a FAWNA call. Flying-foxes, especially the grey-headed flying-

scratches, and unlike the vampire movies, flying

fox, are in trouble and listed as vulnerable species. There are many threats to them, most obviously the loss of habitat that can lead to starvation. They are also extremely vulnerable to heat exhaustion and heat stroke because. unlike us, they cannot sweat. To cool down they seek shade and will lick and flap their wings but because this exercise also increases their body heat production they can still quickly overheat to a fatal level. Tragically, in NSW and Queensland we have seen a number of mass deaths of flying-foxes in heat waves. Hot weather from our warming climate and being forced to fly long distances in search of food are why there are real concerns for our flying-foxes

Other major threats to flying foxes are entanglements in barbed wire fencing, inappropriate netting of fruit trees (any netting you can poke your finger through is a potential death trap), and electrocution from powerlines.

In the last two reporting years FAWNA was called to 430 flying-foxes rescues, many from starvation. In addition FAWNA took 124 heatstress, drought and bushfire affected flyingfoxes from other wildlife groups for release



Why you may not notice sea level change in your local area

(source NASA)

Ocean Mass increasing due to melting glaciers and icecaps in Greenland and Antarctica	2.1mm
Warming water increases the volume of water in the sea (thermal expansion)	1.3mm
Total	3.4mm

Sea levels do not change evenly across the globe. Here are the main reasons

• Ocean currents - Currents redistribute water around the globe and, because the earth is spinning, currents that travel north or south are deflected to the east e.g. the Gulf Stream travels from the Caribbean to the east of Greenland instead of flowing parallel to the American coastline. The water level in such a current may be as much as a metre above that of the surrounding sea.

• Gravity - Ice has mass, so Ice caps attract water from the surrounding sea. When this ice melts that attraction decreases, and local sea levels drop e.g. this is happening around Greenland. As a result water levels increase

 Rebound - when ice is removed from a land mass the loss in weight allows that land to rise (isostatic rebound). Currently this occurs in Greenland and along the Antarctic peninsula. Both are rising at approximately 50mm per

• The earth's spin banks water up against the western sides of continents so for example sea level on the Pacific side of the Panama Canal is approximately a metre above that on the Atlantic side

• Local subsidence - the most common reasons for this are pumping more underground water than is being replaced and the construction of large buildings. Examples include San Francisco, Beijing (11 cm. per year) and Jakarta (1 to 28cm per year depending on the suburb).

Declaration of a climate emergency

It's good to see that so far 14 national governments and all the EU have declared a 'climate emergency' (this means that they have started emergency planning to create an action plan within the next 3 to 6 months). With global cooperation it is certainly possible to prevent a catastrophe

Where are we up to in Australia?

Federal government - no declaration no plan. State government - only the ACT has a

Local government - 90 Local Government Areas (LGAs) including Midcoast Council have made declarations. These cover 35% of our

Janusz Haschek BSc Dip Ed and Community member of Council's Coastal Management



Against the odds, South Australia is a renewable energy powerhouse How on Earth did they do it?

Less than two decades ago, South Australia generated all its electricity from fossil fuels. Last year, renewables provided a whopping 60% of the state's electricity supply. The remarkable progress came as national climate policy was gripped by paralysis - so how did it

Our research set out to answer this question. We analysed policy documents and interviewed major actors in South Australia's energy transition, to determine why it worked when so

We found governments need enough political power to push through changes despite opposition from established fossil fuel interests. They must also watch the energy market closely to prevent and respond to major disruptions. such as a coal plant closing, and help displaced workers and their towns deal with the change.

South Australia shows how good public policy can enable dramatic emissions reduction, even in a privately owned electricity system. This provides important lessons for other governments in Australia and across the world.

Why is the energy transition so hard?

In decades past, fossil-fuel-dominated energy markets revolved around a few big, powerful players such as electricity generators and retailers. Overhauling such a system inevitably disrupts these incumbents and redistributes benefits, such as commercial returns, to newer

This can create powerful - and often vocal - losers, and lead to political problems for governments. The changes can also cause hardship for communities, which can be rallied to derail the transition.

The change is even harder in a privatised energy market, such as South Australia's, where electricity generators and other players must stay profitable to survive. In the renewables shift, fossil fuel businesses can quickly become commercially unviable and close. This risks supply shortages, as well as price increases like those after Victoria's Hazelwood coal plant

The obstacles help explain why a wealthy nation such as Australia, with extremely high per capita emissions and cheap, plentiful renewable resources, has struggled to embrace its clean energy potential. Even frontrunners in environmental policy, such as Germany, have struggled to make the switch.

How South Australia did it

South Australia is a dry state - extremely vulnerable to climate change - with abundant wind and solar resources. These factors gave it the motivation and means to transition to

The South Australian Labor government, elected in 2002, adopted a target for 26% renewables generation by 2020. At the time, wind energy was already a competitive supplier of new generation capacity in Europe, creating an established wind farm industry looking to

Some of South Australia's best onshore wind potential was located near transmission lines running 300 kilometres from Port Augusta to Adelaide. This greatly reduced the cost of

South Australia benefited greatly from the federal renewable energy target, established by the Howard government in 2001 and expanded under the Rudd government.

The scheme meant the South Australian government didn't need to offer its own incentives to meet its renewables target - it just had to be more attractive to private investors than other states. This was a relatively easy task. Under the state Labor government, South Australia's energy and environment policy was consistent and coordinated, in contrast to the weak and inconsistent policies federally, and in

To attract renewable energy investors, the government made laws to help construct wind farms in rural zones away from towns and homes. New wind farms were regularly underwritten by state government supply

As the transition progressed, the state's largest coal generator, at Port Augusta, was wound back and eventually closed. To help workers and the town adjust, the state government supported employment alternatives, including a \$6 million grant towards a solar-powered greenhouse employing 220 people.

The Labor government enjoyed a long incumbency, and the state was not heavily reliant on the export of fossil fuels. This helped give it the political leverage to push through change in the face of opposition from vested

It's not easy being green

South Australia's transition was not without controversy. Between 2014 and 2018, the state's consumer electricity prices rose sharply While critics sought to blame the increasing renewables share, it was largely due to other factors. These include South Australia's continued reliance on expensive gas-fired power and the closure of the Hazelwood coal fired power station in neighbouring Victoria. which fed large amounts of power into South

And in late 2016, South Australia suffered a statewide blackout. Again, renewables were blamed, when the disaster was in fact due to storm damage and overly sensitive trip

After a second, smaller blackout six months later, the then federal treasurer Scott Morrison brought a lump of coal into parliament and argued South Australia's renewables transition was: "...switching off jobs, switching off lights and switching off air conditioners and forcing Australian families to boil in the dark as a result of their Dark Ages policies."

In 2018, Labor lost office to a Liberal party highly critical of the renewables transition in opposition. But by then, the transition was well advanced. In our view, specific legislation would have been required to halt it.

The state Liberal government has now firmly embraced the renewables transition, setting a target for 100% renewable electricity by 2030



By 2050, the government says, renewables could generate 500% of the state's energy needs, with the surplus exported nationally and

Leading the world

The South Australia experience shows a successful renewables transition requires that governments:

- have enough political power to advance policies that disadvantage energy
- monitor the energy market and respond proactively to disruptions limit damage to displaced workers,

businesses, consumers and communities.

It also highlights the importance of having transmission infrastructure near renewable resources before new generators are built.

As energy markets the world over grapple

with making the clean energy transition, South Australia proves it can be done.

Michael McGreevy and Fran Baum, Flinders University, www.theconversation.com/au



\$25 000 to install a garden space at

Pacific Palms Public School



02 6555 4099

Over \$12 Million to secure water supplies on



stephenbromhead.com.au

Authorised by Stephen Bromhead MP, 1-9 Manning Street, Tuncurry NSW 2428 funded using Parliamentary Entitlements March 2021

Swamp

Bushy Tales

WHERE FLIES GO

IN WINTER ."

Gifts and Stationery

Star Volunteer

Maragos

Organisation **Great Lakes** Museum

What does this organisation do i

We are the Great Lakes Historical and Maritime Museum located at Capel Street, Tuncurry. We are a local history museum and an interesting tourist attraction for both locals and visitors. We have many varied and interesting

displays housed

in the main museum building, federation style Cheers Cottage, Original Tuncurry School, original Tuncurry Police Lock-up, a saddlery and a machinery shed. Lots of things to see surrounded by beautiful

What is your role?

Director/Maintenance & Gardens.

Manning - Great Lakes Police District

Police and emergency services were at the scene of a deliberately lit bus fire on the corner of Lake and West Streets, Forster

STOPPERS 1800 333 000

on Thursday 11th March. Fire crews were able to extinguish the blaze which completely destroyed the

Police have been told a female passenger entered the on-board toilet facilities and allegedly lit a small fire. The male bus driver safely evacuated all six passengers from the bus before alerting emergency services. The female fled the scene. Officers attached to Manning-Great Lakes Police District conducted extensive inquiries into her whereabouts. Due to the location of the blaze, power to

surrounding streets was knocked out, including

Anyone with information about this incident is urged to contact Crime Stoppers on 1800



www.facebook.com/FRNSW295/

333 000 or www.nsw.crimestoppers.com.au. Information is treated in strict confidence. The public is reminded not to report information via NSW Police social media pages.

Football is back

Police dropped in to see the Viking Football Challenge on March 6th to check on the spectators, players and volunteers, keeping everyone safe. 160 teams in total participated, with people from far and wide, hosted by the Great Lakes United Football Club. The matches were programmed to lessen the impact of having everyone there at one time. Great crowd. Pictured is the St John



Please send a high resolution photo and answers to www.theforstertuncurry.com.au

What is the best part of your job?

and taking care of the Museum.

The pride and satisfaction I feel when visitors

the interesting and well placed displays on

show. I am a volunteer and enjoy coming to

compliment me on the beautiful gardens and

Do you know an amazing Local Volunteer? Ambulance crew.

Dr David **Gillespie** MP FEDERAL MEMBER FOR LYNE

PARLIAMENTARY FRIENDS OF **NUCLEAR INDUSTRIES**

I recently established the new bipartisan parliamentary group Friends of Nuclear Industries to support further research and development of nuclear technologies in areas such as medicine, transport, food, energy and resources.

Nuclear medicine is continuing to advance, as has nuclear energy, and we need to ensure that Australia is well positioned to take advantages of any benefits that come with the development of technology in these areas.

As new technologies are developed there is obviously interest among MPs from all parties about what solutions



provide in addressing the various challenges we confront as a nation. This forum assist all of those with

an interest in these emerging nuclear technologies to be more informed.

HIGH EFFICIENCY LOW EMISSIONS **COAL TECHNOLOGY**

If we were to abandon coal, the lights would go out and many industries would shut down leading to massive unemployment. We must continue to reduce our greenhouse emissions and new technologies coming online will allow us to achieve this.

Last year I visited Centennial Coal with Barnaby Joyce and Matt Canavan, the Hunter Valley produces the best quality coal in the world. With new technologies being developed to deliver greater efficiency and carbon capture, there is the potential to significantly reduce emissions at our coal-fired power plants. Now is not the time to be abandoning the coal industry and the many other industries and jobs that

If we want to boost Australian Manufacturing we need to deliver affordable reliable power and the only source currently available to do that is coal. I believe we should be building a HELE in the Hunter.

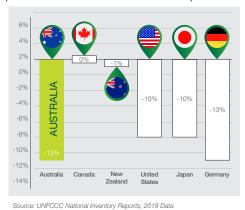
MEETING AND BEATING OUR INTERNATIONAL TARGETS

Australia beat its 2020 Kyoto target by 459 million tonnes.

We are on track to meet and beat our 2030 Paris target of reducing emissions by 26 - 28%.

On a per-person basis, that's a reduction of 50 - 52% (on

This is more than France, Germany, Canada, New Zealand or Japan have committed to over the same period.



Dr David **Gillespie** MP

FEDERAL MEMBER FOR LYNE

He Listens. He Cares. He Delivers.

ENATIONALS for Regional Australia

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

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DavidGillespieMP david_gillespie_mp davegillespiemp

The Grin Bin



Doodley Squat

Sudoku

Fill in the blank cells using numbers from 1 to 9. Each number

9

can only appear once in each row, column and 3x3 block.

1 2

6

9

* Each word must contain the centre **'Focus**'

* Each word must be four letters or more

* No verb forms or plurals ending in 's'

TODAY'S Good: 11 words

* No proper nouns and no hyphenated words

FOCUS Very good: 17 words

Excellent: 26 words

UOYCM

SAVE

TUNENG

OADAIS

NLDEP

Find the following words in the grid. They

may read in any direction, even diagonally.

Silk

Snap

Sped

Usual

Vase

Some letters are used more than once.

Lost

Neck

Note

Pine

LKE

* Find at least one nine letter word

letter and each letter may be used only once

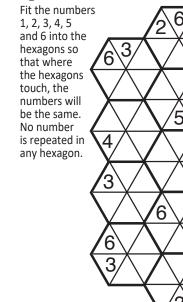
Focus

* No swear words

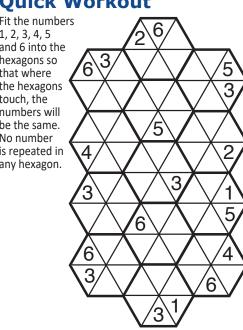
Word Find

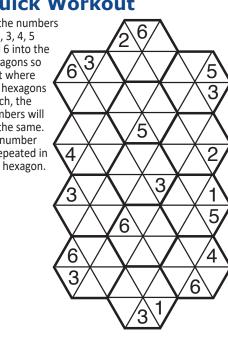
An All Australian





Quick Workout





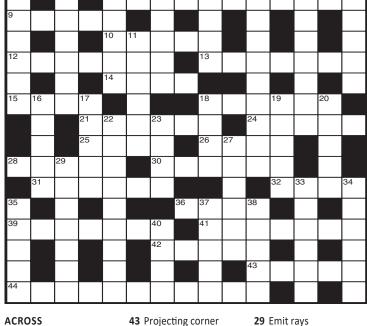
Reference: Macquarie Concise Dictionary

Focus No. 3851

•44

Join the Dots

What creature is this? Find out by joining the dots.



ACROSS 3 Running over, as water 9 Danger signal

Crossword

10 Turn outwards 12 Gun part

13 Ministrant 14 Specialised skills 15 At all times 18 Painter

21 Breaks out 24 Inactive 25 Passport endorsement

26 English county 30 Face 31 Salty 32 Repose

36 Festivity 39 One of refined taste 43 Projecting corner

1 Fortress 2 Literary ridicule

38 Composition 3 Greek letter 40 Scene of Napoleon's 4 Make effort first exile 5 Is well adapted

33 Make angry

34 Motifs 35 Transmits

37 Decree

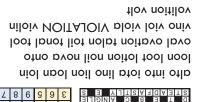
6 Performing surgery 7 Inescapable position 8 Keen relish

11 Against 16 Infective agent 17 Make merry 18 Enquires

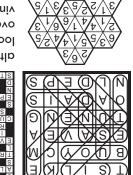
19 Bury 20 Attempts 22 Made fun of

23 Form walking surface 27 Festive season

Solutions Puzzles and pagination supplied by Auspac Media







The Forster Tuncurry

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Dais

Deem

www.theforstertuncurry.com.au

Y	OUR FORT		
	ABCTV		
WEDNESDAY	6.00 Morning Programs. 12.00 ABC News At Noon. 12.30 Press Club. 1.35 Media Watch. 2.00 Parliament. 3.15 ABC News Afternoons. 4.10 Antiques Roadshow. 5.10 Grand Designs NZ. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Hard Quiz. 8.30 The Weekly. 9.00 Fisk. 9.30 Why Are You Like This. 9.55 QI. 10.25 Staged. 10.50 ABC Late News. 11.20 Four Corners. 12.10 Media Watch. 12.25 Wentworth. 1.15 Parliament. 2.15 Rage. 3.40 Wentworth. 4.30 The Drum. 5.30 7.30.		
THURSDAY	6.00 Morning Programs. 1.00 Hard Quiz. 1.30 The Weekly. 2.00 Parliament. 3.15 ABC News Afternoons. 4.10 Antiques Roadshow. 5.10 Grand Designs NZ. 6.00 The Drum. 6.55 Sammy J. 7.00 ABC News. 7.30 7.30. 8.00 Back Roads. 8.30 Q+A. 9.35 One Plus One. 10.05 Aussie Inventions That Changed The World. 10.55 ABC Late News. 11.25 Princess Margaret: The Rebel Royal. 12.20 Wentworth. 1.10 Parliament. 2.10 Rage. 3.45 Wentworth. 4.30 The Drum. 5.25 Sammy J. 5.30 7.30.		
FRIDAY	6.00 News. 9.00 ABC News Mornings. 10.00 Q+A. 11.05 Being Frank: The Frank Gardner Story. 12.00 ABC News At Noon. 1.00 Back Roads. 1.30 Outback Ringer. 2.00 Poldark. 3.00 ABC News Afternoons. 4.10 Antiques Roadshow. 5.10 Grand Designs NZ. 6.00 The Drum. 7.00 ABC News. 7.30 Gardening Aust. 8.30 Vera. (M) 10.00 Mum. (M) 10.30 State Of The Union. (PG) 10.45 ABC Late News. 11.00 The Vaccine. 11.15 The Weekly. 11.45 Fisk. (M) 12.15 Rage. (MA15+) 5.00 Rage.		
SATURDAY	6.00 Rage. 7.00 Weekend Breakfast. 10.00 Rage. 12.00 ABC News At Noon. 12.30 STC Wharf Revue: Celebrating 15 Years. 2.25 Old People's Home For 4 Year Olds. 3.25 Princess Margaret: The Rebel Royal. 4.30 Landline. 5.00 Soccer. A-League. Round 13. Macarthur FC v Western United. 7.00 ABC News. 7.30 Death In Paradise. (M) 8.30 Call The Midwife. (PG) 9.30 Harrow. (M) 10.25 Miniseries: Apple Tree Yard. (M) 11.20 Press. (M) 12.20 Rage. (MA15+) 5.00 Rage.		
SUNDAY	6.00 Morning Programs. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 ABC News At Noon. 12.30 Landline. 1.30 Gardening Aust. 2.30 The Upside. 3.30 The Mix. 4.00 Soccer. W-League. Round 13. Adelaide United v Western Sydney Wanderers. 6.00 Gardening Australia Presents. 6.30 Compass. 7.00 ABC News Sunday. 7.40 Grand Designs NZ. 8.30 Harrow. 9.20 Silent Witness. 10.25 Miniseries: Patrick Melrose. 11.20 Line Of Duty. 12.25 Wentworth. 1.10 Rage. 4.10 Wentworth. 5.00 Insiders.		
DAY	6.00 News. 9.00 ABC News Mornings. 10.00 Landline. 11.00 Grand Designs NZ. 12.00 ABC News At Noon. 1.00 Death In Paradise. 2.00 Parliament. 3.15 ABC News Afternoons. 4.10 Antiques Roadshow. 5.10 Grand Designs NZ. 6.00 The Drum.		

ent Witness. Melrose. 11.20 worth. **1.10** Rage. ws Mornings. and Designs NZ. nt. **3.15** ABC News **5.10** Grand Designs NZ. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Aust Story. 8.30 Four Corners. 9.15 Media Watch. (PG) 9.35 The Hunt For Gaddafi's Billions. (M) 11.05 ABC Late News. 11.40 EXPOSED: The Ghost Train Fire. **1.10**

Wentworth. 2.00 Rage. 3.40 Wentworth. 4.30 The Drum. 5.30 7.30. 6.00 News. 9.00 ABC News Mornings 10.00 Four Corners. 10.45 Ward One. 11.00 To Be Advised, 12.00 ABC News At Noon. 1.00 Call The Midwife. 2.00 Parliament. **3.15** ABC News Afternoon: 4.10 Antiques Roadshow 5.10 Grand Designs NZ. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Foreign Correspondent, 8.30 EXPOSED: The Ghost Train Fire. (PG) 10.00 To Be Advised. 11.00 ABC Late News. 11.35 O+A. 12.45 Wentworth. 1.30 Rage. 3.40 Wentworth. **4.30** The Drum. **5.30** 7.30.

12.00 ABC **6.00** WorldWatch. **2.00** Dateline. **2.30** nsight. 3.30 Celebrate St Patrick Concert 2020. **4.30** Railway Journeys UK. **5.05** ment. **3.15** pardy! **5.30** Letters And Numbers. esigns NZ. **6.00** vs. **7.30** 7.30. 6.00 Mastermind Australia. 6.30 News. 7.35 Tony Robinson: Britain's Ancient ike This. 9.55 Departure. 10.20 SBS News. 10.50 Romulus. 12.50 The Night Manager. 1.45 BC Late News Media Watch Counterpart. **3.45** Arming America's rliament. 2.15 Teachers. 4.50 Destination Flavour: **.30** The Drum. Singapore Bitesize. 5.00 France 24

Feature. 5.15 Late Programs. 6.00 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.05 Elizabeth And Her Enemies. 2.55 Who Do You Think You Are? 4.00 Great Continenta Railway Journeys. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermino Australia 6.30 News. 7.35 The World's Busiest Stations. 8.30 Michael Mosley: What's My Diagnosis. 9.35 Shadowplay 10.40 SBS News. 11.10 24 Hours In Police Custody. **12.25** The Good Fight. **1.20** SS-GB. 2.15 SS-GB. 4.10 Railway Journeys UK.

4.45 Late Programs. 6.00 WorldWatch. 2.00 Destination Flavour China Bitesize. **2.10** The Clinton Affair. **3.00** NITV News: Nula. 3.30 Railway Journeys UK. 4.05 Great Continental Railway Journeys. 5.05 Jeopardy! **5.30** Letters And Numbers. 6.00 Mastermind Australia. 6.30 News 7.35 The Crucifixion Mystery. 8.30 The Royals In Wartime. 9.25 Secrets Of Britain. **10.30** Going Places. **11.00** SBS News. 11.30 Elvis Preslev: The Searcher. Flavour. 5.00 Late Programs.

6.00 WorldWatch. 2.00 Destination Flavour China Bitesize. **2.05** MOVIE: Hurricane. (2015) **3.35** Cycling. AusCycling Mountain Bike Nationa hips. Highlights. **4.35** The Story Of God With Morgan Freeman **5.35** Hitler's Last Year. **6.30** News. **7.35** World's Most Scenic Railway Journeys. 8.30 MOVIE: The Blues Brothers. (1980) 10.50 MOVIE: No Country For Old Men (2007) **1.05** MOVIE: Oissa. (2013) **3.00** Caged. 4.05 Railway Journeys UK. 4.40

6.00 WorldWatch, 1.00 Speedweek, 3.00 Sportswoman. 4.05 Cycling. UCI World Tour. Paris-Nice Race. Highlights. **5.05** Travel Man 5.35 The Secret History Of World War II. 6.30 News. 7.30 Inside The Orient Express. 9.10 Railways Of The Western Front With Chris Tarrant, 10.25 Prince Albert's Secret Papers. 11.20 24 Hours In Police Custody. 12.15 Michae Mosley: A History Of Surgery. **1.15** The Restaurant That Burns Off Calories. **2.20** Charles Manson: The Final Words. **4.10**

6.00 WorldWatch, 7.30 WorldWatch. 2.00 Destination Flavour China Bitesize 2.05 The Clinton Affair. 2.55 The Egg. 3.05 Who Do You Think You Are? 4.05 Mythical Beasts Unearthed. 5.05 eopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia, 6.30 News. 7.35 The Secret Life Of Lighthouse **8.30** 24 Hours In Emergency. **9.25** The Story Of The Songs. **10.20** SBS News. 10.50 Outlander. 11.55 Agatha Christie's Criminal Games. **1.40** Asylum City. **3.10**

Bitter Rivals. **4.50** Late Programs. 6.00 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.05 The Clinton Affair, 3.00 Nulla Nulla, 3.05 Who Do You Think You Are? 4.10 Mythical Beasts Unearthed. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. **6.30** News. **7.30** Great Australian Railway Journeys. 8.30 Insight, 9.30 Dateline, 10.00 The Feed. **10.30** SBS News. **11.00** The Point. **12.00** The Pier. **12.55** Borgen. **4.25** Railway Journeys UK. 5.00 France 24 Feature.

6.00 Sunrise. 9.00 The Morning Show. **11.30** News. **12.00** MOVIE: Bringing Ashlev Home. (2011) 2.00 Crimina essions, 3.00 The Chase, 4.00 News

5.00 The Chase Aust. 6.00 PRIME7 **5.00** Hot Seat. **6.00** NBN News. News. 6.30 News. 7.00 Home And Away. 7.00 A Current Affair. (PG) **7.30** Border Security. (PG) 7.30 Married At First Sight. (M) 8.30 Ambulance: Code Red. (M) 9.00 Amazing Grace. (M) **9.30 Born To Kill?** (M) 10.00 New Amsterdam. (M 10.30 The Latest: Seven News. 11.00 The 11.00 Nine News Late. 11.30 The Enem Within. (M) **12.10** Tipping Point. (PG) **1.05** ACA. **1.30** TV Shop. **2.30** Global Shop. Front Bar. (M) **12.00** Code Black. (M) **1.00** 3.00 TV Shop. 5.00 News. 5.30 Today

Harry's Practice. **1.30** Shopping. **5.00** News 5.30 Sunrise. 6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Trouble With The Curve. (2012) 2.30 Motorbike Cops 3.00 The Chase. 4.00 News. 5.00 The

Chase Aust. 6.00 PRIME7 News. 700 Home And Away. (PG) **7.30 Wife Swap Australia.** (PG) **8.45 MOVIE: Fool's Gold.** (2008) (M) **11.05** The Latest: Seven News. **11.35** MOVIE: A Million Ways To Die In The West. (2014) (MA15+) **2.00** Shopping. 5.00 News. 5.30 Sunrise.

6.00 Sunrise. **9.00** The Morning Show.

And A Murderer. (2012) (M) 2.00 House

Of Wellness. (PG) 3.00 The Chase. 4.00

8.30 MOVIE: Troy. (2004) (M) Brad Pitt,

Eric Bana, Diane Kruger. A Greek king

News. 5.00 The Chase Aust.

6.30 PRIME7 News @ 6:30.

7.00 Better Homes And Gardens

11.45 Ambulance: Code Red. (M)

Sunrise. 10.00 Morning Show. 12.00

Horse Racing, Golden Slipper Day and

Mornington Cup Day. **5.00** News. **5.30**

Border Security. (PG) 6.00 Seven News

7.00 Border Security: Australia's Front

Racing. Supercars Championship. Round 2. Sandown SuperSprint. Highlights. **1.30**

6.00 Shopping. **7.00** Weekend Sunrise. **10.00** Morning Show. **12.00** House

MOVIF: Michael Jackson: Searching For

Neverland. (2017) **4.00** Better Homes.

6.00 News. 7.00 7NEWS Presents: Ivan

Milat - Buried Secrets. **9.10** MOVIE: The

Equalizer 2. (2018) (MA15+) 11.40 World's

Sandown SuperSprint. Highlights. **2.00** Shopping. **5.00** News. **5.30** Sunrise.

6.00 Sunrise. 9.00 The Morning Show

11.30 News. 12.00 MOVIE: Forgotten Evil

(2017) **2.00** Criminal Confessions. **3.00**

The Chase. 4.00 News. 5.00 The Chase

Aust. 6.00 PRIME7 News. 6.30 PRIME7

News @ 6:30. 7.00 Home And Away. (PG)

7.30 Declassified: The Royal Scandals.

10.30 The Latest: Seven News. **11.00**

Station 19. (M) 12.00 The Guardian. (M)

1.00 Shopping. 5.00 News. 5.30 Sunrise.

6.00 Sunrise. 9.00 The Morning Show.

Confessions. 3.00 The Chase. 4.00 News

11.30 News. **12.00** MOVIE: Mommy,

5.00 The Chase Aust. **6.00** PRIME7

News 6.30 PRIME7 News @ 6:30 7.00

10.30 The Latest: Seven News. **11.00**

Station 19. (M) 12.00 Shopping. 5.00

Home And Away. (PG) 7.30 Britain's Got

I Didn't Do It. (2017) 2.00 Criminal

Talent Best And Worst. (PG)

8.30 The Good Doctor. (M)

9.30 The Resident. (M)

8.30 9-1-1. (M)

9.30 The Rookie. (M)

5.00 News. 5.30 Sydney Weekender.

Deadliest. (M) 12.40 Motor Racing.

Supercars Championship. Round 2

Of Wellness. 1.00 Beach Cops. 1.30

7.30 Football. AFL. Round 1. Brisbane

10.30 To Be Advised. 12.40 Motor

6.00 Shopping. 7.00 Weekend

6.00 PRIME7 News.

lavs siege to Troy.

1.00 Home Shopping.

Lions v Svdnev.

(PG) 11.30 News. 12.00 MOVIE: An Office

5.00 News. **5.30** Today. **6.00** Today. **9.00** Today Extra. **11.30** Morning News. 12.00 Ellen DeGeneres. 1.00 Amazing Grace, 2.00 Desperate usewives. (M) **3.00** Tipping Point. (PG) 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 A Current Affair. **7.30 Rugby League.** NRL. Round 2. Gold Coast Titans v Brisbane Broncos.

NBN

6.00 Today. **9.00** Today Extra. **11.30**

Morning News. 12.00 Ellen DeGene

1.10 Married At First Sight. (M) 3.00

6.00 Today. **9.00** Today Extra. **11.30**

3.00 Tipping Point. 4.00 Afternoon

7.00 A Current Affair. 7.30 Rugby

Morning News. 12.00 Ellen DeGeneres

News. 5.00 Hot Seat. 6.00 NBN News.

League, NRL, Round 2, Parramatta Eels

light Knock Off. 10.40 Nine News Late

Melbourne Storm. **9.55** Thursday

11.10 Manifest. (M) 12.00 Law & Order

Criminal Intent. (M) 1.00 ACA 1.30 TV

Shop. 2.30 Global Shop. 3.00 TV Shop.

I.00 Getaway. 1.30 Married At First Sight.

10.40 MOVIE: Criminal. (2016) (MA15+) **12.40** New Amsterdam. (M) **1.30** TV Shop. 4.00 Global Shop. 4.30 TV Shop.

6.00 Easy Eats. 7.00 Weekend Today. **10.00** Today Extra: Saturday. **12.00** Award Winning Tasmania, 12.30 Destination WA. 1.00 My Way. 1.30 MOVIE: Sabrina. (1995) 4.00 The Pet Rescuers. 4.30 Garden Gurus. 5.00 lews. 5.30 Getaway. 6.00 NBN New **7.00** ACA. **7.30** Space Invaders. (PG) **8.30** MOVIE: The Bourne Supremacy. (2004) (M) 10.40 MOVIE: Michael Clayton. (2007) (MA15+) **1.00** Australia's Top Ten Of Everything. 2.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Wesley Impact.

6.00 Morning Programs. **10.00** Sports Sunday. 11.00 NRL Sunday Footy Show. 1.00 Women's Footy. 2.00 Driving Test. **2.30** Motor Racing. Targa High Country. **3.00** Rugby League. NRL. Round 2. Wests Tigers v Sydney Roosters. **6.00** NBN News. 7.00 Married At First Sight. 8.30 60 Minutes. **9.30** Nine News Late. **10.00** Australian Crime Stories. 11.10 Forensics The Real CSI. **12.20** Young, Dumb And Banged Up In The Sun. **1.10** Motor Racing. Targa High Country. Replay. **1.35** TV Shop. **4.00** Take Two. **5.00** News. **5.30** Today.

6.00 Today. **9.00** Today Extra. **11.30** Morning News. 12.00 Ellen DeGeneres. **3.00** Tipping Point. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Under Investigation: Jaidyn

10.00 100% Footy. (M) 11.00 Nine News Late. 11.30 Prison Women. (M) 12.30 Tipping Point. (PG) 1.30 TV Shop. 2.30 Global Shop. **3.00** TV Shop. **4.00** Take Two. **5.00** News. **5.30** Today.

6.00 Today. **9.00** Today Extra. **11.30** Morning News. 12.00 Ellen DeGeneres 1.00 Garden Gurus. 1.30 Married At First Sight. 3.00 Tipping Point. 4.00 Afternoon News. **5.00** Hot Seat. **6.00** NBN News. **7.00** A Current Affair. **7.30** Married At First Sight. (M)

10.10 Australian Scandal. (M) 11.10 Nine lews Late. **11.40** Labour Of Love. (PG) 12.30 Our Lives: Extraordinary People. (PG) 1.30 TV Shop. 4.00 Take Two. 5.00

6.00 Headline News. 8.30 Studio 10. 12.00 Dr Phil. 1.00 The Cube. 2.00 Ent Tonight, 2.30 Everyday Gourmet, 3.00 Judge Judy. (PG) **3.30** Freshly Picked With Simon Toohey. 4.00 Farm To Fork. (PG) 4.30 Bold. (PG) 5.00 News. 6.30 The Project. 7.30 The Cube.

8.30 Bull. 9.30 Bull. (M) 10.30 The Project. 11.30 WIN's All Australian News. 12.30 Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

6.00 Headline News. 8.30 Studio 10. 12.00 Dr Phil. 1.00 The Amazino Race Australia. 2.15 Ent. Tonight. 2.30 Everyday Gourmet. 3.00 Judge Judy. 3.30 Freshly Picked With Simon Toohey. **4.00** Farm To Fork. **4.30** Bold. **5.00** News. 6.30 The Project. 7.30 Bondi Rescue. (PG) **8.00** Territory Cops.

8.30 Goggleb 9.30 Law & Order: SVU. (M) 11.30 WIN News. 12.30 The Project. 1.30 Stephen Colbert. (PG) **2.30** Shopping. **4.30** CBS Mornina.

6.00 Headline News. 8.30 Studio 10. **12.00** Dr Phil. **1.00** The Living Room. 2.00 Ent. Tonight. 2.30 Everyday Gourmet. 3.00 Judge Judy. 3.30 Freshly Picked With Simon Toohev. 4.00 Farm To Fork. **4.30** Bold. **5.00** News. **6.30** The Project. **7.30** The Living Room. (PG) 8.30 The Graham Norton Show. 9.30 To Be Advised.

10.30 Just For Laughs Australia. (MA15+) 11.00 WIN's All Australian News. 12.00 The Project. 1.00 Stephen Colbert. (PG) 2.00 Shopping.

6.00 Morning Programs. 1.00 10 Minute Kitchen. 1.30 Buy To Build. 2.00 Three Blue Ducks, 2.30 Australia By Design: nnovations. 3.00 Everyday Gourmet 3.30 Close Encounters Of The Animal Kind. 4.00 Freshly Picked With Simon. 6.00 Three Blue Ducks. 6.30 To Be Advised. 7.30 Ambulance. 9.50 To Be Advised. 10.20 999: What's You Emergency? 11.30 To Be Advised. 12.30 Inside The Children's Hospital. 1.30 Shopping. **5.00** Hour Of Power.

6.00 Morning Programs, 7.30 Fishing Aust. **8.00** GCBC. **8.30** My Market Kitchen. 9.00 Australia By Desigr Innovations. 9.30 St10. 12.00 All 4 Adventure. 12.50 The Offroad Adventure Show. 1.55 Taste Of Australia. 2.30 Roads Less Travelled 3.00 Everyday Gourmet 3.15 To Be Advised. 4.30 Farm To Fork. **5.00** News. **6.30** The Sunday Project. 7.30 The Amazing Race Australia. 8.30 FBI: Most Wanted. 9.30 FBI: Most Wanted, 10.30 The Sunday Project, 11.30 Bull. 12.30 Shopping. 4.30 CBS Morning.

6.00 Headline News. 8.30 Studio 10. 12.00 Dr Phil. 1.00 The Amazing Race Australia. 2.00 Ent. Tonight. 2.30 Everyday Gourmet. 3.00 Judge Judy 3.30 Farm To Fork. 4.00 GCBC. 4.30 Bold. **5.00** News. **6.30** The Project. **7.30** The Amazing Race Australia. 8.40 Hughesy, We Have A Problem 9.40 Becky Lucas: Live At Enmore Cafe (MA15+) 10.40 The Graham Norton Show 11.40 WIN News. 12.40 The Project. 1.40 Stephen Colbert. (PG) **2.30** Shopping. 4.30 CBS Morning.

News 6.30 The Project

8.30 NCIS.

9.30 NCIS. (M)

6.00 Headline News. **8.30** Studio 10. **12.00** Dr Phil. **1.00** To Be Advised. **2.10** Ent. Tonight. 2.30 Everyday Gourmet 3.00 Judge Judy. (PG) 3.30 Farm To Fork. (PG) **4.00** GCBC. **4.30** Bold. (PG) **5.00** 7.30 The Amazing Race Australia 10.30 The Project. 11.30 WIN's All Australian News. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. 4.30 CBS Morning.

6.00 WorldWatch. 2.00 Dateline. 2.30 sight. **3.30** Railway Journeys UK. 4.05 Mythical Beasts Unearthed. 5.05 Club. 1.40 Media Watch. 2.00 Parliament 3.15 ABC News Afternoons, 4.10 Antiques 6.00 Mastermind Australia, 6.30 News. Roadshow. **5.10** Grand Designs NZ. **6.00 7.35** Tony Robinson: Britain's Ancient racks. 8.30 Australia In Colour. 9.30 Departure. **10.20** SBS News. **10.50** 10.55 ABC Late News. 11.25 Four Corners 1.35 Counterpart. 3.35 The Murder Of 12.10 Media Watch. 12.30 Wentworth. 1.15 Sadie Hartley. 4.50 Destination Flavour

Bitesize. **5.00** France 24 Feature. **5.15**

6.00 Morning Programs. **10.30** To Be 6.00 WorldWatch, 2.00 Destination Advised. 12.00 ABC News At Noon. Affair. 2.55 Ralph. 3.05 Who Do You 1.00 Hard Quiz. 1.30 The Weekly. 2.00 Parliament, 3.15 ABC News Afternoons Think You Are? 4.10 Mythical Beasts **4.10** Antiques Roadshow. **5.10** Grand Designs, **6.00** The Drum, **6.55** Sammy and Numbers. 6.00 Masterm J. **7.00** ABC News. **7.30** 7.30. **8.00** Back Roads. **8.30** Q+A. **9.35** One Plus One. 10.05 Aussie Inventions That Changed The World. 11.00 ABC Late News. 11.30 Prince. Son And Heir: Charles At 70. 12.30 GB. 1.55 SS-GB, 2.50 SS-GB. 3.45 Railway Wentworth, 1.20 Rage, 3.40 Wentworth, **4.30** The Drum. **5.25** Sammy J. **5.30** 7.30. Journeys UK. **4.45** Late Programs.

Late Programs.

6.00 News. **9.00** ABC News Mornings. **10.00** Q+A. **11.05** Aussie Inventions That Changed The World. **12.00** ABC News At Noon, 1.00 Back Roads, 1.30 Outback Ringer. 2.00 Poldark. 3.00 ABC News rnoons. 4.10 Antiques Roadshow **5.10** Grand Designs, **6.00** The Drum, **7.00** ABC News. **7.30** Gardening Australia. 8.30 Vera. (M)

ABCTV

6.00 Morning Programs. 11.00 Aussie

Inventions That Changed The World. 12.00 ABC News At Noon. 12.30 Press

The Drum. 7.00 ABC News. 7.30 7.30.

8.00 Hard Ouiz. 8.30 The Weekly. 9.00

Fisk. **9.30** To Be Advised. **10.30** Staged.

Rage. 3.40 Wentworth. 4.30 The Drum.

5.30 7.30.

10.00 Keeping Faith. (M) 11.05 ABC Late News. 11.20 The Vaccine. 11.35 The Weekly. **12.05** Fisk. (PG) **12.35** Rage. (MA15+) **5.00** Rage. (PG)

6.00 Rage. 7.00 Weekend Breakfast. 10.00 Rage. 12.00 ABC News At Noon. For 4 Year Olds. 3.30 Prince. Son And Heir: Charles At 70. **4.30** Landline. **5.00** Soccer. A-League. Round 14. Brisbane Roar v Western United. 7.00 ABC News. 7.30 Death In Paradise. (M) 8.30 Call The Midwife. (M)

9.30 Harrow. (M) 10.25 Miniseries: A Very English Scandal. (M) 11.25 Press. (PG) 12.25 Rage. (MA15+) **5.00** Rage. (PG)

6.00 Morning Programs. 10.00 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 ABC News At Noon. 12.30 Landline. 1.30 Gardening Aust. 2.35 Australia Remastered, 3.30 The Mix. 4.00 Soccer. W-League. Round 14. To Be Advised, 6.30 Compass, 7.00 ABC News Sunday. **7.40** Grand Designs NZ. 8.30 Harrow. 9.20 Silent Witness. 10.25 Miniseries: Patrick Melrose. 11.20 Line O Duty. 12.20 Wentworth. 1.10 Sando. 1.35 Rage. 4.10 Wentworth. 5.00 Insiders.

6.00 News. **9.00** ABC News Mornings. **10.00** Landline. **11.00** Grand Designs NZ. 12.00 ABC News At Noon. 1.00 Death In Paradise, 2.00 Poldark, 3.00 ABC News Afternoons. **4.10** Antiques Roadshow. **5.10** Grand Designs. **6.00** The Drum. 7.00 ABC News. 7.30 7.30, 8.00 Aust Story. **8.30** Four Corners. **9.15** Media Watch. (PG) 9.35 To The Stars: 100 Years Of The RAAF. 10.35 ABC Late News. 11.05 EXPOSED: The Ghost Train Fire. 12.35 Wentworth, 1.25 Sando, 1.55 Rage, 3.40 Wentworth. 4.30 The Drum. 5.30 7.30.

6.00 Morning Programs. **10.45** Elders. 11.00 To The Stars: 100 Years Of The RAAF. **12.00** ABC News At Noon. **1.00** Call The Midwife. 2.00 Poldark. 3.00 ABC News Afternoons. 4.10 Antiques Roadshow. **5.10** Grand Designs. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. 8.00 Brush With Fame. 8.30 EXPOSED The Ghost Train Fire. 9.45 The Truth About Improving Your Mental Health **10.40** ABC Late News. **11.15** Q+A. **12.25** Wentworth, 1.15 Sando, 1.40 Rage, 3.40 Wentworth. 4.30 The Drum. 5.30 7.30.

ardy! 5.30 Letters And Numbers. Front Line. (PG)

lavour China Bitesize. 2.05 The Clinton Jnearthed. **5.05** Jeopardy! **5.30** Letters Australia. **6.30** News. **7.35** The World's usiest Stations. 8.30 Michael Mosley: What's My Diagnosis. 9.35 Shadowplay 10.40 SBS News. 11.10 24 Hours In Police stody. 12.05 The Good Fight. 1.00 SS-

6.00 WorldWatch. 2.00 Destination lavour China Bitesize. 2.10 The Clinton Affair. 3.00 NITV News: Nula. 3.30 Railway Journeys UK. **4.05** Mythical Beasts Unearthed. 5.05 Jeopardy! 5.30 etters And Numbers. 6.00 Mastermino Australia, **6.30** News, **7.35** Gangs Of Pompeii. 8.30 The Royals In Wartime. 9.25 The Blitz: Britain On Fire. 10.15 resley: The Searcher. **1.05** Project Blue Book. **4.25** Railway Journeys UK. **5.00** France 24 Feature. **5.15** Late Programs.

lavour China Bitesize. **2.05** Avalanche: laking A Deadly Snowstorm. **3.15** March ecret History Of World War II. **6.30** Journeys. **8.30** MOVIE: The Big Short. (2016) **12.50** MOVIE: Eager Bodies. (2003) **2.35** MOVIE: Live Flesh. (1997) 4.30 Railway Journeys UK. 5.00 France 24 Feature. 5.15 Late Programs.

story Of World War II. 6.30 News. 7.30 he Great Plague. (M)

10.10 Cycling. UCI World Tour. Gent-Wevelgem. Men's Race. **3.10** Fighting For Air. **4.20** Railway Journeys UK. **4.55** estination Flavour Bitesize. 5.00 France 5.30 Deutsche Welle

6.00 WorldWatch. 7.30 WorldWatch. **2.00** Destination Flavour China Bitesize. **2.05** The Clinton Affair. **2.55** Lost Property Office, **3.05** Who Do You Think You Are? **4.10** Mythical Beasts Inearthed. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind ustralia. 6.30 News. 7.30 Historic House Rescue, 8.30 24 Hours In Emergency 9.25 The Story Of The Songs. 10.20 SBS ews. 10.50 Outlander. 12.00 Agatha Christie's Criminal Games. **1.45** Late

France 24 Feature. 5.15 Late Programs.

PRIME7 6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: A Surrogate' Nightmare. (2017) 2.00 Criminal onfessions. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 PRIME7 News. 6.30 News. 7.00 Home And Away. (PG) **7.30** Border Security: Australia's

8.30 Ambulance: Code Red. (M) 9.30 Born To Kill? (M) 10.30 The Latest Seven News. **11.00** The Front Bar. (M) 12.00 MOVIE: Total Stranger. (1999) (M) 2.00 Shopping. 5.00 News. 5.30 Sunrise.

6.00 Sunrise 9.00 The Morning Show (MA15+) Jennifer Aniston, Jason

Sudeikis, Emma Roberts. 11.50 The Latest: Seven News 12.30 Home Shopping. **5.00** News. **5.30** Sunrise. 6.00 Sunrise. 9.00 The Morning Show

Going Places. 10.45 SBS News. 11.15 Elvis

6.00 WorldWatch 2.00 Destination Of The Penguins 2. **4.35** The Story Of God With Morgan Freeman. **5.35** The News. 7.35 World's Most Scenic Railway (2015) 10.50 MOVIE: A United Kingdom

6.00 WorldWatch. 1.00 Speedweek. 3.00 Surf Life Saving. SLSQ. Senior And Master State Championships. **5.00** FIFA World

11.30 News. 12.00 MOVIE: Fiancé Killer. (2018) 2.00 Criminal Confessions. 3.00 The Chase, 4.00 News, 5.00 The Chase Aust. **6.00** PRIME7 News. **6.30** PRIME7 News @ 6:30. 7.00 Home And Away. (PG) 7.30 MOVIE: Peter Rabbit. (2018) (PG) 9.30 MOVIE: We're The Millers. (2013)

11.30 News. 12.00 MOVIE: Indiscretion

016) **2.00** House Of Wellness. (PG)

3.00 The Chase. 4.00 News. 5.00 The

Chase Aust. **6.00** PRIME7 News.

7.00 Better Homes And Gardens

8.30 MOVIE: Geostorm. (2017) (M)

10.45 To Be Advised. 12.30 Home

Shopping.

6.00 Seven News

Ashley Judd. (PG

11.20 To Be Advised.

1.30 Home Shopping.

Gerard Butler, Abbie Cornish, Jim

Sturgess. A weather-control system

6.00 Shopping. 7.00 Weekend Sunrise.

10.00 Morning Show (PG) 12.00 Horse

5.00 News. 5.30 Border Security. (PG)

Racing. Tancred Stakes and Golden Mile

7.00 MOVIE: A Dog's Way Home. (2019)

9.00 MOVIE: Kong: Skull Island. (2017)

Brie Larson. A team visits an island

6.00 NBC Today. 7.00 Weekend Sunrise.

10.00 Morning Show. 12.00 House Of

(2014) **4.00** Better Homes. **5.00** News

5.30 Sydney Weekender. 6.00 News.

Wellness. 1.00 MOVIE: Jersev Bovs.

(M) Tom Hiddleston, Samuel L. Jackson,

6.30 PRIME7 News @ 6:30.

3.20 The Great Plague: Decimation. (M) 4 Feature. **5.15** NHK World English News.

6.00 Sunrise. 9.00 The Morning Show 11.30 News. 12.00 MOVIE: Abducted: The

6.00 WorldWatch. **2.00** Destination lavour China Bitesize. 2.05 The Clinton Affair. 2.55 Be My Brother. 3.05 Who Do You Think You Are? 4.05 Ancient Invisible Cities. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Australia. **6.30** News. **7.30** Great Australian Railway ourneys. 8.30 Insight. 9.30 Dateline. 10.00 The Feed, 10.30 SBS News, 11.00 The Point. 12.00 The Pier. 12.55 Borgen. 3.15 Borgen. 4.20 Railway Journeys UK 4.55 Destination Flavour Bitesize. 5.00

7.00 To Be Advised. 8.30 MOVIE: The Queen. (2006) (M) NBN News. **7.00** Married At First Sight. 10.30 To Be Advised. (PG) **8.40** 60 Minutes. **9.40** Nine News 12.00 The Guardian. (M) Late. 10.10 Australian Crime Stories. (M 1.00 Medical Emergency. (PG)
2.00 Shopping. 3.30 Million Dollar **11.20** Forensics: The Real CSI. (M) **12.30** Young, Dumb And Banged Up In The Sun Minute. 4.00 NBC Today. 5.00 News. **1.30** TV Shop. **4.00** Take Two. **5.00** News.

Carlina White Story. (2012) 2.00 Criminal Confessions, **3.00** The Chase, **4.00** News, **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) 8.30 MOVIE: Bridget Jones's Diary. (2001) Renée Zellweger. (M) 10.30 The Latest: Seven News. 11.00

Station 19. (M) 12.00 The Guardian. (M) 1.00 Andrew Denton's Interview. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. 5.30 Sunrise.

6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: The Wrong Woman. (2013) 2.00 Crimina Confessions, **3.00** The Chase, **4.00** News 5.00 The Chase Aust. 6.00 News. 7.00 Home And Away. (PG) **7.30** Britain's Got Talent: Best Of The Buzzers. (PG) 3.30 The Good Doctor. (M) 9.30 The Resident. (M) 10.30 The

Latest: Seven News. 11.00 Station 19. (M) 12.00 Kiss Bang Love. (PG) 1.15 Medical Emergency. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

NBN 6.00 Today. **9.00** Today Extra. **11.30**

Morning News. **12.00** Ellen DeGeneres. **1.00** My Way. **1.30** Married At First Sight.

News. **5.00** Hot Seat. **6.00** NBN News.

7.00 A Current Affair. 7.30 Married At

10.00 New Amsterdam. (M) 11.00 Nine

12.20 Tipping Point, (PG) 1.30 TV Shop.

2.30 Global Shop. **3.00** TV Shop. **5.00**

6.00 Today. 9.00 Today Extra. 11.30

1.00 Destination WA. 1.30 Married At

First Sight. **3.00** Tipping Point. **4.00** Afternoon News. **5.00** Hot Seat. **6.00**

NBN News. **7.00** A Current Affair. **7.30**

Rugby League. NRL. Round 3. Penrith

nthers v Melbourne Storm. 9.55

Thursday Night Knock Off. 10.40 Nine

News Late. 11.10 Manifest. (M) 12.00 Law

& Order: Criminal Intent. (M) **1.00** ACA. **1.30** TV Shop. **2.30** Global Shop. **3.00** TV

6.00 Today. **9.00** Today Extra. **11.30**

1.00 Amazing Grace. 2.00 Desperate

Housewives. **3.00** Tipping Point. **4.00** Afternoon News. **5.00** Hot Seat. **6.00**

NBN News. 7.00 A Current Affair.

9.55 Golden Point. 10.40 MOVIE:

6.00 Morning Programs. 10.00 Today

Extra: Saturday. 12.00 Award Winning

asmania. **12.30** Destination WA. **1.00**

My Way, 1.30 Explore, 1.45 MOVIE: Three

Vishes. (1995) **4.00** The Pet Rescuers.

Getaway 6.00 NRN News 7.00 ACA 7.30

Space Invaders. 8.30 MOVIE: The Bourne

Time. (2003) **12.35** Australia's Top Ten Of

Everything. **1.30** Getaway. **2.00** TV Shop.

4.30 Global Shop. **5.00** TV Shop. **5.30**

6.00 Today. **9.00** Today Extra. **11.30**

3.00 Tipping Point, 4.00 Afternoon

Morning News. 12.00 Ellen DeGeneres.

1.00 Explore. 1.15 Married At First Sight.

News. 5.00 Hot Seat. 6.00 NBN News.

9.00 Under Investigation: The Disaster

10.00 100% Footy. (M) 11.00 Nine News

2.30 Global Shop. 3.00 TV Shop. 4.00

Take Two. **5.00** News. **5.30** Today.

Two. **5.00** News. **5.30** Today.

Late. 11.30 To Be Advised. 12.20 Tipping

nt. (PG) **1.20** Explore. **1.30** TV Shop.

7.00 ACA. 7.30 Married At First Sight. (M)

Wesley Impact.

matum. (2007) 10.40 MOVIE: Out Of

4.30 Garden Gurus. **5.00** News. **5.30**

7.30 Rugby League. NRL. Round 3. South Sydney Rabbitohs v Sydney

Morning News. **12.00** Ellen DeGeneres.

Shop. **5.00** News. **5.30** Today.

Morning News. 12.00 Ellen DeGeneres.

News Late. 11.30 The Enemy Within. (M)

First Sight. (M)

News. 5.30 Today.

9.00 Amazing Grace. (M)

6.00 Headline News. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 2.00 Ent. Tonight. 2.30 Everyday Gourmet (PG) 4.00 GCBC 4.30 Bold (PG) 5.00 News. 6.30 The Project.

March 24 - 30

7.30 The Cube. 8.30 Bull. (M) Bull helps Marissa's restaurateur husband **10.30** The Project. **11.30** WIN's All Australian News. 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Home Shopping. 4.30 CBS Morning.

6.00 Headline News. 8.30 Studio 10. 12.00 Dr Phil. 1.00 The Amazing Race Australia. 2.00 Ent. Tonight. 2.30 Everyday Gourmet, 3.00 Judge Judy 3.30 Farm To Fork. 4.00 GCBC. 4.30 Rold. 5.00 News. 6.30 The Project. **7.30 Bondi Rescue.** (PG)

8.00 Territory Cops. 8.30 Goggle 9.30 Law & Order: SVU. (M) **10.30** This Is Us. **11.30** WIN News. **12.30** The Project. 1.30 Stephen Colbert. (PG) **2.30** Shopping. **4.30** CBS Morning. 6.00 Headline News. 8.30 Studio 10.

12.00 Dr Phil. 1.00 The Living Room. 2.00 Ent. Tonight. 2.30 Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** Farm To Fork. (PG) **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.30** The Project. 7.30 The Living Room. **3.30 The Graham Norton Show.** (M) **10.10** Just For Laughs. (M) **10.40** The

9.10 To Be Advised. Collateral. (2004) (MA15+) **1.00** Surfing Australia TV. (PG) 1.30 TV Shop. 4.00 News. 12.40 Stephen Colbert. (PG) 1.30 Global Shop. 4.30 TV Shop. 5.30 ACA.

6.00 Morning Programs. **12.30** Luca's Key Ingredient. **1.00** 10 Minute Kitchen. 1.30 Buy To Build. 2.00 Three Blue Ducks. **2.30** Everyday Gourmet. **3.00** To Be Advised. **4.00** Freshly Picked With Simon Toohey. 4.30 Farm To Fork. 5.00 News. 6.00 Advancing Australia, 6.30 Faster With The Australian Women's Weekly **7.30** Ambulance. **8.40** Ambulance. **9.50** To Be Advised 10.20 999 What's Your Emergency? **11.20** NCIS. **12.20** Inside The Children's Hospital. **1.00** Shopping. **5.00** Hour Of Power.

6.00 Easy Eats. **7.00** Weekend Today. 6.00 Morning Programs. 9.00 Australia 10.00 Sports Sunday. 11.00 NRL Sunday By Design: Innovations. **9.30** St10. **12.00** Footy Show. 1.00 Women's Footy. 2.00 Advancing Australia, 12.30 My Market Kitchen. **1.00** The Offroad Adventure treme Collxtion. 2.30 Driving Test. **3.00** Rugby League. NRL. Round 3. Show. 2.00 Everyday Gourmet. 2.15 The Newcastle Knights v Wests Tigers. **6.00** Amazing Race Australia, 3.30 Easter With The Australian Women's Weekly 4.30 Farm To Fork. 5.00 News. 6.30 The Sunday Project. 7.30 The Amazing Race Australia. 9.00 MOVIE: Second Act. (2018) **11.00** The Sunday Project. **12.00** Shopping. **4.30** CBS Morning.

6.00 The Talk. 7.00 Judge Judy. 7.30 Bold. **8.00** Studio 10. **12.00** Dr Phil. **1.00** The Amazing Race Australia. 2.30 Ent. Tonight, **3.00** Judge Judy, (PG) **3.30** Farm o Fork. (PG) **4.00** GCBC. **4.30** Bold. (PG)

5.00 News. **6.30** The Pro 7.30 To Be Advised 8.30 Hughesy, We Have A Problem. Hosted by Dave Hughes. 9.30 The Graham Norton Show. (M) 10.30 The Project. 11.30 The Late Show With Stephen Colbert, (PG) 12.30 Home

6.00 The Talk. 7.00 Judge Judy. 7.30 **6.00** Today. **9.00** Today Extra. **11.30** Bold. **8.00** Studio 10. **12.00** Dr Phil. **1.00** Morning News. 12.00 Ellen DeGeneres. 1.00 Garden Gurus. 1.30 Married At Easter With The Australian Women's First Sight. 3.00 Tipping Point. 4.00 Weekly, 2.00 Ent. Tonight, 2.30 Everyday fternoon News. 5.00 Hot Seat. 6.00 Gourmet. 3.00 Judge Judy. (PG) 3.30 NRN News 7.00 A Current Affair Farm To Fork. (PG) 4.00 GCBC. 4.30 Bold. 7.30 Married At First Sight. (PG) 5.00 News. 6.30 The Project. **7.30 Ambulance Australia.** (M) 10 00 Australian Scandal (M) 11 00 Nine

8.30 NCIS. (M) News Late. **11.30** Labour Of Love. (PG) 9.30 NCIS: Los Angeles 10.30 The Project. 11.30 The Late Show (PG) 1.05 ACA 1.30 TV Shop. 4.00 Take With Stephen Colbert, (PG) 12.30 Home Shopping. **4.30** CBS Morning.

Shopping. 4.30 CBS Morning.



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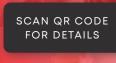
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17th March 2021

March

Until 21st March - Valerie Wright Exhibition Great Lakes Art Gallery, Lake St Forster 10-4pm Friday, Saturday & Sunday www.glas.org.au

Until 26th March - Birds Eye View **Art Exhibition**

Halliday's Point Library www.creativeshell.com.au

Sat 20th March - Manning/Great Lakes Birdwatches Brimbin Nature Reserve. 7.30 am start. Enquiries: 0431878395

Sat 20th March - Super Garage Sale **GL** Palliative Care

8-2pm 32 Manning St Tuncurry Opposite John Wright Park

Sat 20th March - Forster Farmers Market 8am - 12pm Forster Info Centre Little St 3rd Saturday of the month Enquiries: Linda 0421347273

Frid 26th March - Forster Tri Club Aquathon Arrive at 5.45pm for 6pm start Forster Main Beach Ocean Bath (Bullring)

Sun 27th March - Tuncurry Market 8 -1pm John Wright Park Bookings essential Enquiries: Anne 0417400994

www.forstertriclub.com.a

Sun 28th March - Pacific Palms Market 9am - 1pm Pacific Palms Community Centre Last Sunday of the month Enquiries: Jennifer Doyle 0401968516

Sun 28th March - Pacific Palms Self Drive Arts Trail Start Pacific Palms Markets from 9am near The Recky. Check times at pacificpalmsartsinc.org.au

28th March - 18th April, 39th Great Lakes Open Art Exhibition Open daily 10am - 4pm Lake Street Gallery, 34 Lake St Forster Free entry Ph 6557 2880

April

Sat 3rd - Coomba Market Day Coomba Aquatic Centre 11-3pm Live music and takeaway food christinesemark@bigpond.com

Sun 4th - Rock to Rock Ocean Swim Elizabeth Beach, Pacific Palms Online entry only www.oceanswims.com

Sun 4th April - Forster Tri Club 'The Keith Tri' Arrive 7:30am for 8am start Elizabeth Reserve Forster Keys www.forstertriclub.com.au

Sun 4th April - Blackhead Bazaar Market 8am 1pm Wylie Breckenridge Park www.hallidayspointinfo.com

Sun 4th April - Lions Club Car Boot Sale 8am - 12pm Hallidays Point Shopping Village Bookings: Alan Stewart 0488160126

Sun 11th April - Club to Club Ocean Swim Cape Hawke Surf Club - Forster Surf Club www.oceanswims.com

Sun 11th April - Forster Town Market 8 -2pm Forster Town Park Enquiries: 0437634056

Sat 17th March - Super Garage Sale **GL Palliative Care** 8-2pm 32 Manning St Tuncurry

Opposite John Wright Park

Sat 17th April - Forster Farmers Market 8am - 12pm Forster Info Centre Little St 3rd Saturday of the month Enquiries: Linda 0421347273

Local Calendar What's on around town and beyond

Grab a sausage sandwich to help Westpac Helicopter crew at Bunnings BBQ

come and say hello to the friendly Westpac Community Helicopter Support crew selling sausages outside Bunnings in Forster. This amazing organisation have been fundraising for this essential community service for over 20 years and is seeking volunteers to join their efforts.

an accident, search and rescue costs

activities in Forster Tuncurry revolve

\$4000 an hour to operate. The group's

The costs in providing the helicopter service to the Mid North Coast are significant. A Helicopter mission to attend

around Bunning's BBQ, Raffles, Bucket Collections and other fundraising

Their meetings are held at 3pm on the first Wednesday of the month at Sporties Tuncurry. If you can't attend, you are more than welcome to participate in their fundraising.

Anyone interested in joining our vital Westpac Community Helicoptor Support crew can ring Janet Thomson on 0404328875.



Graffiti Removal Day in the Mid Coast

NSW Anti Graffiti Day is officially held on the 28/3/21, but the Mid Coast area is coordinating this day to be held on the 27/3/21.

Approximately 15 young people from various schools within the area, will be volunteering their time to participate in this event. As our area is predominately Graffiti free, we will be anti-graffiting all war memorials within the Mid Coast Area.

We have successfully achieved a graffiti free community, with the support of Mid Coast Council, locals like you, and teaching our youth about respecting the area they

Please ring the GRAFFITI HOTINE on 0408440309 or leave a voice message. Ted Bickford



Forster Tuncurry Lions Club Mini Golf Park open Easter school holidays



TWILIGHT GOLF SESSIONS

Easter Friday the 2nd until Easter Monday the 5th April.

> 5pm - 9pm \$5.00 per person

We are installing lights and purchasing vivid coloured golf balls. We are hoping to give young and old the opportunity to enjoy some evening

This could become a regular occurrence if this initial trial is successful.

REGULAR DAILY GOLF

10am - 5pm \$3.00 per person

The Putt Putt Park will be open DAILY through the school holidays from the 2nd April until the 18th April.



Support the paper that supports the town! **Advertise** with us

Enquiries: 0413410492 info@theforstertucurry.com.au

Festival of Small Halls



The Festival of Small Halls tour will visit 20 towns between 7th April – 2nd May 2021, including Tuncurry on the 11th of April. Their Autumn tour features artists Bobby Alu and This Way North. The Festival of Small Halls is a series of tours that takes the best folk and contemporary acoustic artists and sends them on the road to tiny halls in communities all over Australia. Artists are chosen for the tour not only because of their beautiful songs and tunes, but because they have the ability to connect with the people they play for, whether through storytelling, the ability to tell a good joke (or a truly terrible one), a wonderful warmth and a real interest in visiting places a little off the beaten track.

Each night of the tour is hosted by volunteers from the local community, so it's also a chance for a town to show off their warmest welcome and most enthusiastic audiences.

www.festivalofsmallhalls.com

Pacific Palms Greatest Shave

resident Michelle. with husband Dave Ellis and mate Mark Brown, decided to organize a 'World's Greatest Shave' at the Pacific Palms Surf Club last Friday. It was a very entertaining late afternoon with plenty of cheek given before the shaving of their hair commenced Eyebrow shaving, and not having evebrows shaved raised more donations (and laughs) on the spot.



All three have had their lives effected by Leukemia and this fund raiser was their way of saying thank you to the Leukemia Foundation for the help they received.

"I would like to thank the Leukemia Foundation for putting me up while Susan was so sick for two months at the Mater. They gave me accommodation across the road. This kent me sane and meant I could be with Susan all the time, "said Mark. "I've been through the journey and I want to help someone

"My son Dekan's half-sister Amelia is only 6 years old and is being treated for Leukemia right now. Hopefully with more funding they can find a cure or detect what triggers it," said

www.worldsgreatestshave.com/ Mary Yule

Credit card and EFTPOS surcharges

In September 2017 a new law was brought in to control excessive credit card and EFTPOS surcharges to protect customers in

The good news for consumers is that businesses can only surcharge what it actually costs them to process card payments, including bank fees and terminal costs," ACCC (Australian Competition and Consumer Commission Deputy Chair Dr Michael Schaper said.

"For example, if a business's cost of acceptance for Visa Credit is 1.5 per cent, consumers can only be charged a surcharge of 1.5 per cent on payments made using a Visa credit card."

For many small businesses, getting rid of transaction surcharges altogether has been beneficial for their business. particularly since Australia is evolving into a cashless society.

According to the Reserve Bank of Australia, 52 per cent of payments were made with debit or credit cards last year. While copping heavy transaction

fees might not be an option for some businesses, others found that shopping around meant they could avoid paying more or charging customers extra.

Nina Siljanovic switched EFTPOS terminal

The Nutty Baker, from absorbing the

"I was on an EFTPOS plan where the bigger the transactions, the bigger the fees.

"Switching to a new provider means I no longer pay an EFTPOS machine rental fee, and the rate is based on our monthly revenue from credit card transactions, rather than a set percentage of each transaction."

Melinda Boutkasaka

SBS Small Business Secrets



COVID-19 vaccines will keep Australia safe and protect our way of life. The people most at risk of serious illness and those most likely to be exposed to the virus in our communities will be vaccinated first, including:

Quarantine and border workers

IS UNDERWAY.

- Frontline health care, disability and aged care workers
- People living in aged and disability care accommodation

Vaccination offers the best protection from COVID-19, but it's also important we all continue to remain COVIDSafe.

To find out when it's your turn, visit australia.gov.au or call the National coronavirus and COVID-19 vaccine helpline 1800 020 080.

BE COVIDSAFE



Safe. Effective. Free.

Authorised by the Australian Government, Canberra.

17th March 2021

Community News

Letters and Feedback Local Classifieds

The 'Letters & Feedback' are best limited to 200 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

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

Public Notices

The National Parks and Wildlife Service

is constructing additional car parking and new pedestrian access at Janies Corner, 7 Mile beach within Booti Booti National Park. Traffic management will restrict access to Scenic Drive between Monday 22 March and Friday 26 March 2021 during the works. We apologise for any inconvenience. For further information call 65910300.

Star Pet



Breed: Huntaway X Border Collie Likes: Swimming, walking and being patted by all who meet him.

Dislikes: Being ignored.

Claim to Fame: Striking appearance, gentle nature, regular swimming to the island at Forster and bursting into a

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

Selling

Selling Music Band & DJ equipment. Everything you need for a band - Pa/a, 5 speakers, mikes, stands, leads, karaoke player & lights. \$1500 Ring Mick 65593512

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Phone: 0417 257 952

Photos of local wildlife by Brian McCauley



Above: Common Bronzewing: Taken at Gloucester.

Local Church Services

12 noon

Forster Tuncurry **Uniting Church**

Community News

Each Sunday 9am we are gathering, physically distanced and without singing. Pacific Palms service has 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 tuncurry.uca.org.au; our facebook page: Uniting Church In Australia Pacific Palms / Forster Tuncurry or give Pastor Geoff a call on



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

More information plus videos of services can be found on our website: www.coastec.net.au Due to COVID regulations please register via



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 Wednesdays at 9.30 am (Traditional Communion)

Services can also be viewed on-line at forsteran-

We also operate the Op Shop off the car park in Head St Forster Mon to Fri 9am to 4pm. Our bookshop at 6 St Alban's Place is open 9am to Noon weekdays, except Thurdays (10 to 12pm)



Forster Christian Life Centre

We meet at 3 Kenrose Street Forster on Sundays at 10.00am, observing current Covid restrictions.

We have a Ladies' Bible Study at 10.00am Wednesdays and a Men's Bible Study at 6.00pm Thursdays (men's group includes

For more information call Eric Hall (Pastor) on

Forster-Tuncurry Catholic Parish

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

Due to COVID regulations 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

The Holy Name Church is open from 9 am-3pm Mon- Fri for private prayer

www.forstertuncurrycatholic.org.au

Forster Tuncurry Presbyterian Church

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

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



Forster Tuncurry Seventh Day Adventist

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



at 14 Douglas Ave, Tuncurry. COVID restrictions are being observed, but everyone is welcome. We have live stream options to tune in from home too! For more information or to contact us please visit our website: www. ftchurchofchrist.com.au Find us on Facebook: forstertuncurrycoc

We also offer a mid-week playgroup. Facebook: communityplaygroupforstertuncurry Pastor Bret Clarke

Weekly Diary

The 'Weekly Diary' is FREE to promote community group information. Max - 4 lines.

Mondays

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

Pacific Palms Probus Club

Meets second Monday each month 10:30am Pacific Palms Bowling Club, Smiths Lake. Please call Jim Peters on 0418 201 167.

Great Lakes Ladies Probus Club 4th Monday of the Month 9.30am Forster Bowling Club Contact Lorraine Tilley 0408055109.

Inner Wheel Club of Forster Tuncurry 2nd Monday of the Month. 1.30pm Club Forster.

Contact Lorraine Tilley 0408055109.

Forster Hospital Pink Ladies

Meetings held the 2nd Monday of each month Forster Bowling Club 1.30 pm. Afternoon tea afterwards. Contact Cathy Cook 0429 265 656.

Boomerang Bags Forster Tuncurry 9:30am -12:30pm every second Monday Tuncurry Memorial Hall Ring Leonie Dowell 04300623332

Heart Foundation walking group 7:30am Community Health Centre Breeze Parade, Forster

Contact Bev 0408-232094

Tuesdays

Forster Shores Combined Probus Meeting 3rd Tuesday of the month 2pm Club Forster. To attend contact Peter Dreise on 0407842905

Great Lakes Prostate Cancer Support Group.

Fourth Tuesday of every month 7pm Club Forster Email: jjpatchwood@gmail.com

Pacific Palms Probus Club

social coffee after walk

Contact Lorna 0420587532

Meets second Tuesday each month at Moby Resort, Boomerang Beach 9.30am for 10.00am Feb to Nov. All welcome Please call Jim Peters on 0418 201 167

Rotary Club of Lower Midcoast Meets first Tuesday each month at Sporties,

Tuncurry at 6pm. Meets third Tuesday at Club Old Bar. Call Lance Fletcher 0409 850 671. Heart Foundation walking group

7:30am Beach Bums cafe Beach St & North St

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 sabdoo@catholiccare.org.au

Green Bikes Community Workshop

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

Great Lakes Breast Cancer Support Group First Wednesday of every month.

4pm Tuncurry Beach Bowling Club/membership Email: facilitator@breastfriends.org.au

Heart Foundation walking group 7:30am Community Health Centre Breeze Parade, Forster Contact Bev 0408232094

Forster Library free homework help Every Wednesday 3-5pm (school terms only) No bookings required. Phone 79557001

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 sabdoo@catholiccare.org.au

Coomba Mens Shed

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

Codependents Anonymous Difficulty maintaining relationships?

5.30 - 7pm Uniting Church, Tuncurry. Phone: 0412 386179

Heart Foundation walking group

7:30am Community Health Centre Breeze Parade, Forster Contact Lorna 0420587532

Forster Country Women's Association (CWA) 3rd Friday of the Month, 10.30am CWA Rooms, Little St, Next to Information Centre, Forster. Contact Lorraine Tilley 0408055109.

Fridays

Heart Foundation walking group 7:30am John Wright Park, Tuncurry social coffee after walk Contact Lorna 0420587532

Saturdays

Codependents Anonymous

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

Forster parkrun

Pebbly Beach Playground off Head St 7:45am for 8am start facebook.com/Forsterparkrun



Right: Photo of Forster Beach on sunrise by Mark Crockett.

Do you have a great celebration, wedding, new baby or amazing photo to share? Please send your high resolution photos to: www.theforstertuncurry.com.au



17th March 2021

Page 16

"I've had a fortunate life. It has been a privilege to be a doctor in this area, and I have had good people to work with, which made it all easier. There is no other job I would have rather done." Romney Newman



Above: Romney presented with OAM medal in 2014 from Dame Marie Bashir (Governor at the time).

Fortunately for our community, Dr Newman wanted to work in a regional area and was drawn to the Mid North Coast for the opportunities it offered for a budding specialist. He has dedicated his life to improving outcomes for rural patients. He was also drawn to our area because of his passion for sport



Above: Christmas morning in Maitland with Romney, Winston, Maureen and Aubrey.

Dr Newman was born on 4th Jan 1943 in Bangalore South India. Both his parents were born in India – Anglo Indians with some mixed parentage. Dr Newman's grandfather was horn in Ceylon (now Sri Lanka) and his mother had Irish and Danish connections. Romney's father felt with the prospect of independence in 1947, the future for most Anglo-Indians looked bleak and for that reason decided to emigrate to Australia. Romney is the youngest of four

The trip from India in 1946 was by ship, initially to Kuala Lumpur, where some Japanese prisoners of war were released, then onto

Below: Colts hockey premiers Manning district early 70s (Romney 3rd from top right).



o Sydney by train. On one occasion, his eldest brother, Aubrey, aged 10, came up on deck to see a 14 year old Dutch boy holding Romney over the side of the boat. Aubrey yelled out "What are you doing with my little brother?" The Dutch boy replied "I'm just playing with him!" Romney says, 'I could have been the first

Romney credits his mother with inspiring him to pursue a career in medicine. His mother would have liked to be a doctor herself but her father could not afford the training. She became a teacher instead but encouraged her four children to take their education seriously. As a child Dr Newman was also inspired by the adventurous tales of 'The Jungle Doctor,' stories and fables written by Australian doctor Paul White about life

in Africa. He always loved to hear of medical advances and of people getting better in health and "I had enjoyed good health as a young sportsman and wanted to help others to have good health."

Romney has fond childhood memories of doing so many things as a family. The family got their first car in 1953 and enjoyed some

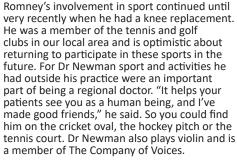
exciting "camping" trips around Scone and the North Coast without tents! Romney and his sister would sleep in the car and the others slept around the camp fire le also remembers mily prayers around ittending church on unday and having good friends who created a good social life. Sport was encouraged by both parents especially cricket, tennis and

When Dr Newman was five years old. the family moved to Maitland where his mother was employed as a teacher of music and home economics

at Maitland Girls High School and his father was the manager of a spinning mill Bradford Cotton Mill. Romney attended infant, primary and high school in Maitland, elected as vice captain in the two latter. Dr Newman began his training as a doctor when he got a Commonwealth scholarship for Sydney University. He graduated with his MBBS (Bachelor of Medicine and Bachelor of Surgery) in 1965, and later specialising as a physician becoming a Member of the Royal Australian College of Physicians (MRACP) in 1971 and then as a Fellow of Royal Australian College of Physicians in 1975.

Romney is passionate about his family, his

his work as a doctor However, Romney's passion for sport won him some prestigious awards. He represented combined northern high schools in cricket for 3 years and tennis for 1 year. Romney epresented Sydney Uni ntervarsity hockey and played first grade in the Sydney competition. He vas also a member of the St George first grade team which won the first grade remiership in 1968. He von a few annual awards rom the Manning Cricket Association, played first grade cricket from 1957 to 1986 and first grade hockey to age 49.



In 2014 Dr Newman's dedication to medicine and the community were acknowledged with an Order of Australia Medal. This was also in recognition of all achievements mentioned above. As well in 2014, Romney received a Paul Harris Fellowship from Rotary for community

It was while he was at Sydney University that he met Christine, who was studying at teachers college. They both served on an inter hostel committee while studying in Sydney. This committee arranged social and sporting events for students staying in hostels around Sydney. Romney reflects, "Sitting opposite me was a beautiful young lady." This was the start of a wonderful partnership that has lasted since their marriage in October 1966 in Narrabri. Dr Newman considers meeting and marrying Christine as one of his greatest achievements. Romney and Christine have 4 'great' children, 13 grandchildren and 1 great grandchild.



Above: Their four children Johnathon, Jenny, Rebecca and Alison.

In 1972, after completing his exams and working in Sydney hospitals, Dr Newman was a locum doctor in Rockhampton. His Ambition was to practice in a rural area in NSW preferably in an area where cricket and hockey had a strong presence. A practice in Taree was offering a place for a specialist physician and Romney was accepted into that practice in 1972. He guickly started his own practice as a specialist general physician, specialising in diseases of the internal organs.

In1995, Romney could see the need for a physician to reside in the Forster Tuncurry area as it had a growing population. Romney made the move to Forster in Jan 1996 and practiced from rooms in Helen Street, later joining with other specialists to set up new rooms opposite the hospital in South Street. Working at the Forster hospital was made easier with the resident doctor, Melissa McCarney (Chalmers) making a great contribution to the care of patients. Dr Newman said. "We

set up an intensive care unit with qualified nurses caring for and monitoring patients. We also set up a stress testing lab for coronary investigations."

Karon Devonish (Maytom) Executive Officer / Director of *Nursing 2000 – 2011. "Romney* and I worked together for many years at Cape Hawke Community Private Hospital (Forster Private).

Romney always impressed me with not only his astute clinical skills but also his holistic approach to his patients treating clinical, emotional and spiritual as one.

Romney was also a wonderful supporter of the nursing staff and often advocated to higher levels of management for recognition of



Above: Christine and Romney.

their contribution.

I feel very blessed to have worked professionally over so many years with Romney but also to call him a dear friend."

Alongside his busy work as specialist and honorary medical officer for the region, Dr Newman advocated for the introduction of a specialist coronary care unit for Taree hospital At the time, patients recovering from coronary issues were housed in intensive care, which he said was not the right environment for their

"It involved training nurses and staff, new monitoring equipment and creating a nice atmosphere for people," he said.

Dr Newman was a visiting physician to Forster



Above: Tennis fundraiser for Ronald McDonald

Hospital from 1972 - 2018, maintained his private practice and was a consultant with the Taree and Forster Aboriginal Centres. He semiretired in 2011 and fully retired in 2018.

Below: Romeny with Newcastle cardiologists Dr Bastian and Continued next page.



THE FORSTER TUNCURRY

Community News

Continued from page 16.

Outside his professional life, Dr Newman has been heavily involved in ecumenical church programs, including the Kairos Ministry Program and the Walk to Emmaus program. Kairos is an international program aiming to help those in the prison system and involved in running courses for inmates.

Dr Newman has subsequently been on a



number of teams doing 5 day courses (courses in gaol focus among other things), on the making of choices and extending and receiving forgiveness to and from others, as well as being on a roster for the weekly visits to the Kempsey gaol. "This involvement has been a highlight in my life and I have seen so many men respond to God's love in different ways."

Dr Newman was a lay preacher, mentor and elder of the Taree Uniting Church for many

years and was on the board of he Princess Charlotte Alopecia Foundation. He was also a patron of the Great Lakes Library and together with Christine and Dr Louise Berghouse founded support groups and workshops for separated, divorced and bereaved people, that ran in Forster and Taree from 1990

Romney and his family have enjoyed travelling extensively. They had several trips to Fiji, Bali and New Zealand. Other travels included a visit to Romney's sister in Nepal, in 1979 visiting Delhi and Agra on the way. They enjoyed a flight along the Himalayas and visited a number of hospitals, including the main mission nospital in Kathmandu. Romney and Christine took the whole family to the USA in 1981. In 1982 Christine and Romney visited Romney's birthplace, Bangalore. They saw houses Romney's family had lived

baptised as well as meeting some people who knew his family. They explored The Rockies, Yellowstone Arches National Park Salt Lake City and Nebraska. They went to the UK and France and attended Conferences in Italy, Germany and Vancouver as well as Atlanta.

They visited Thailand and Vietnam for holidays and Vanuatu, Indonesia and Malaysia where family were working.

When asked who Romney looks up to and is inspired by he said, 'I look up to Jesus most. His compassion for people struggling with various issues was amazing. His desire to heal. His teachings are still relevant and his love and sacrifices on behalf of others is exemplary.'

The following bible verse was an inspiration for Dr Newman and a philosophy he has aspired to

Matthew 25:35 'For I was hungry and you gave me something to eat. I was thirsty and you gave me something to drink. I was a stranger and you invited me in. I was naked and you clothed me. I was sick and you visited me, I was in prison and you came to me."

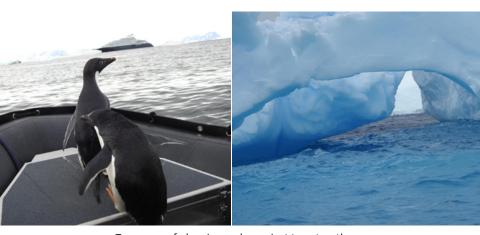
Graham Gardner sums up Romney aptly in this testimonial. "Romney is in every way the complete man. Much admired and very accomplished in his profession, a wonderful family man, a great example as a Christian man who lives his beliefs authentically and credibly, a areat friend to many people, and a wonderful sportsman. His professional commitment has been comprehensive through to recent retirement, and we should be grateful in this



Above: Romney and Christine.

community for his commitment to regional practice both in Taree and Foster. His sporting prowess is extensive; A grade cricket, A grade tennis, A grade hockey, and much fun on the golf course. Romney was a founding member of the Foster Fellas Bookclub, which began at his home 20 years ago. Everything he does is done with intelligence, passion and a wonderfu sense of humour. Like many, many people in this community, it is a privilege to know him as a friend."

Your Travels Antarctica 2019



Two years of planning and prep just to get us there From Sydney to Ushuaia via Auckland and Buenos Aires

To board the state-of-the-art discovery yacht Thank you, Glen Maroney you filled a dream, for this lucky lot

Now I am just an ordinary knockabout Aussie bloke Loving, laughter, life, beer and a joke

I stepped aboard the amazing Eclipse With wonder and expectation ever so high

Heading south through Drake passage and Beagle Channel As the Andean Mountains passed us by

Overnight the seas for me got rough When I awoke sailing was tough

With some TLC from my wife and Dr Jameson was neat Only a few hours it took to get me back on my feet

> With the debriefs and clothes fittings done We are all signed up for some Scenic fun

Day two is done and dusted and the seas a little more stable In our cabin when we returned was an invitation to Executive Chef's table

We were treated to an occasion we had always believed was beyond our reach

We were treated as though we were royalty Scenic and crew no matter your status you always have our loyalty

A Zodiac trip to Brown Bluff where we went ashore A prelude to Devil Island you could never ask for more

It is happening now thick and fast Every time we venture out, we capture another amazing blast

Three penguins boarded our Zodiac two staved on for a little ride Introduced themselves and walked around two little critters full of pride

The birdman of Antarctica is Jorge a knowledgeable bloke Being invaded by hooey and dooey was a lucky stroke

Five amazing days in the Antarctic Peninsula on and off the world's best yacht Gathering memories and photos snapping shot after shot

> I climbed every peak to say I was there The views from these places I am happy to share

Special memories are first sighting of the magnificent craft The fantastic service of all the crew from bow to stern afore and aft

Waking to the beauty of Pleneau Island and Hidden Bay An unbelievablé start to another amazing day

The helicopter ride across the world's biggest iceberg

Of sitting in luxury sixty-five metres below the Eclipse Taking photos of the creatures in their security

Well after two weeks of travelling the southern sea Three videos and two and a half thousand photo shots

That's capped it all for Doreen and me.

Terry Swann Tuncurry

Did you know?



Did you know that Forster once had a Dance Casino?

In May 1936, there was a proposal to erect a dance casino at Forster. It was situated in North Street, Forster, where the carpark for the

Forster Casino was to ensure that all exits were to be rendered operative, a locking device to be fitted to the doors at the main entrance and exit lights were to be placed over all exit doors.

On the 6th May 1937, Mr. Spooner officially opened the dance casino in the presence of a large gathering. Councillor C.T. Abbott, President of Stroud Shire presided, and he was supported by Mr. C.E. Bennett, M.L.A., Thomas Buckle, F.G.D. Stone & W. Cutcher For the 1936/1937 Season, there were 40,641 admissions to the pool, 32,623 to the café and the takings at the casino all indicated financial

Cape Hawke regatta Club hired the Casino for functions. In December 1937, a dance was held with a trophy for the 'Belle of the Ball' which was to be decided by popular vote. There was

also a plain and fancy-dress ball with prizes the judging done by visitors. In September 1949, tenders were called for

the lease of the Forster Ocean Baths and the Casino. The tender of Mr. T. Toolev and Mr. T.W. Wall was recommended. The annual rental was 450 pounds (\$900), together with expenditure of 2,000 pounds (\$4,000) for the 5-year period of the lease.

Mr. Reg Wiles sang at the Casino in 1950. Brian Bradley and the Hepcats also entertained at the

Greg and Iris Ruprecht from Taree were seen dining and dancing at the Casino in the 1950s. The Casino and the entrance to the 'Bullring' were demolished in the late 1970s.

If you would like to know more about old buildings or pioneers please visit the Museum in Capel Street, Tuncurry. Family histories of pioneers are also at the Museum.

Ruth Stocker, Research Officer Great Lakes Museum

Out and About

Great Lakes Canoe Club students train 4pm Wednesdays Little Street Forster. Ring Amanda on 0419116224.







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Johnny Mansour - Cape Hawke Surf Club member



I caught up with Johnny Mansour, of Manning Shoes. at the Club this week...

You have been a member a long time, what has kept you at the club?

I joined the CHSLSC in 1979 at the age of 13 years (a member for 42 years)! I'd have to say the strongest values I hold about being a member of Cape Hawke are the camaraderie and the lifestyle. To me the club is about creating memories and experiences.

I love getting out on the water and enjoying what we have in the local area. Last week I did a 12km paddle. Nowadays I paddle once per week...I'm a weekend paddler...as it takes me all week to recover!

I find myself privileged to have had access to the training and equipment that we have here and feel that I have been supported to gain the skills in all the surf craft. They are here and available for everyone..and a great resource for

There is a great thrill in learning a new skill and the club is fortunate to have abundant resources when it comes to surf

What qualifications have you

Over the years I have gained my Bronze Medallion, Advanced Resuscitation, Jetski Driver, IRB rew and driver. IRB Assessor

Can you tell me more about the

Well, it's the people, the trips away to carnivals and always as a group. Competing at your best as an individual, but at the end of the day its good to have a beer with great friends. In the old days especially, common sense prevailed and you

used your intuition about the conditions. We knew when not to go out, but we would take it to the ed against the surf of the day. There were often many great stories to tell and the debriefing could go on for a long time! There is something spiritual in that sharing and it lasts a lifetime. Nowadays, like everywhere, there are risk assessments, litigations and governances which have tarnished the fun...and the continual refreshment of skills to stay current. In the old days we stayed current and got better by just keeping on doing what we were doing.

It is about the old stories but it's also about giving a service to the community and a safe space...for example, when I was young I enjoyed receiving Xmas presents. Now I'm an adult, I love giving them. Doing water safety to the nippers is about giving. Seeing a child go around the buoy for the first time on a board and the confidence that brings. That's a priceless feeling. Or helping someone in trouble at the beach. That's a good feeling.

Why did you join the club?

Well that's a good question really. I have an ethnic background. My father was a taxi driver from Tripoli and my mum was from Lebanon. Her parents pulled her out of school when she was in year 9 to help in the fruit and veg shop.

That's what they did in Lebanon. She didn't even know how to swim. So I had no family background in surf clubs. Joining, I guess, was my way to challenge myself. My father became very involved in helping wherever he could as I was in the club. Sadly he had a heart attack on the steps of the club one morning and passed

> Joining the surf club wasn't 'cool' as such, it was about families coming together which formed a great bond. If you were a small family, suddenly you had a big family. Working as a team seemed to permeate everything, whether it was the belt swim with a support team or carrying the IRB down to the beach. There was no tractor in those days and the IRBs had

just come out. They were bulkier and less maneuverable than those of today. They had a V shape and a were still valuable but now they are more streamlined and performance enhanced.

How did you learn to paddle a surf ski?

Well, it was the old days and the hard school of knocks. The surf ski group took me out on a paddle to Latitude Rock. I kept falling off, but they didn't stop and wait for me. By the time we got back to shore, I could ride a ski pretty well as I was scared of

Chris Hunter passed by and added a few words

He was a good beach sprinter but extra good at the flags. Johnny and I are the Craft Officers for the Club. I taught John to paddle and now he is teaching me to paddle. Its about looking after each other and being here so others can learn. I cured him of his fear of sharks, though. We were paddling out to Latitude and I pointed out to him a couple of Orcas nearby swimming fast for the south and obviously they were hungry! Their fins were right up out of the water as they cruised. He's not afraid of anything out there

Any last words for the readers?

This is a lovely club. It's not a house, it's a home and I am very fortunate to be a part of this

Thanks John. Interview by Emma Barton.



Community News

Blake, the Axeman for the Dolphins

River as well as he knows his Oxley Island back yard, having sailed them for two decades since boyhood, buried up front in the prow of his father's boat, accompanying him about their

The industry motto is, "Keep the water pure. Never contaminate it," and Blake abides by it. The result? Pure water, perfect oysters, good trade. Floods are bad for business.

But now big Blake has had another calling... on dry land. The Mid North Coast (MNC) Zone Rugby Union is interested in him, to trial for the M.N.C. Axemen in the approaching N.S.W. Country championships in Tamworth in June.

Polson has impressive credentials. He is a hefty 100kgs, burly of build and a powerful runner. He came second to Tom Harris for the Forster Tuncurry Dolphins' Bruce Greensill Medal as the club's best and fairest player in their unbeaten premiership winter of 2019.

Regrettably, the Dolphins bailed out of last season's Lower M.N.C. premiership due to the pandemic, a competition won handsomely by the Manning River Ratz after one of the best competitions ever staged.

It cut Polson to the quick to watch developments. Unlike others, he stayed true and did not join another club. But he remained

Walls have ears. The newly appointed M.N.C. Axemen's coach, Joe de Dassel, heard of

Polson's bold running and started receiving

The NSW Country carnival, famous for its Up-the-Jumper try by the late Test coach Daryl Haberecht's Country team when beating Sydney that fabulous afternoon at Tom Millner's Field, Eastwood, has provided a path into Test rugby for players such as Greg Cornelsen, Geoff Shaw and Jim Hindmarsh.

Coach de Dassel has two splendid assistants in rugby aficionado, James Lancaster, and forward stalwart, A.J. Gilbert, the probable captain of

The M.N.C. Axemen's representative squad's program begins on April 11 with a proposed open training/skills session for men, women and colts at Port Macquarie with a trial to follow at Crescent Head on May 2nd after several training sessions and trial matches.

Potential players are urged to contact coach de Dassel or new M.N.C executive officer, Bruce Worboys, at baworboys@bigpond.com

Meanwhile at Kennards Hire club level in the Lower M.N.C. competition, the Forster Dolphins are gradually rebuilding after last year's withdrawal. Their men's team is taking shape though yet to build a scrum and organise a lineout, needing a couple of two-metre-tall lineout forwards.

As for the women's team, the situation is grim. Young women 18 years of age and over are

needed urgently women a-side competition is 12 or 15 players oreferably. The clubhouse is to be found at Peter Barclay Field,

Tuncurry, with a barbecue held each Thursday evening after training. Phil Wilkins

Daphne's 100 parkrun challenge



Daphne Dodd is a familiar face at Forster parkrun every Saturday. She is either setting an amazing walking pace around the 3 loop 5km course or volunteering with the crew. As of last week, she has now completed 102 parkruns in

"I wanted a challenge", explains Daphne. "When I first heard about parkrun in Forster a few years I thought I can't do it as it said 'parkrun'. But I went along, and they said walkers are very welcome. I have done all my parkruns here except for one in Albert Park in Melbourne when visiting family."

"I think it is terrific. We have older people living here that could be doing this. You can't help but make friends here. Everyone is so nice and supportive. People on the track are always saying well done or get going. There is something about walking. It's good for the brain and good for the body. The view of the sea all the way around is just so good for you.

Having completed her first challenge Daphne says, "The challenge now is to do 250 parkruns. My nephew in London has done over 250."

Forster parkrun is a free community event run by volunteers. Participants are reminded to make sure they are registered with parkrun Australia and bring their printed barcode. They also need to have their QR app as this is a Covid-safe event. This event starts at 8am every Saturday at the Pebbly Beach Playground off Head Street, Forster. Newcomers are encouraged to be there for the 7:45am race briefing. Participants are also encouraged to take turns volunteering to allow everyone to achieve their milestones.

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"Daphne is an inspiration at Parkrun. She always amazes me with her times and is so encouraging to everyone. If I can keep up with her I know that I have walked hard, but Daphne makes it seem so easy. Congratulations Carmel Rigby, one of the seven Run Directors at

Zone Rep Rugby & Ella tournament



2021 will see nine boys and girls try out for representative rugby for the zone with the goal to inspire new growth and development in rugby for the lower Mid

Additionally, the zone has two indigenous players registered to represent the zone in the up-and-coming Ella 7s tournament

(March 5th-6th) at the Central Coast sporting complex, Lake Rd, Tuggerah, NSW. This is the flagship Aboriginal and Torres Strait Islander Rugby Union 7s tournament that attracts around 400 athletes.

Arthur Chapman Mid North Coast Rugby Union NSWRSL Asst Sports Coordinator (Hon)

Mid North Coast Rugby season has started

Crescent Head Rugby 7's

The Mid North Coast Rugby season officially kicked off on the weekend with the Crescent Head 7's tournament successfully run by the Kempsey Cannonballs Rugby Club.

Far North Coast Premiers Lennox Heads were successful in the Cup competition defeating the SCU Marlins in the final match of the day. The Women's competition was taken out by Nelson's Bay. Host club the Kempsey Cannonballs took out the Bowl with the Plate won by Coffs Harbour Snappers.

Congratulations to Kempsey on a very well organised tournament.

All Clubs are now in full training and organising trial matches with

neighbouring Zones. Southern Cross University Marlins have trials organised with Gunnedah and Casuarina. Old Bar will be hosting the Newcastle Griffins whilst Coffs Harbour Snappers are travelling to Ballina for what has become an annual clash between the Clubs that have been rivals since the early

Junior Camp

A very successful Junior Camp was held at Nabiac last weekend with 25 Lower Mid North Coast juniors now looking forward to some regular games as the game grows in the Zone.

Lower Mid North Coast competition

The Lower Mid North Coast competition kicks off on 17th April with a Mens and Ladies 10's

With all Clubs in training, defending Premiers Manning River Rats will be looking to repeat their successful 2020 season. Forster Dolphins will be back this year after standing down last year. Reports from Gloucester, Old Bar, Wauchope and Wallamba indicate an exciting season of rugby.

Interested players should contact the Clubs direct or via their Facebook sites

Bruce Worboys

Mid North Coast Rugby



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Sport

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Local success at Port Run Fest



Above: Tanya Berry, Liz Archer and Chris Woodhouse.

Wow, what a fun filled weekend. Saturday saw the kiddies races together with the Indigenous Foundation 3 km run. Robert de Castella (Australia's iconic 1980's marathon man) once again graced the running festival with his presence. He is a key figure in ensuring the Indigenous Foundation is successful. Due to Covid regulations the major races began in waves.

There were over 650 entrants in the half marathon and the pace was incredibly fast with Mathew Cox taking out first place in an amazing time of 69 minutes. Forster Runners were well represented in this event with our local physio (Aaron Eichner) taking out 9th position in a



Above: Dave Hughes, Robert de Costella (World Marathon Champion in 1983 for Australia) and Daryl Newell (winner of his age group).

personal best of 1h 19m while adopted local Jakki Artus was the 7th female overall in a time of 1 h 29 minutes. Robert Mellor and Ashley Mortesin also broke the 1 h 30 min

The 10 km race had over 700 entrants and our local speedster, Jake Myors blitzed the field with a personal best of 32m 37s. Jake backed up his incredible 10 km effort with an easy lead all the way win in the 5 km race (over 500 entrants). The daily double was an awesome effort and Jake Myors has once again stamped his mark as a first-class athlete.

"The support from my running mates from Forster was insane. I've been holding consistency in my training lately which definitely helped. I went out and ran with how I felt. The event was very well organized. It was great to have the handicapped starts so there wasn't too many people starting at once", said Jake Myors.

Those brave enough to take on all three events (the 36.1km Treble Buster) were rewarded with a collection of awesome medals. Local Forster runner Liz Archer did a fantastic job in completing this feat alongside 192 other runners



Above: 10 & 5km winner Jake Myors.

The event organisers (Kevin and Amanda Chilvers) once again did an incredible effort in staging this event. We look forward to Kevin and Amanda coordinating the Forster event in August later this year.

Dave Hughes

2021 Viking Challenge

mark.



The Great Lakes United Football Club hosted the largest 6-a-side football tournament in Australia with the 2021 Viking Challenge on March 6-7th. Congratulations to the Eastcoast Men and Women who competed.

Day 1 (All Rounds) The Eastcoast Men and Women were sitting in 1st place in A Grade, a great effort from both teams.

Day 2: The Eastcoast Men battled through the two Qualifiers and into the Quarter finals where they went down 1-2. An awesome effort from the boys against quality teams with 6 games, 24 goals and 3 conceded.

The Eastcoast Women showed class and professionalism all weekend and were crowned three times Champions after 7 games, 59 goals

and 0 conceded

Congratulations to Eastcoast Eagles Helen Wells who was named the Sandra Wynter Memorial player of the Grandfinal.

Committee members Richard Allen, Pete Flower, Steve Howard, Kevin Stevens, Mark Jackson, Kurt Tonks, Rod Drane, Ray Brady, Reece Dodds put on another fantastic event with long hours for all involved. They would like to thank their young volunteers Eliza Bramble, Beau Woods, Sarah Allen, Harry Allen, Ellery Verdich, Ash Howard, Lesley Campbell, Harley Woods, Braxton, Oscar, Imogen and Josie for a wonderful job.

www.facebook.com/vikingchallenge

