

MidCoast Council  
Updates

Meet Local Legend  
Romney Newman



Star  
Pet

# 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

NO.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 Patricia Macvean.

## 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](mailto:info@ftchamber.com.au)"

Businesses can register and check their eligibility at: [www.](http://www.service.nsw.gov.au/transaction/register-business-dine-discover-nsw)

[www.service.nsw.gov.au/transaction/register-business-dine-discover-nsw](http://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](http://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.



'GLFM's 2021 Listener Competition'

Win an amazing

**BUSH RANGER**  
POWER EQUIPMENT

LaWNcare package

Donated by  
**GLMC**  
GREAT LAKES MOWERS &  
CHAINSAWS

4/16 Douglas Avenue  
Tuncurry Ph 6555 6528

VALUE  
\$1228.



Enter by 'Telling us in 25 words or less'

COMPETITION  
CLOSES 31 MARCH

"Why you Listen to Great Lakes FM"

ONE Winner on April 6 \* For further details visit [greatlakesfm.org.au](http://greatlakesfm.org.au) or Facebook



# The Forster Tuncurry

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](http://www.theforstertuncurry.com.au)

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

Editor: Mary Yule Phone: 0413410492

Email: [info@theforstertuncurry.com.au](mailto:info@theforstertuncurry.com.au)

Business Hours: 9:30 - 5pm (Mon - Fri)

Graphic & Web support: Golden Age Media, a locally owned business. Contact Greg Golden on 1300 766 713.

Printed: Spotpress in Marrickville NSW, on sustainably sourced paper. Spotpress is a family owned business who support new

regional newspapers. Contact Murray Keir on 0439 060 700.

Puzzles & Cartoons: Supplied by Auspac Media, an Australian company with Australian cartoons.

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](http://www.theforstertuncurry.com.au)

Enquiries: 0413410492 or [info@theforstertuncurry.com.au](mailto:info@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  
Woolworths  
Stocklands Customer Care  
Forster Keys Mini Mart

**Pacific Palms**  
Blueys Supamart  
Kembali Café

**Charlotte Bay**  
Metro Petroleum  
Foodworks Charlotte Bay

**Smiths Lake**  
Smiths Lake Friendly Grocer

**Coomba Park**  
Pollards General store

**Bungwahl**  
Bungwahl Fuel & Liquor

**Seal Rocks**  
Seal Rocks General Store

## 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 Aldridge.

"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 grounds across the region.

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 of Community 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

When fire tore through our region burning almost 24% of the Mid Coast Council area, 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 February, Member for Myall Lakes, Stephen 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.

Mr Bromhead said despite being without a station since November 2019 the Rainbow Flat Brigade have pulled together to continue serving the local community.

"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.

"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 serve."

"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



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

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."

## Local RFS volunteers lead the way



Local NSW Rural Fire Service Volunteers are leading the way in the rollout of a plan to encourage and help Midcoast Rural Fire District (Midcoast and Port Macquarie-Hastings Local Government Areas) residents and communities 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 focuses on assets listed at high or extreme risk of bush fire.

A key part of the NSW Rural Fire Service's philosophy and role has always been the prevention of fire; more prevention means fewer fires. In other words, a well-prepared community is the way to go.

Inspector Guy Duckworth AFSM, Acting District Manager for the Midcoast District, said today that the area poses many challenges for firefighters.

"There is a diverse range of population and landscapes; with high tourism areas, large numbers of property owners travelling out of the area to work, growing numbers of retirees, 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 living within bush fire prone areas."

Assets include rural residential estates and rural villages plus individual assets such as schools and tourist facilities. Many assets at high risk of bush fire can be treated in practical ways such as hazard reduction works or improved building codes. Others need a more personal approach, and this is where our local volunteers fit into the plan. Simply by using and sharing their local knowledge and experience to pass on critical safety messages to their own communities, they are able to assist landowners to prepare for bush fire.

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 Plan and undertake any work necessary to make themselves, their families, homes and properties more fire safe, not just for the coming summer but for years into the future.

For further information, please visit [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) or contact your local NSW Rural Fire Brigade.

## The Lakes Way South Forster roadworks

Developer Palms Lake Resort will operate contra-flow temporary 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 project.

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

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 Paterson.



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 the Palm Lakes development.

Council will be calling for tenders to undertake the roadworks soon, and is expecting to award a contract in June.

## Star Business



**Name:** Lisa Marriott

**Business:** Fairways Takeaway

**What is the best part of your job?**

I love seeing the regular faces and I've seen a 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 me serving at the counter much as I keep busy 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 know?**

I've been here for 13 and a half years and 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 and use local fish as 'the fish of the day'. I'll try to increase my sales so I can support local fishing families more.

**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 what is needed.

Do you know a great local business to feature here? Please submit their business name and a brief description to:

[www.theforstertuncurry.com.au](http://www.theforstertuncurry.com.au)

We will contact them and publish when space permits.



Brommy’s Community Update



The NSW Nationals have this month 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 occurs.

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



\$232 million Rural Ambulance Infrastructure Reconfiguration (RAIR) program.

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

health care across Myall Lakes,” Mr Bromhead said.

“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 over four years.

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

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

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

Permanent 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 campaigning.

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 Velte 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 overjoyed to welcome Dr Velte 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 Velte’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 Velte to secure further specialist palliative care training and education programs in the future.

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

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

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



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 flying-foxes: the grey-headed flying-fox (Pteropus poliocephalus) with grey heads, rusty reddish-coloured 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 rest.

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 dispersal 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 be transmitted through bites or

scratches, and unlike the vampire movies, flying 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-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 survival.

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 heat-stress, drought and bushfire affected flying-foxes from other wildlife groups for release.



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 happen?

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 many others fail.

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 entrants.

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 closed in 2017.

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 renewables.

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 invest.

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 connecting new wind generators to the grid.

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 other states.

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 contracts.

Average Change in Sea Level in 2020 (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 elsewhere.

• 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 year.

• 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.

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

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 declaration.

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

Janusz Haschek BSc Dip Ed and Community member of Council’s Coastal Management Committee.



Above: Main Beach by Patricia Macvean.

**Stephen Bromhead MP**

*Delivering for Myall Lakes*

### Schools Supported by the Regional Renewal Program

- ✓ More the \$300 000 for upgrades at Great Lakes College across their 3 campuses
- ✓ \$35 000 for a sporting facility at Tuncurry Public School
- ✓ \$25 000 to install a garden space at Pacific Palms Public School

### Investment in Vital Infrastructure

- ✓ A new ambulance station for Forster
- ✓ \$2.3million to upgrade Forster Police Station
- ✓ \$100 Million to repair and maintain local roads in Mid Coast Council area
- ✓ Over \$12 Million to secure water supplies on the Mid Coast.

myalllakes@parliament.nsw.gov.au    02 6555 4099    stephenbromhead.com.au

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



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

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 incumbents
- 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

# Star Volunteer

Name: John Maragos

Organisation: Great Lakes Museum

What does this organisation do in our community?

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 gardens.

What is your role?

Director/Maintenance & Gardens.



What is the best part of your job?

The pride and satisfaction I feel when visitors compliment me on the beautiful gardens and the interesting and well placed displays on show. I am a volunteer and enjoy coming to and taking care of the Museum.

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

# Manning - Great Lakes Police District



Police and emergency services were at the scene of a deliberately lit bus fire on the corner of Lake and West Streets, Forster on Thursday 11th March. Fire crews were able to extinguish the blaze which completely destroyed the vehicle.

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 the Forster Police Station.

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

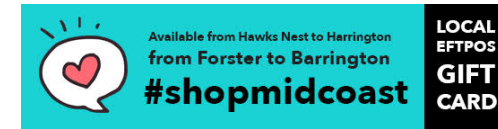


[www.facebook.com/FRNSW295/](http://www.facebook.com/FRNSW295/)

333 000 or [www.nsw.crimestoppers.com.au](http://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 Ambulance crew.



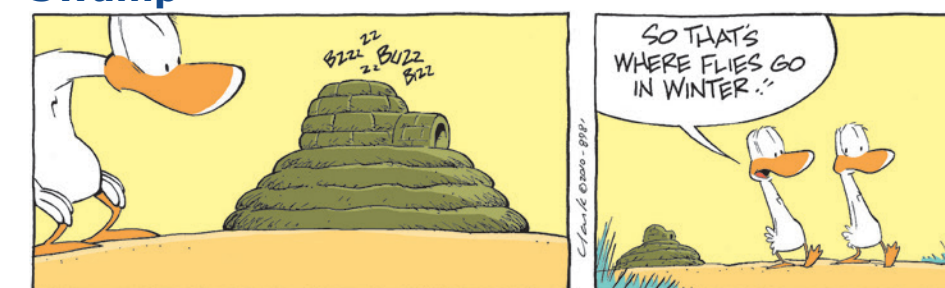
## The Grin Bin



## Doodley Squat



## Swamp



## Bushy Tales



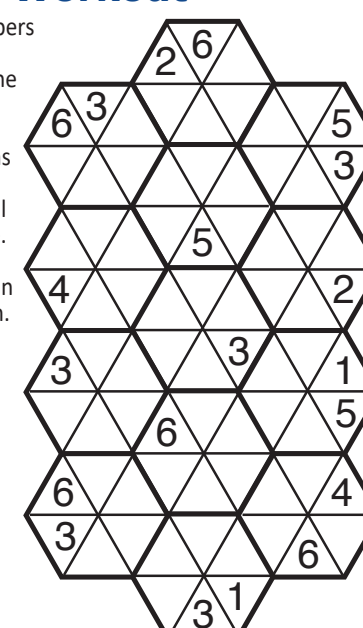
## Sudoku

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

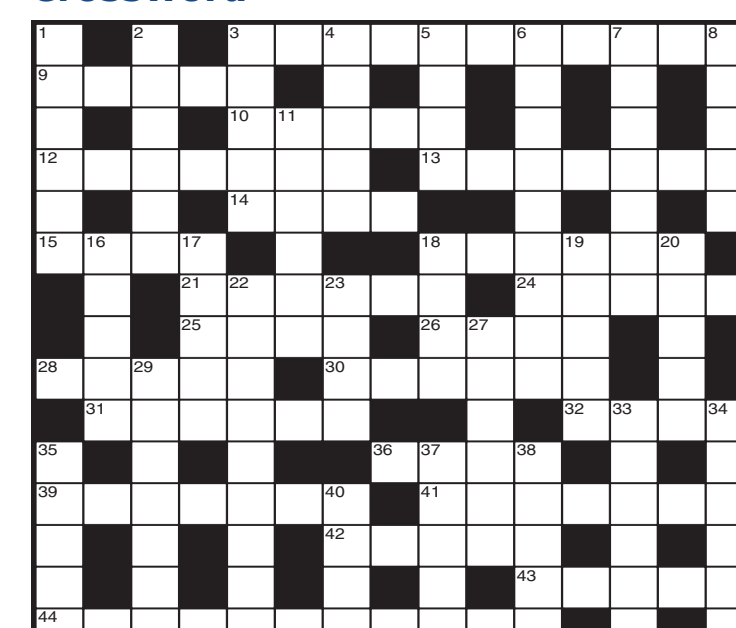
				6				1
	3				5			8
4	6			9	3	2		
			4					
6				8				
5	9	1	2				4	
		8			2			7
			6					
3			9					4

## Quick Workout

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



## Crossword



## 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 they may provide in addressing the various challenges we confront as a nation. This forum will aim to 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 rely on it.

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.

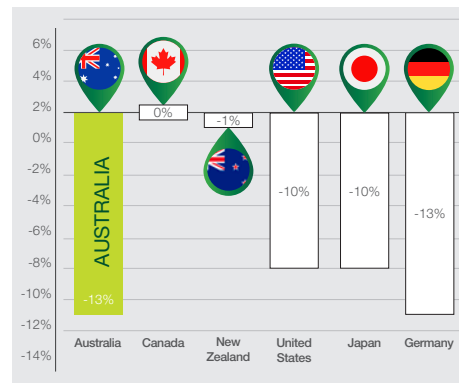
## MEETING AND BEATING OUR INTERNATIONAL TARGETS

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 2005 levels).

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

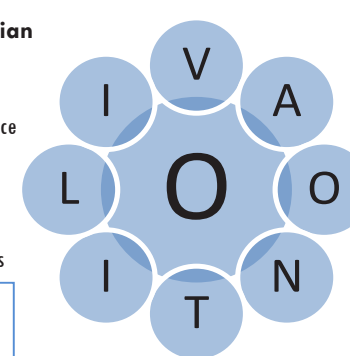


Source: UNFCCC National Inventory Reports, 2018 Data

## Focus An All Australian Word Game

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

TODAY'S FOCUS Good: 11 words  
Very good: 17 words  
Excellent: 26 words



Reference: Macquarie Concise Dictionary  
Focus No. 3851

## Word Find

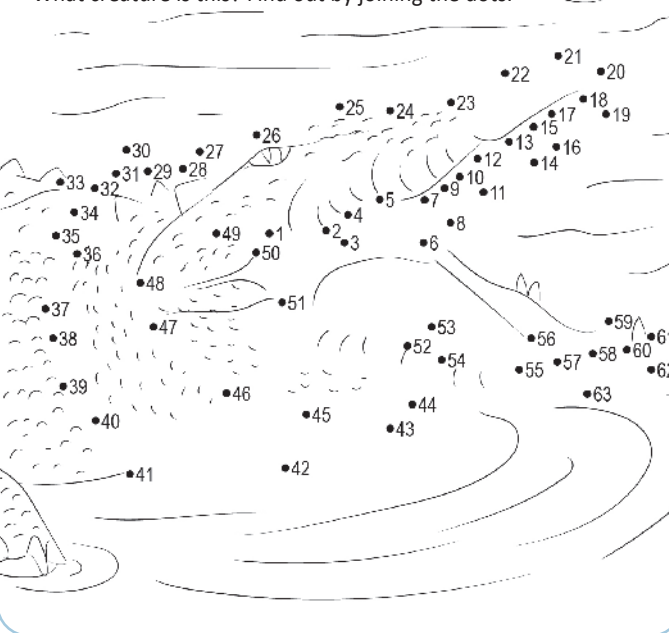
T	S	I	L	K	E
B	U	O	Y	C	M
E	S	A	V	E	A
T	U	N	E	N	G
O	A	D	A	I	S
N	L	D	E	P	S

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

- |      |      |      |       |
|------|------|------|-------|
| And  | List | Save | Tune  |
| Buoy | Lost | Silk | Usual |
| Dais | Neck | Snap | Vase  |
| Deem | Note | Sped |       |
| Game | Pine | Tad  |       |

## Join the Dots

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



## Solutions

Puzzles and pagination supplied by Auspac Media

crossed

3 Running over, as water

9 Danger signal

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

28 Remedied

30 Face

31 Salty

32 Repose

36 Festivity

39 One of refined taste

41 Earn

42 Dens

43 Projecting corner

44 Unwillingly

DOWN

1 Fortress

2 Literary ridicule

3 Greek letter

4 Make effort

5 Is well adapted

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

crossed

3 Running over, as water

9 Danger signal

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

28 Remedied

30 Face

31 Salty

32 Repose

36 Festivity

39 One of refined taste

41 Earn

42 Dens

43 Projecting corner

44 Unwillingly

DOWN

1 Fortress

2 Literary ridicule

3 Greek letter

4 Make effort

5 Is well adapted

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

**Dr David Gillespie MP**

FEDERAL MEMBER FOR LYNE

*He Listens. He Cares. He Delivers.*

**THE NATIONALS**

for Regional Australia

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

**Wauchope Office**

02 6586 4462

Corner of High and Hastings Streets, Wauchope, NSW 2446

[david.gillespie.mp@aph.gov.au](mailto:david.gillespie.mp@aph.gov.au)

**Taree Office**

02 6557 8910

144 Victoria Street, Taree, NSW 2430

DavidGillespieMP  
david\_gillespie\_mp  
davegillespiemp



Local Calendar

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 Bird-watches** 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)  
www.forstertriclub.com.au

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

**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.holidayspointinfo.com

**Sun 4th April - Lions Club Car Boot Sale**  
8am - 12pm Hallidays Point Shopping Village  
1st Sunday of the month  
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

What's on around town and beyond

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

From 8am on Sunday the 28th of March 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.

The costs in providing the helicopter service to the Mid North Coast are significant. A Helicopter mission to attend an accident, search and rescue costs \$4000 an hour to operate. The group's activities in Forster Tuncurry revolve

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

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 Helicopter 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-graffitting 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 live in.

Please ring the GRAFFITI HOTLINE 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 family fun.

*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.

An invitation to attend the:

**39TH GREAT LAKES OPEN ART EXHIBITION**

**28TH MARCH - 18TH APRIL**

10AM - 4PM DAILY - GLAS GALLERY  
34 LAKE ST, FORSTER

Support the paper that supports the town!

**Advertise with us**

Enquiries: 0413410492  
info@theforstertuncurry.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

Pacific Palm 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 eyebrows 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 kept 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 else in theirs", said Dave.

"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 Michelle.

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 Australia.

"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."

The transaction fee-free movement

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

providers and saved her business, The Nutty Baker, from absorbing the transaction fees.

"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

**AUSTRALIA'S COVID-19 VACCINATION PROGRAM IS UNDERWAY.**

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
- 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](http://australia.gov.au) or call the National coronavirus and COVID-19 vaccine helpline **1800 020 080**.

**BE COVIDSAFE**

**COVID-19 VACCINATION**  
Safe. Effective. Free.

# Letters and Feedback

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

**General Disclaimer:**  
By contributing to this publication, you agree that the material is to the best of your knowledge accurate, and is neither deceptive or misleading, in breach of copyright, or in breach of any other laws and regulations. The information provided within the contents of this publication is the view of the individuals who submit the details. These views are not necessarily those of the Editor. Whilst every care is taken, The Forster Tuncurry takes no responsibility for errors or omissions.

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



**Name:** Pepe, 7 years. **Dislikes:** Being ignored.  
**Breed:** Huntaway X Border Collie **Claim to Fame:** Striking appearance, gentle nature, regular swimming to the island at Forster and bursting into a yodel.  
**Likes:** Swimming, walking and being patted by all who meet him.

If you would like to see your beloved pet featured in Star Pet please submit a high resolution photo and answers to [www.theforstertuncurry.com.au](http://www.theforstertuncurry.com.au)

# Local Classifieds

## 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

## Trades and Services

## P & B Cleaning

- Residential
- Friendly and Reliable
- Forster/Tuncurry

Call Percy 0452429838

## WANTED TO BUY

### Antique China, Silver & Watches.

Antique china, silver items, fountain pens & pencils, old watches, jewellery, artworks, anything old and interesting.

Please phone: Annette 0419219634 or Ron 0408967747.



## YOUR BATHROOM IS YOUR IMAGINATION



**WHITTAKER TILING & BUILDING**  
COMPLETE BATHROOM RENOVATIONS  
ALL TRADES SUPPLIED LIC & INSURED  
SPECIALIST IN LARGE FORMAT TILES  
CALL FOR A NO OBLIGATION FREE QUOTE  
BLD LIC 222111C  
**PHIL & NATHAN Phone: 0417 257 952**

## Photos of local wildlife by Brian McCauley



Above: Common Bronzewing: Taken at Gloucester.

# Local Church Services

## Forster Tuncurry Uniting Church

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



## Coast Evangelical Church

We currently meet on Sundays at 4pm (with Kids Church) and 6pm at Forster Public School Hall. We also run SALT (years 3-6) on Friday afternoons and RIPTIDE (years 7-12) on Friday nights.

More information plus videos of services can be found on our website: [www.coastec.net.au](http://www.coastec.net.au)  
Due to COVID regulations please register via the website.



## Forster /Tuncurry Anglican Church

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

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

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

For more information call Eric Hall (Pastor) on 0415 794 291.

## Forster-Tuncurry Catholic Parish

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



Due to COVID regulations attendance is by registration only. To register, phone 6554 6401 or email [forster-tuncurry.pariah@mn.catholic.org.au](mailto:forster-tuncurry.pariah@mn.catholic.org.au). To watch the 8 am Sunday Mass live stream please send us your email address to receive the link.

The Holy Name Church is open from 9 am - 3pm Mon- Fri for private prayer.  
[www.forstertuncurrycatholic.org.au](http://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 essential.



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

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



## Forster Tuncurry Seventh Day Adventist

We 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](https://www.facebook.com/ForsterAdventist.org.au). Pr Graham Stewart phone is 0447 444 424.



## Church of Christ Forster/Tuncurry

We come together 10:00am Sunday mornings 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](http://www.ftchurchofchrist.com.au) Find us on Facebook: [forstertuncurrycoc](https://www.facebook.com/forstertuncurrycoc)

We also offer a mid-week playgroup. Facebook: [communityplaygroupforstertuncurry](https://www.facebook.com/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  
Pacific Palms Bowling Club, Smiths Lake. 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 Probud 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](mailto:jjpatchwood@gmail.com)

**Pacific Palms Probud Club**  
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 social coffee after walk  
Contact Lorna 0420587532

## Wednesdays

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

**Green Bikes Community Workshop**  
Open 12 - 3pm. Supplying parts & free help with bike problems. 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](mailto: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 [sabdooc@catholiccare.org.au](mailto:sabdooc@catholiccare.org.au)

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

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

**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.

**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](http://www.codependentsanonymous.org.au)

**Forster parkrun**  
Pebble Beach Playground off Head St  
7:45am for 8am start  
[facebook.com/Forsterparkrun](https://www.facebook.com/Forsterparkrun)

# Star Photo

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](http://www.theforstertuncurry.com.au)





# Local Legend – Romney Newman by Vanda Gooley

**“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 particularly cricket.

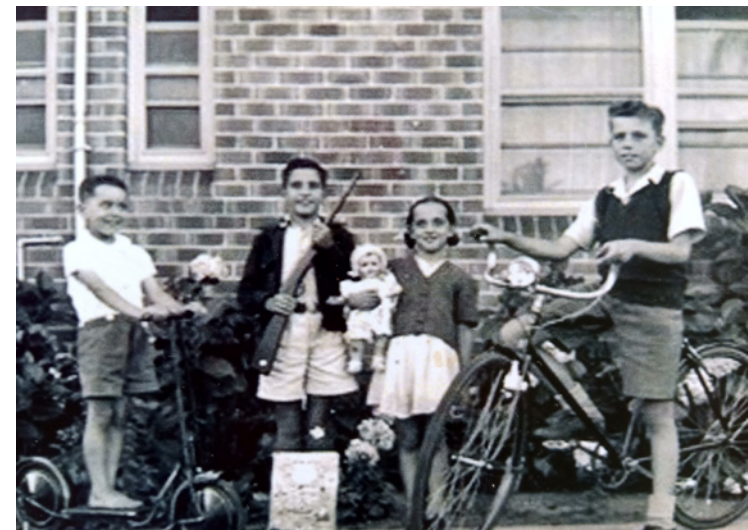
Singapore. They landed in Fremantle then travelled to Sydney by train. On one occasion, his eldest brother, Aubrey, aged 10, came up on deck to see a 14 year old Dutch boy holding Romney over the side of the boat. Aubrey yelled out “What are you doing with my little brother?” The Dutch boy replied “I’m just playing with him!” Romney says, “I could have been the first refugee overboard!”

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. He also remembers family prayers around their parent’s bed, attending church on Sunday and having good friends who created a good social life. Sport was encouraged by both parents especially cricket, tennis and swimming.



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 born 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 children.

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).



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 involvement in the church, music and 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 represented Sydney Uni interspersed Sydney Uni interspersed and played first grade in the Sydney competition. He was also a member of the St George first grade team which won the first grade premiership in 1968. He won a few annual awards from the Manning Cricket Association, played first grade cricket from 1957 to 1986 and first grade hockey to age 49.

Romney’s involvement in sport continued until very recently when he had a knee replacement. He was a member of the tennis and golf clubs in our local area and is optimistic about returning to participate in these sports in the future. For Dr Newman sport and activities he had outside his practice were an important part of being a regional doctor. “It helps your patients see you as a human being, and I’ve made good friends,” he said. So you could find him on the cricket oval, the hockey pitch or the tennis court. Dr Newman also plays violin and is a member of The Company of Voices.

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 service.

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 quickly started his own practice as a specialist general physician, specialising in diseases of the internal organs.

In 1995, 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 recovery.

“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 House.

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

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



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 the 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 – 2006.

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 hospital 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 in and the church where he was

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 live by.

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 great 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 wonderful sense of humour. Like many, many people in this community, it is a privilege to know him as a friend.”

## Your Travels Antarctica 2019



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

The helicopter ride across the world’s biggest iceberg An enormous hunk of majestic beauty

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. Thank you, Scenic Eclipse

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 Ocean Baths is now.

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 soundness.

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. Tooley 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 Casino.

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.



## Johnny Mansour - Cape Hawke Surf Club member



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

**What qualifications have you achieved?**

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

**Can you tell me more about the camaraderie?**

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 edge in pitting our skills 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 governance 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 away.

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 different motor. They 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 sharks.

**Chris Hunter passed by and added a few words**

**on Johnny.**  
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 now.

**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 Cape Hawke family.

**Thanks John.** Interview by Emma Barton.



### 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 the community.

## Blake, the Axeman for the Dolphins

Blake Polson knows the waters of the Manning 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 oyster lease.

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 in training.

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

Polson's bold running and started receiving phone calls.

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 Axemen.

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



Phil Wilkins

## 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 North Coast.

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)

## 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 Forster.

"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 Peppy 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.

"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 on doing 100 parkruns Daphne."

Carmel Rigby, one of the seven Run Directors at Forster parkrun.

Mary Yule

## 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.

**Zone competitions**

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 1970's.

**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 competition.

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



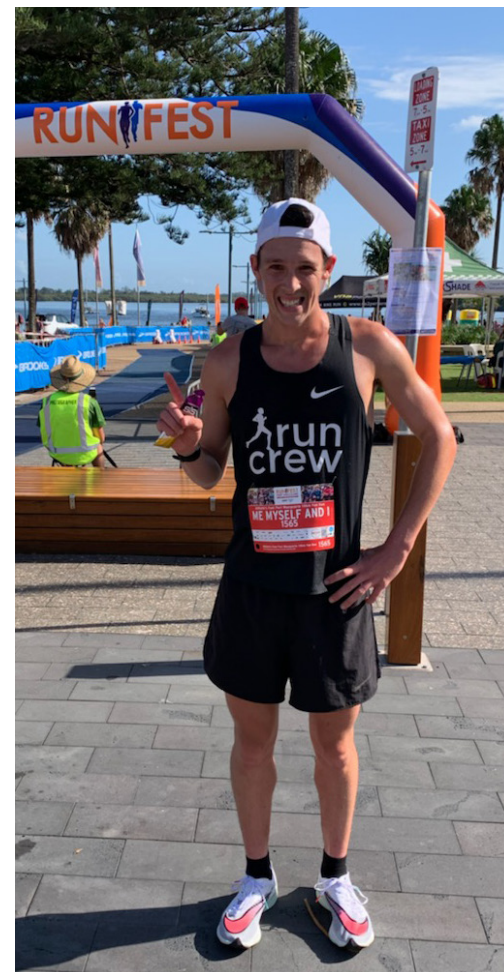
# Local success at Port Run Fest



Above: Tanya Berry, Liz Archer and Chris Woodhouse.



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



Above: 10 & 5km winner Jake Myers.

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

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 Mortesen also broke the 1 h 30 min mark.

The 10 km race had over 700 entrants and our local speedster, Jake Myers 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 Myers 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 Myers.

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.

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



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](http://www.facebook.com/vikingchallenge)



## Ambrose Golf Day

Thursday 25 March 2021

Forster Golf Course

Registration and BBQ 12:00 pm

Shotgun start 12.30 pm

Beginners are welcome

\$200 per team

Net proceeds are used for post school scholarships for local students

Inquiries to Mal Saad 0417 443 557

Steve Nicholas 0408 002 541