

MidCoast Council
Updates

Meet Local Legend
Lorraine Thurlow



Star Pet
Honey



Forster Fortnightly

Your local independent community newspaper distributed fortnightly to
Hallidays Point, Tallwoods, Tuncurry, Forster, Pacific Palms,
Charlotte Bay, Smiths Lake, Coomba Park, Bungwahl & Seal Rocks.

FREE

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What's life like for a local family of 6 in lockdown?



"Our four kids have all said they are missing school as they love it. They love their friends and their teachers. As fun as it is at home, they would swap it in an instant to go back to school."

Devlin Blair's family in Forster is like many other families during the current NSW lockdown. With the closure of schools and most workplaces, the home is now a place where many families do the balancing act of working and supervising school learning. Dev is a Pastor at the local Coast Evangelical Church while his wife AJ is studying a double degree in Early Childhood and Primary Teaching online. Between them they have four children - Kaylee (13ys), Judah (10 yrs), Summer (7yrs) and Cosby (4 yrs).

Dev was asked what homelife is like during this current lockdown.

'This time I'm doing the home schooling. In last year's lockdown my wife supervised our kids schooling during the daytime and studied at night. She is currently doing her school practical, so I have moved my stuff from our main office in Forster to my study at home.

It's been a big week already. We have one child in Highschool, two in Primary and one who was at Prechool for three days a week. We all start the day at 8:15am with a dog walk to Burgess

Right: The Blair family (L to R) Dev, Summer, Judah, Kaylee and AJ with Cosby at the front.

Beach together. At 9am our school day kicks off. We get out playdough, craft and paint for Cosby. His preschool learning is flexible which is quite good, and he plays well by himself. The school that our oldest three kids go to has been fantastic. They quickly switched to online learning with 'school box' and gave out home learning packs with all the subjects outlined. All our kids have English in the morning. We sit together at the dining table and I'm there to help navigate them through that subject. They then move on to do math studies or something like indigenous studies. Some work is on the



again to play footy or run around the garden with our new puppy Tassie who is a Schnoodle. Something a bit more social than schoolwork. We have an adventure nearly every day with our kids and many pets. The other day our puppy chased our chickens around and over the fence. Our kids had to jump the fence to round them up and put them back. It took two hours with the puppy still chasing them and feathers everywhere.

computer and some on paper. We have two laptops and an old iPad at home to share around. The highlight of their day is seeing their class and teacher on zoom. Our four kids have all said they are missing school as they love it. They love their friends and their teachers. As fun as it is at home, they would swap it in an instant to go back to school.

To break up the day we go outside for morning tea and feed our pets and clean their cages. We have a couple of cats, bunnies, chickens and the puppy. If they have worked well, they finish schoolwork at 2pm and we might play a board game or go outside

is good but a poor substitute for being with people, particularly when they are struggling or going through a tough time. Like my kids missing school, lockdown can be hard. I love people and I love working with people. But I am mindful that we are blessed to be safe and healthy, and it is great to have things online for school and work.



"It's nice to slow it down and spend time with my kids."

In between the home schooling I jump on my office computer to do a couple of zoom meetings, work on my sermons or do pastoral care phone calls. I tell the people on zoom and on the phone that I might need to juggle, and they are very understandable. Working on zoom and with phone calls

Home schooling has taught me a bit too. My grammar and maths were a bit rusty, so it is good and humbling to do it with them. It's actually nice as 'Dad and kids' time to be sitting down and working with them. I usually work 6 days and 3/4 nights a week. It's nice to slow it down and spend time with my kids.

When my wife comes home around 5pm we serve dinner for the kids. We have been using the slow cooker, so it is easy for us at the end of the day. At night time we read the school home readers and books before the kids go to sleep. I then collapse on the couch and have a quiet night with AJ and might watch Netflix. We go to bed early as AJ leaves at 7:30am in the morning.'

Dev Blair was interviewed by phone on the 21st August 2021 by Mary Yule.

Photos supplied.

See pages 2 & 3 for Covid updates

Forster Fortnightly

Next deadline is 5pm Wednesday 8th September, to be published on Wednesday 15th September.

We welcome your stories, photos and letters.

All submissions: www.forsterfortnightly.com.au

Please send photos and files separately. When sending photos from a phone please send in 'actual' or 'largest' size possible. Photos 1MB (1000KB) or more preferred.

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 support our amazing local volunteers, community groups, sporting groups, schools, events and businesses.

Editor: Mary Yule Phone: 0413 410 492

Email: info@forsterfortnightly.com.au

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

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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.

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Above: Woolies Forster

Grants for disaster recovery and resilience



Eligible community groups are being invited

to apply for new funding to support ongoing recovery and build resilience and preparedness for future disaster events.

Funding of between \$2,000 and \$15,000 will be available for community development and capacity building projects and activities, which must be completed by 20th March 2022.

"The projects and activities can either support ongoing recovery needs in a community, or they may improve the capacity and capability of community members to respond to future disasters," said MidCoast Council's Manager Libraries and Community Services, Chris Jones.

"The funding may also be used to purchase items of equipment required to deliver these projects and activities."

To be eligible, organisations must meet specific entry criteria and have an Australian Business Number.

The project or activity must also be delivered within the MidCoast local government area. "We encourage any eligible organisation that wants to deliver a project or activity to improve the recovery and resilience of their community following our bushfire events to take a look at these grants and apply."

If you'd like to discuss your eligibility, or your proposed project, please call our Disaster Recovery Grants Officer on 7955 7941. For more detail on the eligibility criteria and conditions of funding, and to apply, please visit midcoast.nsw.gov.au/grants.

The funding round opens on Monday 30th September and closes Sunday 10th October 2021.

The Disaster Recovery Grant funding is provided through the joint Commonwealth-State Disaster Recovery funding arrangements and funding has been administered by Resilience NSW.

Covid rules for regional NSW



At the time of publication the Regional NSW lockdown has been extended until 11:59pm on Friday 10th of September and in Greater Sydney until the end of September.

NSW Health urges people to continue to present for testing with even the mildest of cold-like symptoms.

Mandatory to wear a mask

No matter where you are in NSW it is now mandatory to wear a mask anytime you're outside your home, unless you're exercising or have an exemption. You must always have a mask on you when you leave home. If you're going outside to exercise, carry a mask to wear before and after your exercise.

Everyone must stay at home unless they have a reasonable excuse to leave

A reasonable excuse is if you need to:

- obtain food or other goods and services locally
- leave home to go to work if you cannot reasonably work from home and the business is allowed to be open
- leave home for education if it is not possible to do it at home
- exercise and take outdoor recreation within your local government area
- go out for medical or caring reasons, including obtaining a COVID-19 vaccination.

The '5km from your home' rule applies to people who live on the edge of a LGA (Local Government Area) and need to travel into another LGA for essential goods, services, or exercise that cannot be done in their LGA.

Weddings and Funerals

From Friday 3rd September 2021, weddings can be held in New South Wales. 5 guests can attend, in addition to those required for the conduct of the wedding.

From Monday 16th August small funerals and memorial services of 10 persons only (excluding the persons conducting the service) will be permitted.

Retail premises are required to close except for:

- supermarkets and grocery shops
- shops that predominantly sell food or drinks eg butchers, bakeries, fruit shops and delicatessens, but does not include restaurants or cafes (takeaways only)

- chemists and pharmacies
- kiosks
- shops that predominately sell office supplies, pet supplies, newspapers, magazines and stationery, alcohol, maternity and baby supplies, medical or pharmaceutical supplies
- food and drink premises, but only to sell takeaway
- cellar door premises, but only to sell takeaway
- hardware and building supplies
- landscaping material supplies
- rural supplies
- timber yards
- garden centres and plant nurseries,
- vehicle hire premises, not including the premises at which vehicles are sold
- shops that predominately carry out mobile phone repairs

Service stations, banks, post offices, laundromats and drycleaners can remain open.



Above: Photo of QR code by Patricia Macvean.

Check in rules

If you live in regional or rural NSW you must check in using the Service NSW QR code every time you visit a retail business or workplace. It is also important to 'check out' before going into another shop or venue, to help with any tracing that may be required later. Reminder alerts can easily be set in your QR notifications under 'settings'.

Government plans for those who are vaccinated

The NSW Government is planning to make changes to restriction rules when a 80% double vaccination rate is reached. You'll need to show proof of your COVID-19 vaccination. To get yours you can either:

1. Visit my.gov.au and link your Medicare online account: Click on 'Immunisation history' then select 'View COVID-19 digital certificate' button
2. Download the Medicare Express Plus App: Click on 'Immunisation history' and open your COVID-19 digital certificate. You can also add your COVID-19 digital certificate to a digital wallet.

The NSW Dine & Discover vouchers have been extended to 30th June 2022.

For further information on Covid regulations visit: nsw.gov.au/covid-19/rules

Get vaccinated to protect yourself, your loved ones, and your community



Local Covid vaccination sites

Two doses of a COVID-19 vaccine will give you around 90% protection against hospitalisation and death, and significantly reduces the risk of spreading the virus to others.

All residents are advised to contact their local GP for Covid vaccinations. You cannot have a vaccination if you have received any other vaccine in the past 14 days or you have any COVID or cold and flu symptoms, including high fevers.



Above: The Forster Tuncurry Medical Centre on Macintosh Street, Forster.

Four clinics are now running each week at the Macintosh St Medical Centre in Forster

Anne Curtis, Managing Director and Director & Partner of the Forster Tuncurry Medical Centre Group (FTMC) said, 'We are now running four clinics a week. Two with the Astra Zeneca and two with Pfizer. The Astra Zeneca clinics are on Wednesdays 3pm - 6pm and Saturdays 9 - 4pm. The Pfizer clinic are on Wednesdays 9am - 1pm and Saturdays 2 - 5pm.'

Bookings are required and anyone can ring 6555 0444 or go online at www.ftmc.com.au to make an appointment for their free vaccine.

Anyone from age 12 years and up can start booking from the 1st of September.

The Government allocates 300 Pfizer vaccinations a week for the FTMC. Unfortunately, our Pfizer appointments are fully booked until the end of November. However, I am lobbying the Government for more Pfizer allocations a week and if we do get more, I will let the public know through the Great Lakes FM radio station and the Forster Fortnightly newspaper.

As we are not in a 'breakout' area we still recommend that you hold on for the 12 weeks before your second dose of the Astra Zeneca and 4 - 6 weeks for the Pfizer to gain the best protection. If you are required to travel to a 'breakout' area you can enquire about having your second dose sooner.

We are vaccinating 600 people a week and have nearly reached 10,000 vaccinations [including first and second jobs] at our clinics since March this year.'

NSW & COMMONWEALTH GOVERNMENT COVID-19 FINANCIAL SUPPORT

If you require financial assistance as a small business owner or employee due to the COVID-19 Regional NSW lockdown, please visit disasterassistance.service.nsw.gov.au/covid

COVID-19 financial support for your business

If your business has experienced financial decline during the stay at home orders, there are multiple COVID-19 financial support packages available. Criteria for some of these support packages have changed to allow more businesses access. The main support packages include:

Three local pharmacies are now providing AZ vaccinations - bring your medicare card



The Great Lakes Pharmacy at shop 4/11 Manning Street, Tuncurry is open to vaccination 'walk-ins' or book on their Facebook page at www.facebook.com/greatlakespharmacy or ring 6555 4000.



Priceline Pharmacy at Stockland in Forster is open to vaccinations. Bookings online are preferable for staffing requirements. Go to www.priceline.com.au/pharmacy-services/vaccines/covid-19-vaccination



The Pacific Palms Pharmacy at 188 Boomerang Drive, Pacific Palms is now providing vaccinations. To make a booking call 6554 0319. They will then call you back with a booking time, usually made within a week. Story and photos by Mary Yule.

Local Covid testing sites



Above: Forster Private Hospital's drive thru Covid testing clinic in South Street, Forster. Photo by Patricia Macvean.

• **Forster Private Hospital** with Douglass Hanly Moir are operating a drive thru covid testing clinic in South Street. No bookings required. You will need to present your medicare card. 8am - 4pm (Monday - Friday) 8am - 11am (Saturday)

• **Forster Laverty Pathology.** Bookings required. 2 - 4pm (Monday to Friday). 20 South Street, Forster Ph - 6554 7129

Mid Coast Council services



MidCoast Council will continue to provide services to the community both online and via the

urgent animal control

Parks / playgrounds / public toilets Open

Taree Airport Open - services provided by Pelican Air

Building Certification Operating as usual

Lodging Development Applications Lodge online via the Planning portal: www.midcoast.nsw.gov.au/DAapply

Forster Customer Service Closed for in person assistance, contact us by phone or online as above

Libraries Closed contact by phone - Forster 7955 7001 or email library@midcoast.nsw.gov.au

MidCoast Assist Closed for all centre-based activities, however operating to provide essential services, contact by phone 1300 65 88 30

Waste Management Centres, Tip Shops and Tuncurry Return and Earn Closed to general public, open usual business hours for commercial waste

YMCA Forster Closed

Council-managed Community Halls Closed

customer service phone line while the NSW Government's stay at home orders are in place for regional NSW.

Facilities, including customer service centres, libraries, visitor information centres, the Manning Regional Art Gallery and Manning Entertainment Centre, will close their doors to public access for the duration of the order.

Water, waste, sewer, works and maintenance services will continue as a matter of public health and safety, along with essential inspections and regulatory functions.

Service information

Customer Service Line Operating as usual 8.30am - 4.30pm 7955 7777

Online services Operating as usual www.midcoast.nsw.gov.au/Council/Report-Request

Email us council@midcoast.nsw.gov.au

Kerbside waste collection Operating as usual

Pounds Operating as usual for pound adoptions and

Government financial support

Have you lost income and are getting a Centrelink payment?

You must have been unable to work and earn your usual income of 8 hours or more or a full day's work per week, because of a state COVID-19 public health order.

You must be getting one of the following payments:

- An income support payment.
- ABSTUDY Living Allowance.
- Education Allowance.

You must meet all the eligibility rules to get the COVID-19 Disaster Payment.

The Commonwealth Services Australia department says you must claim this payment

online using your myGov account linked to Centrelink. If you're eligible, you will be paid \$200 into your bank account for each week of your state's public health order. You only need to claim once.

You'll continue to get your regular Centrelink payment on your usual payment dates.



Feedback invited for Pebbly Beach zoning changes

MidCoast Council is seeking feedback on proposed amendments to the MidCoast Housing Strategy for residential land at Pebbly Beach, Forster.

In the Housing Strategy, the area around Pebbly Beach had been earmarked for some high-density residential zoning as well as increased building height limits generally from 12 metres to 18 metres. This included

properties east of Macintosh Street, between Head and Lake Streets and bounded by the school to the east.

Council originally consulted on the strategy in 2020 and no objections to the proposed changes were received. However, following consultation in Forster for a separate rezoning at Lake Street, many concerns were expressed, prompting further consideration of the Pebbly Beach zoning.

"It's important that the community's expectations for their local area are reflected in the Housing Strategy, which is why we're taking another look at this area," explained Gerard Tuckerman, MidCoast Council's Acting Manager of Land Use Planning.

"These proposed changes will ensure that the future planning controls are consistent with the current controls for the area."

The proposed amendments to the strategy are:

*The zone of properties fronting Head Street (east of Macintosh Street) be included in the Medium Density Residential zone consistent with the neighbouring properties.



*A 12 metre maximum building height be applied to the proposed Medium Density Residential zone.

Community feedback on the Pebbly Beach amendments is open from Wednesday 25th August until Friday 1st October.

To find out more or lodge a submission, head to www.midcoast.nsw.gov.au/HYS

"Feedback now will help us refine our planning controls for inclusion in the new MidCoast Local Environmental Plan," added Gerard.



Strategy to guide growth areas

MidCoast Council now has a single local planning strategy as a guide for growth areas and redevelopment in the MidCoast region, following the adoption of the MidCoast Urban Growth Areas Report.

The MidCoast Urban Release Areas Report is now with the NSW Department of Planning, Industry and Environment (DPIE) for endorsement.

"The adoption of the MidCoast Urban Release Areas Report is a positive outcome for Council, as it will ensure we are prepared

for future urban development in our region," Paul De Szell, Council's Director of Liveable Communities, said.

"By having a single local planning strategy that clearly identifies land in the MidCoast earmarked for future housing and business growth, it will assist in guiding Council, the community and developers in the same direction to ensure we are focusing and prioritising the right locations for urban expansion."

The MidCoast Urban Release Areas Report

provides certainty around the expansion of settlements in the region, by identifying land that can be rezoned for residential or employment zones to meet the demand for additional housing and business or industrial growth.

The report does not include land that has not been previously identified.

Historically, there have been multiple reports and strategies addressing growth areas and redevelopment in the MidCoast region, but they have either been superseded or combined with other former Council or NSW Department of Planning, Industry and Environment strategies.

The draft Settlement Expansion and

Redevelopment Opportunities Analysis Report, the basis for the adopted Urban Release Areas Report, was on exhibition for community feedback before being considered by the elected Council late in July.

The feedback prompted the elected Council to make a change to the report to include 'Bert's Farm' in Forster as an urban growth area.

Inclusion in the report does not result in a rezoning of the land or provide any approval for development. The formal process to rezone land remains in place for landowners identified in the report and the community has an opportunity through that process to express its view on any proposed developments, Mr De Szell said.

Smith Lakes businesses working together during lockdown

Tilly Hughes, owner of The Good Food Store, said that the strip of shops at Macwood Road in Smiths Lake have come together even more during the latest lockdown.

"We are not in competition and are working together to support each other. We are sharing what days we open so that someone is always open on your street of shops. The bakery is closed Monday and some Sundays so we stay open. Then we close Tuesday and Wednesday when they are open. We also promote each other online, share competitions and look out for all the different types of local businesses in our area like local markets stalls and small online businesses.



Above: Tilly Hughes, owner of The Good Food Store at Smiths Lake and Chef Nic (left).

Some local shop owners that have closed would normally take a break anyway at this time so that might be working well for them.

The local shops at Smiths are also finding ourselves to be the hub of the community right now. The shops that are allowed to stay open have to keep up with the very latest restrictions everyday so when customers pop in and out we talk with them about the updates. We have become the community information centre.

Everyone is naturally sticking to masks and social distancing. We can see that everyone is following the rules. We get little visits from the police who are checking mask wearing and the local construction sites. As a business we do

feel that they have our backs rather than being out to get us for anything. It is not an imposing presence but a backup presence. They are looking out for us.

Our own business is ticking over as well as we can. We are managing to keep our doors open and keeping our young employees on. We have two beautiful people aged 17 and 19 years old. People still need their coffee, takeaways and their chat. To be economical we have had to shorten our hours like many other businesses. The constant changing of restrictions can be hard as we can't plan ahead. We did have big plans but they have had to be shelved for now.



Above: Young staff Charlee Galante and Indigo Dixon (left).

I think this lockdown mostly affects the young. I hear from local parents that the teenagers are finding it mentally hard. They would usually be very social outside the house with their friends. We need to keep them thinking big thoughts and keep them busy. More opportunities will open up with the vaccines.'

Tilly Hughes was interviewed by phone on the 25th August 2021 with Mary Yule.

Photos supplied.



'Bigger Backyard' App launch for Mid Coast Businesses



Following more than 2 years of disruption to local business due to bushfires, floods and the ongoing Covid-19 crisis, Local Chambers are announcing an initiative to stimulate business-to-business economic recovery after successfully receiving funding from the Bushfire Community Recovery and Resilience fund.

The Bigger Backyard App is a collaborative design of the Mid Coast Chamber representing Bulahdelah, Forster/Tuncurry, Gloucester, Harrington/Crowdy Head, Myall Coast, Old Bar/Manning Point, Taree and Wingham Chambers of commerce and is supported by Business NSW.

Myall Coast Chamber and Tourism

Inc believe that The Bigger Backyard App will help adversely affected local business to trade more effectively in the climate we now find ourselves in. President Rick Wright says "By telling other businesses what they are doing differently through these more digitally activated times the App could potentially open new markets and opportunities"

As part of the Mid Coast Chamber's response to the current situation The

Bigger Backyard is launching a series of online TV business support services. These include guidance on the available support, advice from local experts on utilising digital and real-world assets to continue to engage their customer base and help them prepare to reopen successfully.

For more information and to register for the online TV series visit:

www.biggerbackyardmidcoast.com.au



MidCoast Business Award nominations now open



Above: MidCoast Business Awards from previous years.

Businesses that enter the Insurance Advisernet MidCoast Business Awards find the process itself can be helpful in identifying future opportunities and areas they may need to improve.

"We have entered the business awards 2 years in a row and I have found the process of working through our application quite enlightening. As a business owner, who is always intent upon improving and growing our business, I don't always stop and consider just how far we have progressed.

As multi award winners, these awards have provided a powerful marketing opportunity while creating shared excitement about our business". Denise Haynes, Business Owner, R&R Property.

The Business Excellence Awards are open to all businesses throughout the MidCoast region in the areas of Tourism & Hospitality, Professional Services, Health & Wellbeing, Retail Services and Trades and Construction. All entries will be judged by independent experts from out of the region. Other awards include the popular People's Choice with nomination forms

available to download from the website or can be made directly on line. This year a winner will be awarded to each Business Chamber Region that receives the most validated entries. There is also Best Start-up New Business, Community Services Award, Hall of Fame (business or individual) and the prestigious Hall of Fame/Outstanding Business Leader.

Local Recognition & Excellence Awards

1. Best Start Up Local Chamber Region Winners (Bulahdelah, Forster, Gloucester, Harrington, Old Bar, Taree, Tea Gardens & Wingham)
2. Best Start Up Major Winner
3. People's Choice Local Chamber Region Winners (Bulahdelah, Forster, Gloucester, Harrington, Old Bar, Taree, Tea Gardens & Wingham)
5. Community Service Award (business or individual)
6. Hall of Fame / Outstanding Business Leader
7. Business Excellence Awards (entry in 1 category only)

- Tourism & Hospitality
- Professional Services
- Health & Wellbeing
- Retail Services
- Trades and Construction

8. Business of the Year – Runner up

9. Business of the Year - Major Winner

Note: A key change is that People's Choice and Best Start Up will have a local regional winner (Bulahdelah, Forster, Gloucester, Harrington, Old Bar, Taree, Myall Lakes & Wingham) as well as an overall category winner.

Entries are now open

All details are on the website. All submissions are due 15th October.

www.midcoastbusinessawards.com

Finalists will be announced on 22nd October 2021. Awards RSVP's will close on 12th November 2021.

The Gala Dinner is currently scheduled for Saturday 20th November at Club Forster (pending restrictions).

COMMUNITY NEWS

MIDCOAST FOCUS

Careers at Council

We are seeking community feedback on:

- Gloucester Sewage Treatment Plant Planning Proposal
- MidCoast Housing Strategy amendment - Pebbly Beach
- Kolodong Precinct Development Control Plan amendment
- Bulahdelah Highway Service Centre Planning Proposal
- Development proposal DA2021/1690 - Additions to an existing community hall - 71-73 Booner St, Hawks Nest
- Proposed road namings - Diamond Beach & Killabakh
- Gloucester Local Community Plan

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

Proposed road naming

In accordance with the requirements of the Geographical Names Board of NSW, the Roads Act 1993 and Roads Regulation 2008, MidCoast Council proposes: That the proposed new roads part of development 167/2020/DA at 210 Diamond Beach Road Diamond Beach be named Anchorage Way, Drift Retreat, Summer Haze Circuit and Yacht Way. Names are nautical themed.

Written submissions will be accepted by email or post or on the Have Your Say page on our website by Monday 13 September 2021.

If the submission is made by way of objection, then the grounds of the objection must be specified.

Draft Rural Strategy open for feedback

Our rural areas make up 95% of the region, making them a defining feature of the MidCoast. Right now, we're seeking feedback on a draft Strategy that proposes a new planning framework for our waterways, rural and environmental lands which contain a diverse range of resources and amenities that underpin our lifestyle and livelihoods. The draft Rural Strategy is part of a broader project to develop consistent, region-wide planning controls to replace the three we are currently working with.

Find out more and have your say on the draft Rural Strategy: www.haveyoursay.midcoast.nsw.gov.au before Friday 19 November. You can also arrange a by-phone appointment with our Land Use Planning team to discuss how the proposed changes impact your property by calling us on 7955 7777.

Intended pesticide application

We have instructed Local Pest Experts to undertake pesticide applications in the Forster region, which are scheduled to be carried out from 22 September until 30 November 2021.

Pesticides are being used for spiders and cockroaches. Pesticide products will be applied to Council structures including public buildings.

Pesticides used will be selected from: Biflex Aquamax insecticide, Synergy Pro ant bait, Starrdust Pro, Maxforce Gold Gel, Enviromax Deltamethrin, Temprid 75, Terimidor.

Residents (including pets) are advised not to enter the premises through any treated areas until the pesticides used have dried, or any special instructions advised on the notice erected on the day(s) of treatment.

For any further information please contact Council's Facilities and Halls Supervisor on 7955 7777.

Subscribe for business updates

To assist our business community, we've put together a Business Updates Newsletter packed with practical information and assistance.

From accessing payments and grants, to valuable information on the latest restrictions.

Visit our website www.midcoast.nsw.gov.au/business to subscribe and to view the latest issue.

Have your say

WE'RE HIRING

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

- Asset Officer
- Communication and Engagement opportunities
- Digital Engagement & Marketing opportunities

Visit our website for further information and to apply.

Your one-stop-shop for grants

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

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

For more information contact us: ph 7955 7777 | council@midcoast.nsw.gov.au | [midcoastcouncil](http://midcoastcouncil.com.au) | www.midcoast.nsw.gov.au

Local leaders come in all sizes and ages



Left: Shiloh and Phoebe (below)

grandmother, Helen Hannah, in the project, as well as the childrens' parents. The two hundred trees were planted at the end of Myalup Court in Seascope, Hallidays Point and extends to an area of highly ecologically significant Littoral Rainforest.

The trees include a variety of local species that are all valuable habitat for the local wildlife. The children have been back again to provide further care for their trees and will one day be able to say with pride that they created a truly beautiful and ecologically

Shiloh Herzberg-Nicholls (aged 11), with her friends Maia Oates and Ella Abbott (both also aged 11) and Lou Klaphake (aged 10) are inspirational in their demonstrated leadership and care for our local environment. Together they formed the first children's Landcare Group, Forest Heart, and, with a massive effort, planted 200 trees for National Tree Day 2021.

National Tree Day is an initiative of Planet Ark began in 1996 with the aim of calling all Australians to give back to our natural environment by planting trees and shrubs. National Tree Day occurs on the first Sunday in August each year.

Shiloh said that she was supported by her



valuable forest. As the trees grow older they will hopefully provide homes and food for a variety of special local animals such as koalas and squirrel gliders as well as rainforest birds.

Shiloh said that there were three reasons that she and her friends planted the trees, firstly to

create animal habitat, secondly because trees suck up carbon and create oxygen for us to breathe, and thirdly, as a gift to the Earth.

Kym Kilpatrick

Photos by Ella Abbott (from before lockdown).



Tuck into a healthy & sustainable challenge

A digital lunchbox launched by Australia's national science agency, CSIRO, aims to get people thinking about making both healthy and sustainable food choices and what they might be eating in the future.

For example, a dragon fruit is healthier than chips, but which of these choices is actually better for the planet?

The CSIRO Tuckerbox provides nutrition and sustainability ratings for a range of different foods and drinks that users can add to their lunchbox in different combinations to improve their score.

It also gives a taste of the food we could be eating by 2050 based on the latest research in food innovation, including work aligned with CSIRO's Future Protein and Trusted Agrifood Exports missions, as well as the Ending Plastic Waste mission.

CSIRO research scientist Dr Gilly Hendrie said with many families eating meals together at home, the Tuckerbox can be used to complement home school activities from the recent National Science Week, which this year had theme of 'Food: Different by Design'.

"Making good food choices is a combination of understanding what foods are healthy as well as getting into good habits, and the better we are at this when we're at home, the easier it is to make smart choices when we're out and about," Dr Hendrie said.

"The Tuckerbox reflects the complexity of making real world food choices, where it's rare that we can make perfectly healthy or perfectly sustainable choices, so it's about understanding how we get balance."

CSIRO Nutrition Systems Scientist, Dr Jessica Bogard said sustainability is an increasingly important consideration for consumers that want to know their food has been produced with minimal impact on the environment.

"The tuckerbox aims to get people thinking about what resources are used to not only grow food but to transport and process it too,"



Dr Bogard said.

"There are many ways we are working to create more sustainable food systems, and technology will play a key role in the future, such as through developing ways to build and maintain healthy soil, managing water wisely and minimising air, water, and climate pollution."

Mum of eight-year-old Lily, Bianca Evans, said her whole family looked at their lunchboxes with new eyes after playing with the Tuckerbox.

"As a family we already spend time talking about healthy choices and we like to get Lily actively involved in the kitchen. The Tuckerbox gave us all a great opportunity to think about how our choices also impact the health of the environment," Ms Evans said.

"I think the Tuckerbox has inspired Lily to think about a career in science, she was very excited by the idea of growing food on Mars or helping to invent robot chefs to personalise our food when she gets older."

The Tuckerbox draws on decades of research and innovation developed by CSIRO in partnership with the food industry, including adapting livestock and crops to our changing climate; improving sustainability in how food is produced, processed and transported; increasing the nutritional value of food; and helping people make their diets healthier.

Access the CSIRO Tuckerbox here: www.csiro.au/tuckerbox

Access CSIRO's Taste and Learn science and nutrition activities for kids here: www.research.csiro.au/taste-and-learn/

More on CSIRO's program of missions here: www.csiro.au/en/about/challenges-missions/missions

Backyard resources for observing & recording biodiversity



There are many apps available to help citizen scientists record species observations. We suggest using an app that contributes data to the Atlas of Living Australia (ALA). This way your observations contribute to our national biodiversity database and will be used by researchers and decision-makers in their research and management of our biodiversity and environment.

This link below will give you a selection of free apps that contribute data to the ALA.

<https://wp2019.ala.org.au/who-we-are-3/downloadable-tools/ala-mobile-app/>

If you scroll down the page the site also has links to other free apps and sites that gather



information on fresh water turtles, uncommon marine life, bird life, fungi, frogs and butterflies.

This site www.ala.org.au gives you open access to Australia's biodiversity data. You can enter your postcode to see what has been recorded in your local area.

Above: Photo of Sting Ray off Forster headlands. by Steve White.

Left: Photo of White-throated Gerygone at Rocks Crossing Reserve by Brian McCauley.



MC2T Landcare supports upgrades to Council Nursery

Mid Coast 2 Tops Landcare (MC2T) is thrilled to announce a recent grant success, which will fund an extensive upgrade to MidCoast Council's native plant nursery at Kolodong. Currently, the day-to-day operation of the nursery is funded through the Council's environmental rate, with the support of community volunteers. Unfortunately, the nursery's infrastructure has severely degraded over recent years and significant works were needed to increase the capacity of the nursery to support the degree of bushfire recovery that is needed across the region.

The \$128,000 grant, which has been made possible through the Landcare Led Bushfire

Recovery program, supported by the Australian Government's Bushfire Recovery Program for Wildlife and their Habitat, will provide the nursery with new irrigation systems, shade tunnels, improved seed storage, and plant propagation facilities. In doing so, the capacity for our nursery to provide local native plants for bushfire and flood recovery revegetation projects into the future will be significantly increased, whether being undertaken by Landcare, Council or the community. Increasing the capacity of the nursery will also assist Council to implement the many tree planting initiatives outlined in its newly adopted Greening Strategy.

In addition to the infrastructure upgrades, Council and Mid Coast 2 Tops Landcare will be working together to increase volunteering opportunities at the nursery for the local community. Those interested would be able to participate by undertaking regular duties at the nursery, or by collecting seed in their own time, to help rebuild the nurseries local seed bank, which was recently lost to mice over the winter.

This project will be undertaken in partnership between MidCoast Council and Mid Coast 2 Tops Landcare over the coming 6 months, with workshops and volunteering opportunities to be offered early in the new year. During the construction works, MC2T will be busy preparing resources and a registration portal for the community to utilise to access information, planting requests and volunteering registration. For those interested in following the progress of the project, be sure to follow MC2T on social media.

www.facebook.com/MidCoast2TopsLandcare/



\$500,000 for local Landcare bushfire recovery projects

Four local Landcare bushfire recovery projects have been selected to aid in the recovery of native wildlife and habitat in seven regions severely impacted by the Black Summer bushfires - part of a \$14 million Government commitment.

Federal Member for Lyne Dr David Gillespie said Landcare Australia and the National Landcare Network are co-ordinating the projects which include Mid Coast 2 Tops Landcare [see article on left], ALL Sustainable Futures, Hastings Landcare and Luskintyre Landcare Group.

"Our unique native plants and animals are already benefitting thanks to the on-the-ground

efforts from Landcare and other community groups, but there is still work to be done."

"These new projects will build on the broad range of recovery activities already being carried out by Landcare and other community groups in the wake of the fires," Dr Gillespie said.

"Our Government is committed to the recovery of our wildlife and habitats - it is vitally important that we continue to do this work so that our native iconic species, can return to their natural environments and thrive."

"Our local Landcare volunteers are perfectly placed to see the roll-out of this funding in our towns and villages that were affected during the Black Summer Bushfires," Dr Gillespie said.

"These are part of more than 100 new projects that will not only directly support native species recovery, but also provide benefit for bushfire-affected communities and landholders."

A list of the 111 Landcare grant projects can be found at www.environment.gov.au/biodiversity/bushfire-recovery/activities-and-outcomes

Photo supplied before lockdown.



Our community is a great place to live, work and raise a family.

This year, our focus has been to suppress the virus and deliver the vaccine, continue to guarantee the essential services that we rely on and protect and secure Australia's interests in a challenging world.

Locally I have been delivering for you, your family and local community, including:

- \$400,000 Forster Boardwalk Extension
- \$1,500 Forster Girl Guides
- \$6,000 Cape Hawke Surf Lifesaving Club

- \$7,500 Tuncurry Memorial Hall
- \$300,000 CHESS Connect Business Resilience Project
- \$15,000 Ronald McDonald House Family Retreat Forster
- \$83,000 Barrington Coast Beats Lakeside Festival
- \$14,700 Twin Towns Tennis Club Tuncurry
- \$400,000 John Wright Park new amenities
- \$5,000 Alesco Senior College Coast Campus
- \$2,287 Tuncurry Public School
- \$5,000 Holy Name Primary School
- \$290,500 Disaster Relief Australia
- \$20,000 Kristina Chan National Regional Arts Fellowship



Dr David Gillespie MP
FEDERAL MEMBER FOR LYNE

He Listens. He Cares. He Delivers.

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

THE NATIONALS
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Sporting Schools program to get kids moving



of the program already and we want to see as many of our children enjoying the benefits it can provide.

"Physical activity helps keep children healthy, happy and socially engaged, impacting positively on their intellectual capacity and academic achievements," Dr Gillespie said.

"Sporting Schools is about developing children's love of sport from a young age, helping to increase their confidence and capability to be active for life."

The Australian Government's \$320 million Sporting Schools Program is helping more schools than ever before provide opportunities for children to get active and experience the joy of sport.

Federal Member for Lyne Dr David Gillespie encouraged schools across the region to register and apply for Sporting Schools funding and join the millions of Australian children benefiting from fun and free opportunities to get active through sport.

"The Sporting Schools Program can be an important first step to inspiring children to build healthy habits and develop a lifelong love of sport and maybe inspire a Brisbane 2032 Olympian."

Seventy-five schools across the Lyne electorate shared in funding to run Sporting Schools programs in 2020, benefitting close to 58,500 students," Dr Gillespie said.

"Many schools across our area have been part

"Sport Australia works in partnership with more than 35 national sporting organisations to deliver quality programs to help school communities get moving. From athletics to bowls, to softball and water polo, there are so many fantastic sports available to try," Dr Gillespie said.

Dr Gillespie said parents can visit Sport Australia's new Find a Club website designed to help parents find a local sporting club for their child to continue their sporting journey.

For more information about Sporting Schools, visit www.sportingschools.gov.au

Families can access two separate \$100 vouchers every year for each school-enrolled child. This means more kids can get involved in physical activity and learn healthy habits from a young age. The vouchers may be used with an approved Active Kids provider.

Visit: www.sport.nsw.gov.au/active-kids
Photo supplied before lockdown.

Teachers working hard for our school students



During the current COVID restrictions, Forster Public School staff have initiated Learning From Home using digital platforms such as Google Classroom and Class Dojo. The teachers have worked hard to set up the learning so that it encompasses all Key Learning Areas and provides continuity with the teaching and learning programs occurring at school.

Children who can not access these digital platforms, or who prefer to work with pen and paper, have been collecting their booklets from the front of the school. These booklets contain the same content that is available digitally.

Many booklets from our first week of 'Learning at Home' have been returned for teachers to mark.
Photo by Mary Yule.

Manning - Great Lakes Police District

Last week I received the sad news that a special 5-year-old girl, Isabelle, who I mentioned in my article on the 21st July, passed away, surrounded by her family. Prayers and thoughts are with them all. Thanks for the opportunity to share just a tiny piece of her precious life.

My previous position prior to transferring to Manning Great Lakes Police District was Wilcannia. No doubt many would know of the crisis in Wilcannia relating to COVID. I know for a fact that many, services and community members, are working hard to turn the tide of cases in that community. We can learn from what is happening there and in Sydney, get vaccinated before the crisis hits, if you can, and follow the Public Health Orders, whatever they may be. Knowing most in the Wilcannia Community, I am sure their own determination and strength, assisted by community services will see them push through this terrible time.

This will be my last article for now as I welcome Inspector Tim Bayly to Foster Police Station this week. Tim who has a wealth of experience is taking over the role as Officer in Charge, Forster Police Station. I have now officially moved office to Taree Police Station, a little bit closer to home. My role will see me continue to regularly visit this area, especially since becoming attached to a number of great coffee shops.

A big thank you to the Forster Fortnightly for giving Manning Great Lakes Police District a direct connection to you.

Kind regards,
Chief Inspector Tony Moodie.

Editor's note: We feel very honoured to have shared Chief Inspector Tony Moodie's stories

for the last six months and sincerely thank him. We receive many comments on the street from people who enjoy reading about our own local police and what they do for us in the community. We wish Tony the very best in his new position and welcome Inspector Tim Bayly.



Chief Inspector Tony Moodie.

Brommie's Community Update



Get Vaccinated, Get Tested, Wear a Mask
While NSW continues to battle covid, I encourage you to do everything in your power to keep the Myall Lakes safe by staying at home.

My message is to get tested if you have a symptom even as slight as a sniffle.

The rules changed recently meaning you should wear a mask at all times when you are outside of your property, unless you are exercising. Even if you are exercising you should carry a mask with you and wear it if you cannot socially distance yourself from others who aren't part of your household.

Vaccination rates in our region are encouraging, at the time of writing, more than 60% of people in the Forster, Blueys beach, Boomerang beach, Booti Booti, Coomba Park and Tuncurry area have received their first dose, while more than 30% are fully vaccinated.

However, that means there's still a significant amount of people who need to get the job in order to protect themselves and others. If this is you, I encourage you to get vaccinated with whichever vaccine is available to you - remembering the best vaccine is the one you can get right now. Stay safe.

Free training courses during lockdown



The NSW Government has announced an additional 3000 training places for people across NSW to skill up at home during lockdown.

An extra 60 short courses are now on offer to study for free including business skills, mental health, marketing, finance and IT skillsets.

Member for Myall Lakes, Stephen Bromhead said, "In these difficult times, the opportunities provided by these courses can have a hugely beneficial impact on the well-being of participants."

"I encourage you to join the more than 1,000 Mid Coast locals who have already taken up a fee-free JobTrainer course."

Minister for Skills and Tertiary Education Geoff Lee said the courses are an expansion

of the 10 free skillsets recently announced by TAFE NSW.

"We know there is great demand for training at the moment, which is why we have added additional free courses and more training places so people can come out of lockdown with skills they can take with them into the workplace," Mr Lee said.

"The free courses are available to anyone across the State who is unable to work due to public health orders."

Training will be funded through the JobTrainer program, which has already seen more than 120,000 people in NSW skill up since it was announced in October last year.

For more information and to see full eligibility, please visit: <https://bit.ly/37DYsvq>

Young Local

Name and year at school:

Tim Avery - Yr 8 at Great Lakes College

What is your favourite sport?

I love playing Hockey, Rugby Union and Javelin.

What is your favourite food?

Eating Satay chicken noodles from The Noodle Bar.

Tell us about you, what are your interests and hobbies?

I have two sisters and two dogs, I enjoy all sports except swimming. I play in three different hockey teams each weekend and when I'm not playing sport I enjoy building things, surfing, scootering and skateboarding.

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

I love a good simpler life, coming from Sydney, which was too busy.

What do you think could be done better?

I would love to see some bike trails in the area. We have so many youth who love riding. Our council needs to build suitable bike tracks.

What are you doing well at?

I do well at most sports.

What is your greatest achievement?

- Representing Forster Tuncurry Little Athletics at State for javelin.

- Representing Manning valley hockey U13 state competition and representing my school for different sports including Rugby Union.



Who inspires you and why?

The Kookaburras Australian hockey team. As I want to be as good as them and be in the Brisbane Olympics 2032.

What do you want to do when you grow up?
Become a builder and professional hockey player and play for Australia at the Olympics.

If you are 21 years or under and would like to feature in Young Local please submit a high resolution photo and answers to: www.forsterfortnightly.com.au

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



Writing Competition Judges needed

Teachers and Writers most welcome to apply
tmas@tellmeastory.org.au



Book Editor, Proof Reader, Treasurer and Office Assistant, volunteer positions also available

tmas@tellmeastory.org.au
Tell Me a Story Association Inc.

Study grants for local students



Are you aged between 16-25?

Are you thinking of undertaking tertiary studies either through university, VET or an apprenticeship?

Are the costs of text books, tolls, travel, accommodation bonds, etc, deterring you from applying?

If so, a Great Lakes Education Fund grant may be available.

Applications close 30th September

www.cef.org.au/apply-for-a-grant
gl.educationfund@gmail.com



Stephen Bromhead MP

Delivering for Myall Lakes

Helping You...

- ✔ Get a COVID-19 Check-in card. This is a quick way of signing into venues if you don't have a smart phone. Go to your nearest Service NSW or order one from the Service NSW website.
- ✔ A support package has been announced for Early Childhood Services who will be eligible for payments of 25 per cent of their pre-lockdown revenue. Outside School Hours Care (OSHC) services will be eligible for payments of 40 per cent.
- ✔ Skill up at home during lockdown by enrolling in a free short course. Search 'Skill Up From Home' on the NSW Government's website and learn new skills to make you more employable.
- ✔ A number of COVID-19 business grants are available if you need financial assistance during this Covid outbreak. Go to the Service NSW website for

✉ 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 September 2021.

Working from home would be back to the future

By now it seems cut and dried. The pandemic has taught us to love the benefits of working from home and stopped bosses fearing it, so we'll keep doing it once the virus has receded and the kids are back at school. Well, maybe, maybe not. Any lasting change in the way we work is likely to be evolutionary rather than revolutionary.

Productivity Commission boss Michael Brennan and his troops have been giving the matter much thought and, as he revealed in a speech recently, such a radical change in the way we work would be produced by the interaction of various conflicting but powerful forces.

After all, it would be a return to the way we worked 300 years ago before the Industrial Revolution. Then, most people worked from home as farmers, weavers and blacksmiths and other skilled artisans. And, don't forget, by today's standards we were extremely poor.

What's made us so much more prosperous? Advances in technology. But technology is the product of human invention. That invention could have pushed our lives in other directions.

What underlying force pushed us in the direction it did? As the Productivity Commission boss was too subtle to say, our pursuit of improved productivity.

Productivity isn't producing more, it's producing more with less. In particular, producing more of the goods and services we love to consume using less labour. Why among the three "factors of production" – land and its raw materials, capital equipment and labour – is it labour we've always sought to minimise?

Because we run the economy to benefit ourselves, and it's humans who do the labour. We've reduced physical labour, but now automation allows us to reduce routine mental labour.

(While we're on the subject, note this. Many people think automation destroys jobs. But in 250 years of installing ever-better "labour-saving technology" we've managed to increase unemployment only to 6% or so. That's because automation doesn't destroy jobs, it changes and moves them. From the production of physical goods to the delivery of human services. In the process, it's made us hugely better off.)

It was the Industrial Revolution that increasingly drove us to the centralised workplace. Initially, the factory and the mine, then the office.

The move to most people working in a central location was driven by economic forces. Businesses saw the benefits - to them and their customers - of combining labour with large and expensive machinery, powered by a single source. Initially, steam.

"The factory provided a means for bosses to co-ordinate activity in real time, supervise workers and it also provided an efficient way to share knowledge – as did the office," Brennan says.

So the central workplace reduced the cost of combining labour and capital, but did so by imposing transport costs - mainly on workers who had to get themselves from home to the central location and back.

For most of the 20th century, however, it got ever-cheaper to move people around, via steam, electricity, the internal-combustion engine and the aeroplane. So advances in transport technology reinforced the role of the central workplace.

For about the past 30 years, however, the cost of moving people around has stopped falling. "We seem to have hit physical limits on speed; and congestion has meant that today it takes longer to move around our cities than was the case a few decades ago," Brennan says.

This, of course, is why we fancy the idea of continuing to work from home. It's only advances in computing and telecommunications technology that have made this possible. The cost of moving information has plummeted, while the cost of moving workers - in time and discomfort - has gone up.

So, could it be that modern communications technology is set to drive us back to our homes?

Perhaps. But remember this. While the tiny proportion of people working from home has hardly budged over the past two decades, our capital city CBDs have become more significant as centres of economic activity and as engines of productivity improvement.

Here's the catch. At the same time as information technology was improving, and the cost of communicating over distance was falling, the nature of work was changing. As machines have replaced routine tasks, modern jobs have come to require more open-ended decision-making, critical thinking and adaptability.

Experts think these quintessentially human skills are best developed and honed through face-to-face interactions, such as the serendipitous encounter or the tacit knowledge we absorb through observing those around us.

Get it? That many of us have come to prefer working from home (I've been doing it since 1990) is just one factor that happens to be pulling us in the direction of home. Other factors will keep pulling us into the office. Expect a lot of businesses experimenting with different mixes of the two.

Economic history suggests that what evolves will be the combination that maximises our productivity. Not just because bosses want to make bigger profits, but also because most people like a rising standard of living.

Ross Gittens
www.smh.com.au

Below: Photo of Forster in lockdown by Patrishia Mcvean.



Myall Lakes Community Awards - nomination reminder



Above: MP Steve Bromhead with winners of the Community Group Award from the 2019 Awards Ceremony - QUOTA Forster Tuncurry.

were cancelled due to covid. We know that with the pandemic, floods and before that bushfires and drought, it's more important than ever to recognise those who go above and beyond. I encourage you to nominate a person worthy of recognition from one of the seven categories below:

- Myall Lakes Citizen of the Year Award
- Myall Lakes Young Person of the Year Award
- Myall Lakes Senior Person of the Year Award
- Myall Lakes Junior Sports Person of the Year Award

This is an opportunity for you to nominate someone from your community, organisation or business who deserves recognition for what they do.

The Awards ceremony will take place on Saturday 23rd October at Club Forster (pending restrictions) and will be a fantastic opportunity to acknowledge the important work performed by many who often go unrecognised.

The 2020 Myall Lakes Community Awards

- Myall Lakes Sports Person of the Year Award
- Myall Lakes Community Group of the Year Award
- Myall Lakes Cultural Award

Nominations close on Friday 8th October 2021. Head to my website www.stephenbromhead.com.au to download the nomination form.

Star Volunteer

Name: Gaye Tindall

Organisations: Deputy Chair, Community Resources Ltd; President, Green Point Community Inc; Association; Secretary, Great Lakes Rural Australians for Refugees.

What do these organisations do in our community?

Community Resources story began 33 years ago when a community development organisation was set up on Worimi land on the NSW Mid North Coast to provide training and employment opportunities for local people experiencing disadvantage. Now one of the largest social enterprises in the country, it remains a community development organisation at heart; committed to creating jobs that care for people and planet.

Green Point Community Association gives local residents the opportunity to speak with a unified voice and become an advocate in their area. It fosters support systems and strengthens connections by engaging people in the area through social events and working towards common goals.

Great Lakes Rural Australians for Refugees raise public awareness in the local area, of the plight of people seeking refuge and asylum and advocate for humane and equitable treatment and conditions.

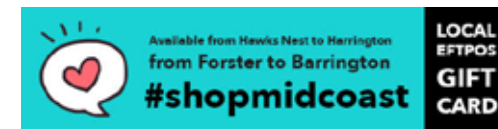
What are your roles?
As Deputy Chair of a Board of Directors,



President of a Community Association and Secretary of a local Refugee Advocacy Group, I think of myself as "Multi-tasker" volunteer.

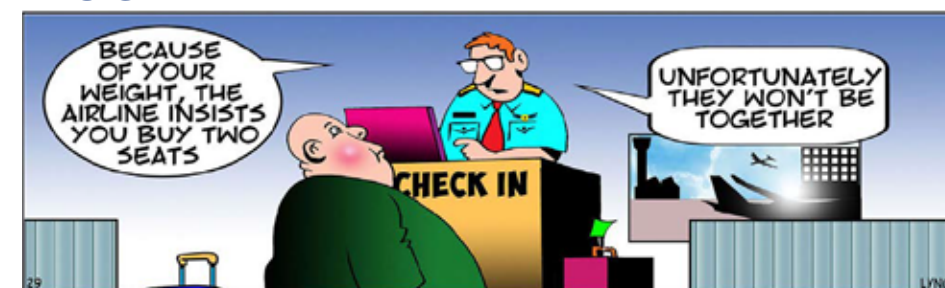
What is the best part of your job?
They say if you want something done, ask busy people. I have a mile-long to-do list and I'm usually more likely to knock off any additional tasks thrown at me? Why? Volunteering for your community with commitment, passion and generosity brings out the best in you.

Dob in an amazing Local Volunteer!
Please send a high resolution photo and answers to www.forsterfortnightly.com.au



Tully's Tuncurry News: 02 6554 6407
Tulls News Forster: 02 6555 7207
See our range of Art Supplies

The Grin Bin

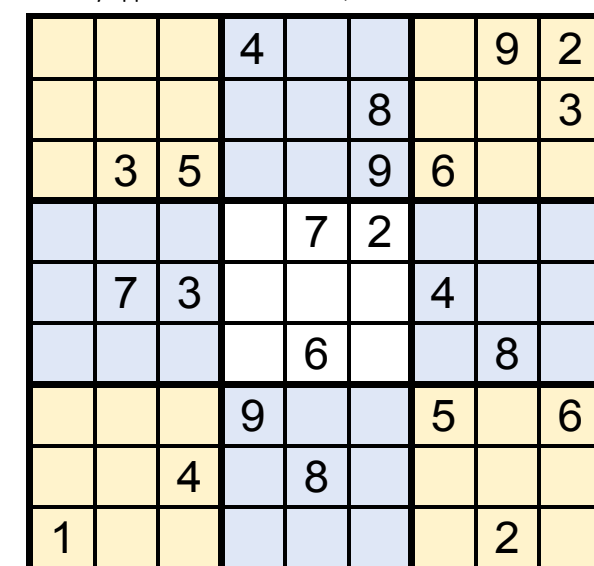


Doodley Squat



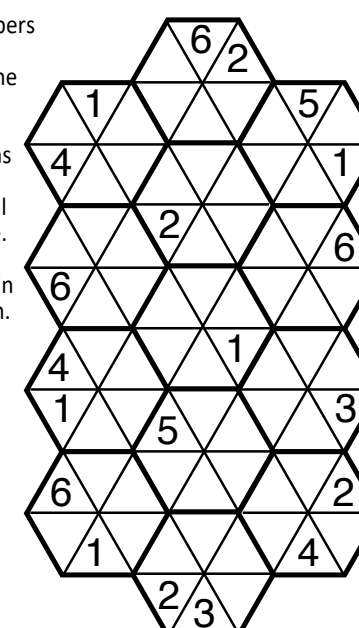
Sudoku

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



Quick Workout

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



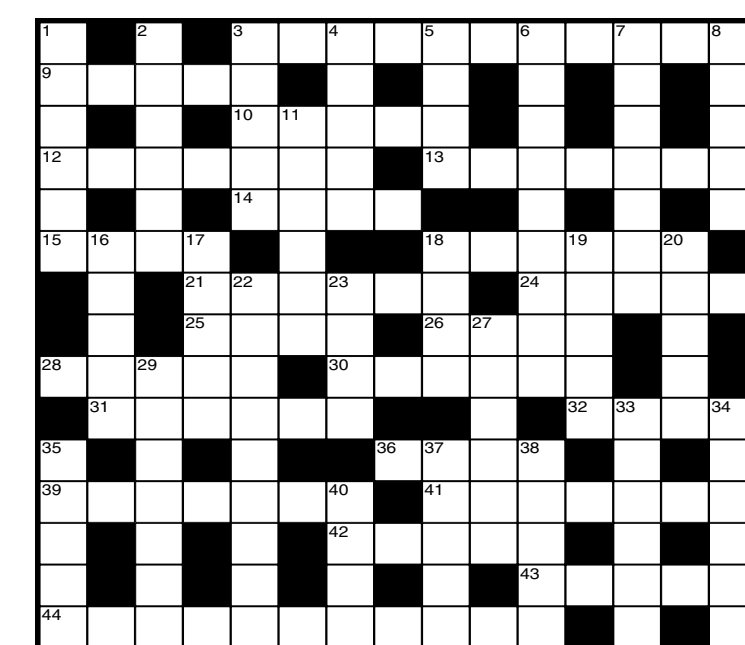
Swamp



Bushy Tales

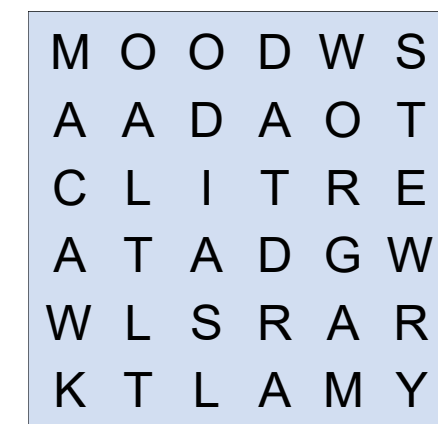


Crossword



- ACROSS**
- 3 Settles by mutual concession
 - 9 Garden pest
 - 10 Interior
 - 12 Leaks out
 - 13 Published format
 - 14 Prophet
 - 15 Soft powder
 - 18 Arachnid
 - 21 Carry too far
 - 24 Of the sun
 - 25 Manufactured
 - 26 Afflictions
 - 28 Safe harbour
 - 30 Within
 - 31 Fixed allowance
 - 32 Preservative
 - 36 Firm hold
 - 39 Made ashamed
 - 41 Riddles
- DOWN**
- 1 Declare
 - 2 Scoundrel
 - 3 Gripping devices
 - 4 Minister's residence
 - 5 Uncommon
 - 6 Belittled
 - 7 Contract and wrinkle
 - 8 Inadequate
 - 11 Required
 - 16 Sacrificial table
 - 17 Heavenly body
 - 18 Female pigs
 - 19 Prescribed amounts
 - 20 Entangle
 - 22 Disappearing
- 23** Curb
27 Lubricating
29 Left empty
33 Nut
34 Pendent ornament
35 Italian isle
37 Respond
38 Dutiful respect
40 Facts given

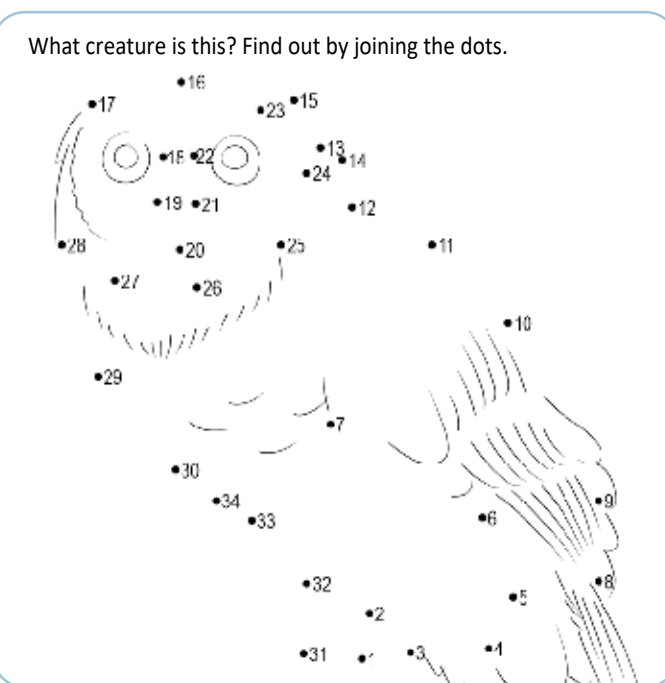
Word Find



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

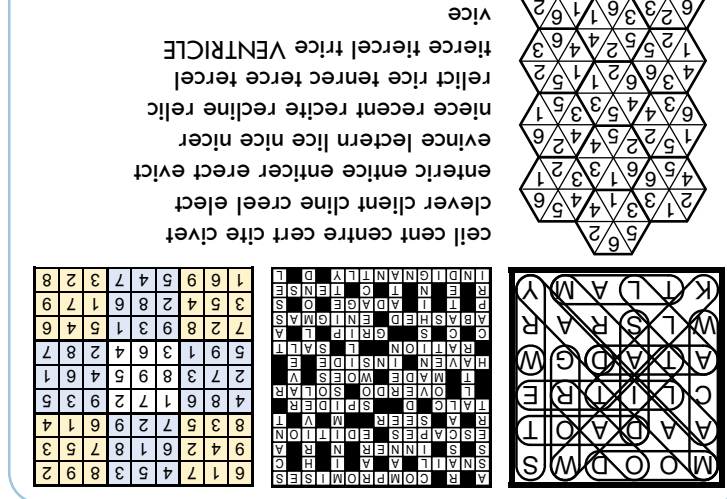
- Alarm
- Litre
- Oar
- Wait
- All
- Macaw
- Said
- Wry
- Data
- Maid
- Stew
- Day
- Malt
- Talk
- Grow
- Mood
- Toad

Join the Dots



Solutions

Puzzles and pagination supplied by Auspac Media



YOUR FORTNIGHTLY TV GUIDE

September 1 - 7

	ABC TV	SBS	PRIME7	NBN	TEN
WEDNESDAY	<p>6.00 Morning Programs. 1.00 Back Roads. 1.40 Media Watch. 2.00 Parliament. 3.15 ABC News Afternoons. 4.00 Escape From The City. 5.00 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Question Everything. 9.00 Rosehaven. 9.30 Would I Lie To You? 10.00 Staged. 10.25 ABC Late News. 10.40 The Business. 10.55 Four Corners. 11.45 Media Watch. 12.00 Parliament. 1.05 Beyond The Towers. 2.00 Silent Witness. 3.00 Rage. 4.25 Late Programs.</p>	<p>6.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.00 Luke Nguyen's Railway Vietnam. 4.35 Jeopardy! 5.00 Cycling. UCI World Tour. La Vuelta. Stage 16. Highlights. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Tony Robinson's World By Rail. 8.30 What Does Australia Really Think About... 9.30 War Of The Worlds. 10.30 SBS News. 11.00 Hunters. 11.45 The Killing. 4.05 VICE Guide To Film. 4.45 Destination Flavour. 5.00 France 24 Feature. 5.15 Late Programs.</p>	<p>6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 Paralympic Games Tokyo 2020. Day 8: Day session. 4.00 News. 5.00 The Chase Aust. 6.00 PRIME7 News. 6.30 PRIME7 News @ 6.30. 7.00 Home And Away. (PG) 7.30 Nurses. (M) 8.30 RFDs. (M) 9.30 The Rookie. (M) 10.30 The Latest: Seven News. 11.00 Chicago Fire. (M) 12.00 First Dates Australia. (PG) 1.30 Shopping. 5.00 News. 5.30 Sunrise.</p>	<p>6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 Garden Gurus Moments. 12.10 Customs. 12.40 The Block. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. (PG) 8.50 Paramedics. (M) 9.50 Australian Crime Stories. (M) 10.50 Nine News Late. 11.20 Killer On The Loose. (M) 12.10 Bluff City Law. (M) 1.00 ACA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 5.00 News. 5.30 Today.</p>	<p>6.00 Ent. Tonight. 6.30 Everyday Gourmet. 7.00 Judge Judy. 7.30 Bold. 8.00 Studio 10. 12.00 Dr Phil. 1.00 The Bachelor Aust. 2.30 Ent. Tonight. 3.00 Judge Judy. (PG) 3.30 My Market Kitchen. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Bachelor Australia. 8.30 Bull. (PG) 9.30 Bull. (M) 11.30 The Project. 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.</p>
THURSDAY	<p>6.00 Morning Programs. 1.00 Hard Quiz. 1.30 Question Everything. 2.00 Parliament. 3.15 ABC News Afternoons. 4.00 Escape From The City. 5.00 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. 6.55 Sammy J. 7.00 ABC News. 7.30 7.30. 8.00 Fake Or Fortune Correspondent. 8.30 Q+A. 9.35 Fake Or Fortune? 10.35 ABC Late News. 10.50 The Business. 11.05 Miriam's Deathly Adventure. 12.10 Parliament. 1.10 Midsomer Murders. 2.40 Rage. 4.25 The Drum. 5.20 Sammy J. 5.25 7.30.</p>	<p>6.00 WorldWatch. 2.00 The Woman Raised By Monkeys. 4.00 Going Places. 3.30 The Cook Up. 4.00 Luke Nguyen's Railway Vietnam. 4.35 Jeopardy! 5.00 Cycling. UCI World Tour. La Vuelta. Stage 17. Highlights. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Asian Railway Journeys. 8.35 Incredible Journeys With Simon Reeve. 9.40 The Good Fight. 10.40 SBS News. 11.00 Criminal Planet. 12.00 Mr Mercedes. 2.10 WACO: Madman Or Messiah? 4.25 VICE Guide To Film. 4.55 Late Programs.</p>	<p>6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 Paralympic Games Tokyo 2020. Day 9: Day session. 4.00 News. 5.00 The Chase Aust. 6.00 PRIME7 News. 6.30 PRIME7 News @ 6.30. 7.00 Home And Away. (PG) 8.30 MOVIE: New Year's Eve. (2011) (M) Michelle Pfeiffer. Zac Efron. Ashton Kutcher. 11.00 The Latest: Seven News. 11.30 The Front Bar. (M) 12.30 MOVIE: Out Of Line. (2001) (M) 2.30 Shopping. 5.00 News. 5.30 Sunrise.</p>	<p>6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 Explore. 12.10 Driving Test. 12.40 The Block. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 25. Canberra Raiders v Sydney Roosters. 9.45 Thursday Night Knock Off. 10.30 Nine News Late. 11.00 Chicago Med. (M) 11.50 World's Worst Flights. (M) 12.40 Tipping Point. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 5.00 News. 5.30 Today.</p>	<p>6.00 Ent. Tonight. 6.30 Everyday Gourmet. 7.00 Judge Judy. 7.30 Bold. 8.00 Studio 10. 12.00 Dr Phil. 1.00 The Bachelor Aust. 2.30 Ent. Tonight. 3.00 Judge Judy. (PG) 3.30 My Market Kitchen. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Bachelor Australia. 8.30 Bull. (PG) 9.30 Bull. (M) 11.30 The Project. 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.</p>
FRIDAY	<p>6.00 Morning Programs. 10.00 Q+A. 11.00 Coronavirus: Public Update. 12.00 ABC News At Noon. 1.00 Foreign Correspondent. 1.30 That Pacific Sports Show. 2.00 The Capture. 3.00 ABC News Afternoons. 4.00 Escape From The City. 5.00 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 Gardening Australia: Spring Special. 8.30 Midsomer Murders. 10.00 The Capture. 11.00 ABC Late News. 11.20 The Vaccine. 11.35 Question Everything. 12.05 Rosehaven. 12.35 Rage. 5.00 Rage.</p>	<p>6.00 WorldWatch. 2.00 The Woman Raised By Monkeys. 4.00 Going Places. 3.30 The Cook Up. 4.00 Luke Nguyen's Railway Vietnam. 4.30 Jeopardy! 5.00 Cycling. UCI World Tour. La Vuelta. Stage 18. Highlights. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Search For Cleopatra. 8.30 World's Most Extraordinary Homes. 9.35 Brooklyn Nine-Nine. 10.30 SBS News. 11.00 8 Out Of 10 Cats Does Countdown. 11.55 Transplant. 12.45 Late Programs.</p>	<p>6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 Paralympic Games Tokyo 2020. Day 10: Day session. 4.00 News. 5.00 The Chase Aust. 6.00 PRIME7 News. 6.30 PRIME7 News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: Grease. (1978) (PG) John Travolta, Olivia Newton-John, Stockard Channing. A naive schoolgirl falls for a rebel. 10.55 To Be Advised. 12.00 Marvel's Agents Of S.H.I.E.L.D. (M) 1.00 Shopping. 5.00 News. 5.30 Today.</p>	<p>6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 Garden Gurus Moments. 12.15 MOVIE: Deadly Vows. (2017) 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 25. Parramatta Eels v Penrith Panthers. 9.50 Golden Point. 10.35 MOVIE: Beirut. (2018) (MA15+) 12.40 Tipping Point. (PG) 1.30 TV Shop. 4.00 Global Shop. 4.30 TV Shop. 5.30 ACA.</p>	<p>6.00 Morning Programs. 6.30 Everyday Gourmet. 7.00 Judge Judy. 7.30 Bold. 8.00 Studio 10. 12.00 Dr Phil. 1.00 The Living Room. 2.00 Ent. Tonight. 2.30 Farm To Fork. 3.00 Judge Judy. 3.30 My Market Kitchen. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Living Room. 8.30 To Be Advised. 9.30 The Graham Norton Show. 10.30 The Interviewer. 11.15 The Project. 12.30 Stephen Colbert. 1.30 Shopping.</p>
SATURDAY	<p>6.00 Rage. 7.00 Weekend Breakfast. 10.00 Rage. 11.00 Coronavirus: Public Update. 12.00 ABC News At Noon. 1.00 Grand Designs: The Street. 1.20 Restoration Australia. 2.30 Fake Or Fortune? 3.30 Further Back In Time For Dinner. 4.45 Landline. 5.15 Silvia's Italian Table. 6.10 The Repair Shop. 7.00 ABC News. 7.30 The Durrells. (PG) 8.20 The Trial Of Christine Keeler. (M) 9.20 The Newsreader. (M) 10.15 Miniseries: Roadkill. (M) 11.15 Rage. (MA15+) 5.00 Rage. (PG)</p>	<p>6.00 WorldWatch. 2.00 Cycling. UCI BMX World Championships. Highlights. 3.00 Gymnastics. FIG Artistic World Cup. 4.30 Going Places. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 19. Highlights. 5.30 Tuskegee Army: Legacy Of Courage. 6.30 News. 7.30 Castles: Secrets, Mysteries And Legends. 8.30 Celebrity Mastermind. 9.40 MOVIE: The King's Speech. (2010) 11.45 The Family Law. 12.45 MOVIE: Viceroys of the World. (2017) 2.40 MOVIE: The Bookshop. (2017) 4.45 Late Programs.</p>	<p>6.00 Sunrise. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Cox Plate Qualifier Day and Chelmsford Stakes. Day 5. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 MOVIE: Hotel Transylvania 3: Summer Vacation. (2018) (PG) 9.00 MOVIE: X-Men: Days Of Future Past. (2014) (M) Hugh Jackman, James McAvoy, Michael Fassbender. 11.30 To Be Advised. 12.30 Home Shopping.</p>	<p>6.00 Morning Programs. 12.00 Rivals. 12.30 Destination WA. 1.00 Explore. 1.10 The Hundred With Andy Lee. 2.10 The Chelmsford Stakes. Day 5. 3.00 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. NRL. Round 25. South Sydney Rabbitohs v St George Illawarra Dragons. 9.30 NRL Saturday Night Footy Post-Match. 9.45 MOVIE: S.W.A.T. (2003) 12.00 MOVIE: Burn After Reading. (2008) 2.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Wesley Impact With Stu Cameron.</p>	<p>6.00 Reel Action. 6.30 Leading The Way. 7.00 Seafood Escape. 7.30 4x4 Adventures. 8.30 RV Daily Focus: Trails. 9.00 Taste Of Australia. 9.30 S10. 12.00 The Bachelor Aust. 1.45 The Living Room. 2.45 The Dog House. 3.45 Roads Less Travelled. 4.15 Farm To Fork. 4.30 Taste Of Australia. 5.00 News. 6.00 Jamie's Easy Meals For Every Day. 6.30 Bondi Rescue. (PG) 7.00 The Dog House. (PG) 8.00 Ambulance. 9.00 To Be Advised. 11.00 Blue Bloods. (M) 1.00 Shopping. 5.00 Hour Of Power.</p>
SUNDAY	<p>6.00 Morning Programs. 12.00 ABC News At Noon. 12.30 Landline. 1.30 Gardening Australia: Spring Special. 2.30 Praise. 3.00 Shakespear And Hathaway. 4.00 New Docs. 5.00 Art Works. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 ABC News Sunday. 7.40 David Attenborough's Global Adventure. 8.30 The Newsreader. 9.25 Traces. 10.10 Les Norton. 11.05 Silent Witness. 12.05 MOVIE: Human Flow. (2017) 2.20 Rage. 4.15 Shakespear And Hathaway. 5.00 Insiders.</p>	<p>6.00 WorldWatch. 2.00 Speedweek. 3.00 Motor Racing. W Series. Round 5. Highlights. 3.30 Gymnastics. 2020 FIG Trampoline World Cup Series. Highlights. 4.30 Going Places. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 20. Highlights. 5.30 Unsinkable: Japan's Lost Battleship. 6.30 News. 7.30 The Real Lawrence Of Arabia. 9.10 Children Of 9/11: Our Story. 11.15 The Surrogates. 12.15 24 Hours In Emergency. 1.10 False Confessions. 2.55 Cannabis: Drug Or Miracle Medicine? 3.55 Late Programs.</p>	<p>6.00 Sunrise. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Paralympic Games Tokyo 2020. Day 12: Day session. 3.00 Border Security. (PG) 4.00 Better Homes. 5.00 News. 5.30 Sydney Weekender. 6.00 Seven News. 7.00 The Voice. (PG) 9.00 Homicide: With Ron Iddles: Mandy Ahmadi. (M) 10.00 The Real Manhunter: The Bus Stop Killer Lev Bellfield. (M) 12.00 The Great Diamond Heist. (PG) 1.00 Shopping. 5.00 News. 5.30 Sunrise.</p>	<p>6.00 Animal Tales. 7.00 Weekend Today. 10.00 Sports Sunday. 11.00 NRL Sunday Footy Show. 1.00 Xtreme Colixtion. 1.30 Explore. 1.40 The Block. 3.00 Rugby League. NRL. Round 25. Wests Tigers v Canterbury Bulldogs. 6.00 NBN News. 7.00 The Block. (PG) 8.30 60 Minutes. 9.30 Nine News Late. 10.00 The First 48. (M) 11.00 Prison Girls: Life Inside. (MA15+) 10.50 Dr Christian Jessen Will See You Now. 12.40 Garden Gurus. 1.05 Xtreme Colixtion. 1.30 TV Shop. 4.00 Take Two. 5.00 News. 5.30 Today.</p>	<p>6.00 Morning Programs. 8.00 Roads Less Travelled. 8.30 Waltzing Jimeon. 9.00 Australia By Design: Interiors. 9.30 S10. 10.00 Australian Survivor. 1.30 Healthy Homes Aust. 2.00 Driven Not Hidden: Father's Day Special. 2.30 Everyday Gourmet. 3.00 Three Veg And Meat. 3.30 Roads Less Travelled. 4.00 Waltzing Jimeon. 4.30 Taste Of Australia. 5.00 News. 6.30 The Sunday Project. 7.30 Australian Survivor. 8.45 FBI. 11.35 The Sunday Project. 12.30 Shopping. 4.30 CBS Morning.</p>
MONDAY	<p>6.00 Morning Programs. 1.00 The Durrells. 2.00 Death In Paradise. 3.00 ABC News Afternoons. 4.00 Escape From The City. 5.00 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Beyond The Towers. 10.30 ABC Late News. 10.45 The Business. 11.05 Magic And The Brain - The Science Of Illusion: A Catalyst Special. 12.05 Traces. 12.50 Miniseries: Roadkill. 1.45 MOVIE: Walk With Me. (2017) 3.15 Late Programs.</p>	<p>6.00 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.05 Going Places. 3.30 The Cook Up. 4.00 Luke Nguyen's Railway Vietnam. 4.35 Jeopardy! 5.00 Cycling. UCI World Tour. La Vuelta. Final stage. Highlights. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 MOVIE: 9/11: The Falling Man. (2006) 8.55 The Woman Who Wasn't There. 10.25 24 Hours In Emergency. 11.00 SBS News. 11.30 Outlier. 12.20 Late Programs.</p>	<p>6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: My Mother's Place. (2012) 2.00 What The Killer Did Next. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 PRIME7 News. 6.30 PRIME7 News @ 6.30. 7.00 Home And Away. (PG) 7.30 To Be Advised. 8.30 9-1-1: Lone Star. (M) 10.30 The Latest: Seven News. 11.00 Station 19. (M) 12.00 The Passage. (MA15+) 1.00 Shopping. 5.00 News. 5.30 Sunrise.</p>	<p>6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 Getaway. 12.30 The Block. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. (PG) 8.50 Under Investigation: Theo Hayez. (PG) 9.50 100% Footy. (M) 10.50 Nine News Late. 11.20 The Arrangement. (M) 12.10 Tipping Point. (PG) 1.00 ACA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Take Two. 5.00 News. 5.30 Today.</p>	<p>6.00 Ent. Tonight. 6.30 Everyday Gourmet. 7.00 Judge Judy. 7.30 Bold. 8.00 Studio 10. 12.00 Dr Phil. 1.00 Australian Survivor. 2.15 Ent. Tonight. 2.30 Farm To Fork. 3.00 Judge Judy. 3.30 My Market Kitchen. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 Australian Survivor. 8.40 Have You Been Paying Attention? (M) 9.40 Best Of The Sydney Comedy Festival. (MA15+) 11.10 The Project. 12.10 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.</p>
TUESDAY	<p>6.00 Morning Programs. 12.00 ABC News At Noon. 1.00 The Trial Of Christine Keeler. 2.00 Death In Paradise. 3.00 ABC News Afternoons. 4.00 Escape From The City. 4.55 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Back To Nature. 8.30 Juanita: A Family Mystery. 9.30 Decoding Danger. 10.25 ABC Late News. 10.40 The Business. 10.55 Q+A. 12.00 Miriam's Deathly Adventure. 1.00 Death In Paradise. 3.00 Rage. 4.25 The Drum. 5.25 7.30.</p>	<p>6.00 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.10 Going Places. 2.40 Tony Robinson: Egyptian Tomb Hunting. 3.30 The Cook Up. 4.00 Splendour And Misery: The Last Tsarinas. 5.00 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 9/11: Escape From The Impact Zone. 8.30 Insight. 9.30 Dateline. 10.00 The Feed. 10.30 SBS News. 11.00 The Point. 11.30 The Jeff Bezos Empire: The Rise And Reign Of Amazon. 1.30 Late Programs.</p>	<p>6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: The Perfect Assistant. (2008) 2.00 What The Killer Did Next. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 PRIME7 News. 6.30 PRIME7 News @ 6.30. 7.00 Home And Away. (PG) 7.30 To Be Advised. 8.30 MOVIE: Once Upon A Time... In Hollywood. (2019) (MA15+) Leonardo DiCaprio, Brad Pitt, Margot Robbie. 12.00 Home Shopping. 5.00 News. 5.30 Sunrise.</p>	<p>6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 Explore. 12.10 Driving Test. 12.40 The Block. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. (PG) 8.50 The Hundred With Andy Lee. 9.50 Travel Guides. (PG) 10.50 Nine News Late. 11.20 Reverie. (M) 12.10 Tipping Point. (PG) 1.00 ACA. 1.30 TV Shop. 4.00 Take Two. 5.00 News. 5.30 Today.</p>	<p>6.00 Ent. Tonight. 6.30 Everyday Gourmet. 7.00 Judge Judy. 7.30 Bold. 8.00 Studio 10. 12.00 Dr Phil. 1.00 Australian Survivor. 2.00 Ent. Tonight. 2.30 Farm To Fork. 3.00 Judge Judy. (PG) 3.30 My Market Kitchen. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 Australian Survivor. 8.40 Have You Been Paying Attention? (M) 9.40 Best Of The Sydney Comedy Festival. (MA15+) 11.10 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.</p>

End to blanket bans on pets in strata schemes

From the 25th August, the NSW Government's new laws to put an end to blanket bans on pets in strata come into effect, providing clarity for residents and owners corporations on how they can manage the keeping of animals in strata buildings.

Member for Myall Lakes, Stephen Bromhead said the new laws reflect broad community sentiment from the review, and demonstrate a balanced approach for both residents and owners corporations in keeping furry friends in strata.

"A lot has changed since the Act commenced in 2015, including a shift to apartment living as more and more people are choosing to buy and rent in apartments instead of houses," Mr Bromhead said.

"On top of that, research tells us that Australia has one of the highest rates of pet ownership in the world, with 61% of households including



a pet in their family, and 91% of households owning a pet at some point in their lives.

"Following extensive feedback from the community we have implemented fair and sensible regulations that prevents schemes from introducing blanket bans on keeping pets in apartments, while ensuring owners corporations can refuse pets where they unreasonably impact other residents."

From the 25th August 2021, the new regulations will prescribe a limited list of specific grounds where an owners corporation can refuse a lot owner from keeping an animal in a strata scheme or take steps to remove an existing animal from the scheme. These circumstances include repeated damage of the common property, menacing behaviour, persistent noise and odour.

Minister Anderson said that owners corporations will also be able to set reasonable conditions through their own by-laws on how pets are kept in their scheme, for example whether they have to be supervised on common property or enter and exit through a dedicated entrance or lift.

NSW Fair Trading will be offering support, advice and mediation services for residents and owners corporations who are unsure about the new rules and how they apply within their scheme. Unresolved disputes can also be escalated to the NSW Civil and Administrative Tribunal where appropriate.

For more information visit: www.fairtrading.nsw.gov.au/housing-and-property/strata-and-community-living/strata-schemes/by-laws-in-your-strata-scheme

September 8 - 14

	ABC TV	SBS	PRIME7	NBN	TEN
WEDNESDAY	<p>6.00 Morning Programs. 1.35 Media Watch. 2.00 Death In Paradise. 3.00 ABC News Afternoons. 4.00 Escape From The City. 5.00 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Question Everything. 9.0</p>				

Local Calendar

Some events below may be cancelled or postponed due to Covid lockdowns or restrictions.

The Fred Williams Aquatic Festival has been cancelled for 2021 and will be back in July 2022.

September

Sun 12th Sept - Forster Town Market
8-2pm Forster Town Market
Enquiries: 0437 634 056

Sat 18th Sept - Super Garage Sale
Great Lakes Palliative Care
8-2pm 32 Manning St Tuncurry
Opposite John Wright Park

Sat 18th Sept - Forster Farmers Market
8am-12pm Forster Info Centre Little St
3rd Saturday of the month
Enquiries: Linda 0421 347 273

Sun 19th Sept - Great Lakes Museum Market
8-1pm Great Lakes Museum
1 Capel St Tuncurry.

Sun 19th Sept - Come & Try Nipper's Day
9:30-11am Forster Surf Club Main Beach
Ages 5 -14 yrs.

Sat 25th Sept - Live Country Rockin Music Fest
1-6pm Coomba Aquatic Club
Six local bands

Sat 25th Sept - Tuncurry Market
8-1pm John Wright Park
Bookings essential
Enquiries: Anne 0417 400 994

Sun 26th Sept - Pacific Palms Market
9am-1pm Pacific Palms Community Centre
Last Sunday of the month
Enquiries: Jennifer Doyle 0401 968 516



Spring is here!



Photos of local birdlife by Patricia Macvean.
Above: Photo of duck family at the Forster Community Garden by Helen Bryan.



Out & About



Photos around Forster by Patricia Macvean.



Our Local Wildlife

Brush-tailed Phascogales (also known as Tuans)

Have you heard of a little local marsupial animal called a Brush-tailed Phascogale (Phascogale tapoatafa). Neither had I until I saw one on the side of the road just outside my home and had absolutely no idea what it was!

They are definitely one of the least known local animals but very special because they are also listed as one of the most vulnerable by the NSW Office of the Environment and Heritage.

Also known as Tuan in some areas, Brush-tailed Phascogales have a body length of between 160 to 230 mm with a long, very bushy tail (hence the name) of between 170 and 220 mm. They are a deep grey colour on their back and pale creamy white on the belly. They have very large black eyes, large almost hairless ears and pink noses.

Their tails which are their most distinctive feature are dark black and have long black silky hairs up to 4 cm long that look like a bottle brush. The tails are carried high.

Males tend to be larger and heavier than

females who don't have a true pouch but rather a heavy fold of skin covered with coarse brown hair. They are nocturnal, mostly sleeping during the day and hunting and foraging at night.

Phascogales are very agile and quick animals that mostly live in trees and can leap up to 2 metres from branch to branch. When on the ground they move in a hopping manner much like a squirrel. Unlike most animals they can move their back feet 180 degrees which helps them when climbing. They will often hang upside down when feeding.

Brush-tailed Phascogales are mostly carnivores, eating insects such as cockroaches and beetles as well as other small animals and birds. They will also eat nectar from blossoming plants, particularly flowering eucalypts.

They prefer dry sclerophyll open forest with groundcovers of herbs, grasses, shrubs and leaf litter but will also live in rainforests, swamps and heath as well as wet sclerophyll forests. In these forests they favour rough barked trees of 25 cm girth or greater which will carry the beetles and grubs that are important parts of their diet.

Females have exclusive territories ranging between 20 to 40 hectares while males will have overlapping territories often greater than 100 hectares. As such, they are sparse in their distribution.

Like so many of our native animals, they need tree hollows to nest and shelter in and will use many different hollows over their territory. They prefer large hollows with

small entrances (2.5 to 4 cm wide) which they will line with leaves and shredded bark. Unlike other animals they will also defecate (poo) in their nests, which is maybe why they move so often!

Phascogales mate in Winter (May to July) after which, like Antechinus, males will usually die from stress induced illness (typically the males will mate with several females over a short period of time). After a pregnancy of around 30 days, females will give birth to between 3 to 8 joeys. Like other marsupials, the joeys are undeveloped but will crawl into the pouch where they will stay for 7 weeks. After that they are left in the nest whilst their mother forages. By five months they are independent and by 10 months sexually mature.

Females can live up to three years by which time their teeth are usually blunt and worn down to the gumline. When alarmed Phascogales will give out a low hissing call and might also tap their front forelimbs against the bark. At other times they will give out various chit-chit sounds.

There are lots of threats to Phascogales and it is estimated that their population numbers in recent years have declined by over 50%. The most obvious threat is the loss of habitat with the increased clearing and destruction of forests and the loss of older, hollow bearing trees to bushfires. Phascogales are also very vulnerable to being preyed on by introduced pest species such as foxes and feral cats.

As well as rescuing 7 Phascogales in the 2021 year, FAWNA is attempting to compensate for habitat loss with its 'Nestbox programme.

Kym Kilpatrick - FAWNA member
Hallidays Point



Above: Photo of a Phascogale by David Whelan.
Far left: Photo of baby Phascogales by Adelina Basile.



Community News

Weekly Diary

These events may not be available due to the Covid lockdown and restrictions.

'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. 0458 809 975

Great Lakes Ladies Probuc Club
4th Monday of the Month
10am Forster Bowling Club
Contact Lorraine Tilley 0408 055 109.

Inner Wheel Club of Forster Tuncurry
2nd Monday of the Month.
1pm Club Forster.
Contact Lorraine Tilley 0408 055 109.

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 0430 623 332

Heart Foundation walking group
7:30am Community Health Centre
Breeze Parade, Forster
Contact Bev 0408232 094

Forster Tuncurry Seniors
Breeze Parade Forster
Carpet Bowls and Cards 12.45 - 4.40pm
Contact 6505 2686

The Man Walk - Walk, talk and support
7am Mondays at John Wright Park, Tuncurry.
Contact Steve Rogers 0407 200 615



Above: Photo of The Man Walk taken before lockdown.

Great Lakes Evening VIEW Club Dinner Meeting 6 for 6.30pm start, Wallis Room - Club Forster. 4th Monday every month
Phone Pat Gregory 6554 5466

Club Forster Travel Club
Meetings held the 3rd Monday of each month
2pm Wallis Lake room, Club Forster
Contact Judy 0408 640988

Manning Great Lakes Parkinson's Support Group, Last Monday of the month
1.30pm Club Forster
Contact Ken, 0427 021 877, Phil 0439 418 478

Quota Club of Forster Tuncurry
Meets 1st and 3rd Monday each month
Club Forster. Lunch 12.30p.m.
Meeting 1.30pm, Enquiries 65557219

Tuesdays

The Forster Tuncurry Community Kitchen
12 -1pm, 33 Lake Street Forster.
Provides a meal in a social & safe place.
Volunteers and donations welcome.
6539 5900 or sabdoo@catholiccare.org.au

Forster Shores Combined Probuc Meeting
3rd Tuesday of the month
2pm Club Forster.
To attend contact Peter Dreise on 0407 842 905

Great Lakes Prostate Cancer Support Group.
Fourth Tuesday of every month
7pm Club Forster
Email: jipatchwood@gmail.com

Pacific Palms Probuc Club
Meets second Tuesday each month at Moby Resort, Boomerang Beach 9.30 for 10.00am start, Feb to Nov. Ring Jim 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 0420 587 532

Wallis Lake Dining Group
We dine out on the 1st Tuesday of the Month at various restaurants
Please call Jim Peters on 0418 201 167

Great Lakes Orchid Society
7.30pm second Tuesday of the month
Forster Public School Hall. Ring Roy
6554 6209 or John 6554 9733.

Hallidays Point Combined Probuc Meeting
1st Tuesday of the month
10.00am at Black Head Surf Life Saving Club
To attend contact Ian Campbell 0417 928 791

Wednesdays

The Forster Tuncurry Community Kitchen
12 -1pm, 33 Lake Street Forster.
Provides a meal in a social & safe place.
6539 5900 or sabdoo@catholiccare.org.au

Green Bikes Community Workshop
Open 12 - 3pm. Supplying parts & free help with bike problems. Tuncurry transfer station. Budding mechanics welcome. 0458 809 975

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

Heart Foundation walking group
7:30am Community Health Centre
Breeze Parade, Forster
Contact Bev 0408 232 094.

Forster/Tuncurry Seniors
Breeze Parade Forster
Euchre 1pm - 3.30pm
Contact 02 6505 2686

Seaside Heritage Quilters - all abilities
Meet 1st and 3rd Wednesday of the month
10:30 - 3pm Forster Masonic Hall, Lake Street.
Contact Diane De Wright 0491 150 910

Windjammers Lung Support Group
4th Wednesday of the month
1:30pm Community Health Centre, Breeze Pd
Contact Pam Dwyer 0412 204 761

Club Forster Table Tennis
Each week new players welcomed.
6-9pm Contact Phil 65554774

Westpac Rescue Helicopter Service
Forster Tuncurry Group
First Wednesday of the month, 3pm Club Forster. Enquiries: Janet 0404 328 875

Forster Tuncurry Evening View Club
Meet Second Wednesday of each month
6.00pm for 6.30pm Club Forster
Contact Lorraine Tilley 0408055109.

Thursdays

The Forster Tuncurry Community Kitchen
12-1pm, 33 Lake Street Forster.
Provides a meal in a social & safe place.
6539 5900 or sabdoo@catholiccare.org.au

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

Codependents Anonymous
Difficulty maintaining relationships?
5.30 - 7pm Uniting Church, Tuncurry.
www.codependentsanonymous.org.au

Heart Foundation walking group
7:30am Community Health Centre
Breeze Parade, Forster
Contact Lorna 0420587532

Great Lakes & Manning Stroke Recovery Club
We meet every 2nd & 4th Thursday of month.
New members and visitors are most welcome.
Contact can be made by ringing 1300 650 594.

Fridays

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 0420 587 532

Wallis Lake History Group
1st Friday of the Month, 1.30pm Forster
Bowling Club, World History by Members
Please call Jim Peters on 0418 201 167

Forster Tuncurry Seniors
Breeze Parade Forster
Carpet Bowls 9.30 - 12pm & Games 1.30 - 4pm
Contact 02 6505 2686

Saturdays

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

Forster Tuncurry Seniors
Breeze Parade Forster
Bingo 12:30-3:30pm
Contact 6505 2686

Club Forster Table Tennis
Each week new players welcomed.
1:15 -3:30pm Contact Phil 65554774

Sundays

Walk 'n' Talk For Life
Last Sunday of the month
9am Lone Pine Park, Tuncurry
www.facebook.com/walktalkforlifetuncurry

Great Lakes Prostate Cancer Support Group

Invites men and their partners to our meetings - held 4th Tuesday of each month 7pm at Club Forster.

This support group provides information, resources and guest speakers to support men and their families.

Contact Phil Rodham 65572063 or email greatlakespcsg@gmail.com



Proudly sponsored by the Prostate Cancer Foundation of Australia.



Forster Library Programs

1. The Better Reading Better Communities program - Volunteer Literacy Tutors are available to support members of the community (children & adults) with improving reading, writing and learning English as a second language. This a free service. Contact Meredith Campbell on 7955 7421 to discuss or for more information.

2. Homework help - available during school terms for primary and secondary students every Wednesday 3-5pm. We provide free tutor support, afternoon tea, printing/photocopying and Wi-Fi. No bookings are required. Phone 79557001 for more information.

3. The Family History Advisory Group are held every Tuesday & Thursday 10 -12pm and Wednesday & Friday 2-4pm. This voluntary group assists with research for your family tree. Contact Judy on 0413 400 688 or email forsterfamilyhistory@gmail.com

4. Storytime - stories, songs & craft
For 3 - 5 years of age
10:30 - 11:30am Wednesdays during school term. Bookings are required at www.library.midcoast.nsw.gov.au/Events

5. Baby Rhyme Time - music, songs & books
For new born - 2 years of age
10:30 - 11:00am Thursdays during school term. Bookings are required at www.library.midcoast.nsw.gov.au/Events



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One eighth	87 (h) x 128mm (w)	\$160	\$140	\$120
One quarter	178 (h) x 128mm (w) or 87 (h) x 260mm (w)	\$315	\$275	\$235
Half page	178 (h) x 260mm (w)	\$645	\$565	\$485
Full page	375 (h) x 260mm (w)	\$1,100	\$940	\$780

Please note: Advertising prices above are per ad.
Sizes: For the one 32nd size - see the Carpenter ad top of page. For the one sixteenth size - see the Handyman ad top of page. For the one eighth size - see the Dot.com ad for property sales at top of page.

Mixed bag and Feedback

New evidence suggests COVID vaccine may have originated in a lab



The Covid-19 vaccination was engineered by humans in a series of secret labs scattered across the world, conspiracy groups have claimed.

The group has pointed to thousands of pages of laboratory reports detailing the creation and refinement of the controversial vaccine, which they say has mutated into multiple strains including 'Pfizer', 'Moderna' and 'AstraZeneca'.

They say the discovery throws into question the origins of the vaccine. In November 2020, the World Health Organisation published a report which found, "The possibility of a man-made vaccine is extremely unlikely due to the sheer incompetence of the human race to let the virus propagate in the first place" and "Honestly, our best guess is aliens."

The more malicious of these theories suggest the vaccine was intentionally released from

the laboratory by billionaire business magnate Bill Gates, to be used in mass quantities for the purposes of controlling the populace by means of ensuring they continue to live to renew their Office 365 subscription.

In addition to the extensive archive of reports and quality management manuals, it was also uncovered that many of the top researchers at the laboratory communicated with each other via text using the 5G mobile-phone network, which is sure to further fuel conspiracy theories.

Since its initial discovery, the vaccine has proliferated across the globe, with an estimated 32% of the world's population having contracted the vaccine at least once, and with many of those acquiring it a second time.

www.theshovel.com.au

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Moir.com.au

'Letters to the Editor' are best limited to 200 words and be constructive in nature. 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.

Letters to the Editor

The environment and climate change are poles apart

While I applaud the four positive articles in the last issue about our local environment, the article 'PM must not continue to ignore climate alarm' fuels uncertainty whether constant dire warnings and need for urgent action can be justified for our island continent.

In response to the IPCC's recent climate warning, our PM told parliament: "We cannot ignore the fact the developing world accounts for two-thirds of global emissions and those emissions are rising. We are doing our bit."

The Nationals 'Taking Action For Our Environment' brochure sent to local residents in 2019 covered "Lower emissions", "Investing in renewables", "Investing in technology", "Australians emissions are falling" and "Investing in our local environment", also

cost-saving tips for "Living sustainably at (Federal MP Dr David Gillespie's) home."

Australia's Chief Scientist Professor Alan Finkel says our carbon dioxide input is "irrelevant" and it seems conservation, pollution and environment - all essential expenditure - are now bundled or blamed on climate change/global warming, mostly discretionary expenditure.

Increased climate change expenditure from Australia, especially after COVID-19 where the economy, jobs, paying bills and feeding families are priorities, is not on, though needed in the big polluters like China, USA and India which between them account for over 50% of global emissions.

*John Buttling
Forster*

Below: Photo of rocks at One Mile Beach by June Southwell.



Star Pet



Name: Honey
Age: 2 years
Breed: Bengal
Likes: Clawing holes in new doona covers and sheet sets.
Dislikes: Being told what to do.
Favourite food: Chicken
Claim to fame: The cat that walks on a lead like a dog.

If you would like to see your beloved pet featured in Star Pet please submit a high resolution photo and answers to www.forsterfortnightly.com.au

Support for early childhood centres



The NSW Government has welcomed a new support package announced recently by the Commonwealth for early childhood education

The Federal Government package will be accessible to services in

services.

Member for Myall Lakes, Stephen Bromhead said the sector was in desperate need of support, in light of the significant impacts the COVID-19 pandemic was having on services.

"The NSW Government has been in constant consultation with the sector regarding the support they need" Mr Bromhead said.

"I am happy to see early childhood education and care services in NSW receive similar support from the Federal Government as to what was offered to Victoria last year."

Commonwealth-declared hotspots, who will be eligible for payments of 25% of their pre-lockdown revenue. Outside School Hours Care (OSHC) services will be eligible for payments of 40%.

Payments will be contingent on services:

- expecting attendance below 50%
- waiving gap fees for all families whose children are not attending
- maintaining staffing levels
- agreeing to a fee freeze for the duration of support
- not accessing other Commonwealth Government funded supports

This support from the Federal Government is in addition to previously-announced gap fee waivers and additional allowable absences.

The NSW Government has placed a moratorium on licence fees for OSHC services on government school sites and continues to offer the COVID-19 free preschool funding program.

"We will continue working with our childcare sector to ensure this Commonwealth package delivers the support they need to remain viable and continue delivering the essential services that so many parents and carers in NSW rely on," Mr Bromhead said.

"I want to reiterate my sincere thanks and gratitude to the early childhood educators and support staff in NSW, who have really been the unsung heroes of this pandemic."

The NSW Government is asking all parents to keep their children home from early childhood services where possible.

Photo supplied before lockdown.

Wingham Akoostik Festival says, "See you in 2022"

The Wingham Akoostik Festival crew has determined they cannot safely and responsibly bring the festival to the Wingham Showground in October this year.

Festival Coordinator, Donna Ballard says, "This may not come as a surprise as we have all become accustomed to the cancellations and changes that are happening every day, but I must admit we all feel a little surprised as we had been very positively focusing on weaving together another brilliant festival, and had amazing support from the community".

The Akoostik committee empathize with the artists and stallholders that are continually being asked to change arrangements, and appreciate that all have confirmed their support in holding booking arrangements over to 2022.

"Our volunteer community had put their hands up for being in our build team, and our event team, and we will need them all again in 2022,

so we will stay in touch", Donna added.

Ticket sales for this year had been strong up until the Sydney lockdown, and all those that pre-purchased tickets will receive an email from Oztix to confirm direct refunds.

Donna says, "We grow together as a group of committed friends each working to our strengths to chat with artists, meet with volunteers, book and hire equipment and create some magic. We know we had something really special brewed for 2021, so things will only develop more over the next 12 months, and we really can't wait to bring it all to life in 2022".

Each year Akoostik fuses together a solid lineup of blues, roots, country, rock and alternative acts with festival organisers always satisfying the audience through their vast tastes. On-site camping (or glamping for those looking to do the festival in style) allows festival-goers to fully immerse themselves in the music,

entertainment and cultural experiences offered throughout this unique three day event. The family-friendly festival is set at Wingham Showground, which is nestled in the Barrington Coast region just two to three hours from Newcastle and the Central Coast. Sign up for updates here: www.akoostik.com.au



Kurt Fearnley & swimmer Ellie Cole on the 'WeThe15' message during Tokyo Paralympics



Above: Well-known Paralympic wheelchair racer Kurt Fearnley has added his voice to the 'WeThe15' campaign. Photo by Tim Bauer.

Paralympians are leading the charge in a new worldwide campaign to end the discrimination faced by the 1.2 billion people with disability.

Hailed as a major human rights movement, 'WeThe15' represents the 15% of people around the world living with disability.

The International Paralympic Committee (IPC) has recently launched the campaign in partnership with major organisations from across the fields of sport, human rights, arts and policy.

Using the profile of the Paralympics, WeThe15 aims to change attitudes towards disability and increase awareness of accessibility.

Tokyo is swimmer Ellie Cole's fourth Paralympics. She's just one of the many Australian athletes supporting WeThe15.

"When I was younger, there was such stigma around disability; the word disability was almost hushed in every single language," Cole said.

"I think most people aren't aware that their communities aren't even accessible to the 15% of the community that have a disability."

The IPC has partnered with 20 international organisations to bring the campaign to life, among them UNESCO, Invictus Games and The Valuable 500 - an organisation pushing the business community to put disability on their agendas.

Running for the next decade, the campaign will focus on a different area of inequality each year, like education, employment and healthcare.

IPC president Andrew Parsons said sport and events were "hugely powerful vehicles to engage global audiences."

"WeThe15 aspires to be the biggest ever human rights movement for persons with disabilities and aims to put disability right at the heart of the inclusion agenda, alongside ethnicity, gender and sexual orientation," Mr Parsons said.

"We will make a tangible and well overdue difference for the planet's largest marginalised group."

For Ms Cole, her first Paralympics back in 2008 gave her a sense of "belonging".

"It's really difficult to explain to somebody who isn't a Paralympian on just how special it is," Ms Cole said.

"To be able to be in a Paralympic village around people who look just like you, people who have faced so much adversity just like you and have done wonderful things.

"What I've loved about being a Paralympian is that it creates such a great discussion and changes the stigma, the perception and the culture of disability."

"Everybody wants to feel included, everybody wants to have the same opportunity as the person next to them and it shouldn't be based on how you were born or if you were in an accident."

"Is disability in it and if not, why not?"

Well-known Paralympic wheelchair racer Kurt Fearnley, who had been commenting at the Tokyo Games, has added his voice to the campaign.

"In Australia we have a very strong disability rights movement, we have grounds that we still need to make, but when travelling internationally often you see disability completely on the fringes of life," Mr Fearnley said.

"This is an advocacy campaign that uses the huge platform of the Paralympics and brings it into as many loungerooms as it can, and it can challenge misconceptions around what it is to be a person with a disability."

Mr Fearnley said people with disability too

Below: Australian swimming representative Ellie Cole. AFP Photo by Leon Neal.



often found themselves the only disabled person in the room talking about inclusion.

He said he wanted to see real action.

"We need everybody to look around in the room they're in right now and say is disability in it and if not, why not?" he said.

"Let's use this moment where we get to celebrate disability on the third biggest sporting event in the world and let's get outcomes and let's try and make this campaign the most successful campaign."

Paralympians are wearing temporary tattoos (pictured right) featuring the campaign symbol: a clock face showing the 15% of the world's population living with disability.

Mr Fearnley said away from the sporting arena, Paralympians experienced the same barriers as other people with disability.

"Don't ignore the disability, don't look through the disability and don't say that these are superhumans, because they are wonderfully human and wonderfully normal," he said.

"When they [Paralympians] step off that stage at the end of the day, they are proud people with disabilities dealing with the same things that every person with a disability has to do day-to-day life."

"So let's make it better."

Edited version from disability affairs reporter Nas Campanella and the Specialist Reporting Team's Celina Edmonds.

www.abc.net.au/news



Local Legend – Lorraine Thurlow

Lorraine Thurlow (nee Crapp), with 23 world records, was and is the first great swimmer of the modern era of Australian swimming. Lorraine, an expert in freestyle, was the star of the Olympic games of Melbourne 1956 and Rome 1960.



Above: Sisters Thelma and Lorraine at Jervis Bay.

It was an absolute pleasure and privilege to interview this very humble and gracious legend.

Lorraine Joyce Thurlow, AM (born 1 October 1938), née Crapp, is a former Olympic swimming champion representing Australia. In world swimming history, Lorraine earned a place as the first woman to break the five-minute barrier in the 400 m freestyle.

As a young girl, Lorraine lived with her parents at Jervis Bay where her father was with a Royal Australian Air Force Air Sea Rescue Unit. By the age of five she was a competent swimmer. When the family moved to Mortlake she joined the Cabarita Ladies Swimming Club and by the age of 12 was the winner of all her age events in freestyle.

In 1952, Lorraine was selected in the New South Wales team for the Australian Championships in Melbourne, where she came second to Olympian Judy Davis in the senior 880 yards. She won the junior 220 yards when she was still only 13 years old.

In 1954, at age 15, Lorraine represented Australia at the British Empire and Commonwealth Games in Vancouver, Canada, where she won two gold medals in 110yds and 440yds freestyle and a bronze medal in 3x110yard medley relay. This period heralded the coming of a new wave of Aussie world record swimmers that would go on to dominate at the 1956 Melbourne Olympics.

Lorraine's greatest period of swimming achievement has to be the period just prior to the 1956 Olympics when she broke eighteen world records during training. On 25 August 1956 at the Australian



Left: Lorraine wearing a costume given to her by American competitive swimmer and actress Esther Williams.

National Training Camp at Tobruk Pool in Townsville, Queensland, she became the first woman to break the five-minute barrier for 400 m freestyle. At a later meet at North Sydney Pool, prior to the Olympics, she set five individual world records and was a member of the world record breaking 4 x 100m freestyle relay team. She was the first Australian swimmer, male or female, to hold world records in all freestyle distances at the same time.

Although she improved on all times later in her career, her four world records in one swim (she slashed 18.2 seconds from the previous 400 m record to clock 4 min 47.2 seconds) made headlines around the world.

In the 1956 Summer Olympics, Lorraine won two gold medals and one silver medal. She won the 400m freestyle in a time that was 17.5 seconds inside the previous Olympic record, ran a close second to Dawn Fraser in the 100m freestyle with Faith Leech running third, making it a clean sweep for Australia in this event, and anchored the gold medal winning 4 x 100m freestyle relay.



Above: Chaperone Dot Quinton, Dawn Fraser, Johnny Weissmuller (Tarzan) and Lorraine Crapp in Hawaii 1957.

Training sessions were gruelling. Six hours per day six days a week. Her father would take her to the 6am training start where Lorraine would swim for two hours before catching the tram at Enfield then walking up a long hill to school. She would repeat the journey in reverse after school to complete the remainder of her days training. Lorraine said she had a tremendous coach who really looked after his swimmers plus parents who were very supportive of her.

Lorraine's main coach was Frank Guthrie. She considers Frank, her main inspiration. Although Frank's coaching career was cut short by an untimely death at the age of 54, Guthrie accomplished more than most men do in a full lifetime. He helped put Australia on the international map as the premier swimming nation during the last half of the 1950s.

Frank also had some unconventional training regimes. He wanted to train his swimmers before the official start to the season on Oct 1st. There were no heated pools back then so Frank would put his swimmers in his ute and take them to a dam at Kogarah Golf Course, where he walked out a 50m course. Lorraine remembers wading through mud and needs to get to the water. Another training spot was at Cabarita where the water was pumped from the river and the swimmers would come out covered in brown slime.

Under Guthrie, Lorraine flourished, setting numerous state, national, and world records as well as winning two gold and one silver at the 1956 Melbourne Olympics and one silver at the 1960 Rome Games. There were two golds and a bronze at the British Empire and Commonwealth Games in Vancouver plus one gold, one silver and one bronze at the British Empire and Commonwealth Games in Cardiff, Wales.

Although Guthrie generated a long list of world class aquatic athletes, he was also an innovator in the sport. With the help of Professor Frank Cotton (Prof. of Physiology at Sydney University), Guthrie helped pioneer the application of interval training for swimmers [Interval training involves a series of high-intensity workouts interspersed with rest periods.] This method of training was also implemented by all the top swimming coaches of this period.

When Lorraine was an elite swimmer, there was no sponsors or contracts, and she was responsible for all her expenses. Whilst preparing for competition, she also had two jobs. One was a receptionist for an eye specialist and she also worked for Speedo in their city office. She owned two sets of swimming costumes. She saved her favourite lucky costume for competitions until it became too



Lisa Konrads, Dawn Fraser and Lorraine Crapp in Cardiff for the 1958 British Empire and Commonwealth Games.

threadbare and slightly transparent when wet.

In 1957, Lorraine was awarded the city of Genoa Christopher Columbus Award by the city of Genoa in Italy as the outstanding athlete in the world. Lorraine and her coach Frank Guthrie were invited to Genoa to accept the award. Despite all her achievements,



Above: 50th Anniversary Dinner for the 1956 Melbourne Olympics. Gold winning 4 x 100m relay team - Sandra Morgan, Dawn Fraser, Lorraine Thurlow and Faith Leech.

Lorraine felt receiving this award was her proudest moment.

In 1960, Lorraine bowed out of international competition with a silver medal in the 4 x 100m freestyle relay at the Rome Olympics. She didn't miss swimming training and instead took up all the things she was not allowed to do whilst training; learning to body surf, clay target shooting, horse riding and jazz ballet lessons - joining in with her girls at their dancing lessons, just to name a few.

In 1972, Lorraine was inducted into the International Swimming Hall of Fame and in 1986, Lorraine was inducted into the Sport Australia Hall of the Fame. In 1998 she became a member of the Order of Australia for 'service to sport, particularly swimming at national and international levels, and to the community through the promotion of sport and the benefits of a healthy lifestyle.' In 2000, Lorraine was awarded the Australian Sports Medal in recognition of her and her teammates' efforts in winning the 4x100m freestyle relay at the 1956 Olympics. She also became one of the 9 legends of the Path of Champions at Sydney Olympic Park Aquatic Centre.

Prior to the 2000 Sydney Olympic Games, the city of Townsville invited the original 1956 swim squad back to the city to

celebrate the arrival of the Olympic flame during its trip around Australia. At the Tobruk Pool where so many records had been set in 1956, the council had organised a special swim carnival. The highlight was a mixed relay where the legends of Australian swimming like Murray Rose, Jon Henricks, John and Isla Konrads, Dawn Fraser, Faith Leech and Lorraine swam against a local team of school children. The children won!

Another proud moment for Lorraine was when she was asked to be one of the torch bearers when it passed through Forster and Tuncurry. She ran the torch across the Oval at Tuncurry and up

onto the stage to light the cauldron.

John Chadban (OAM - former Great Lakes Lord Mayor) said "In the year 2000 our community was given the privilege of hosting the Olympic torch relay on a special Saturday night. I had no hesitation in being able to invite Lorraine to be the final runner to take the torch into South Street Oval to the presentation dais. As I recall, she was typically not keen on taking any public role but in the end, rather reluctantly agreed and her presence really made what was a momentous occasion for our community. The reception she received was a fitting tribute to her and her sporting achievements."

The same year she was one of 8 flag bearers at the opening ceremony of the 2000 Summer Olympics in Sydney 2001.

In the lead up to the 1960 Rome Olympics the pre training was done at the gym and heated pool at Tattersalls Club in Sydney prior to departure for Townsville. Dr Bill Thurlow, a sports medicine specialist, was appointed to supervise and monitor a weight training programme for the swimmers. Lorraine didn't like weight training and there were many arguments. As a peace offering, Bill, who was also a medical officer for the boxing association, invited

Continued on next page.

Below: Receiving the 100m gold medal at the 1954 British Empire and Commonwealth Games. Left to right - Virginia Grant (Canada), Lorraine Crapp (Australia) and Joan Harrison (South Africa).



Above: Lorraine as Olympic torch bearer at the 2000 Sydney Olympics with John Chadban.

Continued from previous page.

Lorraine to the 1960 Olympic boxing trials. This became their first date leading up to their marriage on 17th August 1960.

Lorraine went to school at the Methodist Ladies College in Burwood. In the early 50's, her best friend, Helen Macintosh, who was a boarder at the school, invited Lorraine back to Forster for the school holidays. Lorraine fell in love with the place straight away. She always stayed with the Macintosh family in Bruce Street. After a few trips, Lorraine's younger sister, Thelma was allowed to make the trip

and ended up marrying Bruce Macintosh and living in Falford.

After their marriage Lorraine and Bill continued to come to Forster with their four children on holidays. Bill did locum work for both Joan Redshaw and Dr Gordon Sanders and they eventually bought land at Elizabeth Beach and built a house in 1970. Back then there was no sewerage, no garbage collection and the sparse roads were dirt, but it was a little piece of heaven and they loved their quiet life.

Bill established a medical practice in Forster and Lorraine worked as his receptionist from 1970. She was better known around Forster as the 'Doc's wife,' rather than an Olympian.

Lorraine still loves the area, she said "The water as you drive over the bridge is beautiful. Having spent many years riding through the local forests, there are many local areas that are magical. The bird life is so varied and unreal, even the osprey nest on top of the pine tree as you come off the bridge at Tuncurry."

John Chadban wrote this testimonial for Lorraine.

"When I went to live at Boomerang Beach over 40 years ago, I was excited to learn that one of my neighbours at nearby Elizabeth Beach was the champion Olympic swimmer, Lorraine Thurlow (nee Crapp). We eventually became known to each other and while my life had allowed me to be in contact with many

sporting champions, I found Lorraine to be 'the most unassuming champion' of them all. An extremely humble person, she preferred the present and the future more than dwelling on her past achievements which have etched her name in Australian sporting history. She instead left that to others to access. Lorraine focused on raising her family and supporting her husband, Bill, who was a prominent medico in the town for many years. Lorraine also had a great love of horses and loved to indulge herself in their care.

We have been fortunate to have in our community a national legend for such a long time and now to officially make her a 'Local Legend' is indeed an appropriate recognition to

Below: Sisters Thelma and Lorraine at Christmas 2014.



make.' Marie Rankin - neighbour and friend wrote this for Lorraine.

'Lorraine Thurlow is a humble, gracious lady who has achieved, in her life, milestones that most of us can only dream of.

She is a model for any young swimmer to look up to, both in as well as out of the water.

I knew Lorraine for quite some time before I found out that she is the former Lorraine Crapp, who famously achieved so much for herself and her country. I feel privileged to call her my friend.'

Story by Vanda Gooley. Photos supplied.



Above: Bill with Lorraine after their engagement in 1960.

Did you know?

Did you know that at the Museum (in Capel Street, Tuncurry) we have a violin which was made with a pocketknife and an axe in 1923 by George Griffis when he was 15 years old?

George Henry Alfred Griffis was born on 12th October 1908 at Stroud. He was the third child and first son of John Griffis and Mary Tagg who married in 1903 at Wingham. George died on 25th July 2002 aged 93 years. He was buried at Coolongolook Cemetery, Anglican Section, Row K, Plot 3.

In 1933 George married Emily Margaret Mitchell. Emily was born in 1907 and died on 5th May 1999 aged 91 years and is buried next to George at Coolongolook. Emily was the daughter of William Mitchell and Effie J. Hill who married in 1904 at Taree.

George and Emily had 3 children: Gwenneth (1933-1934); George Henry (1939-2002) and John William (1944-1991).

The following is a copy of a letter written by George when he donated his violin to the museum.

"I made this Violin with a pocketknife and axe in 1923 when I was about 15 years old. I had no tools, so a pocketknife was the next best thing.



It was made from a piece of Rosewood timber.

I don't know why I wanted to try and make one as both my father and myself had a Violin. I think I was curious as to whether it would make a music sound or none at all.

I was a long time making it. I only worked on it after tea at night, or a wet day, as I always worked with my father, clearing his farm. But when I put it together, I could tune it and play the old-time dance tunes on it.

Not many people saw the 'Fiddle' as I never ever put it on show and only a few people heard me play it and I don't think they are here today.

As my time is running out, I thought I would put it in the Museum

if they would have it"

Signed: George Griffis, Willina - 5.9.2000

Ruth Stocker, Research Officer/Director



Book Reviews



Except that it isn't a book but a film - DVD!

'Mon Oncle' is a Jacques Tati film that won the Cannes Film Festival Jury Special Prize in 1958.

It starts with a pack of dogs running round the streets of Paris, doing what dogs do including upturning rubbish bins and generally causing mischief.

While being a film with a great deal of fun, it also has a serious side to it, showing the transition from old to new Paris. Mon Oncle (Monsieur Hulot) represents the old school,



balcony and angles it to the sun to shine on his canary which then bursts into song.

His nephew, with whom he colludes, is the son of his sister and her husband, the manager of a plastics factory. They live in the most modern of houses with electrically opening gates, a fountain in the courtyard, and the most modern of kitchens.

It is not just the dogs who are mischievous. The boys gather on a disused site alongside a laneway with a lamp-post. Their game is to distract passers-by to walk into that lamppost each taking it in turn to engineer that distraction; they bet on the success or otherwise of that endeavour and who will take the pot.

Altogether it is a delightful film and most enjoyable not least when Mon Oncle gets a job in the plastics factory!

John King - Librarian
Pacific Palms Community Library

Pacific Palms Library hours are (when not in lockdown):

- Tuesday to Saturday: 10am to noon
- Market Sundays (last Sunday in the month) 9am to 1pm.

My sister told me that I must read 'A Diamond in the Dust' (published 2018) before our trip to the Kimberley in June 2021 but that didn't happen for one reason or another.

Two months later, I've just finished reading it in 2 days and I'm actually pleased that I read it post Kimberley. Oh, the memories came flooding back through the words of its author Frauke Bolten-Boshammer.

She, along with Sue Smethurst, have created a fine biography of the Bolten's emigration to Australia from Neuheim and Flensburg in Germany in 1981 to the NW corner of WA - known as The Kimberley. This vast area is better known for its huge cattle stations, but Frauke's husband Friedrich was intent on farming the red soils.



Frauke has a fine eye for detail and the narrative is very easy going as she paints the picture of the trials and tribulations of such a mammoth move for this family of 5. It is a story of the sheer beauty of the Kimberley along with the drama and poignancy and

the heartache and happiness since their arrival 40 years ago. The climate and terrain could not be more different to that of their homeland but determination came from the couple in bucket loads as they attempted to farm their land experimenting with various crops. The arrival of the first wet season completely destroyed their first crop, so heavy was the monsoonal rains. The tale is set on and near Kununurra which was fast becoming an important hub in the vast distances between Perth and Broome and Darwin.

For me, she not only tells a fine tale but brought back my memories of the ever-present boob trees, the amazing Bungle Bungles in Purnululu NP and Echidna Gorge, El Questro Station, Geikie Gorge, the Pentecost River, the mighty Ord River with its salties on one side of the dam and the freshies on the other. Lake Argyle, Derby, Pentecost River and the Gibb River Rd all feature along with of course, Kununurra - an important source of friends and social activities that are so important in isolated communities.

Broome too, on the west coast, becomes an important holiday destination for the extended family. Its dinosaur prints, the famous Cable Beach, the ever-present red soil and dust, along with the soft light of dawn and dusk, are all brought to mind in this wonderful biography. Frauke's determination and business acumen pay dividends but she remains a loving and much-loved matriarch of her growing family.

Sue Goodison
Tuncurry

Gary Curtis - The Surfing President

Cape Hawke Surf Club has done very well in a few short years and one aspect of this we must recognize is the line of dedicated people who have filled the role of President. There is an old saying "The good leader becomes smooth like a rock under the waterfall". This came to mind when I caught up with Gary Curtis, Cape Hawke club President for 6 years now.

How did this journey start for you, Gary?

Well back in 1983 I had to do my Bronze so that I could do school surfing for sport. Next thing I know, I was on patrol and as the club was expanding at that time, I quickly found myself placed as Patrol Captain. I think there were only four patrols at the time. Now we have ten. In those early years I enjoyed the patrolling and also the carnivals we used to run here. My wife Anne happened to do her Bronze with me (Kevin Quirk was our trainer) and we patrolled together. Our eldest daughter Leah would come on patrol with us when she was a baby. We had a patrol shelter, but all the equipment had to be carried down by hand in those days. When we had our second child we had a bit of a break from the club. When the nippers program was starting up it brought us back to the club as the children were old enough. Again, before I knew it, I was appointed as the Director of Youth. That was in 1989. There was a good roll up of 30-40 nippers. I also became a trainer and enjoyed training the kids. I still coach the kids, I love keeping involved. I then held the position of Director of Lifesaving for 14

years. When Scotty was stepping down from his time as President, I was nominated and there I am.

Most roles and organisations have an increasing amount of paperwork. Is Cape Hawke SLSC similar?

Gary takes a breath here and rubs his chin. "Well," he says "There is a lot involved. There are not only compliances, regulations and responsibilities to Surf Lifesaving NSW but also to the ACNC (Australian Charities and Not-for-Profits Commission), there is the Incorporations Act under Fair Trading as we are an incorporated body we also have our Functions License from Liquor and Gaming, we are a Registered Good Sports Club. These all seem to require more in depth evidence every year. As well as this there are the usual functions of the club that I like to see are supported and working well. These are Finance, Youth and Surf Sports.

I see my main role as supporting others to do their roles. I use the philosophy which I found worked when I was head teacher of the Creative Arts Department in Taree, a position I held for 24 years. I believe in giving people the space to do what they are interested in and can do well and they are more inclined to succeed in doing it. Members can then feel good about their achievements. We also like to acknowledge our members. I have support from the Lower North Coast Branch and the other Presidents.



Above: Cape Hawke Surf Patrol on One Mile Beach with President Gary Curtis (far right). Photos taken during last summer's Nipper season by Mary Yule.

Cape Hawke is now registered as an Emergency Service. This means we will be called upon more to assist in the event of disasters such as the recent fires and floods. It's an emerging responsibility where we can utilize our resources such as our skills in first aid and resuscitation, the Inflatable Rescue Boats (IRBs) and other logistical support. This will mean that we will have broader interactions with the wider community through meeting and working with a lot more people. That always means more friendships are formed through this type of engagement.

Gary, what have you enjoyed most about your years in surf lifesaving?

It's hard to say. I have enjoyed the engagement with visitors to the beach. I have interacted with many more people than I would have otherwise. Being President has been rewarding for me because I have seen the club from many different points of view. I have seen what is required by each position. I think that makes it easier to be President, understanding the particular difficulties which accompany each role. It helps to have an understanding of where people are coming from and their needs.

President is a role with very diverse responsibilities such as lifesaving, education, training, competition and hospitality. This is a beach that keeps us on our toes. There is always a potential risk - this is something we live with and prepare for. I love the camaraderie of working with people willing to give up their time to serve their community.

One of the great things about surf life saving is that it is such a family oriented organisation. While our kids were in nippers, we travelled all over the NSW coast to carnivals, where we would all compete together. There was a group of like minded families in the club then and a lot of those parents are still involved in the club. Our kids all went on to patrol with us, became close friends with the other families. Some are now bringing their own children back to nippers. Many of the kids I have trained have had their parents inspired to take on the challenge of doing their Bronze Medallion and then form family patrols. After the kids grow up and often leave town for study or work the parents are still there doing their community service on summer weekends. That has been very special to be a part of.

Lastly, this is one of the best town beaches in Australia. I have spent a lot of time in it, on it, I live near it and I love it.

Thanks Gary for your time.

Emma Barton



Do you feel Surf Clubs are meeting the needs of the modern Youth?

"To a certain extent. But I think all clubs could engage the youth a bit more. I would like the youth programs to mirror the school system a bit more. I see that the older nippers have moved on to high school and come Sunday morning are still with the little kids. They (SLs) have addressed this slightly by bringing in the SRC but I think it needs more. It's definitely an area in the club I would like to see expanded.

Rugby Union Grand Final winners recognised

Bush Rugby - Hell and High water

You know you have stumbled into Bush Rugby Head Quarters when your football club dredges up just two players for Tuesday night's training session and is barely stronger on Thursday evening with three players arriving at Tuncurry's Barclay Field.

A month later, the rains come, floodwaters lap from the Forster Tuncurry clubhouse doors 100 metres to the steel entry gates, and coach Ron McCarthy and halfback Liam Brady and four players chat and see no point in opening the gates.

Yet, by Winter's end, miraculously, impossibly,

the Dolphins have found sufficient numbers, a few heroes, new and old, and won enough games to qualify for their ninth premiership grand final since the club's reformation in 2003-04.

That's when you know you've plumbed the depths of rugby despair, given it your best shot, and come through, when you found some old-fashioned club spirit and spilled a tanker of sweat and blood.

Earlier, the zone selectors came knocking and told you they want your block-busting backrower, Blake Polson, club captain and son of Max Polson, the most famous oyster-grower on the east coast. Likewise, they want Aaron

"Boobs" Booby, the squat, black-bearded loose-head who had travelled from over the ranges where, rumour had it, he had some representative rugby as a prop forward, detouring from the Old Bar Golf Club, where he was the greenkeeper's new assistant. Both forwards disappeared for the annual Country Week carnival in Tamworth,

and days later you heard on the grapevine they both played well for the Mid North Coast Zone Axemen, impressive enough to be required next season for the Axemen's Caldwell Cup defence after helping win NSW Country's 2021 Richardson Shield.

Then Booby disappeared for a week to take part in a fishing competition somewhere out in the streams of the Central West... trout fishing? A prop forward? What next!

No wonder bush rugby coaches go troppo and need a month away holidaying on that island in the Hawkesbury River, formerly required for the seriously demented.

Then in walked a big lump of a bloke, a paunch-carrying indigenous warrior, the most unlikely prop or hooker ever to grace a rugby front row for the Dolphins. He jumped into scrummaging practice, watched by the club's former Penrith Emus first grader, Mark Coble.

"Scrummed a bit, eh, mate?"

"Yeah," said Neil.

"Prop or hooker?"

"Both, since I was a kid," Neil replied.

"Benny Manning used to scrum for the Axemen, Neil, the M.N.C. Zone team. Try him for size."

"Okay," Neil said before jumping in.

Ben Manning is a big man, a 250-game, 125kg veteran for the Dolphins, a former tight-head for the M.N.C. Axemen. He came out of the scrum session against Neil with a strange glow on his face, eyes glazed: "He's good."

A month later, Ben said: (looking at "Boobs" and Neil) "This is the best scrummaging front row we have ever had!"

If the zone selectors ever watched the trio

playing together, they would include them in their M.N.C. squad for next winter's carnival, along with the Dolphins' tall, rangy No 8, Sean Hassett, the finest lineout jumper outside the N.S.W. Waratahs.

Clubs win premierships on the back of big scrums. In the weeks before the Kennards Hire Shield finals, the Dolphins won games, firming sharply after their elimination of Nabcac's Wallamba Bulls in the preliminary final, running in some exhilarating tries in their 34 - 26 victory.

With the lockdown, the grand final was postponed. The lockdown was extended again, the grand final postponed again. The minor premiers, Taree's Manning River Ratz, languished without training or further games and a month dragged by and the Ratz waited and chewed the fat in frustration.

Eventually, the zone's executive officer, Bruce Worboys, announced the minor premiers would be recognised: the Ratz and Wauchope Thunder women were the Lower M.N.C. champions.

Done and dusted, the season finished, hopes dashed, Dolphins' president, Damian Daczko, sent a congratulatory cable to the Ratz' President Stephen Rees and coach Jake Mauriere... and wept.

There's always next season.

Phil Wilkins

Lower Mid North Coast Rugby Union Grand Final Champions

1st Grade - Manning Ratz

Womens - Wauchope Thunder

A family affair at Forster Surf Club



The Quinn family have signed up for yet another year with the Forster Surf Life Saving Club. The family commenced their involvement in 1994 when their eldest daughter, Elise, had just turned 5 years of age. Since then, all the children, Michael, Elise, Keely and Alanna, have been Nippers members and, later, active beach patrolling members, and surf sports competitors, at the club.

While the now-adult children have moved away from home, the family affair still continues. At the recent Annual General Meeting (AGM), dad, John, was voted in as Forster Club President for the 16th time while mum, Cathy, has again taken on the challenging role of Registrar.

Despite the current Covid-challenged times, the Forster SLSC is making preparations for the upcoming patrol and training season. The AGM saw the election of Jim Wills as Director of Education, Bruce Higgs as Director of Life Saving, Karen Kelly as Director of Administration, and Phil Mumford as Director of Finance.

The Forster SLSC newly elected Nippers Committee has also commenced preparation for the upcoming 2021-2022 season. Under the leadership of Nova Grosvenor, Troy Brooks and Jen Lindsay, club members held a Cleaning Bee in the Nippers storage facility. Equipment was sorted, repaired and itemised with the stocktake ensuring sufficient resources are available, or placed on order.

Even though we face challenging times as a result of Covid implications, the intention is that the Nippers season will be conducted with 100% outdoor activities within the potential restrictions for numbers of people on the beach. Covid Marshals will be present to facilitate registration, safety and compliance with health regulations. The Nippers Committee is planning a 'Come & Try Day' for children and youth who are aged between 5 and 14 on Sunday, 19th September 2021, between 9.30am and 11 am. Flyers detailing this commencement will be sent to schools shortly.



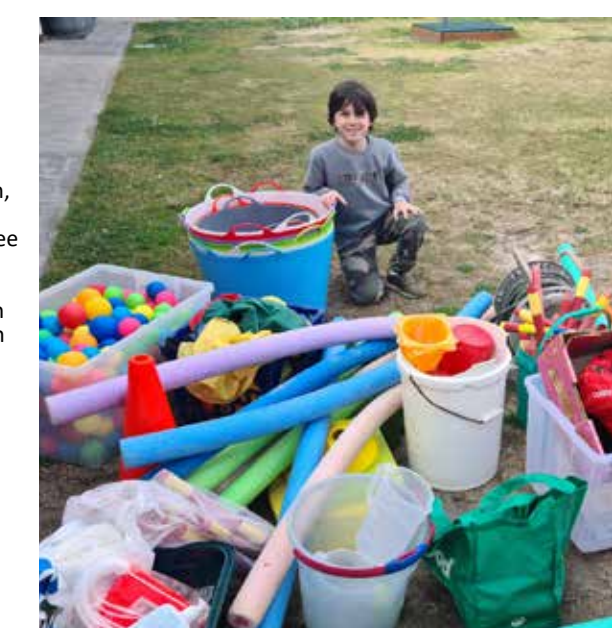
Above: Cathy and John Quinn.

Director of Education, Jim Wills, has also been busy in arranging online eLearning links for current and new club members. First Aid, Advanced Resuscitation Techniques and Inflatable Rescue Boat (IRB) Crew courses are available with the theory component being completed prior to the commencement of the practical components of the programs.

All club members are keenly awaiting the commencement of the refurbishment of the surf club house precinct with demolition of the current club house to commence shortly and construction of new facilities to commence. Exciting times for Forster.

Story and photos by Annie Evans.

Below: Mason Grosvenor assisting the Nippers stocktake.



Top left: Cathy Quinn on duty at Main Beach, Forster.

Left: John Quinn on duty.

Registration for free virtual WARRIOR Run open now!



The WARRIOR Run is a free virtual event coinciding with Father's Day. Join us from 5th - 12th September 2021 as we celebrate positive male leaders, recognise their role in the community and get moving!

There are three distances available for this virtual event: 2km dash, 5km and 10km. Run or walk your way! Pick your distance, location, and day between 5 and 12 September, lace up those ASICS and get out that door.

The first 1000 people to register will receive an exclusive medal at no cost with free Australia-wide postage. A fee for international postage applies.

An exceptional male role model is selected each year as the 'face' of the WARRIOR Run finishers medal. These men are selected based on the significant contributions they make to

their community and as a leader and role model. Nathan Riley, Wiradjuri man and Indigenous Marathon Project Graduate #33 is this year's Warrior. Keep an eye on our socials to learn more about Nathan soon!

A free virtual event? What's the catch?

There isn't one! - but we encourage you to consider donating or fundraising to help us continue our impact. Funds raised from this event will go towards delivering community WARRIOR Run events throughout the month of September.

We are working with IMF's Running and Walking groups across Australia to organise fun runs in their local communities, bringing people of all ages and abilities together to run in celebration of the great men in their lives.

Fundraisers who raise over...

\$500 - receive an exclusive IMF supporter singlet

\$1000 - go into the running to win a Garmin watch

\$5000 - receive a personalised video message from world marathon champion himself - Rob de Castella!

And as for Strava? You know the drill!

Virtual doesn't have to mean solo! Sign up to our Strava Group IMF WARRIOR Run Club to keep yourself accountable, view other runs and join in on the online fun.

Please ensure you have checked the relevant health orders for your State and Territory prior to your run/walk and follow COVID-19 guidelines and restrictions.

To find out more and to register visit: www.imf.org.au/warrior-run-virtual/

"I believe a role model is someone who does the best with the situation they're in. It's not about perfection, it's about giving it your best and continuing to move forward." Nathan Riley, Wiradjuri IMP Graduate #33 and 2021 IMF WARRIOR.



Below: Photo of the Forster Tuncurry Dolphins' forwards at mid-season scrum practice during the year. Left to right - Neil Flanders (arm raised), hooker Matt Britza and Aaron Booby.



Solo Ironman in hometown of Forster

Aaron Eichner believes ...“Anything is possible’ - that’s the Ironman motto” and while it is extremely difficult at the moment Aaron still believes it to be true and proved it so on Sunday 22nd August.

Aaron first got into triathlons over 10 years ago when he moved to Newcastle from South Australia, where he grew up, to start working as a Physio (he now owns The Physio Clinic in Tuncurry). A number of his mates at the John Hunter were into cycling and after taking up that sport, Aaron thought he might as well do triathlons as he’d always done a bit of running. “One thing led to another and I did my first Ironman in 2013, moved to Forster in 2015 and became involved with the local Tri Club.”

With two Ironmans under his belt, Aaron signed up for Ironman Port Macquarie, scheduled for September this year. Sadly, it was cancelled about a month ago. Disappointed but not deterred, Aaron made a plan! “Myself and my wife had already made a lot of sacrifices to let me put in the training for a couple of months so I decided to push ahead with it in whatever capacity was allowed. My wife, Kirby

is the real hero here, looking after our 1- and 2-year-olds plus myself while I prepared, something I’m incredibly grateful for and now - I owe her big time!”

With recent increased restrictions implemented, any thoughts of having a few other athletes join him and some support from the surf club in the swim disappeared. However, he was lucky enough to have Marc Dorfling as his plus one in the swim, Brendan Cole joined him for the bike and Jake Myers on the run. Lindy McDonell manned an aid station on the run and many others trained with him and encouraged him along the way, “You’re legends!”

Aaron said, “As for Saturday, despite the adversities in getting to the start line and limitations on what support I could have, I was really happy to finish in 9hrs 35mins, nearly 20mins faster than my previous 2 attempts at the distance.” Aaron achieved a ‘personal best’ which is remarkable considering the unique circumstances. “I completed the 3.8km swim at One Mile in 1hr 4mins, (despite shark sightings, all limbs intact!) the 180km bike ride in 4hrs 55mins at an average of 36.8km/h then onto



a marathon 42.2km run where I did laps around Pebbly Beach/ YMCA. This was a real struggle, more of a death march than a run but completed it in 3hrs 22mins, exhausted.”

Aaron hoped his experience might be used to “encourage people to still get out and have a go and not let restrictions cause them to give up on their goals.” He is a true inspiration. Congratulations Aaron.



Above: Aaron and Kirby with their two kids.

Below: Coming out of the swim leg at One Mile Beach, Forster.

Below: Friend & supportor Lindy McDonell.



Lindy McDonell - fellow athlete, friend and drink station operator.

‘Aaron’s commitment as an athlete, business owner and family man is a real credit to him.

Aaron has a strong ability to be highly motivated, not only with his own training, but as a role model and motivator to others.

I am not at the least surprised Aaron completed his 3rd Ironman (solo), as this latest achievement proves what a true champion he is!

Vanda Gooley
Photos supplied.



Raise funds on your bike from home!



Above: Ronald McDonald House in Forster.

This September, Ronald McDonald House Charities (RMHC) Northern New South Wales will launch its 17th annual Ride for Sick Kids (RFSK) event, to raise vital funds for seriously ill and injured children and their families.

RMHC Northern NSW is calling on locals to dust off their bikes and sign up to be a part of this year’s virtual Ride for Sick Kids, cycling in the comfort of their own home or local bike riding track, throughout the month of September.

River and his dad, Dave, spent over 270 nights at the Ronald McDonald House after tumours were discovered in the little 7 year old’s body.

“Without the Ronald McDonald House we would have had to sell our family home to afford accommodation. It’s been a god send, it really has – I don’t know what I would have done without the place,” said Dave.

Like many families who travel from regional areas to seek urgent medical treatment for their children, River and Dave now have a home away from home to return to when treatment continues, thanks to RMHC and the vital funds

that are raised by the community to support its services.

Ross Bingham, CEO for RMHC Northern NSW, said, “Following another tough year due to the ongoing pandemic, we’re thrilled to be bringing back one of our biggest and best fundraisers for 2021, during the charity’s 30th anniversary year.

“Thanks to the ongoing support of the community over the past 30 years, we’ve provided much needed support to over 81,000 families from across Northern NSW.

“We’re now calling on our wonderful communities to help us continue supporting families in need, by signing up for our virtual ride.”

This year’s Ride for Sick Kids fundraiser aims to raise \$200,000, or 1,418 nights of



Above: Photo of cycling events from previous years.

accommodation, so families can be near their seriously ill child in hospital.

For more information or to sign up to Ride for Sick Kids Northern NSW 2021, please visit www.rideforsickkids.org.au

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