MidCoast Council Updates

Local Legend Wayne Barry

Star Pet Dougal

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

Wednesday 10th August 2022 *Owned & loved by locals!* Circulation 6,000 N0.052

Big numbers in this year's Tell Me a Story competition!

Above: Bungwahl Public School Students Jeremy Leahy, Yindi Copland, Joaquin Copland and Fletcher Toney. Photo by Mary Yule.

Students, parents and teachers gathered at the Tuncurry Hall on July 29, for the receiving of Awards and certificates marking the end of this year's 'Tell Me a Story' competition.

The 'Tell Me a Story' competition for 2022 has once again been popular throughout local schools in the Great Lakes and Manning areas. This year, even more primary schools have joined in the writing and illustration of stories by students from years 3-4 and 5-6 and the story topics are many and varied.

Because of the larger number of schools now participating in a wider area, Teresa Siminska, who created the competition in 2018, has this year, split it into Great Lakes and Manning regions, resulting in two awards events- the first at Tuncurry and the second at Taree, with two separate story books being published by Wingham writer, Michael Davies.

All stories have been judged and awarded by a team of professional teachers, writers and artists and each story has been given written feedback from a judge.

This fifth year of the competition has seen students returning for a second or third time, entering with new stories. Some, however, have continued their last year's story, as did Year 5 Jeremy Leahy from Bungwahl, with his 'Monster Under the Bed' serial, part 4 and Year 6 Fletcher Wilby from Nabiac, with his 'The Great Flood', part 2.

Recent severe weather events inspired many stories, such as Nabiac's two highly commended years 6, Jack Day's 'Fires Rage' and Max Arandale's 'Firestorm' which he also illustrated. (This illustration is on the cover of the Great Lakes book.) In addition, there was Hallidays Point year 4, Anabelle Maligin's 'The Tornado', illustrated by Isabella Knoll and Levi Miller, Midcoast Christian College's year 5 Jemima Smith's 'Flood' and Ava Kalogeropoulos's 'Fire', also 'The Flood' by Forster's year 6 Ruby East, who explained that it was raining a lot when she began to write. Her story was excellently illustrated by Alex Grieve from Tuncurry. Remarkably, this was the second year that he has illustrated a story by Ruby, who had not met him until now at this year's awards event.

Stories were sent out to the participating schools, so that students interested in art could choose which ones they wished to illustrate.

True to life stories were written about, such as Bungwahl's Fletcher Toney's 'A Day at the Beach', 'Bush Brothers' by Nabiac's Joey Hill, Halliday's Point Maximo Smith's 'Josh, the Little Farmer', telling about his life on a farm, while his sister Rosabel's 'The Rocket' was more futuristic. 'The Rocket' was illustrated by five Halliday's Point students, with Jahzara Newman's being awarded Excellence.

Fantasy stories were again popular, with Tuncurry year 3, Shay Underwood's story, 'The Goddess of Flowerland', Halliday's Point year 4, Elsie Maxwell's 'The Magical Woods', Bungwahl's year 3 Gypsy Schaad's 'Magic Pearl', Nabiac's year 3 Emma Twemlow's 'The Magic Note' and Indiana Witt's 'The Magic Bottle' , while dragons were favourite topics from Tuncurry's year 6 Jade Smith's 'Ryka The Wind Dragon' which she also illustrated, and year 5 Bella Dawn, whose 'Dragons Live Once More' was another of her dragon stories, which she also illustrated. Her friend commented "Dragons are her like".

Scary stories were also entered, such as Holy Name's year 5 Myra Gupta's excellent 'Lost in Starlight', year 4 Amna Omar's commended 'The Unexpected Kidnap', also Marcus Kim's 'Eyes of Terrror: The First Blue Maniac' and Colbie McCabe's 'Sucked In!' Then Tuncurry's Max Underwood's highly commended 'Avarca vs the Barradocs', Bungwahl's Charlotte Kessels' 'The Takeover' and Cruz Pearson's 'The Fall' added another dimension to scary. Both scary and true to life was Holy Name's Year 5 Marley Donegan's 'Border' war story.

Teacher at Hallidays Point, Mary Wood at the awards event, told how the competition is such a wonderful way of inspiring and motivating young students to "put their toe in", to write in their own time and to enjoy seeing their writing in a book.

The stories will be published in two books – 'Great Lakes Region edition' and 'Manning Region edition.'

'Tell Me a Story' competition thanks all the generous local sponsors who make this possible.

By Lorraine Rogers

For more information visit: www.tellmeastory.org.au

See page 10 for more photos.

Official opening of Tuncurry golf clubhouse

On the 25th of July 2022, the Tuncurry Golf Club (TGC) officially opened its new clubhouse to a crowd of visiting dignitaries, guests and club members.

Newly elected President Terry McDermott and Vice Principal Sue Bellemy explained, "This official opening of the Tuncurry Golf Club is basically the cultivation of two and a half year's work which started with the 3 million dollar funding from the NSW Government and support from local MP Stephen Bromhead.

Left: Unveiling of the opening plaque by Club President Terry McDermott (on left) and MP Paul Toole. Photo by Mary Yule.

This was granted for the purpose of running International and National Golf events. We now have the NSW Seniors Open in November this year and the NSW Women's Open in March 2023. The Women's Open is co-sponsored by the Lady's European Tour so it will attract a lot of international professionals. The new clubhouse is already a fabulous asset. It also houses the only golf museum outside Sydney and Queensland."

Terry explained that back in early 2018 the Tuncurry Golf Club approached NSW Golf to host a Seniors golf event. NSW Golf came back and said they had a great golf course but badly needed a new clubhouse if they wanted to host the NSW Seniors Open and the NSW Women's Open as well. A small committee moved quickly to put together a plan for a new clubhouse. Other members got the museum project going.

Terry added that Golf Australia rates the newly upgraded Tuncurry Golf Club in the top 100 golf courses in Australia. He also mentioned that the Club will be turning 40 in 2025.

MP Paul Toole (Acting Premier at the time of the opening) said, "We want regional areas to host major events and this funding is a good investment. This site is now up to Group 1 Standard, allowing it to hold future major

Continued on page 9.

Forster Fortnightly

Next deadline 5pm Wednesday 17th August, to be published Wednesday 24th August, 2022

We welcome your stories, photos and letters.
Submissions & Enquiries: info@forsterfortnightly.com.au

Please provide contact details. Please send photos & files separately and use the 'largest' size option if sending photos from a phone. 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.

We may publish promotional information based on our assessment of the level of genuine news content. Any material which is clearly advertorial in nature is best promoted as paid advertising which this family-owned FREE COMMUNITY NEWSPAPER greatly appreciates.

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Pet of the fortnight

Meet our gorgeous 2 year old female who needs a name and a forever home!

This little lady has a beautiful personality, and loves to be around her people, is super affectionate and quite the Queen. She's basically running the clinic at Windan Sea Veterinary Hospital at the moment.

Yes, we know she has a cranky little face, but don't let it fool you! She has a heart of gold.

She also comes with all of her vet work done and a tiny adoption fee of $50

If you are interested or think you could give her the perfect home and a name, please contact Cat Welfare Officer on 0490262827

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Quota gives grant to Heart to Heart program for students

Above: (L to R) Quota member Elizabeth Fisher, Manager Golden Ponds Steve McGarrigle, Quota President Nerelle Duff and Heart to Heart Founder Donna Rankin. Photo by Mary Yule.

Quota Forster/Tuncurry Inc. is pleased to be the recipient of a $1000 Stockland Care Grant 2021-2022. These grants are given each year to support community programmes and help shape a thriving community.

The $1000 grant will be given to Donna Rankin's Heart to Heart programme to purchase art kits which are used to assist with her very important work with students through art.

"We are just delighted to support this wonderful art program that helps primary and high school students in our local schools," said Nerelle Duff, President of Forster Tuncurry Quota.

Many young people are faced with serious obstacles in life, and through Donna's innovative classes they find help, comfort and support. In our local schools, pupils who are identified as being in need of help are invited to join Donna's painting programme. They find that through these courses they find a way to observe, communicate, develop trust and form meaningful relationships. The students interact with mentors, mental health workers and police youth workers.

The art kits contain paper, pencils, paints and ideas to spark the interest of the students and their mentors. They can also be sent to schools which plan to introduce Donna's art programme.

After the floods in the Northern Rivers area earlier this year, Donna and her husband delivered many art kits to students who had been most severely affected by the devastation to their home and school.

"I'm so grateful for the constant support from Forster Tuncurry Quota since 2008, since I spoke at their International Woman's Day. We have been working together for many many years, reaching hundreds of local young people. These funds will help us reach even more young people," said Donna Rankin, Founder of the Heart to Heart program.

In the past 12 months, Quota is also pleased to have raised $4192 for Heart to Heart, and our members appreciate the very generous support we receive from our local community.

Approval for a post office to open in Pacific Palms

Above: Former Information Centre building at Pacific Palms. Photo by Ian Yule.

Approval was provided at the Council meeting 27th July to establish a post office within the former Pacific Palms Visitor Information Centre at 217 Boomerang Drive, Blueys Beach. Council is the owner of the land and building.

The application attracted 65 submissions during the public exhibition period, 57 of which were in support of the proposal.

The development application included a change of use, from an information facility to a post office, and also outlined works including installation of post office boxes and refurbishment.

The post office will provide services such as banking and postal services that require an alternate location after their existing premises was sold, and removal of the service would mean the community would have to travel to larger centres of Forster or Bulahdelah.

"We'll make the school shine!" says Ted

Below and top left: Graffiti man Ted Bickford training volunteer students from Tuncury Campus on cleaning their school.

"We'll make the school shine!" said Graffiti Buster Ted Bickford to the five Tuncurry Campus students who have volunteered to join his school program on the 4th of August.

Charlotte McVicar, Siennna Bell and Ebony Besant from year 7, and Lily O'Keefe and Emily Davies from year 10 met Ted for the first time with the support of Tuncurry teacher Tegan Newham. This team will learn how to clean up any graffiti around their school - which is mostly on outside walls, doors, tables and seats. Today they started with a talk on why it is important to remove graffiti straight away and which chemicals to safely use on different substances and surfaces. Ted said it's important to know how to do it properly before tackling the real job next week.

"Under Ted's training you will learn to be professional cleaners!' said Ted with a grin while handing out leaflets on how to remove graffiti for his next visit.

These five students will be given a certificate at the end for their resumes. A few more students are set to join the program when they return to school.

Ted said the school program sets out to educate all students not to accept graffiti. They learn about respect for their school, town and community.

"It's great to have 5 to 10 kids who are really wanting to learn and are community minded. We'll go until this school is clean and continue perhaps once a month, or they can ring me when needed," added Ted.

Ted is passionate about keeping the place clean and will stay for as long as necessary to finish a job in this unique volunteer service in our community. For 28 years he has been removing graffiti, working with people who have community hours to serve (who often become good mates of Ted) and helping educate young people with his school programs. He also paints many surfaces with 'Safety Shield' to anti-graffiti public places.

Ted carefully photographs and records any graffiti or tagging and has a very comprehensive understanding of this field. He can identify and see patterns of behavior very easily. Ted said that he usually only sees major amounts of graffiti during the school holidays when visitors come from places who might not have the same values as we do. Unfortunately, the town is being badly hit at the moment and Ted is out there every day. Yesterday he drove and cleaned up areas in 9 different locations. He is also often called out to Tea Gardens and Hawkes Nest too.

Ted strongly believes that nobody has the right to damage other people's property and says 'Why cause someone else strife?' He has seen first hand the unnecessary grief caused by graffiti on people's property or cars, especially with older residents.

Ted explained that its extremely important that peoples ring him straight away as he likes to clean up sites within 24 hours. If he can't pick up the phone, he asks that people leave a message to say where it is.

Story and photos by Mary Yule.

[see advertisement below]

Forster-Tuncurry Mayoral column

It is great to see businesses in Wharf Street get involved in our vibrant spaces program, which is designed to invigorate shopping areas and encourage locals to enjoy shopping in their local areas.

Supporting locals to shop local is one way in which we can support our local economy.

Our Shop MidCoast gift card is another way we can support local businesses and encourage our friends and families to shop local.

In preparation for what is expected to be another strong summer tourism season, and to support our local community enjoy our wonderful beaches, we have entered into another contract with Surf Life Saving Services for MidCoast beaches.

This will provide professional lifeguard services for nine beaches across the local government area through until 2027.

The beaches that are patrolled by Surf Life Saving on behalf of Council are Bennetts, Blackhead, Boomerang, Crowdy, Diamond, Elizabeth, Forster Main, Old Bar and One Mile.

Mayor Claire Pontin

The 33rd Kidney Kar Rally is back on for 2022!

This year's Kidney Kar Rally starts in Cairns on the 10th of August and ends 10 days later at Dubbo. Teams enter by raising money that go towards kids and young people with kidney disease. Between Cairns and Dubbo the car teams will travel and stay in Townsville, Emerald, Chinchilla, Gold Coast, Tenterfield, Walgett, Bourke and Coonabarabran. One of the volunteer officials is Grahame McKay from Forster. Between now and the start, Grahame will meet up with other officials on their own 3-day car convoy from Bathurst to Cairns. Once they arrive, they will be scrutinising the rally cars to make sure they are road worthy and have the right equipment.

Grahame explained that the competitors will be driving through 4 to 6 stages each day which are usually 30km to 50km long but can be up to 150km. Each stage needs 4 officials with two at the start and two at the finish. The officials set off the cars in 1 minute intervals depending on the traffic, weather and dust. With 40 - 45 cars involved the days can be fun and long. There are also 3 dedicated 4WDs carrying a winch - ready to tow any cars back to the nearest town. Every rally car has to have a front tow bar for such emergencies.

"There's a lot of logistics involved," said Grahame. "It can get a bit hectic as these drivers know how to do a particular section within a certain window of time. They want to keep their average speed up."

Grahame and his good mate George Glass (known together as the 'two old farts') have worked as volunteer officials for the Kidney Kar rally over many years. During the years Grahame has raised thousands for the Kidney Foundation from great sponsorship in our town.

His 4WD comes in handy as he carries everything that a stranded rally car and driver might need and is self sufficient.

Grahame's love for rally car racing started when he picked up a magazine promoting the Kidney Kar rally in 1989. He rang the organisers and said he wanted to become involved. They asked what he did and he explained that he owned Grahame McKay's Smash Repairs in Tuncurry (where the Deck café now stands). They invited him along and he started as a volunteer official for several years before deciding to compete as a driver. He and his mate (one drives and one navigates) came 5th and from then on he became keener and better while racing with several navigators.

Left: Forster resident Grahame McKay, proudly showing his '2 OLD FARTS' plaque on the back of his 4WD, ready to take him to the Kidney Kar Rally in Cairns as a volunteer official.

"I loved rally driving with all the corners and changing gears. You are on dirt so your car is always sideways as there is not a lot of traction", said Grahame. "My name is on the trophy more than any other winner."

"We have done a lot of fundraising in Forster over the years, and I have talked up to 5 car owners into competing in several. It is a safe and well organized event. Every driver gets breathalysed every morning and if you don't pass you have to sit in the passenger seat until lunchtime."

"We [Graham and George] are well-seasoned officials and know what to do and what not to do. The 'Road Boss' [of the rally] only has to ask us and we are happy to help anywhere and do anything."

"The rally is really fun. Every night everyone involved gets to meet up at a local town for a good meal and accommodation. We usually book out a big club in town."

Below: Grahame McKay finding air over a cattle grid in a past Kidney Kar Rally with his 1972 HQ Holdern Kingswood. Grahame won the event in 2000, 2003, 2004, 2008 and 2009. Photo supplied.

Progress made on The Lakes Way south roadworks

MidCoast Council contractors have made the most of improved weather in recent weeks at The Lakes Way roadworks in South Forster.

Large culverts have been constructed, and concreting for the first stage of the roundabout is complete.

The roundabout, which is just south of the culvert, will connect the new Palm Lake Resort and the future extension of The Southern Parkway.

Along with widening the road between Tea Tree Road and Sweet Pea Road, these roadworks will improve road safety around the resort.

Traffic will be diverted onto the new stretch of road in late August under temporary traffic controls.

Council's contractors are doing the work in phases to allow for two lanes to remain open as often as possible during the works. Road users should take care when travelling through the worksite, obey all traffic directions and speed limits, and be ready for changed traffic conditions.

The roadworks are expected to finish late 2022, weather permitting.

Editor's note: See Letter to Editor on page 18.

Below: Aerial view of the roundabaout being constructed on The Lakes Way which is the main road exiting south of Forster. The roundabout will connect the future extension of The Southern Parkway and the new Palms Lake Resort on South Forster.

Unique bra fitting service kept in town

When the lingerie shop 'Whisper of Lace' in Tuncurry closed in January earlier this year our community was going to lose the only bra fitting shop around. Luckily, Sue Brewer, the owner of ROCK Kidz on Wharf Street Forster, made the decision to acquire the stock and fittings from Whisper of Lace and continue this service.

Sue said, "How do you let it go? Our town needs it terribly."

One of the reasons why Sue took on this new side of her business was her interest in providing prostheses fittings. Without a local prostheses service women, who have had medical treatment, would have to travel to the next nearest place in Newcastle.

Sue has completed a specialist seminar and can now professionally fit and provide prostheses for women from post-surgery onwards.

"This is a very important service for the women in our community," said Sue. "It's a big deal to women and everyone is different."

Sue plans to keep undating her training. She said it will keep her up to speed with the latest prostheses available for local women.

Above: Sue Brewer has taken on bra fittings and the important service of one-on-one prostheses fittings.

Below left: Sue's ROCK Kidz on Wharf St, Forster.

As prostheses fittings is a specialised service, Sue and Julie offer a private fitting by appointment.

Sue asks customers to support this important service in our community as it is costly to provide professional and caring one-on-one fittings.

"We are also able to offer a wonderful service of bra fittings from Tuesdays to Fridays for all our local customers," said Sue. "We are qualified to fit all ages and types with the upmost professionalism."

Story and photos by Mary Yule.

[See advertisement below.]

MIDCOAST council

COMMUNITY NEWS
MIDCOAST FOCUS

Share how you want to connect with us

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

- Aboriginal Liaison Officer
- Assistant Ranger
- Casual Library Assistants - multiple locations
- Learn to Swim Instructor - Gloucester
- Library Assistant - Forster
- Pathway Water Process Operator - Bootawa
- Project Administrator
- Safety Officer
- Senior Design Draftsperson
- Water Process Operator

We also have the following Apprenticeships and Traineeships on offer:

- Apprentice - Electrician
- Apprentice - Mechanical Fitter
- Trainee - Civil Construction (various locations)
- Trainee - Civil Construction Technical Officer
- Trainee - Plan Manager (MidCoast Assist)
- Trainee - Water Management & Treatment
- Trainee - Water Network Construction
- Trainee - Water Operations

Visit our website for further information and to apply.

Event sponsorship

Are you planning to hold an event or festival in the MidCoast next year? Apply now for your chance to receive event sponsorship.

This application round covers mid-sized events and festivals scheduled between 1 January and 30 June 2023.

This will be your only chance to apply, so it's important to get your applications submitted before 31 August 2022.

For more info and to apply, visit midcoast.nsw.gov.au/funding

Community information session

A community information session on the North Diamond Beach Planning Proposal will be held at Black Head Surf Club on Tuesday 23 August at 6pm.

All interested members of the community are invited to attend.

Share how you want to connect with us

We want to understand where you get your news and information from, how you want to hear from us, and how you want to share your thoughts with us so we can keep you better informed about the things we do and how they impact you.

Your input will shape the way we communicate and engage with you. Share your thoughts through our five-minute survey, leave a comment or find out where you can chat to us in person.

Visit haveyoursay.midcoast.nsw.gov.au/connect

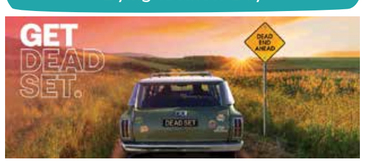
Have your say

We're currently inviting community feedback on:

- Sharing how you want to connect with us
- Re-thinking our outdoor spaces
- Draft Kolodong Estate Planning Agreement & Explanatory Note
- Integrated development proposal DA2022/0687 - 9-11 Manning Lane Tuncurry - Demolition and construction of a residential flat building
- Development proposal DA2021/2245 - 17 Reserve Road/ Caravan Park Forster - Demolition of Amenities Block
- Development proposal DA2022/0554 - Taree Street, Tuncurry - Subdivision (32 lots) - including new road and demolition of existing buildings within a Heritage Conservation Area
- Draft Policies x 4
  - Compliance and Enforcement Policy
  - Debt Recovery and Hardship Policy
  - Councillor Expenses and Facilities Policy
  - Councillor and Staff Interaction Policy

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

Dying to Know Day



Annual Dying to Know Day is aimed at raising awareness around the many end of life choices as well as empowering Australians at all stages of life to live and die well.

An information sharing session will be held at Manning Regional Art Gallery on Monday 15 August from 10.30am to 12pm to encourage end of life discussion.

Morning tea will be provided and you'll leave with an information bag with resources that encourage compassionate conversations with loved ones.

For more information on the Dying to Know campaign visit dyingtoknowday.com

For more information contact us: ph 7955 7777 | council@midcoast.nsw.gov.au | www.midcoast.nsw.gov.au midcoastcouncil

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Local VIEW Clubs celebrate 100 years of The Smith Family

Mid Coast & Inland VIEW Clubs celebrate 100 years of Smith Family

Above: Cutting the 100 year cake (L to R) Elizabeth Birch VIEW National Vice President, Colleen Martin Taree Smith Family and Barbara Gaylard Zone Councillor VIEW.

The year 2022 is the 100th Anniversary of The Smith Family. VIEW Clubs of Australia are the largest community sponsor of The Smith Family's 'Learning for Life' program enabling disadvantaged children to receive a good education. VIEW support over 1540 students Australia wide and in our local region we have six clubs supporting 26 students.

On Saturday 30th July, Mid North Coast and Inland VIEW Clubs held a Gala to inform members about matters relating to VIEW and to celebrate the Centenary of The Smith Family. There were 182 people in attendance including the National Vice President of VIEW, Elizabeth Birch.

Guest speakers included The Hon. Dr David Gillespie, who is a big supporter of educating youth and Chief District Inspector Christine George who spoke of programs the Police have in our area to help keep young offenders in school.

Above: Peter Pinson, Port Macquarie Mayor.

Colleen Martin spoke on behalf of The Smith Family. Colleen is one of a team of four Learning for Life workers who work from an office in Taree. They oversee programs such as reading and homework clubs and assist students in the areas from Taree to Forster and surrounds. There are 610 students with Learning for Life Scholarships in our area. Children are sponsored for their entire school journey from Kindergarten through to year 12 and if required can seek a scholarship for Tertiary education.

Mid Coast Council Mayor, Claire Pontin was unable to attend but sent in a letter of congratulations which was read out on the day and also donated a gift certificate for the Manning Entertainment Centre for our raffle.

The day raised over $3000 for The Smith Family's programs for education of the disadvantaged.

By Dianne Fiddes - Zone Councillor VIEW

Right: members wearing 100 year spectacles with VIEW colours of white and purple. Photos supplied.

Great Lakes Evening View Club update

We have certainly been busy over the last few months having fun besides raising some much-needed funds for the Smith Family who support underprivileged children.

We were privileged to have as a guest speaker, Del Heuke OAM, at our April Anzac dinner meeting who gave such a very interesting talk about her life in the services. In June, over 30 of our members joined together for an enjoyable finger style food lunch at the Forster Golf Club, some music, some dancing and of course, laughter. Also for our June usual dinner meeting, we all brought along either a baby photo or wedding photo and left if for others (for a princely sum of $1) to guess who was who! This was not an easy task as major changes had taken place over the years.

What an amazing day we had at the Laurieton United Services Club on 30 July celebrating the Centenary Birthday of The Smith Family. Our club was represented by 11 members. It was a proud moment for VIEW Clubs around Australia and especially for the Mid North Coast clubs that collaborated to put on this very professional Gala Event. The lunch was excellent and the tapping girls were superb. We were then thoroughly entertained by the Port Macquarie Drum Line cadence drummers from several Mid North Coast schools.

Above: (L-R) New member Margaret Thomas receiving her badge from Vice President Maggie Dreye.

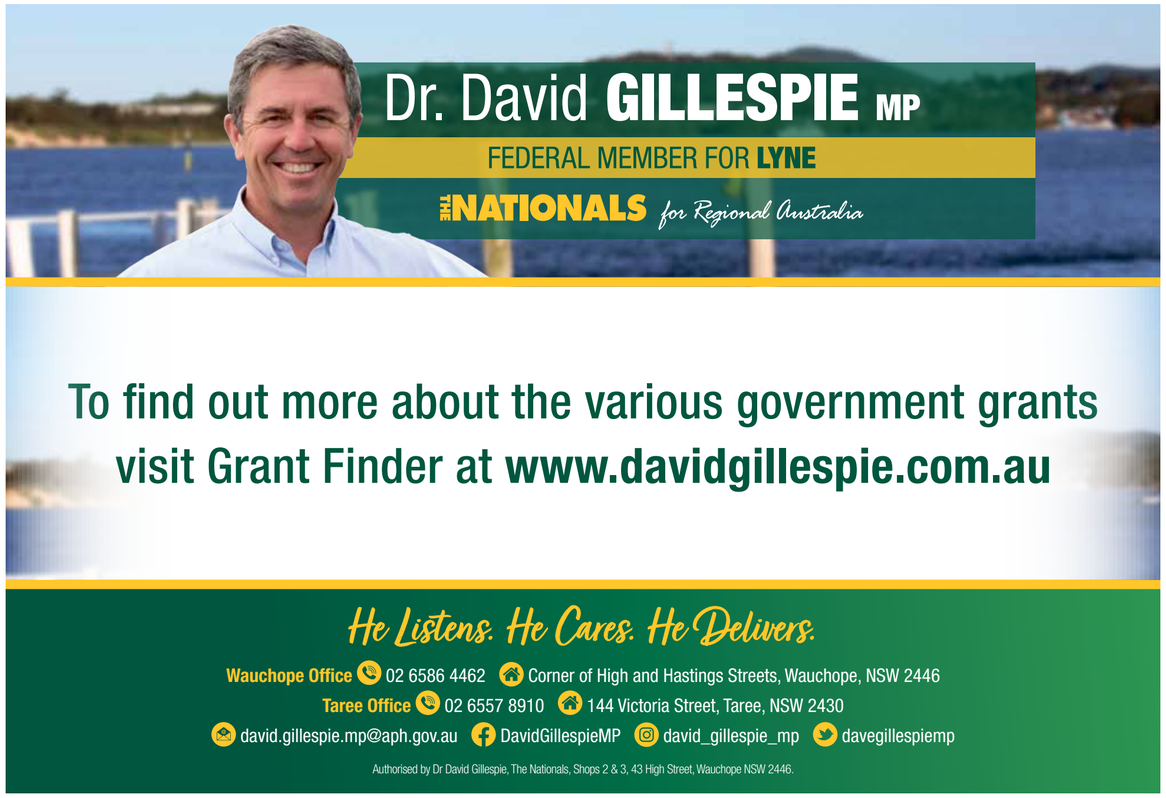
The guest speakers sooo interesting ...with a special mention to Colleen Martin from The Smith Family, The Hon. Leslie Williams MP, Dr David Gillespie and Christine George, Chief District Inspector, Manning Great Lakes PD.

A Soup and Damper lunch on Tuesday 2 August was also very well attended and enjoyed especially the game of Celebrity Heads.

VIEW stands for the Voice, Interests and Education of Women. This organisation is a great way to meet and make new friends having fun at the same time whilst raising funds to support the Smith Family.

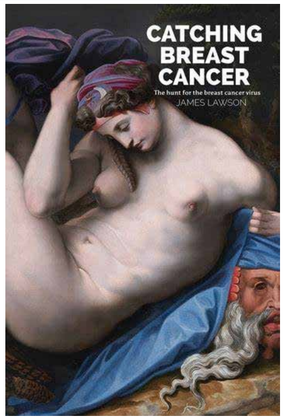
If you are interested in becoming a member of our View club, feel free to come along to a dinner meeting held on the 4th Monday of the month at Club Forster at 6pm (until Sporties Club is back in action or feel free to call Pat on 6554 5466)

By Judy Long - Great Lakes VIEW Club



Book Review

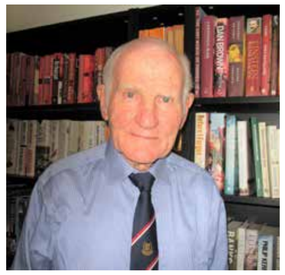
Catching Breast Cancer



'Catching Breast Cancer' by James Lawson tempts one (and yes, I succumbed) to read the end first and then go back to the beginning. With a good detective story, to find the villain or villains spoils the tale but the importance of this subject invites looking to the conclusion. Yet, with the amount of work that has been attempted, it is important also to show previous research, covers the ground if you will, look at other possible villains, and provide the development of the evidence to substantiate the conclusion. It is a very human book drawing in all those who assisted in the discovery process which emphasises the value of collaboration and networking. It also larded with interesting anecdotes.

The villains here are a group of viruses, probably acting together to cause breast cancer, with the mouse mammary tumour virus which causes breast cancer in mice, human papilloma virus which we know causes cervical cancer in humans, Epstein Barr virus which causes lymphomas in humans, and perhaps bovine leukaemia virus from cattle.

Lawson makes the point that most work has focussed on treating cancer, for example with chemotherapy, and in looking into risk factors that, for example, try to explain the much greater prevalence of breast cancer in western women compared with Asian woman, rather than the very difficult search for causes. And it is causes, not just correlations, that must be established, and prevention not just treatment sought. There is evidence for these viruses prior to development of breast cancer and in 30-40% of western women with breast cancer.



Above: Author James Lawson.

We already have a vaccine (Gardasil developed in Australia) to prevent cervical cancer. We now have vaccines against Covid 19 both to limit infection and to ameliorate effects. Lawson points to promising work in Israel to develop a vaccine for humans against the mouse mammary tumour virus – a vaccine has been proven for mice – but it is early days.

Transmission is explored. Cervical cancer comes with sexual contact. Mouse mammary tumour virus is probably transmitted through saliva (we know of the kissing disease - a herpes virus). Transmission of the Epstein Barr virus is not explained but bovine leukaemia virus may come through milk. In Australia, infected cattle have been culled, but that has not been possible in the US or South America.

The book is well worth reading in total for at least two other issues. It highlights the ongoing battle to obtain research funding especially against the long-held disbelief that viral infection could cause cancer – our experience with Covid should counter that. Second is Lawson's trenchant comment about radical mastectomy (pp 51-2): "The unfortunate women who accepted this barbaric surgery, would have been astounded and extremely angry if they had known their suffering was based on scientifically unfounded tradition not science. By 1970 literally hundreds of women had suffered from this surgical tradition. None had benefited, most had died."

For other reading about the possibility of cancer vaccines, go to the 25 June 2022 edition of the New Scientist which shows progress in the development of, presently very expensive, individually targeted vaccines.

By John King - Librarian

Pacific Palms Community Library

Tuesday to Saturday 10am to noon and Market Sundays (last Sunday of month) 9am to 1pm.

'Catching Breast Cancer' is available on Amazon Kindle for about $8.00 Aus or hard copy in colour from The Book Depository (UK with free postage) for about $32 Aus.

The book was published on 29 July 2022 by Austin Macauley of the UK.

DISCLAIMER: I'm very proud to declare that James (Jim) Lawson is my father and was an initial backer of this free community newspaper. He is a public health doctor and scientist. In 2003 he was awarded an AM (Member of the Order of Australia) for 'Contributions to Public Health'. He is 88 years old and continues to research and publish his findings on the causes of cancer.

Mary Yule - Editor of Forster Fortnightly.

Forster Tuncurry Medical Centre opens Respiratory Symptoms Clinic

You will have noticed a significant rise in cough, cold and flu-like illnesses in the local community at present, alongside a surge in COVID-19 cases.

Our emergency departments and hospitals are overwhelmed.

COVID has presented us with significant challenges for running the medical centre, like many other local businesses. We must balance providing a service to the community, whilst protecting the health and safety of our staff and other patients. We are proud to say we stayed open throughout COVID lockdowns, and now we want to do more.

The Forster Tuncurry Medical Centre is excited to announce the opening of our respiratory symptom clinic!

Why the need?

- We hope to relieve some of the burden on the hospital system, and we recognise we need to meet the needs of patients with respiratory illnesses.

Who is it for?

- If you have flu-like symptoms, cough, cold, sore throat, or fever.
- You may have been told in the past not to come in.

What if I have COVID?

- Yes, if you feel you need to be seen we will see you. Telephone consults also available.

When is it open?

- Every weekday morning 9-11am. There is a duty doctor in the clinic.

How to book?

- You can book online or phone us. You are still welcome to have a telehealth consult if you prefer.

Where is the clinic?

- Between 12-14 South Street Forster. Aim for the main practice [pictured on left] and it's just to the right-hand side, follow the signs! Please don't enter the practice to check in.

[See advertisement below.]

Forster Tuncurry Medical Centre
Respiratory Symptoms Clinic
Our clinic is now open for people with flu like symtoms
- Open Monday to Friday 9-11am with duty doctor
- Book online at www.ftmc.com.au or phone 02 6555 0444
- Located in Breckenridge Lane, Forster
ftmc

FREE INFORMATION SEMINAR
AFFORDABLE WEIGHT LOSS SURGERY
Presentation and Q&A Session by Dr Garett Smith + Dietitian, Judith Fox

EVENT DETAILS
WEDNESDAY 17 AUGUST, 5:30PM
Club Taree, 121 Wingham Street, TAREE
Tea + Coffee will be provided.
SCAN TO REGISTER
Mayo Private Hospital

Grants available

Stronger Country Communities Fund

Applications are open for the NSW Government's Stronger Country Communities Fund Round 5 which aims to boost the well-being of communities in regional areas by providing new or upgraded social and sporting infrastructure, or community programs that have strong local support.

Member for Myall Lakes, Stephen Bromhead said, "We've seen the benefits provided by previous Stronger Country Communities Fund rounds, including $190,743 for The Central North Coast sporting Car Club, $165,000 for Old Bar Barbarians Football Club and more than half a million dollars for Great Lakes Netball Association." [pictured below]

"This funding has been transformational for the successful clubs, and I encourage all eligible applicants to review the guidelines and submit an application."

The Stronger Country Communities Fund (SCCF) Round 5 will see a further $160 million in funding for community projects that increase the wellbeing of regional NSW communities

Applications for Round Five of the Stronger Country Communities Fund opened on Friday 5th August, 2022 and closes on the 23 September 2022.

For more information, visit: www.nsw.gov.au/sccf.

Regional Tourism Activation Fund

Round 2 of the Regional Tourism Activation Fund is open and is focused on accelerating the development of high impact tourism and events infrastructure that will encourage the international appeal of destinations in regional NSW and boost the visitor economy through increased visitation and job creation.

The Fund aims to support projects that are accessible and inclusive for everyone and ensure all visitors to regional NSW have unforgettable experiences that encourage repeat visitation.

The $150 million Regional Tourism Activation Fund Round Two is part of the NSW Government's $3.3 billion Regional Growth Fund.

Applications for Round Two of the Regional Tourism Activation Fund open Tuesday 2 August 2022 and close on 27 September 2

For more information, go to: www.nsw.gov.au/RTAFund.

Event and festival funding available

Are you planning to hold an event or festival in the MidCoast next year?

Apply now for your chance to receive event sponsorship from MidCoast Council.

This application round covers mid-sized events and festivals scheduled between 1 January and 30 June 2023.

This will be your only chance to apply, so it's important to get your applications submitted before the deadline on 31 August 2022.

"Not only do local events connect our vibrant communities, they help put us on the map, attracting visitors and building our economy," said MidCoast Council's Manager of Growth, Economic Development and Tourism, Deb Tuckerman.

"From art shows and music festivals, to sporting events, food, fashion and everything in between, our events are a celebration of what the MidCoast is all about."

For more information about whether your planned event fits into this category and to apply, please visit: www.midcoast.nsw.gov.au/Community/Grants-and-funding

Below: The annual Lakeside Festival in Tuncurry. Photo supplied.

North Diamond Beach community info session

Above: Aerial photo of Diamond Beach, north of Forster Tuncurry.

A community information session on the planning proposal lodged over land at North Diamond Beach will be held at the Black Head Surf Club at 6pm on Tuesday 23 August.

The planning proposal is to rezone a 25-hectare precinct of land north of the Diamond Beach village from a tourist zone to a mixture of the general residential zone and the medium-density residential zone.

The intended outcome of the Planning Proposal, should it be approved by the Department of Planning, is to permit permanent occupancy of the existing approved tourist development across the precinct and to encourage medium-density residential development on undeveloped sites in the southern half of the precinct.

The session will provide interested members of the community with the opportunity to hear from MidCoast Council on the process that is required to be followed when a planning proposal is lodged.

It will also provide an opportunity to provide feedback to Council on your views about the proposal.

The community meeting follows a resolution by the elected Council to defer a decision on whether to seek a "Gateway Determination" from the Department of Planning to commence the planning proposal process.

All are welcome to attend the information session.

MIDCOAST council

Share how you want to connect with us

Your input will shape the way we communicate and engage with you. Share your thoughts through our five-minute survey, leave a comment or find out where you can chat to us in person.

Scan the QR code or go to haveyoursay.midcoast.nsw.gov.au/connect

Official opening of Tuncurry golf clubhouse

Continued from page 1.

events that will attract many tourists to this area."

The project includes the new clubhouse with two small museums, a community kitchen and undercover seating for 200 people with a BBQ area and playground. Other upgrades include the installation of solar power, an efficient water system, accessible ramps and the resealing of the carpark and driveway. On the golf course there has been work on the trees and greens, and reconstruction of the cart paths and all-weather practise facilities.

The new Tuncurry Golf Clubhouse won the 2022 Award for Public Architecture by Michael Fox Architects.

Story and photos by Mary Yule.

Right: (L to R) Long standing TCG member John Vahaugn, TCG President Terry Mc Dermett, CEO NSW Golf Stuart Fraser, MC Council GM Adrian Panuccio, Mayor Claire Pontin, TGC Vice President Sue Bellamy, NSW MP Paul Toole and museum

For left: Exhibition of Tuncurry Golf Club memorabilia situated inside the new clubhouse.

Left: A second museum exhibits memorabila from golf around Australia.

Brommie's Community Update

Above: Geoff Morgan, Mike Papadopoulos, Member for Myall Lakes Stephen Bromhead and Pat Burn at the Tuncurry Golf Club sod turning.

The Forster Tuncurry Golf Club & Museum has officially been opened thanks to $3 million of upgrades, funded by the NSW Government. As a result, the course has been raised to a Group One standard - having also been reviewed by former Australian touring professional, Craig Parry to improve playability and make it a true championship course.

This is a huge win for the Myall Lakes region and will help to attract many golf tournaments to this area. I am extremely proud to see this incredible project come into fruition while also hailing the hard work of those at the club itself. The museum is another fantastic addition and is the first outside of a metropolitan area displaying memorabilia provided by the Australian Golf Heritage Society. I encourage everyone to check it out as we celebrate yet another jewel in the crown for this region.

'Out and About'

Tell Me A Story Awards at Tuncurry Memorial Hall July 29.

Left: Teacher Mary Wood, Lily Gorman, Amber Hill, Sienna Lawrence, Digby Stephens and Grace Thomas from Hallidays Point PPS.

Right: Layla and Chelsea Price with teacher Emma Russell from Holy Name PS.

Below left: Alex Grieve from Tuncurry PPS and Ruby East from Forster PPS

Below right: Rosabel and Maximo Smith from Hallidays Point PPS.

Above: Tell Me a Story volunteers (standing L to R) - Michael Davies, Caroline Byrne, Annie Evans and Naomi Dasey. Seated - Teresa Siminska (President), Lorraine Rodgers, Ian Evans and Kaye Lewis-Driver. Photos by Mary Yule.

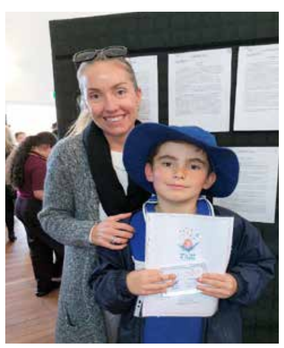
Below: Alexis Holden from Nabiac PPS.

Below: Noah Spychala from Nabiac PPS.

Left: Lhomo Dhondub and Rinchen-Dolma Dhondub from Tuncurry PPS.

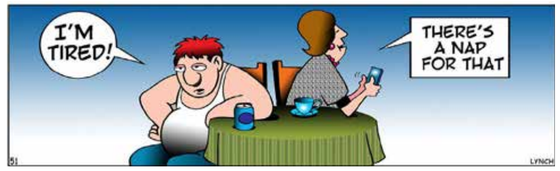
Below left: Max and Shay Underwood from Tuncurry PPS.

Below: Teacher Carolyn, Principal Lorelle O'Brien and AP Brooke Egan with students Addy, Indie, Ellie and Tiggey.



Below: Noah Spychala from Nabiac PPS.

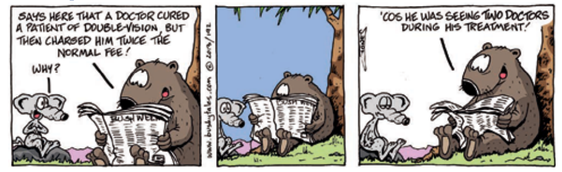
The Grin Bin



Swamp

Doodley Squat

Bushy Tales



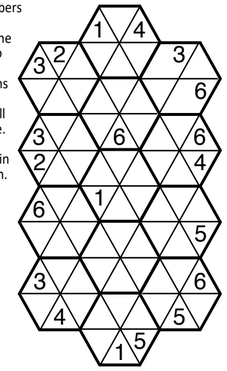
Sudoku

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

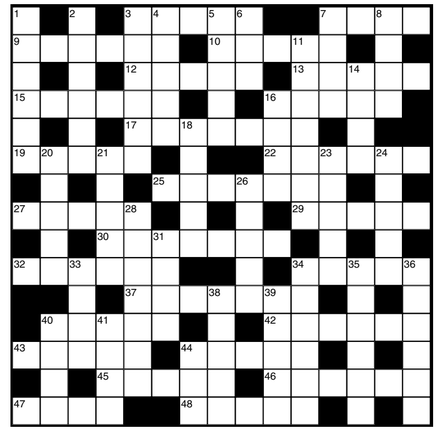
							9	7
		1		5	3			2
	3	8						
							8	
			5	1	4			
				9		2	1	
		4	6			1		5
		6						
	2		9		7			8

Quick Workout

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



Crossword



ACROSS

3 Radiolocation
7 Book of the Bible
9 National song
10 Thick
12 Remedied
13 Singer
15 Combines
16 Sovereign
17 Snuggled
19 Turn outwards
22 Used a sieve
25 Bunch
27 Weapon
29 Of the sun
30 Kneecap
32 Quickly (mus)
34 Lustre
37 Storm
40 Charges
42 Prized fur
43 Confused fight
44 Liable
45 Burnt remains
46 Become established
47 Honey drink
48 Dogma

DOWN

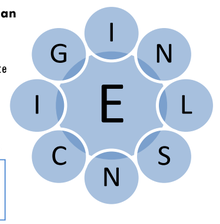
1 Ripe
2 Try hard
3 Of late origin
4 Entertain
5 Proficient
6 Colour
7 Stagger
8 Thunder god
11 Dens
14 Tidy
16 Repose
18 Healing ointment
20 Adder
21 Harvests
23 Cause to foam
24 Dodge
26 Explain
28 Disconcerts
31 Digits
33 Wicked
34 Thoroughfare
35 Decrees
36 Required
38 Money bag
39 Sanity
40 Festivity
41 Heavy substance
44 Favourite

Focus

An All Australian Word Game

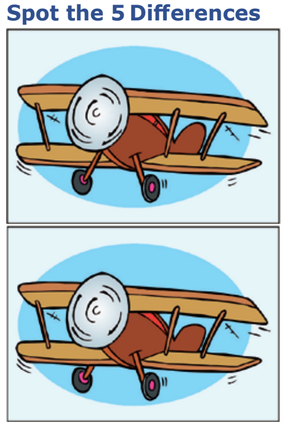
* Each word must contain the centre **'Focus'** letter and each letter may be used only once
* Each word must be four letters or more
* Find at least one nine letter word
* No swear words
* No verb forms or plurals ending in 's'
* No proper nouns and no hyphenated words

TODAY'S FOCUS
Good: 10 words
Very good: 15 words
Excellent: 27 words



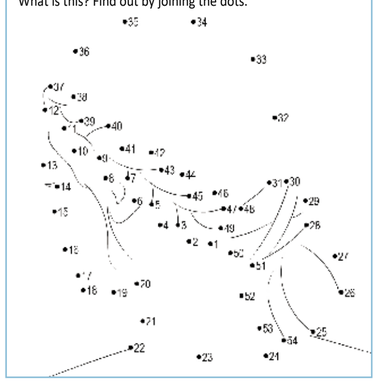
Reference: Macquarie Concise Dictionary
Focus No. 3886

Spot the 5 Differences



Join the Dots

What is this? Find out by joining the dots.

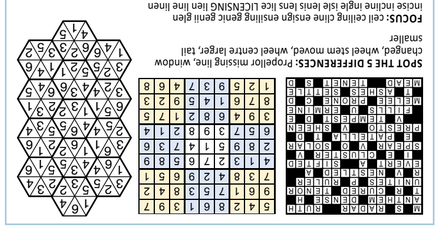


Solutions

Puzzles and pagination supplied by Auspac Media

SPOT THE 5 DIFFERENCES: Propellor missing line, window changed, wheel stem moved, wheel centre larger, tail smaller

FOCUS: cell ceiling cline ensign ensiling genic genii glen incise incline ingle isle lens lens lice LICENSING lien line nice nine SILENCING since sine singe single slice



Forster Fortnightly www.forsterfortnightly.com.au

YOUR FORTNIGHTLY TV GUIDE

August 10 – 16

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.40 Media Watch. 2.00 The Durrells. 3.00 Escape From The City. 4.00 Think Tank. 5.00 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Win The Week. 8.30 Shaun Micallef's MAD AS HELL. 9.00 Aftertaste. 9.30 Adam Hills: The Last Leg. 10.10 News. 10.25 The Business. 10.45 8 Nights Out West. 10.55 Spicks And Specks. 11.45 MOVIE: Suffragette. (2015) 1.30 Doc Martin. 2.15 The Durrells. 3.05 Rage. 4.25 The Drum. 5.25 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 The Wonderful World Of Chocolate. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 The Cook Up. 6.30 News. 7.35 New York: The City That Never Sleeps. 8.30 Secret Scotland. 9.20 Miniseries: Too Close. 10.15 SBS News. 10.45 Vienna Blood. 12.35 Agent Hamilton. 2.15 Agent Hamilton. 4.50 Destination Flavour: Singapore Bitesize. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 My Kitchen Rules. 1.40 Surveillance Oz. 2.00 World's Deadliest. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) **7.30 My Kitchen Rules.** (PG) **9.00 Martin Clunes: Islands Of The Pacific: French Polynesia.** (PG) 10.10 Air Crash Investigation. (PG) 11.10 Chicago Fire. (M) 12.30 Home Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 The Block. 1.00 The Hundred With Andy Lee. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 The Block. 8.45 After The Verdict. (M) 9.45 Family Law. 10.45 Nine News Late. 11.15 Chicago Med. 12.05 Tipping Point. 12.55 Everything Outdoors. 1.20 Talking Honey. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 News. 5.30 Today.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Judge Judy. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 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 Shaun Micallef's Brain Eisteddfod. **8.30 Ghosts.** (PG) 9.30 Bull. (PG) 10.30 Good Sam. (M) 11.30 The Project. 12.30 Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 1.00 Win The Week. 1.30 Shaun Micallef's MAD AS HELL. 2.00 The Durrells. 3.00 Escape From The City. 4.00 Think Tank. 4.55 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 6.55 Sammy J. 7.00 ABC News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Q+A. 9.35 One Plus One. 10.05 News. 10.20 The Business. 10.35 8 Nights Out West. 10.45 The Science Of Relationships. 11.40 Baptiste. 12.40 Wakefield. 2.35 The Durrells. 3.25 Rage. 4.25 Late Programs.	6.00 WorldWatch. 11.00 WorldWatch. 2.00 WorldWatch. 3.30 Destination Flavour China Bitesize. 3.45 The Cook Up. 4.15 The Wonderful World Of Chocolate. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 The Cook Up. 6.30 News. 7.35 World's Most Scenic River Journeys. 8.30 Scotland's Sacred Islands With Ben Fogle. 9.30 The Queen At War. 10.30 SBS News. 11.00 Gomorrah. 11.55 Miniseries: Algiers Confidential. 1.45 Baghdad Central. 2.40 Baghdad Central. 4.30 VICE Guide To Film. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 My Kitchen Rules. 1.30 Surveillance Oz. (PG) 2.00 Business Builders. 2.30 Border Patrol. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) **8.30 Crime Investigation Australia: The Cangai Siege.** (MA15+) **9.55 Police Strike Force.** (M) 11.00 The Front Bar. (M) 12.00 Instant Hotel. (M) 1.30 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 The Block. 1.00 After The Verdict. 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 22. Penrith Panthers v Melbourne Storm. 9.50 Thursday Night Knock Off. 10.35 Nine News Late. 11.05 The Equalizer. 12.00 Murder For Hire. 1.00 Getaway. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 News. 5.30 Today.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Judge Judy. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 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 Dog House Aust. (PG) 8.30 Law & Order: SVU. (M) 9.30 To Be Advised. 10.30 Law & Order: S.V.U. (M) 11.30 The Project. 12.30 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 News. 10.00 Q+A. 11.00 Escape From The City. 12.00 News. 1.00 Mystery Road: Origin. 2.00 Grantchester. 3.00 Escape From The City. 4.00 Think Tank. 4.55 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 Movin' To The Country. (PG) 8.00 Joanna Lumley's Britain. (PG) **8.50 Miniseries: Time.** (M) 9.55 Baptiste. (M) 10.55 News. 11.10 8 Nights Out West. 11.20 Shaun Micallef's MAD AS HELL. (M) 11.50 Aftertaste. (M) 12.20 Rage. (MA15+) 5.00 Rage.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Cook Up With Adam Liaw Bitesize. 2.05 Youth On Strike! 3.00 NITV News: Nula. 3.30 Destination Flavour China Bitesize. 3.35 Destination Flavour China Bitesize. 3.45 The Cook Up. 4.15 The Wonderful World Of Chocolate. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 The Cook Up. 6.30 News. 7.35 Lost Treasures Of Ancient Rome. 8.30 Ross Kemp: Shipwreck Treasure Hunter. 9.20 World's Most Scenic Railway Journeys. 10.20 SBS News. 10.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Jesse Stone: Stone Cold. (2005) 2.00 Criminal Confessions. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. **7.00 Better Homes And Gardens.** **8.30 MOVIE: Father Of The Bride.** (1991) (G) Steve Martin, Diane Keaton, Kimberly Williams. A family plans a wedding. 10.45 To Be Advised. 1.30 Home Shopping.	6.00 Morning Programs. 12.00 MOVIE: A Love To Remember. (2021) 1.45 Garden Gurus Moments. 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 22. Parramatta Eels v South Sydney Rabbitohs. 9.55 Golden Point. 10.35 MOVIE: Another 48 Hrs. (1990) 12.30 Tipping Point. 1.20 Garden Gurus Moments. 1.30 TV Shop. 4.00 Take Two. 4.30 Global Shop. 5.00 TV Shop. 5.30 Skippy.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Judge Judy. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 Living Room. 2.00 Ent. Tonight. 2.30 Food Trail: South Africa. 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. **8.40 To Be Advised.** 10.40 Just For Laughs Australia. (M) 11.40 The Project. 12.40 Stephen Colbert. (PG) 1.30 Shopping.
SATURDAY	6.00 Rage. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Vera. 2.00 Midsomer Murders. (PG) 3.35 Great Southern Landscapes. (PG) 4.05 Spicks And Specks. (PG) 4.55 Landline. 5.25 Singapore's Secret Forests With David Attenborough. 6.10 Extraordinary Escapes. (PG) 7.00 ABC News. **7.30 Grantchester.** (M) **8.20 Endeavour.** (M) **9.50 Mystery Road: Origin.** (M) 10.45 8 Nights Out West. 10.55 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Building The Channel Tunnel. 3.00 FIFA World Cup 2022 Magazine. 3.30 Countdown To Qatar 2022. 4.00 Cook Up With Adam Liaw Bitesize. 4.05 Trail Towns. 4.35 The Pyramids: Solving The Mystery. 5.30 Hell On Earth: WWII. 6.30 News. 7.35 World's Most Scenic Railway Journeys. 8.30 Secrets Of The Tower Of London. 9.20 Gone Fishing With Mortimer & Whitehouse. 10.25 Supreme Revenge: Battle For The Court. 11.25 MOVIE: Lion. (2016) 1.30 Late Programs.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Better Homes. 1.00 Dog Patrol. 1.30 Football. AFL. Round 22. Western Bulldogs v GWS Giants. 4.30 Highway Patrol. (PG) 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) **7.30 MOVIE: Avengers: Infinity War.** (2018) (M) Robert Downey Jr, Chris Hemsworth, Mark Ruffalo. 10.35 MOVIE: X-Men: First Class. (2011) (M) 1.30 Shopping.	6.00 Morning Programs. 12.00 Surfing Australia TV. 12.30 Everything Outdoors. 1.00 Animal Embassy. 1.30 Arctic Vets. 2.00 The Block. 4.30 Good Chef Hunting. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. NRL. Round 22. Brisbane Broncos v Newcastle Knights. 9.30 NRL Saturday Night Footy Post-Match. 9.50 MOVIE: Get Shorty. (1995) 12.00 A+E After Dark. 1.00 Animal Embassy. 1.30 Surfing Australia TV. 2.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Skippy.	6.00 Morning Programs. 9.00 Australia By Design: Architecture. 9.30 St10. 12.00 Luxury Escapes. 12.30 My Market Kitchen. 12.50 Living Room. 2.00 Pooches At Play. 2.30 Freshly Picked. 3.00 Roads Less Travelled. 3.30 Farm To Fork. 4.00 Taste Of Aust. 4.30 Food Trail: South Africa. 5.00 News. 6.00 Luxury Escapes. 6.30 Wildlife Rescue Australia. 7.30 Dog House Aust. 8.30 The Dog House. 9.30 Ambulance. 10.30 To Be Advised. 11.30 NCIS. 1.30 Shopping. 4.30 Authentic. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Movin' To The Country. 2.00 Dream Gardens. 2.30 Muster Dogs. 3.30 Rick Stein's Road To Mexico. 4.30 Win The Week. 5.00 Art Works. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 ABC News Sunday. 7.40 Spicks And Specks. 8.30 MOVIE: Here Out West. (2022) 10.10 8 Nights Out West. 10.25 Miniseries: The War Of The Worlds. 11.20 The Capture. 12.15 Fires. 1.10 Wakefield. 2.05 Rage. 4.00 Classic Countdown. 5.00 Insiders.	8.00 WorldWatch. 12.00 WorldWatch. 1.00 Motorcycle Racing. ProMX Championship. Round 7. 4.00 Countdown To Qatar 2022. 5.00 The Great Pyramid Race. 5.30 Hell On Earth: WWII. 6.30 News. 7.35 Treasures Of Greece. 8.30 Druids: The Mystery Of Celtic Priests. 9.30 Top Ten Treasures Of Pompeii. 11.15 Vaccine: The Inside Story. 1.00 Why We Hate. 3.25 8 Out Of 10 Cats. 4.20 VICE Guide To Film. 4.50 Destination Flavour: Singapore Bitesize. 5.00 Late Programs.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 To Be Advised. 3.35 Highway Patrol. (PG) 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00 My Kitchen Rules. (PG) **8.30 7NEWS Spotlight.** Takes a look at an investigation. **9.30 Homicide: With Ron Iddles: Terry Floyd.** (PG) 10.40 Undercurrent: Real Murder Investigation. (M) 11.45 Killer Tapes. (M) 1.00 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Arctic Vets. 6.30 ACA. 7.00 Weekend Today. 10.00 Sports Sunday. 11.00 NRL Sunday Footy Show. 1.00 The Block. 3.00 Rugby League. NRL. Round 22. Gold Coast Titans v Manly Sea Eagles. 6.00 NBN News. 7.00 The Block. (PG) **8.40 60 Minutes.** 9.40 Nine News Late. 10.10 After The Verdict. (M) 11.05 Suspect Number 1. (M) 12.00 First Responders. 12.50 Good Chef Hunting. 1.20 Explore. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Take Two. 5.00 News. 5.30 Today.	6.00 Morning Programs. 7.30 Joel Osteen. 8.00 My Market Kitchen. 8.20 Living Room. 9.30 St10. 12.00 Freshly Picked. 12.30 Everyday Gourmet. 1.00 To Be Advised. 2.00 Pooches At Play. 2.30 Luxury Escapes. 3.00 Australia By Design: Innovations. 3.30 My Market Kitchen. 4.00 Farm To Fork. 4.30 Taste Of Aust. 5.00 News. 6.30 The Sunday Project. 7.30 The Masked Singer Australia. 8.30 NCIS: Hawai'i. 9.30 FBI. 11.30 The Sunday Project. 12.30 Shopping. 4.30 CBS Morning.
MONDAY	6.00 News. 9.00 News. 10.00 Landline. 11.00 Antiques Roadshow. 12.00 News. 1.00 Mum. 1.30 Vera. 3.00 Escape From The City. 4.00 Think Tank. 5.00 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Back Roads. (PG) **8.30 Four Corners.** 9.20 Media Watch. (PG) 9.35 China Tonight. 10.05 News. 10.20 The Business. 10.40 Q+A. 11.45 Miniseries: Time. (M) 12.50 Wakefield. (M) 2.45 Rage. (MA15+) 4.25 The Drum. 5.25 7.30.	6.00 WorldWatch. 12.10 WorldWatch. 2.00 Cook Up With Adam Liaw Bitesize. 2.05 The Windsors' Lost Letters. 3.00 Going Places. 3.30 Destination Flavour China Bitesize. 3.45 The Cook Up. 4.15 The Wonderful World Of Chocolate. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 The Cook Up. 6.30 News. 7.30 Saving Lives At Sea. 8.30 DNA Family Secrets. 9.40 24 Hours In Emergency. 10.35 SBS News. 11.05 Black Sands. 12.10 Outlander. 1.10 Miss S. 3.05 Miss S. 4.00 8 Out Of 10 Cats. 4.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.30 Surveillance Oz. (PG) 2.00 Criminal Confessions. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) **7.30 My Kitchen Rules.** (PG) **9.10 9-1-1: Lone Star.** (M) **10.10 S.W.A.T.** (M) 11.10 The Latest: Seven News. 11.40 Heartbreak Island Australia. (M) 1.00 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 The Block. 1.30 Getaway. 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) **8.45 Emergency.** (M) **9.45 100% Footy.** (M) 10.45 Nine News Late. 11.15 Manifest. (M) 12.05 Emergence. (M) 1.00 Hello SA. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. (PG) 4.30 ACA. 5.00 News. 5.30 Today.	6.00 Morning Programs. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 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 Masked Singer Australia. 8.40 Have You Been Paying Attention? 9.40 Just For Laughs Australia. 10.10 The Montreal Comedy Festival. 11.10 The Project. 12.10 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Miniseries: The War Of The Worlds. 1.55 The Durrells. 3.00 Escape From The City. 4.00 Think Tank. 5.00 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Great Southern Landscapes. 8.30 Australia's Favourite Tree. 9.30 Science Of Drugs With Richard Roxburgh. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.45 Media Watch. 12.00 The Capture. 1.00 Wakefield. 2.00 The Durrells. 2.50 Rage. 4.25 The Drum. 5.25 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Cook Up With Adam Liaw Bitesize. 2.05 The Windsors' Lost Letters. 3.00 Living Black. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 The Wonderful World Of Chocolate. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 The Cook Up. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Australia's Health Revolution. 11.30 Atlanta. 12.45 Before We Die. 1.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.40 Surveillance Oz. (PG) 2.00 World's Deadliest. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. **6.00 7News Local.** **6.30 7News @ 6:30.** **7.00 Home And Away.** (PG) **7.30 My Kitchen Rules.** (PG) **9.10 Harry Palmer: The Ipcress File.** (M) 11.30 The Latest: Seven News. 12.00 Celebrity Obsessed. (M) 1.00 Home Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 The Block. 1.00 Emergency. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.40 The Hundred With Andy Lee. 9.40 My Feet Are Killing Me. (M) 10.40 Nine News Late. 11.10 Law & Order: Organized Crime. (MA15+) 12.00 Game Of Silence. 12.50 Destination WA. 1.20 Talking Honey. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 News. 5.30 Today.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Judge Judy. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 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 Masked Singer Australia. **8.30 The Cheap Seats.** (M) 9.30 NCIS. (M) 10.30 NCIS: LA. (M) 11.30 The Project. 12.30 Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.

August 17 – 23

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 12.00 News. 12.30 Press Club. 1.40 Media Watch. 2.00 The Durrells. 3.00 Escape From The City. 4.00 Think Tank. 4.55 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Win The Week. 8.30 Shaun Micallef's MAD AS HELL. 9.00 Aftertaste. 9.30 Adam Hills: The Last Leg. 10.15 News. 10.30 The Business. 10.45 Spicks And Specks. 11.35 Midsomer Murders. 1.05 Wakefield. 2.05 The Durrells. 2.55 Rage. 4.25 The Drum. 5.25 7.30.	6.00 WorldWatch. 11.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 The Wonderful World Of Chocolate. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 The Cook Up. 6.30 News. 7.35 History Of Britain. 8.30 Secret Scotland. 9.25 The Stranger. 10.25 SBS News. 10.55 Vienna Blood. 12.35 Agent Hamilton. 1.25 Agent Hamilton. 2.20 Agent Hamilton. 3.10 Agent Hamilton. 4.50 Destination Flavour: Singapore Bitesize. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.40 Surveillance Oz. 2.00 World's Deadliest. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Dogs Behaving (Very) Badly. (PG) **8.30 Martin Clunes: Islands Of The Pacific: South West Pacific.** (PG) 9.40 Air Crash Investigation. (PG) 10.40 The Latest: Seven News. 11.10 Chicago Fire. (M) 12.30 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 Morning News. 12.00 The Block. 1.00 The Hundred With Andy Lee. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 The Block. 8.30 After The Verdict. 9.30 Family Law. 10.30 Nine News Late. 11.00 Chicago Med. 11.50 Tipping Point. 12.45 Everything Outdoors. 1.15 Garden Gurus Moments. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 News. 5.30 Today.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Judge Judy. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 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 Shaun Micallef's Brain Eisteddfod. **8.30 Ghosts.** (PG) 9.30 Bull. (M) 10.30 Good Sam. (M) 11.30 The Project. 12.30 Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 1.00 Win The Week. 1.30 Shaun Micallef's MAD AS HELL. 2.00 The Durrells. 3.00 Escape From The City. 4.00 Think Tank. 5.00 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 6.55 Sammy J. 7.00 ABC News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Q+A. 9.35 One Plus One. 10.05 News. 10.20 The Business. 10.35 Australia's Favourite Tree. 11.35 Baptiste. 12.35 Wakefield. 1.30 The Durrells. 2.20 Rage. 4.25 The Drum. 5.20 Sammy J. 5.25 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Cook Up With Adam Liaw Bitesize. 2.05 The Windsors' Lost Letters. 3.00 Going Places. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 The Queen Mother. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 The Cook Up. 6.30 News. 7.30 World's Most Scenic River Journeys. 8.30 Scotland's Sacred Islands With Ben Fogle. 9.30 Suspect. 10.30 SBS News. 11.00 Gomorrah. 11.55 Miniseries: Algiers Confidential. 12.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Stranger At The Door. (2004) 2.00 Business Builders. 2.30 Border Patrol. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 Home And Away. **8.30 Crime Investigation Australia: Kerry Whelan – Wife For Ransom.** (M) 9.50 Police Strike Force. (M) 10.50 The Latest: Seven News. 11.20 The Front Bar. (M) 12.30 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 Morning News. 12.00 The Block. 1.00 After The Verdict. 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 23. South Sydney Rabbitohs v Penrith Panthers. 9.50 Thursday Night Knock Off. 10.35 Nine News Late. 11.05 The Equalizer. 12.00 Murder For Hire. 1.00 Getaway. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 News. 5.30 Today.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Judge Judy. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 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 Dog House Australia. (PG) **9.00 Law & Order: SVU.** (M) 10.00 To Be Advised. 11.00 The Project. 12.00 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 News. 10.00 Q+A. 11.05 Extraordinary Escapes. 12.00 News. 1.00 The School That Tried To End Racism. 2.00 Grantchester. 3.00 Escape From The City. 4.00 Think Tank. 5.00 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 Gardening Australia. **8.30 Baptiste.** (M) 9.30 Doc Martin. (PG) 10.20 News. 10.35 Shaun Micallef's MAD AS HELL. (M) 11.05 Aftertaste. (M) 11.35 Rage. (MA15+) 5.00 Rage.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Aliquam Dive Stories. 3.00 NITV News: Nula. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 The Queen Mother. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 The Cook Up. 6.30 News. 7.35 Lost Treasures Of Ancient Rome. 8.30 Ross Kemp: Shipwreck Treasure Hunter. 9.25 World's Most Scenic Railway Journeys. 10.15 SBS News. 10.45 Das Boot. 11.50 Das Boot. 12.55 Going Places. 2.25 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Jesse Stone: Death In Paradise. (2006) 2.00 Criminal Confessions. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. **7.00 Better Homes And Gardens.** **8.30 MOVIE: Father Of The Bride Part II.** (1995) (G) Steve Martin, Diane Keaton, Martin Short. A father is troubled by his daughter's pregnancy. 10.45 To Be Advised. 1.00 Home Shopping.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 MOVIE: My Birthday Romance. (2020) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 A Current Affair. **7.30 Rugby League.** NRL. Round 23. Brisbane Broncos v Melbourne Storm. **9.55 Golden Point.** 10.35 MOVIE: Snowpiercer. (2013) (MA15+) 1.05 Postcards. (PG) 1.30 TV Shop. 4.00 Take Two. 4.30 Global Shop. 5.00 TV Shop. 5.30 Skippy.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Judge Judy. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 Living Room. 2.00 Ent. Tonight. 2.30 Food Trail: South Africa. 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 Living Room. 8.30 To Be Advised. 10.30 Just For Laughs Australia. (M) 11.00 Just For Laughs Australia. (MA15+) 11.30 The Project. 12.30 Stephen Colbert. 1.30 Shopping.
SATURDAY	6.00 Rage. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Vera. 2.00 Midsomer Murders. (PG) 3.30 Great Southern Landscapes. (PG) 4.00 Spicks And Specks. (PG) 4.45 Landline. 5.15 Conquest Of The Skies. 6.10 Extraordinary Escapes. (PG) 7.00 ABC News. **7.30 Grantchester.** (M) **8.20 Endeavour.** (M) **9.50 MOVIE: Here Out West.** (2022) (M) 11.30 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Countdown To Qatar 2022. 3.00 Destination Flavour China Bitesize. 3.05 Secrets Of The Angkor Empire. 4.00 Trail Towns. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 1. Highlights. 5.30 Hell On Earth: WWII. 6.30 News. 7.35 World's Most Scenic Railway Journeys. 8.30 Secrets Of The Tower Of London. 9.25 Gone Fishing With Mortimer & Whitehouse. 10.30 Cycling. UCI World Tour. La Vuelta. Stage 2. 1.50 Late Programs.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Better Homes. 1.00 Dog Patrol. 1.30 Football. AFL. Round 23. GWS Giants v Fremantle. 4.30 Highway Patrol. (PG) 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) **7.30 MOVIE: Thor: Ragnarok.** (2017) (M) Chris Hemsworth, Cate Blanchett, Tom Hiddleston. 10.15 MOVIE: X-Men: Days Of Future Past. (2014) (M) 1.00 Shopping.	6.00 Getaway. 6.30 ACA. 7.00 Weekend Today. 10.00 Today Extra: Saturday. 12.00 Everything Outdoors. 12.30 Animal Embassy. 1.00 Arctic Vets. 1.30 Driving Test. 2.00 The Block. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. NRL. Round 23. Sydney Roosters v Wests Tigers. 9.30 NRL Saturday Night Footy Post-Match. 9.50 MOVIE: Be Cool. (2005) (M) 12.15 A+E After Dark. (M) 1.10 Tipping Point. (PG) 2.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Skippy.	6.00 Morning Programs. 8.30 What's Up Down Under. 9.00 Australia By Design: Architecture. 9.30 St10. 12.00 My Market Kitchen. 12.30 Living Room. 1.30 Healthy Homes Aust. 2.00 Buy To Build. 2.30 Luxury Escapes. 3.00 Everyday Gourmet. 3.30 Farm To Fork. 4.00 Taste Of Aust. 4.30 Food Trail: South Africa. 5.00 News. 6.00 Luxury Escapes. 6.30 Wildlife Rescue Australia. 7.30 Dog House Aust. 9.30 Ambulance. 10.30 To Be Advised. 11.30 NCIS. 1.30 Shopping. 4.30 Authentic. 5.00 Hour Of Power.
SUNDAY	6.00 Rage. 7.00 Weekend Breakfast. 9.00 Insiders. 10.00 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Muster Dogs. 3.30 Rick Stein's Road To Mexico. 4.30 Win The Week. 5.00 Art Works. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 ABC News Sunday. 7.40 Spicks And Specks. 8.30 Vera. (PG) 10.05 Miniseries: The War Of The Worlds. 11.00 The Capture. 11.55 Fires. 12.50 Blasko. 1.45 Rage. 4.00 Classic Countdown. 5.00 Insiders.	6.00 WorldWatch. 12.00 WorldWatch. 1.00 Motorcycle Racing. ProMX Championship. Round 8. 4.00 Countdown To Qatar 2022. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 2. Highlights. 5.30 Hell On Earth: WWII. 6.30 News. 7.30 Nazis, Treasures And The Quest For Celts. 8.30 Revealed: The Hunt For Bin Laden. 10.05 Curse Of King Tut. 11.00 Cycling. UCI World Tour. La Vuelta. Stage 3. 1.20 Going Places. 1.50 Destination Flavour. 2.00 Pandemic 2020. 3.10 Late Programs.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 To Be Advised. 1.50 MOVIE: Wild Wild West. (1999) 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 My Kitchen Rules. (PG) 8.30 7NEWS Spotlight. 9.30 Homicide: With Ron Iddles. (M) 10.35 Undercurrent: Real Murder Investigation. (M) 11.35 Killer Tapes. 12.40 Motor Racing. Supercars Championship. Round 9. Sandown SuperSprint. Day 2. Highlights. 2.00 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Arctic Vets. 6.30 ACA. 7.00 Weekend Today. 10.00 Sports Sunday. 11.00 NRL Sunday Footy Show. 1.00 The Block. 3.00 Rugby League. NRL. Round 23. Newcastle Knights v Canberra Raiders. 6.00 NBN News. 7.00 The Block. (PG) 8.30 60 Minutes. 9.30 Nine News Late. 10.00 After The Verdict. (M) 11.00 Suspect Number 1. (M) 11.50 First Responders. 12.40 Tipping Point. (PG) 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Take Two. 5.00 News. 5.30 Today.	6.00 Morning Programs. 7.30 Joel Osteen. 8.00 GCBC. 8.30 Living Room. 9.30 St10. 12.00 Freshly Picked. 12.30 Everyday Gourmet. 12.50 To Be Advised. 2.00 Pooches At Play. 2.30 Luxury Escapes. 3.00 Australia By Design: Innovations. 3.30 My Market Kitchen. 4.00 Farm To Fork. 4.30 Taste Of Aust. 5.00 News. 6.30 The Sunday Project. 7.30 The Masked Singer Australia. 8.30 NCIS: Hawai'i. 9.30 FBI. 11.30 The Sunday Project. 12.30 Shopping. 4.30 CBS Morning.
MONDAY	6.00 News. 9.00 News. 10.00 Landline. 11.00 Antiques Roadshow. 12.00 News. 1.00 Rosehaven. 1.25 Vera. 3.00 Escape From The City. 4.00 Think Tank. 5.00 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Back Roads. **8.30 Four Corners.** 9.20 Media Watch. (PG) 9.35 China Tonight. 10.05 News. 10.20 The Business. 10.40 Q+A. 11.45 Vera. (PG) 1.15 Stateless. (M) 2.10 Rage. (MA15+) 4.25 The Drum. 5.25 7.30.	6.00 WorldWatch. 12.10 WorldWatch. 2.00 Cook Up With Adam Liaw Bitesize. 2.10 Unknown Amazon. 3.00 Going Places. 3.30 Destination Flavour China Bitesize. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 3. Highlights. 6.00 The Cook Up. 6.30 News. 7.30 Saving Lives At Sea. 8.35 DNA Family Secrets. 9.40 24 Hours In Emergency. 10.35 SBS News. 11.05 Black Sands. 12.00 Outlander. 1.05 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: My Daughter Must Live. (2014) 2.00 Criminal Confessions. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) **7.30 My Kitchen Rules.** (PG) **9.00 9-1-1: Lone Star.** (M) **10.00 S.W.A.T.** (M) 11.00 The Latest: Seven News. 11.30 Heartbreak Island Australia. (M) 12.30 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 The Block. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.40 Emergency. (M) 9.40 100% Footy. (M) 10.40 Nine News Late. 11.10 Fortunate Son. (M) 12.00 Emergence. 12.50 Hello SA. 1.20 Talking Honey. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 News. 5.30 Today.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Judge Judy. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 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 Masked Singer Australia. 8.30 Have You Been Paying Attention? (M) 9.30 To Be Advised. 11.00 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Miniseries: The War Of The Worlds. 1.55 The Durrells. 3.00 Escape From The City. 4.00 Think Tank. 4.55 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Great Southern Landscapes. 8.30 Australia's Favourite Tree. 9.30 Science Of Drugs With Richard Roxburgh. 10.25 News. 10.40 The Business. 11.00 Four Corners. 11.45 Media Watch. 12.00 The Capture. 1.00 Stateless. 1.55 The Durrells. 2.40 Rage. 4.25 The Drum. 5.25 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Cook Up With Adam Liaw Bitesize. 2.10 Unknown Amazon. 3.00 Going Places. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 London's Great Bridges. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 The Cook Up. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 The Point. 11.00 Cycling. UCI World Tour. La Vuelta. Stage 4. 1.50 Destination Flavour. 2.00 La Unidad. 3.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Her Last Will. (2016) 2.00 Criminal Confessions. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. **6.30 7News @ 6:30.** **7.00 Home And Away.** (PG) **7.30 My Kitchen Rules.** (PG) **9.00 Harry Palmer: The Ipcress File.** (M) 11.20 The Latest: Seven News. 11.50 Celebrity Obsessed. (MA15+) 1.00 Home Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 The Block. 1.00 Emergency. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.40 The Hundred With Andy Lee. 9.40 My Feet Are Killing Me. (M) 10.40 Nine News Late. 11.10 Law & Order: Organized Crime. (MA15+) 12.00 Game Of Silence. 12.50 To Be Advised. 1.20 Talking Honey. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 News. 5.30 Today.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Judge Judy. 7.30 Bold. 8.00 10 News First: Breakfast. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 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 Masked Singer Australia. **8.30 The Cheap Seats.** (M) 9.30 NCIS. (M) 10.30 NCIS: LA. (M) 11.30 The Project. 12.30 Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.

There's always something happening at the Palms!

PACIFIC PALMS BOWLING CLUB

7 Paradise Drive, Smiths Lake
Ph: 6554 4333
www.pacificpalmsbowlingclub.com.au
Follow us on Facebook, Instagram and Twitter.

CLUB RAFFLES
Wednesdays: Meat & Vouchers 6pm
Fridays: Meat & Vouchers 6pm
+ The Super 100 draw
Saturdays: Fishing Club Raffle 3pm
Sundays: Meat & Vouchers 1pm

OUR CLUB SUPER DRAW
Wednesdays: Drawn 6pm - 8pm

MEMBER'S HAPPY HOUR
Tuesdays + Thursdays + Saturdays
3pm - 5pm $4.50 schooner (tap)

BINGO
Tuesday: Starts 11am

AND MORE
• NRL LIVE & LOUD
• TAB & KENO • TAKEAWAYS

Local Calendar

The 'Local Calendar' lists free events.

August

18th to 22nd August - Manning Great Lakes Birdwatchers, Winter camp at Urunga.
Enquiries: 0437 634 056

Sat 20th August - Forster Farmers Market
8am - 12pm Forster Info Centre, Little St.
3rd Saturday of the month.
Enquiries: Linda 0421 347 273

Sat 20th August - Super Garage Charity Sale Great Lakes Palliative Care
8am - 2pm, 32 Manning St, Tuncurry.
Opposite John Wright Park.

Sun 21st August - Great Lakes Museum Market
8am - 1pm Great Lakes Museum,
1 Capel St Tuncurry. Enquiries: 6554 6275

Sat 27th August - Tuncurry Market
8am - 1pm at John Wright Park, Tuncurry.
Bookings essential.
Enquiries: Anne 0417 400 994

Sun 28th August - Pacific Palms Market
9am - 1pm Pacific Palms Community Centre.
Enquiries: Jennifer Doyle 0401 968 516

September

Sun 4th September - Black Head Bazaar
8am - 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures.
www.facebook.com/blackheadbazaar

Sun 4th September - Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: Tyrone Power on 0413 427 644

What's on around town and beyond

Art Exhibitions in local libraries

Above: Naidoc Exhibition by local artists.

Get Up, Stand Up, Show Up!

An exhibition of work by local artists in celebration of NAIDOC Week 2022. This vibrant collection is a visual delight to enjoy.

Forster Library - 1 July to 26th August.

In the Gallery

'Through the years' by local artist Christina Hall, is inspired by the flora and fauna of her natural surrounds on holidays and at home. Christina uses a variety of techniques and mediums to create country scenes, seascapes, portraits, abstracts and much more.

Hallidays Point Library - 1st to 26th August.

Above: Artwork by Christina Hall.

Join us at Forster Library for in person Author Talk!

Join author Christine Sykes for a talk on her new novel The Tap Cats of the Sunshine Coast at this free event on Monday 22 August 2022. 11:00am – 12:00pm AEST

About the book...

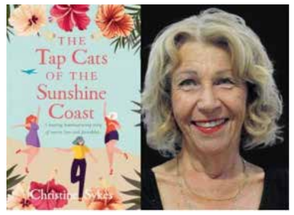
Meet Sofia, Carol and Bonnie: three very different women who have known each other for a lifetime. What could possibly come up that would threaten their friendship? Bonnie returns to Australia from America with a secret she has kept all of her adult life. It's a revelation that will profoundly rock the foundations of her friendship with Sofia and Carol, and even the destiny of the Tap Cats.

Set in the stunning landscape of the Sunshine Coast, the Tap Cats dance their way through the challenges of the Senior Superstar Competition and their personal trials and tribulations all the way to New York and a Greek island. They discover that even friends you think you know best can still have secrets.

About the author...

Christine Sykes was a volunteer at Dress for Success Sydney for over four years. She served as a Senior Public Servant for 30 years. Now retired, she enjoys the life's simple pleasures, and is regularly involved in tap dancing, acting, painting and playing the flute. Christine lives with her partner on the south coast of Sydney.

Book by phoning MidCoast Libraries on 7955 7001 or online at www.eventbrite.com.au/e/author-event-tap-cats-of-the-sunshine-coast-by-christine-sykes-forster-tickets-387896969277



A Long White Lunch

A Long White Lunch has been organised on the 25th of September at the new Tiona Centre. This event is hosted by the Fundraising Committee for the Forster Private Hospital with all proceeds going to Rehabilitation Services provided at the Hospital.

It promises elegance with the beautiful Wallis Lake as backdrop at the new Pavilion Wedding and Events Centre at Tiona. You can expect a delicious three course menu crafted by Chef Jye McKillop; complementary drinks over lunch and at 3pm drinks will be $8 each; live music by duo Phil and Elke Mathews who will entertain you during the afternoon and... exciting raffle prizes of weekends away are just some of the prizes to be won at the LONG WHITE LUNCH.

The setting will be superb with two long white tables adorned with floral arrangements by Rosita Florist and seating provided for 120 guests.

Ask some friends or come along as a couple - there will be plenty of familiar faces. We would love you to dress in White for this event.

For those who would like to be driven to and from the Tiona Conference Centre there will be two courtesy buses available. The information will be with your ticket.

The committee of Fran Hanson, Susie Lee, Margie LeRougetel, Carol Barclay, Lynnette Lani and Julie Henry work hard to help our local community through these Fundraising Events. Already over $4000 has been raised from the last two events that have been enjoyed by many - The Elegant High Tea and the Movie Premiere of Elvis, the most recent event enjoyed by over 200 people.

We appreciate and thank all those who have supported these fun events by attending and purchasing raffle tickets. We would also like to thank our business community who have generously donated prizes for the raffles at these events.

A Christmas in July function was organised by Maree from Sips at Moby's who decided to help with the fundraising for the Rehabilitation Services. This was extremely generous and was a fantastic night. Thanks to all who attended and helped to raise $1000.

The Rehabilitation Team have purchased a SENse Machine and an Apple TV to assist and improve services and programs they run. The Long White Lunch will help to purchase much needed equipment to support the Rehabilitation Services at Forster Private Hospital.

Tickets are on sale for $150 per person and can be purchased at 'In House' in Wharf Street and 'Manning Shoe Stores'- Stocklands and Wharf Street in Forster.

Tickets are limited so purchase your tickets early to avoid disappointment.

[See advertisement on left]

What's on around town and beyond

Free monthly digital book clubs now available to all MidCoast library members

Libraries around the MidCoast are offering their members new opportunities to connect with authors, other readers and a variety of fascinating guests in monthly online events hosted by bestselling Australian authors Maya Linnell and Ben Hobson

Above: Author Maya Linnell hosts a free online guest program, 3rd Wednesday of every month at 7pm.

August events

1. Library Lovers with Maya Linnell: Wednesday August 17 (7pm AEST)

2. Ben's Book Club: Tuesday August 23 (7pm AEST)

Monthly events Library Lovers with Maya Linnell and Ben's Book Club are professionally run and presented, yet friendly and accessible. Readers from anywhere in the MidCoast can enjoy engaging conversations and interviews during these community events each month from the comfort of their own home, at no cost.

These new initiatives are offered by library platform OverDrive for their Libby reading app. The Libby app features the digital books and magazines highlighted during these events along with other ebooks, audiobooks and magazines which can be accessed from participating libraries and borrowed free of charge. The book chosen for Ben's Book Club can be borrowed by members of participating libraries with no waitlists and no holds.

Above: Author Ben Hobson hosts a free onlinebook club, 4th Tuesday of every month at 7pm.

1. Library Lovers with Maya Linnell is a free monthly program hosted by best-selling author Maya Linnell, happening on the 3rd Wednesday of every month. Each online event features a series of guests, including an author, a lifestyle expert and an Australian librarian. During this discussion attendees have the opportunity to ask questions, interact with the guests, and enjoy a light-hearted engaging conversation about books, gardening, and cooking. The next event takes place on Wednesday August 17 at 7pm (AEST), joining Maya in conversation is author and food writer Tori Haschka, audiobook narrator Casey Withoos & Melton Libraries' Ros Colwell.

Sign up for the event at: www.eventbrite.com.au/e/library-lovers-with-maya-linnell-tickets-380745809967

2. Ben's Book Club is a free monthly digital book club hosted by best-selling author Ben Hobson, happening on the 4th Tuesday of every month. During the event, guests will have the opportunity to ask questions, interact with the authors, and enjoy a well-rounded bookish discussion. Participating library card holders can borrow the book chosen for Ben's Book Club with no waiting or holds on the Libby reading app. The title for August is Conviction by Frank Chalmers. He will join Ben Hobson on Tuesday August 23 at 7pm (AEST) to talk about his debut thriller.

Sign up for the event at: www.eventbrite.com.au/e/bens-book-club-featuring-conviction-by-frank-chalmers-tickets-380805839517

For more information about borrowing digital books from your library, visit: www.overdrive.com/apps/libby.

Weekly Diary

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

Mondays

Green Bikes Community Workshop
Open 9 - 12pm. Supplying parts & free help with bike problems. Tuncurry transfer station. Budding mechanics welcome. 0458 809 975

Great Lakes Ladies Probus Club
4th Monday of the Month
10am Forster Bowling Club
Contact Sandra 0478 609 258

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 Forster Library Carpark
Contact Bev 0408232 094

Forster Tuncurry Seniors
Breeze Parade Forster
Carpet Bowls 12.45 – 3:45pm
Contact 6505 2686

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

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 12.30pm
Meeting 1.30pm, Enquiries 65557219

Al-Anon Family Groups
Does someone you love drink too much?
7.30pm Salvation Army Hall, South St, Tuncurry.
Contact: 1300 252 666

Tuesdays

Forster Shores Combined Probus 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: jjpatchwood@gmail.com

Pacific Palms Probus 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

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

Wallis Lake Tourers Travel Club Inc.
Meet 10am 2nd Tuesday of the month
Tuncurry Memorial Hall on Point Rd
Enquiries Kayleen 0416 184 684.

The Coomba Mens Shed
Open Every Tuesday 8.30am - 12pm
86 Moorooba Rd, Coomba Park.
coombamensshed@gmail.com

Wednesdays

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 Forster Library Carpark
Contact Bev 0408 232 094.

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

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 Sporties
Tuncurry. 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.

Invisible Physical Illness Friendship Group
10am Wednesdays at Forster Bullring BBQ shelter. Contact Wendy 0447 010 329

Great Lakes Knit and Spin
Every Wednesday 10am – 12pm,
CWA room on Little St, Forster
Enquiries Marjo Cabot on 0413 641 825

Great Lakes Suicide Prevention Network
Meet third Wednesday of every mont at 6pm Tuncurry Beach Bowling Club & on zoo. Email greatlakesspn2428@gmail.com for details.

Forster Digital Photographic Club (FDPC)
Meets third Wednesday each month,7pm in the Wallis Lake Room at Club Forster, Strand Street, Forster. Enquiries: Keith 0468 351 107.

Thursdays

Coomba Mens Shed
Open every Thursday 8.30am-12pm.
86 Moorooba Rd, Coomba Park.
coombamensshed@gmail.com

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.

Al-Anon Family Groups
Does someone you love drink too much? Help is available! 12.30pm Uniting Church, Cnr South & Bent St, Tuncurry. Contact: 1300 252 666

Forster District Combined Probus Club
9.45am First Thursday of every month (except January) Club Forster. Contact Secretary Christine Armstrong 02 6557 5627

Knit and Knatter
1st Thursday of the month 1-3pm, Tuncurry Community of Christ, 4 Manning Street Tuncurry. Contact Wendy Ballard 0411 036171

Forster Keys Progress Association
Dad's Army/Navy volunteer clean-up
Every Thursday 7am - 9am, Community Hall
36A Elizabeth Pde. Contact: Brian 6555 5076

Lodge Forster Great Lakes United
Meets third Thursday of the month
7pm at the Lodge Hall, 27 Lake Street
Enquiries: Bob Mackinnon on 0437 854 466

Fridays

Forster Country Women's Association (CWA)
3rd Friday of the Month, 10.30am CWA Rooms, Little St, Next to Information Centre, Forster.
Contact Annette Fischer 65555 9928

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 Great Lakes Room, Club Forster, Strand Street, Forster.
World History by Members.
Please call Jim Peters on 0418 201 167

Forster Tuncurry Seniors
Breese Parade Forster
Carpet Bowls 9:15 - 12pm & Games 1pm - 4pm
Contact 02 6505 2686

Over 55s Forster - Tuncurry Social Group
Friday evenings meal & dancing at a local Club, weekend meals within an hour's drive of town
Contact Lorraine Moses, 0428 406 009

Forster Tuncurry Red Cross
1st Friday of the month,
9:30am CWA rooms Little St, Forster
Enquiries: Judy 0403 400 875.

Saturdays

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

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

Forster Country Women's Association (CWA)
Meet 9am at CWA Rooms. Scones and tea for Farmer's Market on Little St, 3rd Saturday of the month.Contact Annette Fischer 0411 028 857

Great Lakes Rural Australians for Refugees
2pm at St Albans Church Hall, Forster.
Regular monthly meeting on the last Saturday of the month. Enquiries: 0418 650 694

Great Lakes Orchid Society Meeting
Meets second Saturday of the month
2.00pm Forster Public School, Head Street.
Enquiries: John 0408 034 633

Sundays

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

Ocean Breathing on the sand at Burgess Beach
At sunrise 1st Sunday of the month
Updates prior at: facebook.com/MusubiDo
Emma Barton 0434 173 850.

Free 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. 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

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

5. Family History Advisory Group provides support to the community with family history research. Volunteers will be available Tuesday & Thursday mornings from 10am to 12pm or Wednesday & Friday afternoons from 2pm to 4pm. If you require assistance outside these times please email familyhistory@gmail.com

Meals & pantry items available

The Forster Tuncurry Community Kitchen

The Forster Community Kitchen is serving lunches to the community Monday to Thursday 12 -1pm. All are welcome. Lunches are served in the Catholic Church Hall located behind the Catholic Parish at 33 Lake Street, Forster.

Enquiries: Volunteer Coordinator Michelle Robinson 0447 184 917 and the Catholiccare Office 6539 5900.

The Forster Tuncurry Church of Christ is providing a Community Pantry for those who may find themselves in need.

We are providing frozen meals (from Eastern Tiger Restaurant) and basic essentials that you may find in the pantry. We also provide some basic cleaning and personal hygiene items too.

You can find us at 14 Douglas Avenue, Tuncurry.

Feel free to drop in on Mondays from 9:30am - 11:30am.

Alternatively, you can contact us on 0407 483 070 or on Facebook (search for Forster Tuncurry Church of Christ).

Pastor Bret Clarke

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Varroa Mite response

Last weekend (Sunday 7th August) two new cases of Varroa mite were detected at Seaham and Anna Bay. This brings the total number of infected premises to 79 (since initial detection in Newcastle). These cases are located within existing eradication zones and are geographically related.

The Varroa mite was first reported in biosecurity surveillance hives at the Port of Newcastle on the 24th of June, threatening the Australian bee industry. Australia has been the only continent to remain free of the parasite, with previous detections in Queensland and Victoria eradicated.

The Varroa destructor, commonly called varroa mite, spreads viruses that cripple bees' ability to fly, gather food, or emerge from their cell to be born. It also significantly reduces their ability to pollinate crops.

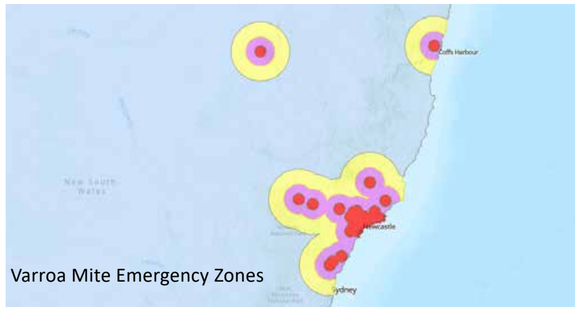
There are concerns about the impact on the agriculture industry in the Mid North Coast where around 5,000 hives are needed to pollinate blueberries, raspberries, blackberries, avocadoes and macadamias in the region until the end of September.

Since Newcastle, a new emergency zone was declared on the 5th of July in Narrabri, north-west New South Wales.

On the 26th of July another emergency zone was declared after the mite was detected on a blueberry farm in Nana Glen, 25km inland from Coffs Harbour. This was directly linked to cases in Newcastle.

Beekeepers in the surveillance zones should continue monitoring their hives for the presence of Varroa mite. You can keep up to date with the latest information on the NSW DPI Biosecurity Facebook page www.facebook.com/NSWDPI.Biosec and their website at www.dpi.nsw.gov.au

Information sourced from DPI and the ABC.



Varroa Mite Emergency Zones

MidCoast Council Meetings

The next meeting on 24th August 2022 will be webcast live from 2pm.

The weblink will be available on the morning of the Meeting.

Agendas are usually available on the website by 1pm on the Friday prior to the meeting date. The minutes of the meeting will be available on the website a few days after each meeting.

Members of the public are welcome to attend the meeting. All meetings will be held at the Council Chambers located in Yalawanyi Ganya on Biripi Way, Taree.

For full details of all meting reports visit:
www.midcoast.nsw.gov.au/Council/Council-Meetings/Meeting-Agendas-and-Minutes

The summary of the Council meeting held 27th July 2022 is available at:

www.midcoast.nsw.gov.au/Council/Council-Meetings/Meeting-Agendas-and-Minutes

Public Notices

AGM for the Wallis Lake Tourers Travel Club Inc.
The Wallis Lake Tourers Travel Club Inc. will be having their Annual General Meeting at 10am on the 13th of September at the Tuncurry Memorial Hall on Point Rd.
Enquiries Kayleen 0416 184 684.

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www.forsterfortnightly.com.au
Enquiries: 0413 410 492
info@forsterfortnightly.com.au

Change to Taree Airport services

The removal of Government grants, rising fuel prices and a lack of passenger numbers have forced FlyPelican to suspend flights between Taree and Sydney from this Sunday.

Regional flights, including the Taree to Sydney route, have been subsidised by the Federal Government Regional Airline Network Support program, which provided financial support to airlines maintaining connections with regional locations.

The program was designed to support the aviation industry in the recovery from the impacts of the COVID-19 pandemic. This subsidy ceased on 30 June.

"The removal of the subsidy, along with rising fuel prices and declining passenger numbers, has resulted in a decision by FlyPelican to suspend flights out of Taree Airport," Council's Director of Liveable Communities, Paul De Szell explained.

"We are very supportive of FlyPelican, who have provided a reliable service to our community since January 2018, and will continue to work with them into the future in the hope of the service resuming should demand require it."

A small number of passengers who had pre-booked flights beyond Sunday have been personally contacted by FlyPelican and arrangements have been made for their travel.

Tuncurry water playground is underway

Site preparation works are underway, kicking off construction of the MidCoast's first accessible water playground at Tuncurry.

Below: The cleared site for the Tuncurry water playground. The Tuncurry Memorial Hall is in the background. Photo by Ian Yule.

Demolition works on the Tuncurry pool wrapped up recently, paving the way for work to begin on the new water playground.

Work on the splash pad is currently on track to start in the following weeks, with completion expected early next year.

"While we can't control the impacts of weather, supply constraints and contractor availability, we're doing everything possible to have the water playground up and running for the community to enjoy during the warm weather period," said Executive Manager Community Spaces, Daniel Aldridge.

The fully accessible amenities block with a disability hoist and an all-age change table is still in the design phase. We expect to tender for a construction contractor by the end of August, with completion expected around the end of the year.

Mixed bag and Feedback

moir.com.au

Letter to the Editor

'Letter to the Editor' is the place for our community to share their thoughts and feedback. Letters are limited to 250 words and be constructive in nature. Material that is offensive, defamatory or overtly political will not be published. This newspaper intends to provide an opportunity of reply for any person/organisation involved before publication. The writer's name and town is required, unless specifically requested otherwise. Send your letter to info@forsterfortnightly.com.au

Domestic violence can happen anywhere

While totally valuing the work done for local victims of domestic violence, I would like to comment on the generalisation in the last edition of this paper that the Great Lakes has "one of the lowest literacy rates and rates of educational attainment; and one of the lowest mean average incomes". This implies that low literacy, low educational achievement and low average income are causes of domestic violence. Do these criteria refer to the perpetrators or victims or both? The phrase "one of" is imprecise and very misleading about the high standards of achievement in our local schools.

Several alleged incidents in Parliament early last year led to an utpouring from huge numbers of victims of domestic violence. This showed it is not limited to country towns, or to people with poor literacy or to people with low incomes. Our new PM's aim to introduce a code of conduct in Parliament also recognises this. Nationally, literacy rates and educational achievement have improved, but this has not led to a decrease in the amount of violence.

With regard to four incidents I know of in the Great Lakes: three of them moved here from cities, two of them are well-educated with a good income, none of them are indigenous, they represent four age groups, two of the aggressors are women.

This issue is about bullying and controlling, and happens across society, regardless of education. Let's not imply a link which inaccurately portrays a specific community.

Gillian Herbert.

Forster

Resonse from Great Lakes Women Shelter

I thank your correspondent for their very valid points about coercion, bullying and abuse in its many forms in our society. These are cowardly behaviours which do not respect any boundaries. Examples abound. In politics, religion, the military, etc. Wherever there is an imbalance of power, there is potential for these behaviours. And it is a scourge on all society. When we are asked to speak by community groups and gatherings, we do make these points about the broader problems in society.

However, GLWS (Great Lakes Women's Shelter) exists to alleviate the disadvantage experienced by families with little or no economic resources and scant societal and family networks to tap into. These are the people for whom governments can be persuaded to fund services, and for whom this community has so generously contributed over the last 7 plus years. We remain forever grateful for these contributions.

As for local disadvantage, this is certainly a community of "two halves". We rely on quite granular SEIFA (Socio-Economic Indexes for Areas) ABS data. Explanation of this local data often opens the eyes of people without that lived experience.

As we all know, falling real wages, inflation, rising rents and the current housing crisis have created a perfect storm, especially for people with low incomes. First line community services such as Forster Neighbourhood Centre report almost a trebling in the last twelve months of people seeking emergency relief. This assistance partly fills the gap for people who do not have enough money to feed their families, or a place to call home. Unfortunately, domestic and family violence increases under such pressure.

Julie Brady

GLWS Board President

Taree Street Tuncurry Subdivision Tree removal

I write to the Editor for some clarification and to make the community aware of the proposed removal of all 55 trees from the site where Tuncurry Public school once stood.

The quote below, taken from the Subdivision proposal (DA 2022/0554), states a significant portion of trees are poor in structure. This is found on page 6 of the Statement of Environmental Effects within the subdivision proposal (DA 2022/0554).

"An arborist report has been prepared by Hunter Horticultural Services. This report identifies the species of each tree and evaluates the condition, health and structure of each tree. The condition and health of the trees on the site is variable. The structure of a significant portion of the trees is poor."

After reading the Arborist report I did a tally of the tree's condition and found that:

Health Report: 35 Trees are in 'Good Health', 7 Trees are in 'Fair Health' and 1 Tree is in 'Poor Health.'

Structure Report: 20 Trees are 'Good' in structure, 15 Trees are 'Fair' in structure, 7 Trees are 'Poor' in structure and 6 Trees are 'Not Applicable'.

As I see it, the majority of these trees are 'Good to Fair' in Health and Structure as shown in the graph above, not 'poor' as stated in the Statement of Environmental Effects report within the subdivision proposal.

Many of the trees on this site were planted on Abor Day by schoolchildren in July 1929. Would these trees not have a historical valve and heritage to the area?

I would like to ask council thoughts on the contradiction of these two reports.

Paul Ishack

Forster

Above: Trees in Taree Street's Subdivision proposal in Tuncurry. Photo supplied.

Star Pet

Name: Dougal

Age: 4 years

Breed: West Highland Terrier, a 'Westie'.

Likes: He likes people, other dogs and food. When we go on our early morning walks he knows the regular dogs and they love to greet each other.

Dislikes: Not much, he likes everything. We have tradies working on our bathroom atm and he loves hanging out with them.

Claim to Fame: Being super friendly! We say "Who's coming?" and he gallops around trying to find them. He loves his chin being rubbed and will sit in front of you expecting this. He has been known to get up on his hind legs at a sausage sizzle to receive a sausage. He has never been trained to do this.

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

Response from MidCoast Council

The application has drawn significant comment from the community. The application is open for comment via Council's 'Have Your Say' webpage until 15 August 2022.

Council's planning staff are currently reviewing the proposal and suite of supporting documents as part of its preliminary assessment of the application.

Documentation explaining the proposal, including the ecological assessment and heritage impact statements will be reviewed by Council's specialist staff to identify any inconsistencies or further information that needs to be provided by the applicant.

It is important that supporting documentation be clarified and amended by the applicant for the application to be assessed in full. Amended documentation requested during the assessment process will be made available to the community.

Members of the community are encouraged to provide feedback via Council's 'Have Your Say' webpage: www.haveyoursay.midcoast.nsw.gov.au/development-applications-on-exhibition

Ongoing roadworks at Likely Street

Notwithstanding the recent rainy weather and COVID concerns, it seems highly likely that MidCoast Council will establish some sort of (unwanted) longevity record in the time it is taking to complete the roadworks upgrade to the southern end of Likely St, Forster.

Steven Maher
Forster

Response from MidCoast Council

The Likely Street roadworks have been impacted by wet weather and shortages of materials, and are now scheduled to be completed by October. At a budgeted cost of $1.1 million the works involved substantial improvements including new drainage, kerb and guttering and widening.

Local Legend Wayne Barry

Wayne is a well-known local accomplished artist who has portrayed our area in beautiful water colours. He has also dedicated 30 years to Surf Life Saving - accumulating 118 Life Saving awards and 1936 career voluntary patrol hours. Story by Vanda Gooley.

Wayne was born in 1952 in Surrey Hills and christened at The Garrison Church at the Argyle Cut. Wayne's father was Irish – a sailor who came out after WW2 and his mother from a farm in Sydney. They met in Sydney, married and started married life at The Rocks. Wayne has one brother, who started his policing career at The Rocks coincidently. The first few years of Wayne's life were at Cumberland St. The Rocks, then Lilyfield migrant hostel.

"One of my earliest memories was of all the kids in the migrant camp gathering around looking through a window of one of the resident families watching a newfangled tiny black and white television. Also exploring the Halyday family farm."

Wayne loved hanging out with his father, Paddy, on his brewery truck whilst delivering beer all over Sydney. When not working, "We enjoyed our annual holiday exodus to Southport QLD and Sundays at Collaroy, floating around on my 'Esky lid'."

Today, Wayne considers his greatest achievement to be his happy marriage producing 3 fine children. Wayne and his wife Kathy have been married for 42 years.

"We have our daughter Lee with her son Jack and partner Brendon, our son Tim with his daughter Thea and wife Tarryn, and son James - our globetrotting professional hip hop dancer."

Before children, Wayne's education started in Sydney with a short stint at Sydney Uni followed by 2 years travelling over 30 countries. He travelled to Asia, England (a year in Cornwall), Europe (a season in Switzerland), North Africa and back through Afghanistan, India and Asia) He eventually returned to attend Wagga Agricultural College and later got a Graduate Diploma of Teaching at Riverina CAE.

Wayne has had a very varied and colourful career path – amongst other things he has been a driver, technician, steel fixer, silver service waiter, surf shop assistant, surfing instructor, barman, council worker, timber mill worker, hardware manager, irrigation agronomist, Agricultural Science teacher and then a PE (Physical Education) teacher. He has taught at Moulamein (in the Riverina), Taree, Bulahdelah and Tuncurry.

Today, Wayne now puts his amazing talents to great use by tutoring watercolour painting at the Great Lakes Art Society. For over twenty years he has tutored with Taree TAFE and Taree Art Society and Great Lakes Art Society. He took up an early interest in painting at Uni and initially dabbled in oils. He later took up watercolours when he was posted out to Moulamein as a teacher in 1987.

Wayne has achieved over fifty art awards, mainly in watercolour, and has won the water media category at Pacific Palms and Great Lakes numerous times.

Wayne considers himself to be a tragic marine artist as "water seems to feature in nearly all my works. I take inspiration daily from our beautiful Great Lakes area, the beaches, the lakes and ocean."

Above: Wayne with wife Kathy and granddaughter Thea. Photos supplied.

"My art has developed over the years. My inspiration comes mainly from watercolourists such as Hans Heyson, Alvaro Castagnet, Joseph Zbukvic, Ross Patterson and Herman Pekel."

Apart from painting, Wayne and Kathy love to travel and enjoy yearly trips to Byron Bay. In recent years they have travelled through Indonesia, Cambodia, Loas and Vietnam as well as building up quite a few memorable caravanning kms around Eastern Australia.

Maybe stemming from his childhood 'esky-lid' beach days Wayne went on to dedicate many years to surf lifesaving. He did his Surf Bronze Medallion at Old Bar in 1990 so he could take surfing for sport, "then surf lifesaving got a hold of me through Nippers - surprising, since clubbies used to impound my surfboard fairly often in the pre-leg rope days."

Wayne is coming up for 30 years' service including 22 years as patrol captain for Cape Hawke Surf Club and a few years surf boat rowing with Forster SLSC. The crew won a National Medal and Clasp award.

Wayne considers his wife Kathy to be his biggest inspiration. He said she keeps him pure and focused. In surf lifesaving he believes it has been the countless dedicated people that have inspired him, "people I've met who give selflessly year after year."

When asked what brought Wayne to the Mid North Coast, he said it was a posting to Taree High in 1990. Here he loves the natural environment, the lifestyle, people, climate, marine life, birdlife and dogs. Not the cats, not the cats...

Paul Scott – past Cape Hawke Club Captain said of Wayne

"I moved to Forster in 2000 with my wife Kerry, and shortly after met Wayne and the lovely Kathy at Cape Hawke Surf Club. We became good friends and our lives have been intertwined since.

We have travelled together, particularly a memorable trip to China, and wined and dined together. We all love a good meal and a bottle or two of wine, or an open fire, a BBQ and a cold beer.

Wayne is a very talented man, particularly as an artist, but also in most things he turns his hand to. He has been committed to Surf Lifesaving for many years, especially as a Patrol Captain for the last 22 years. He has been involved in all facets of Surf Lifesaving, as a Trainer, an Educator, a Competition Official and also as a member of the Support Operations Team in the Lower North Coast branch as an IRB and RWC operator. Wayne is an IRB (inflatable Rescue Boat) driver, and RWC (Rescue Water Craft) operator and Jetski-operator for the Lower North Coast Branch of Surf Lifesaving.

Overall, Wayne is a good friend, family man, and an asset to the community in which we live. Wayne became a member of Cape Hawke SLSC in 1991 (previously at Old Bar). He has accumulated 118 Lifesaving awards and 1936 career voluntary patrol hours."

Above: Wayne (in middle) receiving a long service medal with other local surf club members.

Board and Ski Captain and Lifesaving Director. He has also been a trainer and assessor for IRB as well as competing in IRB racing events.

He has had organisational roles in NSW Country and State Championships hosted at Cape Hawke SLSC and for the annual Club2Club swim.

Currently Wayne works on research and applications for Service awards for club members and in the past worked on historical records for the club. He has been recognised with SLSA 25 year Long Service and National Patrol Service Awards.

In 2018 his extensive service and dedication was recognised with the prestigious National Medal.

Wayne's extensive experience and knowledge has been utilised in the mentoring and training of many club members. He is highly regarded in the club for his hard work and comradery, and he is integral in our club's culture of diligence and service."

Gary Curtis – current Cape Hawke Surf Club Captain said of Wayne

"In 2011 Wayne was made a Life Member of the Cape Hawke Surf Club, having previously received Patrol Member of the Year, Club Man of the Year, and President's Award for outstanding Contribution.

He has served the club in the Management roles of Junior Activities Coordinator, Registrar,

Right: One of Wayne's water colours.

Gillespies and Brambles at Smiths Lakes

An extract from "The History of Forster, Tiona, Pacific Palms, Smiths Lake, Coomba, Bungwahl." Compiled by June Wright for the Great Lakes Historical Society.

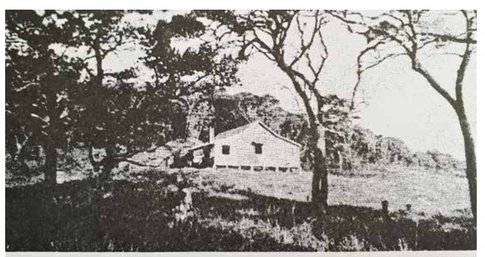
The history of Sandbar

It was during 1926 that Rome Gillespie, a civil engineer in charge of construction work of a section of the Pacific Highway, first stayed at Smiths Lake. He camped with his family, first at Symes Point and the following year at Barney's Hoe on the Sandbar property.

In 1927, Rome Gillespie bought the Sandbar property from the Crown and started to clear a site to erect a holiday cottage.

There was, of course, no access to the Sandbar in the early days and the trip was made from the western end of Smiths Lake by launch provided by John Bramble's younger son, Wylie. This has resulted in an association and friendship of these two families spanning more than two generations.

In 1928 the original cottage on Sandbar was bought at Swan Bay on Port Stephens, dismantled, transported by steam driven timber drogher (a one trip, disposable ship) to Bungwahl and by bullock wagon across the Sandbar to the property. In 1982, the property was the home of Bill and Muriel Halsted, managers of Sandbar.



original cottage at Sandbar photographed in 1934.

Sandbar remained as a holiday home, used and much loved by the Gillespies and their friends until 1949 when Rome Gillespie constructed the access road to Sandbar through property previously bought from David Newman.

In 1950, Rome and Helen Gillespie made Sandbar their home and Rome conducted a land survey practice, surveying and subdividing for various clients, the majority of land which was known as East and South Forster, One Mile and Burgess Beaches, and the villages of Black Head and Smiths Lake.

With the availability of road access, Sandbar became an informal camping ground enjoyed by progressively greater numbers of campers and caravanners, particularly in holiday periods and the legendary quality of Smiths Lake prawns, beach fishing and clear waters for swimming and boating became known.

Shortly after the death of Rome Gillespie in 1965, the company Sandbar Pty. Ltd. was established by Gillespie's sons and the present caravan park and general store constructed.

Great Lakes Shire approved the application of Sandbar Pry. Ltd. to construct two further parks, together with a nine hole golf course and various other tourist recreational facilities on the next property known as Jim's Farm at the northern end of Sandbar Beach.

If you are interested in history and would like to volunteer - come along to the Great Lakes Museum on Capel Street Tuncurry on a Tuesday or Wednesday. Have a cuppa and a chat with the volunteers on duty, or phone 6554 6275.

Anne Masters

Director/Volunteer at Great Lakes Museum.

Our Local Wildlife

Golden Orb Spiders (Nephila edulis)

Spider silk is the most flexible and strongest of all natural substances known!

Ok, at the risk of freaking out all the arachnophobes out there (i.e. people who have a pathological fear of spiders – think Ron Weasley in Harry Potter) this article is about spiders, in particular the Golden Orb Spider.

A lot of people don't like spiders because of the fear that they are dangerous, and certainly Australia is famous for its dangerous spiders. However, it's also worth knowing that it has been over 40 years, in 1979 in fact, since there was a confirmed human fatality from a spider bite.

Spiders definitely need to be treated with respect, especially those known to be venomous such as funnel webs, mouse spiders, and redbacks, although redback bites are no longer considered life-threatening (although painful!) However anti-venoms have come a long way with funnel-web anti-venom developed in 1980. Golden Orbs despite being big and scary, are not venomous and are reluctant to bite preferring to flee anything large. In fact, more injuries have been caused by people reacting with panic to the sight of spiders than any actual spider bites.

Nevertheless, spiders continue to be one of the most persecuted of our native wildlife. There are many fascinating things about spiders once you get to know them though and Golden Orbs in particular.

Like all spiders Golden Orbs have 8 eyes but surprisingly poor eyesight, instead relying mostly on their sense of touch through their feet. The females are large spiders, 2 to 4 cms, with a head or carapace of dark-brown and an abdomen that is cream coloured. Their legs are yellow banded. Males are comparatively small and insignificant, and are sometimes found hiding effectively in the female's web. The most spectacular identifying feature of the Golden Orb spider however is its large, from half to one metre diameter, orb shaped web of golden coloured silk.

Spider silk or web is the most flexible and the strongest of all natural substances known and is superior to most synthetic high-performance fibres. Historically it has been used to make bandages and there is research happening now in the UK on how spider silk can be used for surgical products including packing spider silk bandages with antibiotics. Other researchers are exploring the potential of spider silk, and Orb silk in particular for such diverse products as bulletproof vests, violin springs and tennis rackets.

The Golden Orb spider's web is particularly strong and flexible and has even been known to catch small birds and microbats. In New Guinea and Vanuatu the strands of Golden Orb spiders are often wound together to make fishing line, with the advantage of being strong and flexible as well as biodegradable (nylon fishing lines by comparison can take 500 years to degrade). There is even a golden silk cape currently housed in the Victoria and Albert Museum in London make entirely of Golden Orb spider silk.

Most importantly spiders are essential parts of the eco-system. By catching mosquitos they help eliminate mosquito born viruses. World-wide mosquito born viruses kill more humans than any other creature and locally are responsible for such diseases as Ross River Fever, Barmah Forest Fever and Encephalitis (both Japanese and Murray Valley).

Spiders themselves are a vital part of the food-chain and in their turn feed birds, particularly honey-eaters, and small mammals such as possums and gliders. People have also found Golden Orb spiders tasty which, when roasted, apparently tastes a lot like pate (edulis means edible).

Other birds such as Wagtails, Fantails, Robins, Swallows, Flycatchers and various Honeyeaters harvest spider silk to make their nests. Spider silk is used both as a kind of sticky glue to bind the nests together as well as soft insulation for the internal nest. The birds use their beaks like sewing needles to bind together various bits of plant material and attach the nest to the branches. These nests are not only very beautiful and delicate-looking, they are very strong, sometimes surviving severe storms and winds.

Although some spiders can have very long life-spans (a female trap-door has been recorded as living to 43 years in Perth, eventually falling victim to a wasp), this is not the case with Golden Orb spiders. A female will live, if she is lucky, only for about a year. Males tend to have a shorter life-span, often ending up as a meal for the female after mating (gruesome but it ensures the mother of his young is well-fed!) Eggs are laid in late summer to autumn after which the female will usually die.

Eggs are encased in a fluffy silken cocoon attached to foliage and, after hatching in Autumn, the spiderlings create small silk strands, known as balloons, to carry them away on the breeze. Once landed they will create their own tiny orbs and wait out the winter. In spring they mature quickly and begin the cycle once again.

Like so many of our native critters, Golden Orbs are being impacted by both loss of habitat, and by climate change. Long weather events and habitat loss impact the availability of their insect prey. Additionally, many people instinctively reach for insecticides or the broom when seeing golden orbs despite their harmlessness to people and benefit to the environment.

If you can though it is well worth letting these fascinating creatures live and you can also record any sightings on the website Atlas of Living Australia!

By Kym Kilpatrick - FAWNA member

Hallidays Point

Photo by Robert Pyne Photography.

Talk of buyouts after floods shows need to get serious about climate adaptation

Above: Photo of submerged park next to Wallis Lake Forster in last month's major flooding by Geordie Yule.

Australians are reeling from climate change impacts including more frequent and severe disasters – floods, droughts, searing heat and fires. These complex disasters are fuelling calls for managed retreats and debates about buying out at-risk properties.

Buyouts involve governments paying compensation or compulsorily acquiring land to manage a retreat from high-risk areas. Moving people and assets permanently out of harm's way is considered a final step in a long line of options for climate adaptation.

It had often been thought of as something for future generations to grapple with, but my global review of the research literature shows a surge in studies of this issue in the past five years. Retreat is something we have to grapple with now.

Some parts of New South Wales have been flooded four times in 18 months. Retreat and relocation from properties in high-risk areas must now be central to climate adaptation. My research provides lessons for Australia from around the world in how to manage this difficult task.

History repeats

At the height of the Western Sydney floods in March 2021, I wrote about the complexities of managed retreat. The same area has just had yet more catastrophic floods.

And in Lismore, NSW, which has repeatedly flooded over the years, the record floods of 2022 have brought such questions to a head.

Coastal areas are also at risk from sea-level rise. Here, too, we are hearing calls for retreat and buy-outs of vulnerable properties.

Managed retreat is far from simple. It requires us to assess complex, systemic risks. However, we now face pressing questions about vulnerability, insurability and rising insurance costs, and trade-offs involving value judgments about what to protect, when and at what cost.

My recent review, published by the Royal Society, sought to understand trends and gaps in global research concerned with managed retreat (after a catastrophic event) and planned retreat (before such an event). The aim was to learn how prepared we are for delivering successful retreats from areas at risk. This has lessons for what Australia – and the rest of the world – should be doing.

What did the research find?

I examined published scientific literature in the decade to 2022 containing the keywords "managed retreat" and "planned retreat".

In the past five years, 135 scientific papers containing these terms were published – a dramatic increase from seven papers in the five years prior. Common themes from these papers included:

• the challenges of property rights and compensation

• the need for governance and institutional mechanisms to enable an orderly and managed retreat

• an increase in negative impacts on vulnerable communities as a result of relocations or retreats that were not orderly or well managed.

In my review, co-ordination across different levels of government emerged as a key barrier to managed retreat. This was no surprise.

Nor was it a shock to find that people's perceptions of risk are framed in financial terms. Many are reluctant to face falls in the value of at-risk property. This is understandable given the attachments we have to "home" even when the risks are high. As one person told me about people building in dangerous places:

"[...] but this is the history of Australia, people building too close to the water. It's ridiculous!"

A preoccupation with property values can lead to neglect of other losses associated with managed retreat, such as loss of tourism, infrastructure and other state-owned assets.

Australia is not new to managed retreat. Grantham in Queensland is often held up as a successful example. Even so, people struggled with the enormity of the loss and the complexity of the process of retreat.

Relocated communities overseas, including Oakwood Beach in New York, have gone through similar struggles.

No papers examined retreat from areas of increasing fire risk, though researchers have identified the need. Given recent catastrophic fires around the world, including Australia, the United States and Europe, there's a significant gap in the research on managed retreat.

All climate change impacts, including heat, fire and drought, may demand some type of retreat at some time and in a wide range of places.

Lessons from around the world

A recent analysis examined three voluntary buyout programs in the United States. It found those programs could be improved by ensuring the policies supporting buyouts – including which aspects of government were responsible for what – minimised barriers to being assessed for compensation.

Programs also needed to be flexible enough to work in a range of circumstances or places.

A focus on property owners can also lead to neglect of people who are renting or who who do not have a readymade place to relocate to. Australia's crisis of housing affordability (and availability) crisis means this is a major concern.

Thoughtful and repeated community engagement is essential throughout the process of designing and implementing managed retreat to ensure community acceptance. A study of seven Californian localities identified where managed retreat had been attempted but implementation had failed.

Failure was largely due to two reasons:

1. a failure of communication and inadequate community consultation

2. "baggage" associated with the term managed retreat, especially in terms of what it means for property ownership.

As noted in other parts of the world, successful managed retreat has several elements:

• barriers to implementation must first be identified and understood

• those managing the process must learn from historical events – for example, how government and community worked together in Grantham

• policy approaches must be consistent across states or countries, to ensure compensation is distributed fairly.

Australia urgently needs a climate adaptation agenda to minimise harm and maximise opportunities as we learn to live with climate change.

As politically perilous as policies of managed retreat may be, climate impacts demand that we start work now on actively and sensibly resolving the risks we face.

By Tayanah O'Donnell - Honorary Associate Professor, Australian National University.

Published 26/07/ 2022

www.theconversation.com

Below: Photo of fires in Forster during November 2019 by Chris Baldwin.

Forster gets 'seal' of approval

Above: Visiting male (long-nosed fur seal) resting on Main Beach, presumably after 'a night of feeding and foraging'. Photo 31st July.

In the last few weeks a male long-nosed fur seal (Arctocephalus forsteri) has been frequently found in the balmy waters of Forster. This is not usual as, in NSW, the long-nosed fur seal is usually restricted to the far south coast. Females rarely move north of Montague Islands but migrating males are currently being sighted along the NSW coastline, although it is rare to have one as far north as Forster. Australia-wide, the threatened population is estimated to be 58,000.

It is very difficult to tell the difference between the Australian fur seal and the long-nosed fur seal. The long-nosed fur seal is slightly smaller than the Australian fur seal and are best distinguished from this species by their much darker colouration.

The roaming male has been hauling out of local beaches during the day-time, after a night of feeding and foraging. The long-nosed fur seal's main prey includes redbait and jack mackerel and myctophid (glow in the dark) fish species. Unlike the Australian fur seal, it also consumes seabirds such as little penguins and shearwaters.

Below: 'Whales beached at Crowdy.' Photo courtesy of Manning River Times, updated 25/9/2013.

It has been fortunate that the region's ORCCA pod (group of volunteers) has been activated, together with representatives of the National Parks and Wildlife Service, to protect the seal. ORRCA stands for the 'Organisation for the Rescue and Research of Cetaceans in Australia'. Put simply, the primary focus of the organisation is the rescue, research, conservation and welfare of whales, dolphins, seals and dugongs in Australian waters. ORRCA is the only volunteer wildlife rehabilitation group in New South Wales licensed to be involved with marine mammal rescue, rehabilitation and release of cetaceans (whale, dolphin/porpoise).

Above: ORRCA volunteer called to Main Beach by Patricia Macvean on 31st July.

Of note, ORRCA was founded in our local Lower North Coast region following a mass stranding of 62 false killer whales on Crowdy Head's beach on June 23, 1985.

A local resident, one of the first on the scene, spent many hours trying to hold a whale upright, blowhole above the water, as directed by the authorities at the time. However, he was losing the battle, and he couldn't keep upright himself.

Taking matters into his own hands, he decided to take that animal on the back of a truck to the sheltered fishing port on the other side of the headland about a kilometre away, where he would nurse it back to health.

This was so successful that the order was given to transport all surviving animals to the port. That decision helped save a further 33 whales across that 3-day incident. This stranding became the subject of an ABC television report, The Stranding at Crowdy Head (1985 ABC Documentary).

Following this event, ORRCA was formed on the 14th of November of 1985 by a group of volunteers who wanted to make a difference in these unpredictable events. ORRCA was then Incorporated under the NSW Incorporations Act (1984) on the 24th of February 1986. Since this time, ORRCA has continued to grow from strength to strength, where today over 700 members support this rescue organisation.

ORRCA Vice President and Media Officer, Jools Farrell, from Avalon Beach, has issued a statement regarding Forster's seal visitor. She reminds those who see a seal that they are a protected species and are not to be touched. By law, spectators are to stay 40 metres away from any seal, a distance which increases to 80 m if a seal pup is present. These distances apply when walking, on a bicycle, fishing and, especially, while a dog is being exercised. When in the water, or on a water-craft, spectators must stay at least 10 m away from a seal and, again, 80 metres when a pup is present. Photographing drones should maintain a height of 100 metres and not hover over the seal.

Farrell warned that seals can become aggressive if they feel threatened and that seals can move very quickly on land. In particular, people should not walk between a seal and the water as this could be considered an attempt to block its access. Feeding of seals is also prohibited as they should be encouraged to hunt for themselves and, if they come to expect food handouts, they could become aggressive in seeking food.

Farrell added that ORRCA pods along the entire NSW coastline are busy at the moment in monitoring seals, dolphins and whales. She made a plea for community members to report any injured, stranded, entangled or distressed animals by calling the ORRCA 24-hour rescue hotline (02) 9415 3333. She concluded by inviting people of any age, gender or nationality to register as an ORRCA volunteer.

By Annie Evans.

Photos by Paticia Macvean.

Above: Same visiting seal swimming off Forster Breakwall (next to Main Beach), 1st August.

Above: Same seal at Little St Forster, back on the 20th of July. Photo supplied.

Seven megatrends that will shape the next 20 years

A once-in-a-decade report from CSIRO, Australia's national science agency, identifies seven global megatrends that hold the key to the challenges and opportunities ahead.

CSIRO Chief Executive Dr Larry Marshall said megatrends help us to understand the challenges and massive opportunities that will shape our future.

"Australia is at a pivotal point. There is a tidal wave of disruption on the way, and it's critical we take steps now to get ahead of it," Dr Marshall said.

"From resource scarcity to drug resistant superbugs, disrupted global trade, and an increasingly unstable climate threatening our health and way of life – these are just some of the challenges we face.

"But these challenges also tell us where the most powerful innovation can be found, when we see a different future and leverage science to create it.

"Australia has the highest wind and solar capacity of any developed nation and a wealth of critical energy minerals – we can be a leader in feeding the world's hunger for clean energy.

"The next wave of digital innovation will generate $10–15 trillion globally.

"Australia can tap into this to transform existing jobs and create new jobs and wealth while leveraging Artificial Intelligence to solve some of our greatest challenges, like outthinking bushfires, accelerating vaccine development, predicting drought, or stabilising our energy grid.

"We have the opportunity now to use science to invent the kind of world we want to live in – but we have to act, and we have to do it together.

"Trust in science led Australia's response to COVID-19, and science can help us lead a response to the challenges ahead," he said.

Snapshot of the megatrends

1. Adapting to climate change: with natural disasters expected to cost the Australian economy almost three times more in 2050 than in 2017, we can expect to be living in a more volatile climate, characterised by unprecedented weather events.

2. Leaner, cleaner and greener: an increased focus on potential solutions to our resource constraints through synthetic biology, alternative proteins, advanced recycling and the net-zero energy transition. By 2025, renewables are expected to surpass coal as the primary energy source.

3. The escalating health imperative: the post-pandemic world has exacerbated existing health challenges posed by an ageing population and growing burden of chronic disease. One in five Australians report high or very high levels of psychological distress and there is heightened risk of infectious diseases and pathogens resistant to modern antibiotics. There is now a burning platform to also respond to our health risks and improve health outcomes.

4. Geopolitical shifts: an uncertain future, characterised by disrupted patterns of global trade, geopolitical tensions and growing investment in defence. While the global economy shrunk by 3.2% in 2020, global military spend reached an all-time high of $2.9 trillion and Australia saw a 13% increase in cybercrime reported relative to the previous year.

5. Diving into digital: the pandemic-fuelled a boom in digitisation, with teleworking, telehealth, online shopping and digital currencies becoming mainstream. Forty percent of Australians now work remotely on a regular basis and the future demand for digital workers expected to increase by 79% from 2020 to 2025.

6. Increasing autonomous: there has been an explosion in artificial intelligence (AI) discoveries and applications across practically all industry sectors over the past several years. Within the science domain the use of AI is rising with the number of peer-reviewed AI publications increasing nearly 12 times from 2000 to 2019.

7. Unlocking the human dimension: a strong consumer and citizen push for decision makers to consider trust, transparency, fairness and environmental and social governance. While Australia saw a record level increase in public trust in institutions during the pandemic, this 'trust bubble' has since burst, with societal trust in business dropping by 7.9% and trust in government declining by 14.8% from 2020 - 2021.

Edited from www.csiro.au

Published 27/7/2022

Pacific Palms Men's Bowls June/July & Club Gala Day

Pacific Palms Men's Bowls June - July 2022

CLUB TRIPLES – Saturday 18th and Sunday 19th of June 2022

The club triples were held on Saturday 18th and Sunday 19th of June at the Pacific Palms Bowling Club. Through the course of an extremely chilly Saturday, we saw some remarkably close games which in turn lead to two interesting Semi Finals on Sunday morning. After the four teams battled it out on Sunday, we got down to the two (2) team that would face off in the finals.

Both teams ripped in over the course of the final, but it was the team of Richard Denniss, Terry Tremaine and David Boss who won the day. Galiant in defeat was the team of Col Lewis, Stewart Bills and Roger Squires. Well done to Richard, Terry and David on your win in the Club Triples for 2022

CLUB FOURS – Saturday 2nd, Sunday 3rd and Saturday 9th of July

The club fours for 2022 were eventually held over 3 days due to inclement weather on Sunday the 3rd of July. Commencing on Saturday the 3rd we had a crack field lining up to try and take out the Club Four's for 2022. All teams battled on strongly over the course of Saturday and into a brief period on Sunday until we were left with our finalists.

Below: (L to R) Winners of the Fours - Norm Harvey, Jason Lawrence, David Bush and Ron Robinson.

Due to poor weather, our finalists had to wait until the following Saturday to fight out who would be crowned 4's Champions for 2022. The team led by Ron Robinson took an early lead 8-2 after 9 ends. Mark Spelling team weathered the early barrage and began to mount a comeback over the next three ends to take the lead 9-8 . After a further 3 ends of close bowling, the Team of Ron Robinson, Norm Harvey, Jason Lawrence and David Bush pulled away in the closing stages of the match to win 25-14. Runner Ups Mark Spelling, Stuart Agar, Ryan Agar and Joel Rowe put up a great fight during the game but fell short at the end. Congratulations to Ron, Norm, Jason and David on the win.

CLUB GALA DAY – Monday 25th July 2022

Monday the 25th of July, we had 64 bowlers converge on our bowling club to take part in our mixed gala. The day was held under in glorious weather that consisted of beautiful sunshine, exceptional bowling and a slight gentle cooling breeze. The event was the first for our club since our new synthetic green came into play and our first in at least three years since Covid took hold.

We had 16 teams of 4 battle throughout the day with the aim to be crowned Gala Day winners. The day consisted of 2 games of 4's and 2 games of pairs. Through the day the leader board chopped and changed with some first class bowling on show.

Above: (L to R) Club Gala Day winners - Neil Morris, Terri Bowman, Marilyn Gorrie and Toni Gorrie from Sporties.

In the end there could only be one team who could take home 1st prize and that was the team form Tuncurry Sports consisting of Neil Morris, Terri Bowman, Marilyn Gorrie and Toni Gorrie. Congratulations to our winners and a massive thank you to everyone that participated on the day

Participating Clubs

Bulahdelah Bowling Club, Forster Bowling Club, Sporties Tuncurry, Tuncurry Beach Bowling Club and Pacific Palms Bowling Club

OVERALL RESULTS

1st: Neil Morris, Terri Bowman, Marilyn Gorrie and Toni Gorrie.

2nd: Mark Boyd, Jan Burton, Greg Rashleigh and Carol Rashleigh.

3rd: Joan Thomas, Colleen Starr, Felix Lewandowski and Warrick Starr.

4th: Laurie Keen, Tracey Merlino, Jason Lawrence and Kay Negus.

5th: Peter Harris, Robyn McDonald, Doug Whitton and Moya Whitton.

By Ashley Lambert.

Photos supplied.

Exciting developments for Forster Surf Club

Annual General Meeting

Forster Surf Life Saving Club 2020/21 President, John Quinn, opened the 2022/23 Annual General Meeting with a prophetic statement that the meeting would be the last AGM held in the current building as demolition and replacement will commence soon. John highlighted the achievements of the organisation during the previous 12 months in fulfilling the club's mission "To keep Forster Beach safe for the public to enjoy with a commitment to protecting and saving life."

The report acknowledged the support given by national, state and local sponsors. In particular, the report mentioned the assistance of the three levels of government: Midcoast Council, State Member for Myall Lakes, Stephen Bromhead MP, and Federal Member for Lyne, Dr David Gillespie MLA.

Chairman of the Forster SLSC New Building Sub-Committee, Ron Hartley, informed the gathering that tenders had closed for the demolition of the current club house and for the construction of Stages 1 and 2 of the new structure. Six tenders have been received and they, at present, are being assessed. These two stages will feature a ground floor café, amenities, temporary first aid room, temporary patrol room, an upstairs function area, training facilities and a members' meeting section. The later Stage 3 will see the provision of more storage, proper first aid and patrol room facilities, and a large deck open area.

With the ever-increasing costs of construction, Chairman of the New Building Fundraising Sub-Committee, Geoff Purcell, is faced with significant challenges as, in the past 12 months, $290,000 has been spent on pre-construction fees alone. Fundraising challenges were exacerbated again during the 2021/22 surf season with the continuing Covid-19 pandemic regulations.

The 25th Professionals Weekend of Sports has been scheduled for 2022 on Saturday, October 1, and Sunday, October 2, with entries closing on Wednesday, September 28, 2022, with Beth Lee (6555 2227) or sblee@westnet.com.au

Above: Back (L to R) Rob Chappell, Bruce Higgs, Ron Hartley, Dave Leaking, Ric Brennan, Cathy Quinn, Brad Verdich, Nova Grosvenor, Troy Brookes and Greg Randall. Front (L to R) Anne Evans, Beth Lee, John Quinn and Denise Morgan.

Acknowledgment in the Annual Report included a vote of thanks to club member, Brian Wilcox, as he retires from 10 years as Lower North Coast Branch SLS President and time spent as a Director of SLSNSW. Brian will stay active within the Forster club as a rostered patrol captain.

The report also referred to the sad loss from the club community of former treasurer, president and life member, Phil Whitaker, who passed away last week.

John Quinn's many other votes of thanks included the beach patrol members, officials associated with the Nippers programs, training teams, the executive, and the many 2021/22 committee and sub-committee members.

The election of office bearers for 2022/23 saw the return of John Quinn for his seventeenth term as Forster SLS Club President. Other elected committee members include Bruce Higgs (Director of Lifesaving), Phil Mumford (Director of Finance), Beth Lee (Patrol Director and Youth Development Officer), Karen Kelly (Director of Administration and Assistant Patrol Director), Troy Brooks (Director of Surf Sports), Nova Grosvenor (Director of Junior Activities), Jim Wills (Director of Education), Denise Morgan (Assistant Treasurer), Dave Keating (Facilities Officer, Boat Captain and Branch Delegate), Brad Verdich (IRB Captain), Simon Lee (Covid-19 Officer and Radio Officer), Amanda Williams (Social Officer), Julie Wilcox (First Aid Officer), Annie Evans (Media and Publicity Officer), Ron Hartley (Bar Manager and Building Committee Chairman), Braydan Lee (Junior Club Captain), Rob Chappell (Branch Delegate) and Geoff Purcell (Building Fundraising Chairman).

Below: Storage facility to be completed to enable storage of equipment as old clubhouse is demolished.

It is now only seven weeks until the opening of the 2022/23 surf season.

Surf clubs along the Lower Mid North Coast have less than two months to prepare for beach patrols which will commence on the first Saturday of the Spring School Vacation, Saturday September 24, 2022.

Planning is underway for new training or updating of qualifications.

Forster SLSC is inviting enrolments in the Surf Rescue Certificate (must 13 years or older), or combined Bronze Medallion/First Aid Certificate/Advanced Resuscitation Techniques Certificate/Inflatable Rescue Boat Crew Certificate (must be 15 years or older by the December 24, 2022). These courses are open to currently qualified surf lifesavers from any club or for members of the public who wish to volunteer for beach patrol duties. Applications for these courses close on Friday September 2, 2022.

The online component of these courses will commence on enrolment with the first face-to-face session on Sunday, October 16, at the Forster Club House, or an alternate venue if demolition of the club house has commenced. For further details and enrolment, interested current and new lifesavers should contact Jim Wills, Director of Education, at education.forsterslsc@gmail.com

Story and photos by Annie Evans

50 year celebration for Tuncurry Forster Football Club

Above: Jarod Ragno (youngest and current President), Amanda Chapman (the clubs only female President) and Alan McCarthy (the clubs first President).

2022 marks 50 years since the inception of the Tuncurry Forster Football Club.

Tuncurry Forster Football Club (TFFC) has a proud history as one of the oldest soccer clubs on the Mid North Coast. Founded in 1973 by a group of Tuncurry locals, it has now grown into one of the largest soccer organisations within the Football Mid North Coast network of competitions.

To mark this significant milestone a black-tie gala took place on Saturday 6th August 2022. As well as dinner and entertainment there were displays, memorabilia and footage from the decades.

Foundation players from 1973, dignitaries along with past and present players, coaches, officials and supporters were in attendance.

More than just a soccer club, TFFC is a community of volunteers passionate about the game of football and our area. Dedicated to developing the skills of local players of all ages, abilities and backgrounds and continuing the proud tradition of teamwork and inclusion.

Life Member Peter Ragno talked about growing up in the TFFC club with Mary Yule.

"I played a lot of soccer in my younger days and now I do a bit of coaching. I feel the club had a big impact on moulding my growth from a kid, through my teenage years and into an adult. It was not just teamwork but everything. I've made lifelong friends who were like mentors for life, not just for soccer. How I am today is testament to my time with the club."

"My dad was a coach and a life member with my mum, and my brothers played too. We were always around club members. The main thing I remember is a feeling of inclusion as a young teenager with the senior men in the team. It was a really social and family club. It was not just about keeping fit. Our weekends were all around the soccer club. On a Saturday we would set up for the day, then play as a team and later have dinner at one of our sponsor's establishments. Half the time we would catch up again the next day!"

Above: Standing: (L to R) Jarod Ragno (President), Brad Newman, Kevin Chapman, Stuart Ireland, Tim Barber, Matt Camaliri, Johnathon Newman, Lance Fletcher, Scott Fletcher, Anna Ragno, Kristy Ragno, Mauro Ragno and Sabino Ragno. Kneeling: (L to R) Amanda Chapman, Geoff McCarthy, Phil Taylor and Peter Ragno. Photos supplied.

Below: Guests were greeted by mannequins showing the current playing strips (on left) and the club's first strips (on right).

Local Career

Name: Zoe Skok

Role/Career: Personal Trainer (PT) at the Great Lakes and Taree Y

What is a typical day of work for you?

I spend most of my day building a repoire with members of the gym. It's about being friendly and creating a caring and safe environment. Some gyms can be intimidating so I let them know that no one is being judged and show them that I care about them and their health.

For the rest of the day I teach gym floor classes and have one-on-one consultations with members. I teach HIT [High Intensity training] and circuit classes. In Taree I have set up a new 'hypertrophy' class which is basically strength training or the process of building muscles.

I also make sure the gym looks good and maintain the integrity of the gym with Miki Le Gros.

What is the best part of the job?

I like helping people be the best person for themselves. When I do personal training there is no better feeling than helping clients become stronger and develop a healthy relationship with food and exercise. With the right tools people can learn that exercise is not something that has to be gruelling or a chore - it's not hard and can be enjoyable.

People can also nourish their body and still enjoy eating the food they like without starving themselves or feeling bad about what they eat. There is a lot of misinformation online and a professional can help each person with good simple answers. For someone that has come from a background of an eating disorder it has become my mission to help people get on the right path, especially women. A lot of women go through this, and I like to be transparent and show them what I have learnt.

What would you suggest for anyone interested in your career field?

I have a background in swimming and triathlons. I'm now interested in strength training for myself and for my career.

Once you have your basic 6 months PT training continue with as much education as you can. The general training is very basic and most things that I have learnt have come after this.

Immerse yourself with as much experience as you can with different people. I started off my career wanting to work with only younger gym members. In the last 6 months at the I have realised what a great opportunity I have here. I have learnt so much more by working with older gym members. A lot of people come in with injuries and it has been an amazing experience and a privilege to work with them.

We have a duty of care and responsibility to learn as much as possible within our scope of practice. We use science based research. This enables us to educate our clients so they can make their own good dietary and training choices.

Would your like to share information on your career? Please send a high resolution photo & answers to info@forsterfortnightly.com.au

Sporties Club Fours Championship 2022/2023

Right: Fours winner's (L to R) Russell Bullen, Mark Wilkinson, Noel Bullen and Paul Clarke.

On a glorious winters afternoon our members took the opportunity to come out and watch the completion of this Championship which started with 48 players taking the field. It was a pleasure to be able to watch. The team of Russell Bullen, Mark Wilkinson, Noel Bullen and Paul Clarke held off a spirited attempt by the team of Col Campbell, Dan Colye, Kevin Perret and Tonie Gorrie. Paul's team were 12-5 on the 11th end but Tony's team fought hard to come back to nearly equal on the 17th end, with 13-15. From then on, however, it was Paul's team who came home with the win by 24-13.

It was a good win, especially for the two 'virgin' players who had never won a championship before. Congratulations to Noel and Mark.

This will be the last of our championships for a while as the Pennant season is nearly upon us.

Good bowling to all!

By Ruth Higham. Photos supplied.

Left: Runner ups in the Fours (L to R) Col Campbell, Dan Colyer, Kevin Perret and Tonie Gorrie.

Forster Turtles take on Sydney Invitational Championships

Above: Phil Stokes (on left) who came 1st in the over 75s and Captain Russell Jackson who came 3rd in the over 80s.

Twenty two Forster Turtle swimmers travelled down for the Sydney Invitational swim meet and competed at Bondi's nostalgic 50 metre outside pool on the 24th of July. Eight swim clubs participated in a day of 50m sprints and relays for all age groups. Six of the clubs were Sydney based - Bondi Icebergs, Clovelly Eskimos, Balmain Kool Kats, Bronte Splashers, Maroubra Seals and Coogee Penquins, with only Stanwell Park Sea Eels and Forster Turtles as out of town visitors. There was a division for juniors (16 years and under) right up to an over 90 years division.

Marion Smith, one of the organisers of the Forster Turtles, said, "It was an inaugural event and invitational. It was organised to encourage mixed swimming teams. The climax of the day was the mixed relay with teams of 3 women and 3 men."

"This event was run by the Bondi Icebergs. There were eight clubs competing and they were all such a nice friendly mob," said Russell Jackson, Captain of the Forster Turtles. "We did really well and came third overall. We won 8 medals in the 50m sprints, two of those were gold.

"Our Forster Turtles train hard every morning. Twice a week we have a session in the Bullring and do intervals of 25, 50, 75 and 100 metres, swimming easy then flat out. The other mornings we swim a km or so in the ocean at Main Beach."

Results for Forster Turtles

Relays

2nd in 60, 70 and over men's relay team

2nd in open women's relay

3rd in men's over 60 relay

3rd in women's over 40 relay

3rd in open mixed relay team (3 women and 3 men)

4th in timed relay – 10 swimmers make a team, the aim of this handicapped event is to swim the closest to your predicted time

Below: (Lto R) Rachel Dodds, Anne Curtis, Lyn Graham and Susan Carmody came 2nd in the open women's relay. Shown holding medals won from other races.

Above: Russell Jackson (yellow cap) in the 50 metres sprint for the over 80s.

50 metre freestyle sprints

Russell Jackson – 3rd in over 80 years
Phil Stokes – 1st in over 75 years
Tom McBride – 3rd in over 70 years
Anne Curtis – 1st in over 65 years
Susan Carmody – 3rd in over 65 years
Lyn Graham – 3rd in over 60 years
Susan Gonzalez – 3rd in over 45 years
Samantha Hoey – 3rd in over 35 years

Story by Mary Yule.
Photos by Rachel Dodds and Lee King.

Below: The Forster Turtles were well represented at Bondi Iceberg Pavillion in Sydney.

Dolphins display courage but Bulls vs Ratz for Grand Finals

The Wallamba Bulls received the 'shock to the system' that the minor premiership-winners of the Lower Mid North Coast rugby union competition probably needed if they are to carry on and claim the champions' trophy after their setback in Gloucester the previous Saturday.

On neutral ground, the under-manned Forster Tuncurry Dolphins overcame the Bulls in a see-sawing struggle, 34-29 on Saturday the 1st August.

With both teams depleted of players, referee Greg Boyer decided the game should be played in four quarters, with the teams reduced to 10 players a side.

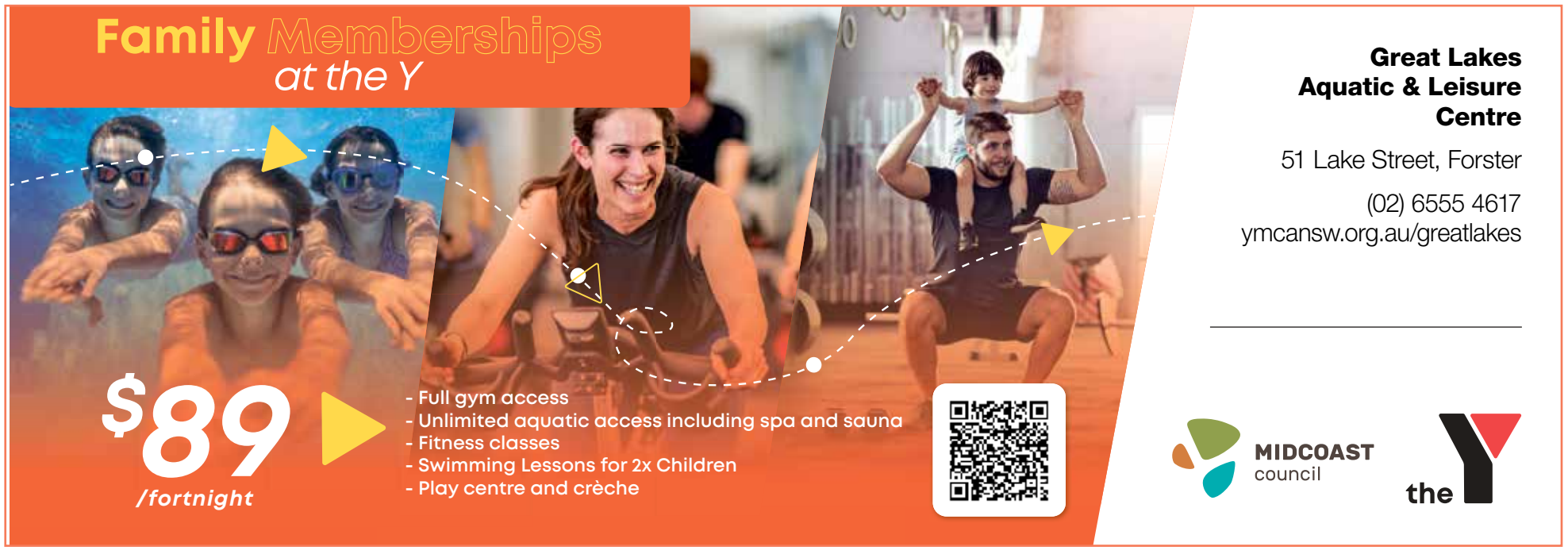
While Christopher Tout, Wallamba's outstanding player of the men's competition, ran in two long-range tries in another man-of-the-match performance, the Dolphins displayed their usual courage to snatch victory in the dying minutes for an improbable 34-29 win.

There are few more spectacular or more pleasant regions to stage a football game, rugby, soccer or league, than at Gloucester's Sports Ground - or more generous hosts with Chris Marchant the driving force of the club – on and off the field.

As coach of Gloucester's 10-a-side women's team, Marchant oversaw his team's four tries to one and 24-5 defeat of the Wallamba Bulls, capped off by their spectacular three-try second half recovery.

A delighted Dolphins coach, Ron McCarthy, said, "Congratulations to the Dolphins who played against the Bulls."

"It was a good, entertaining game. We can stand up and say we played bravely in all our competition games this season, finishing the competition with two wins and a draw."

The Dolphins' temporary five-eighth Kaleb Trudgett had one of his finest games for the club. Club president, Ben Manning, kicked two goals and prop Gavin Maberley-Smith exhausted himself in his return to club colours.

By Phil Wilkins.