

MidCoast Council  
Updates

Local Legend  
Tim Bowden p21



Star Pet  
Fred



# 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 7th September 2022

Owned & loved by locals!

Circulation 6,000 NO.054

## Forster couple host biggest All Star Cheerleading & Dance event ever in NSW

Forster Locals Alex and Danielle Jimenez, owners of CheerCon, made a big splash at the Sydney Showgrounds Sydney Olympic Park this past weekend. With over 450 teams and over 2600 athletes competing, with some of the best clubs in the country also in attendance from as far as Adelaide and Melbourne, the NSW State Championships is the biggest Cheerleading and Dance Competition in CheerCon history.

CheerCon pride themselves on giving athletes a fun competition experience and NSW State Experience did not disappoint. The three hall venue had two massive raised competition stages with special effect lighting, sparkler, confetti and fog cannons, as well as Superstar MC's. Athletes received free blankets, giant award medals and banners and there was even a special appearance from Mickey and Mini Mouse.

Earlier this year, CheerCon was given the opportunity to become a Summit bid provider and host events where teams can gain a paid or At Large entry. CheerCon was able to hand out 24 bids to the Cheerleading and Dance Worlds and Summit in the United States, and 6 bids to the Cheerleading and Dance Summit for their NSW State Championship. The Cheerleading and Worlds and Summit will be held in April 2023 at Walt Disney World in Florida, the United States. Cheerleading and Dance teams came from all over Australia to have the opportunity to win one of these prestigious bids.

Forster Local gym, Great Lakes Cheerleading (GLC), travelled to Sydney to compete at CheerCon NSW State Championships. They are returning to Forster with four 1st place routines, 2 grand champion titles, and a neon sign for the 5th highest score in the entire competition. The Adult Team, Starfish, had the third highest score in the CheerStar

division and Orcas, GLC's Junior Cheerstars, was awarded Grand Champion of the entire CheerStar division.

"We are so proud of Orcas! This team is new to GLC this year and many of these athletes have never done cheerleading before," said the Head Coach at Great Lakes Cheerleading, Shayla Sanders.

Hammerhead, GLC's Senior Novice Team, stole the show on Sunday. The last team to perform in the Cheer Hall, they lit the floor on fire earning not only 1st place but Grand Champion of Novice and the 5th highest score of all cheerleading teams registered in the event. A huge accomplishment considering GLC has only been around since 2020,

Taree Locals the PCYC Gymaroos also made the drive down to Sydney for the event, showing more strength from the mid north coast local area. The club has been around for about 20 years, however thanks to COVID this is a small newly developed team with athletes coming between Forster and Port Macquarie every Thursday.

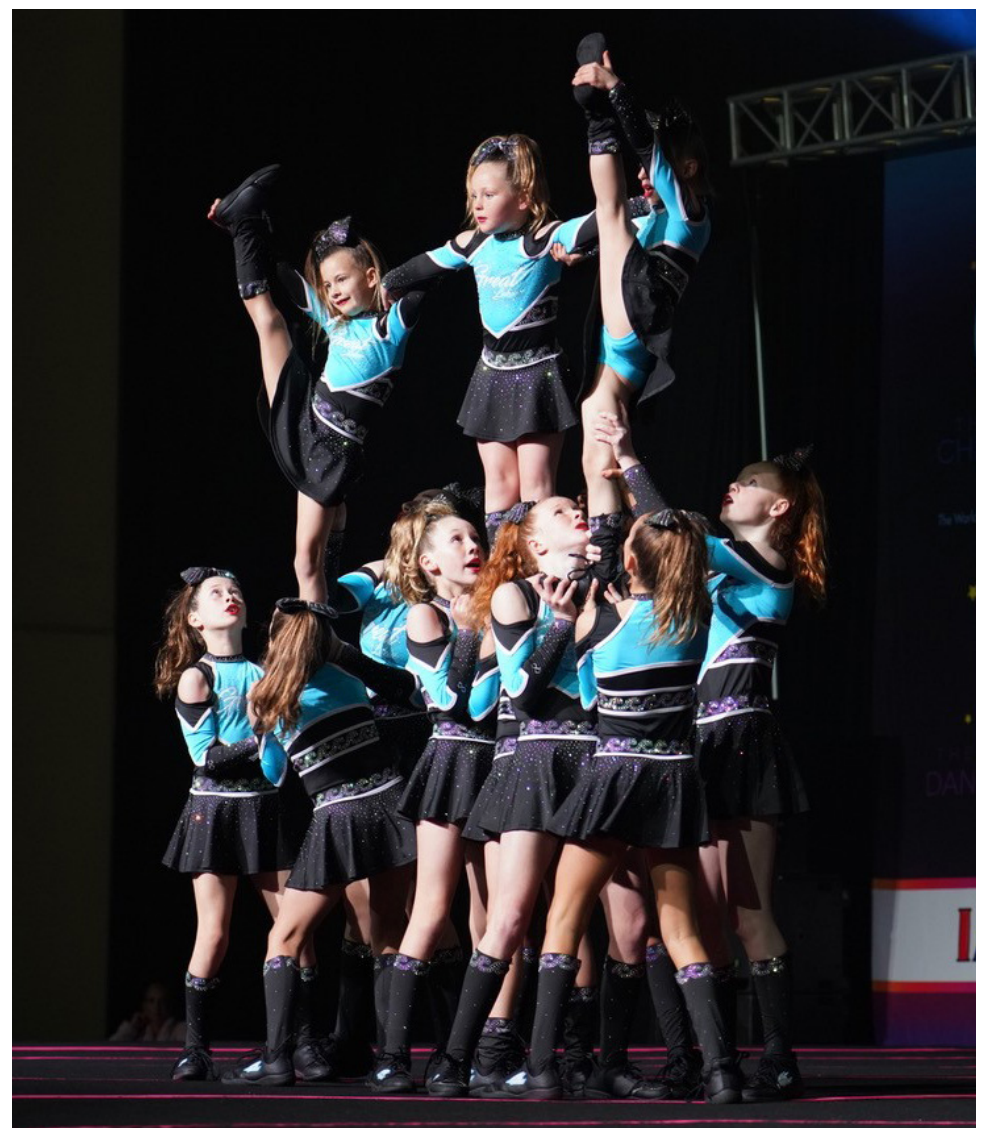
"I am very proud of how the team competed at the comp on the weekend with only two athletes having competed previously," said Hannah Burley, head coach of the PCYC Gymaroos Taree "I really look forward to the upcoming competitions and future growth of the team."

For more information please visit below:  
@Greatlakescheerleading @PCYCGymaroos

By Shayla Sanders.

Right: A pyramid maneuver by the Barracuda team, from Great Lakes Cheerleading. Photo by Harriet Kelly.

For more photos see page 22.



## Local primary students learning crucial skills for the future



"All these kids here today are using science, maths, technology and engineering. They'll also be learning trigonometry without even realising it because they are enjoying the activities so much", said John Walton. "These skills are crucial for the future and for their careers."

John is Chairman of the 'RYSTEM' Engagement MidCoast Committee, which stands for Rotary Youth Science Technology Engineering Math, an initiative set up 8 Rotary Clubs in the MidCoast and Dungog Shires.

Today, the committee has set up a fun day for five local primary schools at the Forster Primary School Hall. The primary students are organised into mixed teams and given a project to work on in the morning and then another project in the afternoon. The hall is soon filled with the active noise and movement of a couple of hundred year 5 and 6 students working on their projects. There are 7 projects running today including a rocket, hang

Left: Students from local schools working on one of the projects based on STEM.

glider, catapult, robot, water tower, bridge building and a bionic hand.

"All the schools involved have been with us for 18 years and love it", said John.

John went on to explain that their program, formally known as 'SEC, (Science & Engineering challenge) was originally run in partnership with the Newcastle University and was the largest single venue Discovery Day program in Australia with the UON Challenge. When the costs increased dramatically the Rotarians decided to go alone to keep it accessible for local students. The committee, made up of members from the clubs of Lower MidCoast, Great Lakes, Taree on Manning, Taree, Taree North, Gloucester, Dungog and Wingham, updated the program and added some new activities. The newly named RYSTEM committee continue to do the amazing job of inspiring 36 primary schools and 10 high schools (year 9 & 10

Continued on page 7.

# Forster Fortnightly

**NEXT DEADLINE 5PM WEDNESDAY 14TH SEPTEMBER  
TO PUBLISH WEDNESDAY 21ST SEPTEMBER**

**We welcome your stories, photos & letters**

• Send your submissions & editorial enquiries to [info@forsterfortnightly.com.au](mailto:info@forsterfortnightly.com.au) or phone Mary Yule on 0413 410 492

• For advertising enquiries phone Geordie Yule on 0403 586 342 or email [sales@forsterfortnightly.com.au](mailto:sales@forsterfortnightly.com.au)



Photo by Patricia Macyeen

**Book your ad by  
14th September for  
our SPRING  
SCHOOL HOLIDAY  
EDITION  
coming out 21st  
September!**

**Editor & Owner:** Mary Yule  
**Sales Team Manager:** Geordie Yule  
**Business Hours:** 9:30 - 5pm Mon - Fri  
**Web design:** Golden Age Media in Mid North Coast.  
**Printed:** Spotpress in Marrickville NSW, on sustainably sourced paper.  
**Puzzles & Cartoons:** Auspac Media in QLD.  
**TV Guide:** Pagemasters in Victoria.

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 INDEPENDENT NEWSPAPER greatly appreciates.

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

*We acknowledge the Worimi People, the traditional custodians of the land where this newspaper is published. We pay respect to their Elders past, present and in the future.*

## Pet of the fortnight

### Looking for a fluffy new addition?

Trevor is a handsome long haired black while Nancy is a stunning white fuzz ball.

These kitties are litter mates and have had a rough start to life. They are very timid but not feral or terrified and can become wonderful pets with the right owner. We feel that they would be better separated and adopted by very cat savvy people who realise that, at 8 months old, they are basically kittens needing to be retrained. We will consider them going together if the person adopting them is very experienced with cats.

They are indoor only cats. Their adoption fee is \$75 each. They have had all necessary vet work included, health checked, microchipped, desexed, vaccinated, flea and worm treated.

If you would like to meet them please contact our Cat Welfare Officer on 0490 262 827. NSW AWL Rehoming number: R251000222



**Midcoast ANIMAL HOSPITAL**  
*where care comes naturally*

**Proud to sponsor 'Pet of the Fortnight' - finding homes for animals in need.**  
**CALL US: 02 6557 2273**  
4 SOUTH STREET, TUNCURRY

## COVID-19 isolation period shortened to five days



Above: Prime Minister Albanese announcing shortening of Covid isolation time, reduced support payments and dropping of mask wearing on domestic flights.

People who test positive for COVID-19 will only be required to isolate for five days except in vulnerable settings following a meeting of national cabinet.

Workers in high-risk settings such as disability and aged care, and people still displaying symptoms would be required to keep to the seven-day isolation period.

"We want people to stay home. We want people to act responsibly," Mr Albanese said.

The reduced isolation requirement will come into effect from September 9.

Support payments for people required to isolate will also be reduced from the same date, and requirements to wear masks on domestic flights will be dropped.

The current pandemic leave payment of \$750 is scheduled to end on September 30, but the Prime Minister said conversations on whether to extend that payment were continuing.

The ABC understands the reduced payment will amount to about \$540.

Mr Albanese said he and state and territory leaders believed the relaxed rules were a "proportionate response at this point in the pandemic".

"We had a discussion about people looking after each other, people looking after their own health and being responsible for that ... there aren't mandated requirements for the flu or a range of other illnesses," he said.

"What we want to do is to make sure that government responds to the changed circumstances, the COVID likely is going to be around for a considerable period of time."

The Health Services Union this week called for mandatory isolation to be scrapped for people who did not have symptoms.

But the Australian Medical Association has expressed concern, and its president Steve Robson says reduced isolation could in fact worsen workforce shortages.

"We know there is significant potential for transmission, and it may be that the changes they have made will make work attendance worse, we will have to see from here," Professor Robson said.

"Almost a third of people on day six and seven after they contract COVID are still potentially infectious."

"Allowing people who perhaps have no symptoms but could still infect others into the workplace may not achieve what the government is hoping to achieve."

The United States maintains a five-day isolation requirement for positive cases, while the United Kingdom has scrapped mandatory isolation.

By Jake Evans  
Published 31.08.2022  
[www.abc.net.au/news](http://www.abc.net.au/news)

## Nominations now open

If you've ever wanted to join MidCoast Council to support the wider community, here's your opportunity by joining one of seven community committees currently seeking nominations.

These groups offer assistance and support in key Council areas. They include:

- Community Inclusion and Wellbeing Reference Group
- Community Resilience and Disaster Recovery Reference Group
- Floodplain Management Advisory Committee
- Heritage Reference Group
- MidCoast Destination Management Plan Review Reference Group
- MidCoast Economic Development Strategy Reference Group
- Old Bar – Manning Point Coastal Management Program Reference Group

Anyone in the community is encouraged to nominate themselves to become a member of one of the above groups.

A limited number of places are available for each group. If you have particular skills or an interest in one of the groups, please head to Council's website where you will find more information and the nomination forms.

Each committee will be guided by its own Terms of Reference and guidelines.

Community Reference Groups are an important link in Council's communication processes and have been established to give community members the opportunity to provide strategic advice and feedback to Council and add to Council's decision-making process. Committees are established to gather the views of the community and to assist Council in understanding specific or local issues, initiatives or community desires.

Nominations close on 4:30pm Thursday 15 September 2022. Go to [www.midcoast.nsw.gov.au/Council/About-MidCoast-Council/Committees](http://www.midcoast.nsw.gov.au/Council/About-MidCoast-Council/Committees)



## Vietnam Veterans Day - 18 August 2022



Left: Vietnam Veteran's President Graham Kelly at the Anzac Day and Vietnam War Memorial on Little Street in Forster.

troops remaining was a platoon guarding the Australian Embassy in Saigon.

From the time of arrival of the first Australian Training Teams in 1962 to the official end of the Vietnam War in June 1973 when all Australian defence force personnel were withdrawn over 60,000 Australians served, 521 were killed and over 3,000 wounded.

I served on HMAS Torrens in early 1972 and we escorted HMAS Sydney known as the Yung Tau Ferry on its Penultimate Voyage to Yung Tau. The Yung Tau Ferry made one more voyage in late 1972.

The Vietnam war was of course very controversial due to mainly the introduction

Below: Councillor Troy Fowler unveiling the Tree of Peace. Photos supplied.



### Address given by Vietnam Veterans President Graham Kelly

It's been three years since we last gathered here to honour those veterans who served in the Vietnam War due to the Corona Virus, but hopefully we are on the road to normality.

The Vietnam war is over now and its now 50 years since Australia withdrew most of its defence forces from Vietnam as the war began to wind down. By the late 1970 Australia defence forces had begun to withdraw from South Vietnam after nearly ten years of occupation, the 8th Battalion was withdrawn and not replaced. The withdrawal of troops and all air units continued throughout 1971. HMAS Brisbane was the last ship to serve on the gunline and was withdrawn in September 1971. The last combat troops withdrew from Nui Dat on the 7th November 1971, the only

of conscription where over 15,000 National Servicemen served in Vietnam with 212 killed and over 1,200 wounded, but those young men who were taken from their normal lives can certainly be proud of their contribution to the Vietnam War.

So today we gather here to remember and honour all who served in the Vietnam War and thank them for their service and sacrifices. Thank You.

### The Tree of Peace

Last year another conflict came to an end in Afghanistan after nearly 20 years and we would like to honour all who served in that conflict and all Australian Peacekeepers and Peacemakers who have served in the past 70 years in over 50 countries.

I have invited Cr Troy Fowler from Midcoast Council to unveil the tree of Peace. This has been a project in progress for some time and with the cooperation and thanks to Midcoast Council it has come to fruition.



On 18 August, we commemorate Vietnam Veterans' Day on the anniversary of the Battle of Long Tan in 1966.

[www.anzacportal.dva.gov.au](http://www.anzacportal.dva.gov.au)

## Brommie's Community Update



There will be more healthcare practitioners in rural locations including the Myall Lakes thanks to the Rural Resident Medical Cadetship Program. This is a win-win as these doctors will help provide essential respite for our dedicated rural and regional healthcare workers while gaining experience in rural medicine in a vibrant and close-knit community.

Furthermore, the number of nurse practitioners in regional NSW will be doubled over four years.

The Great Lakes will also benefit from a Public Hospital in Forster, \$140 million of upgrades to Manning Base Hospital, upgrades worth more than \$800,000 to Tuncurry Ambulance station on top of a brand-new ambulance station being built in Forster. By upgrading and increasing facilities in addition to employing extra doctors and nurses, we are providing our hardworking regional health workforce with vital backup and ensuring better health outcomes for locals and the increasing number of visitors to our beautiful region.



# Stephen Bromhead MP

*Delivering for Myall Lakes*





### Reducing Social Isolation Grants: Apply now

There are grants up to the value of \$50,000 available under round three of the Reducing Social Isolation Grants program aimed at reducing social isolation among seniors.

Applications are open until **11.59pm on Monday 19 September** for not-for-profit organisations. For more information go to: [www.facs.nsw.gov.au/seniorsgrants](http://www.facs.nsw.gov.au/seniorsgrants).

### Tackling Rural Crime

An additional Rural Crime Investigator will join Manning Great Lakes Police District, doubling the unit. They will focus on a range of crime, including theft of stock, grain or wool, rural arson and fraud, firearm offences, cruelty to animals or trespassing.

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

02 6555 4099

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

Authorised by Stephen Bromhead MP, 1-9 Manning Street, Tuncurry NSW 2428, funded using Parliamentary Entitlements September 2022.

## Fire Cadets at Forster Campus & Get Ready Weekend



Above and below right: Year 10 students from Forster Campus participating in the Secondary Schools Cadet Program lead by members of the Green Point Rural Fire Brigade.

On behalf of the NSW Rural Fire Service, the Green Point Fire Brigade offers local high schools a Secondary Schools Cadet Program (SSCP) leading up to the fire season every year. This term, students in years 9 and 10 at the Forster Campus have been very fortunate to have this program as an option on sports days. 12 students from this campus have chosen to be a part of this 10-week program every Wednesday. They are learning the same skills that new RFS (Rural Fire Service) recruits complete when joining a rural fire brigade. When they finish these students will be presented with a certificate of Cadet Training. All cadets wear the same official PPE (Personal Protective Equipment) uniform throughout the program that the regular fire fighters use. In the 10 weeks students learn how to safely use

and operate the water pump and equipment on the firetruck. They learn about bushfire safety, how to fight a fire as well as home protection. By learning how to use an extinguisher and fire blanket they learn to help protect their own home if needed with their own fire safety plan. Cadet students can use their new knowledge to join a local fire brigade and become a bush firefighter

faster. Two years ago, a 16 year old Cadet participant joined the Green Point Fire Brigade after completing the program at the Forster Campus in year 10. He easily passed his Basic Bush Fire course and is now not only fighting fires with the Green Point volunteer crew but has come back to pass his experiences as a Cadet along to the current Cadets through the Secondary Schools Cadet Program (SSCP) with the rest of the Green Point team.

This term the Green Point Fire Brigade are also running the cadet program at Wingham High School each Friday. Earlier this year they ran the course at a high school in Camden Haven.

The Rural Fire Service Cadet program is run by the Rural Fire Service (RFS) and managed by Kirsty Channon at the Mid Coast District Office.

### Local fire stations are open Saturday 17th September for the Get Ready Weekend

- Bungwahl Rural Fire Brigade: 10am – 2pm at Bungwahl General Store
- Coomba Park Rural Fire Brigade: 8am – 2pm at Coomba Park Fire Station
- Green Point Rural Fire Brigade: 9am – 2pm at Stockland Forster
- Tuncurry Fire Brigade: 8am – 1pm at John Wright Park
- Rainbow Flat Fire Brigade: 10am – 2pm at Rainbow Flat Fire Brigade

Diamond Beach Fire Brigade held their Get

Ready Weekend on the 4th of September at Wylie Breckenridge Park.

For more information on Get Ready Weekends in other areas please visit: [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)

The Fire Danger Season started on the 1st of September. Along with required fire permits, you must also notify your local fire authority and neighbours of your intent to burn 24 hours in advance. The 1st of September also marked the start of the new Australian Fire Danger Ratings System. Know the risk for your area and what you'll do if a fire threatens.

For more information go to the NSW RFS website at [www.rfs.nsw.gov.au/BFDP](http://www.rfs.nsw.gov.au/BFDP)

By Mary Yule. Photos supplied.



## The Bush Fire Danger Rating is Changing

**Old**

**NEW**

**The old Bush Fire Danger Rating has been modified\***

**If you would like to learn more about it, then come and see us at our Get Ready Day 17th September**

\* The new signage is effective as of the 1st September

## Help for bush-fire affected species

The future of threatened native species has been made more secure following a two-year study led by MidCoast Council.

The study has helped scientists better understand the presence and distribution of *Nabiac casuarina*, dwarf heath *casuarina*, cryptic forest twiner and the giant dragonfly.



Above: Photo of Male *Petalura Gigantea* (giant dragonfly) by Ian Baird.

Significant populations of the threatened plant species occur across the MidCoast region in areas that were severely burnt. As part of the current project, experts have undertaken extensive field surveys to investigate where these species occur, how they were impacted by the fires and identify interventions that can help protect these species in the future.

"As a result of the studies we undertook, we were able to start doing practical things to help reduce threats to these endangered species," said Manager of Natural Systems, Gerard Tuckerman.

"Weeds that impact the giant dragonfly habitat were removed. Heavy-duty vehicle access gates were installed in the Minimbah landscape to help restrict unauthorized vehicle access which can result in habitat damage, rubbish dumping, and fires."

Community awareness of the species has been raised through events such as field visits. Educational signs were placed in Minimbah and Cattai Wetlands.

"The work we have done will contribute to securing the long-term future of these four threatened species," added Mr Tuckerman.

Botanists collaborated with rangers from Taree Indigenous Development and Employment and other Indigenous stakeholders, and the National Parks and Wildlife Service.

This important recovery project was possible through grant funding from the Federal Government's Wildlife and Habitat Bushfire Recovery Program.

# OPEN DAY

Discover Evermore For Yourself

**OPEN DAY**  
Sat. Sep 10  
10am-2pm

**More Than You Ever Expected**  
**Saturday 10th September - 10am - 2pm**

18-30 Bruce Street, Forster (150m from Wallis Lake Cafes)  
**02 6528 0000**  
[www.evermoreliving.com.au](http://www.evermoreliving.com.au)

## Water View Retirement Apartments

**NOW SELLING - Solaris Retirement Living**

SELLING FAST

Retirement Is Better... When It's All Together!  
Spacious apartment living, shopping, library, cafes, dining & more... In The Heart Of Forster.

REGISTER NOW FOR YOUR WATER VIEW APARTMENT

Discover the way retirement is meant to be...  
[solarisliving.com.au](http://solarisliving.com.au)  
1300 670 906 | [sales@solarisliving.com.au](mailto:sales@solarisliving.com.au)

**Forster-Tuncurry Mayoral column**



**Community reference groups**

Nominations are now open for a number of our community reference groups.

These groups are a valuable way for the community to contribute to our decision-making processes and to provide advice and feedback to both Council staff and Councillors.

Ranging from community inclusion and wellbeing, resilience and disaster recovery and heritage to economic development, destination management, coastal management and flooding these groups are often driving the development of our strategic direction in these particular areas.

We are looking for interested community members and those who have particular skills and interests that can support us - applications and more details are available on our website.

**Community Conversations**

We are currently planning our next round of Community Conversations and will be again visiting 15 locations between the end of September and the end of November to inform our community on what we are working towards, particular projects and to answer questions.

More information is available at [www.midcoast.nsw.gov.au](http://www.midcoast.nsw.gov.au)

Mayor Claire Pontin

# Local Career

**1. Name and role/career**

Dr Sylvia Ruocco Guthrie, Senior Psychologist, Education at Great Lakes College, Tuncurry Campus.

Initially, I enjoyed 18 years as a science teacher, and I have been working as a psychologist for almost two decades. Through my teacher and psychology roles, I have had many interesting opportunities come my way in my work with children, young people, and the adults in their lives. I have worked in a variety of settings, including schools, TAFE, university, and private practice.

**2. What is your typical day like?**

There are no typical days! As the Senior Psychologist, Education I coordinate and professionally supervise a team of school counsellors and school psychologists and the work we cover is as diverse as the 20 school communities we serve. School counsellors and school psychologists have degrees in psychology. School counsellors also have degrees in teaching.

On any given day, a school psychologist role can include any of the following: attending a Learning and Support Team meeting with staff and parents/careers to identify appropriate school supports for students, counselling students individually or in groups, administering intellectual, behavioural or social-emotional assessments to identify student strengths and areas of need, building our visibility by spending time with children in the playground or their classrooms, attending whole of school staff meetings, providing staff or parent presentations on wellbeing topics of interest, participating in targeted supervision or professional development to build skills, being part of a whole school team responses that supports the community through critical incidents and natural disasters (floods,

bushfires, COVID 19 - our area has had them all!)

**3. What is the best part of the job?**

Working with students of all ages, building strong relationships with community, and staff collegiality. School is a unique setting to work in because we get to see children in all parts of their life, through adversity as well as witnessing their successes. I continue to enjoy providing direct counselling services. Early intervention and prevention of anxiety is a special interest and passion of mine, and it was the subject of my school-based research. A favourite puppet, 'Worried Wilbur' often gets a workout in the primary schools. Wilbur loves to meet young children, although he is a little shy. The children have lots of fun learning through play, and so do I! Play based activities using puppets, rhymes, miniature toys, role play, and stories provide children with an opportunity to model and master helpful coping skills. There is always the opportunity for a 'happy dance' or a 'high five' for having a go and acts of bravery. The enjoyment of this part of my role came as a surprise, because as a science teacher I absolutely loved biology, science practicals, and field excursions. If you had asked me about my career in my first five years as a science teacher, I do not think play-based therapies and Worried Wilbur the puppet would have featured in my career direction!

**4. What do you suggest for anyone who is interested in your field of work?**

If you enjoy working with children and want to make a positive impact in their lives, consider



Above: Dr Sylvia Ruocco Guthrie with 'Worried Wilbur,' a favourite puppet for young children.

role as a teacher or a psychologist. I found both roles rewarding. To pursue either career, you need to undertake an accredited university program.

"Sylvia is such a valuable member not only of Great Lakes College but also our Learning Community of schools. Her rapport and relationships with students, staff and parents allows for a deep understanding of some of the issues our students face. Sylvia is able to create open and honest conversations and therefore give targeted support to the students' needs." - Graeme Jennings, Great Lakes College Principal.

**Would you like to share information on your local career?**  
Please contact [info@forsterfortnightly.com.au](mailto:info@forsterfortnightly.com.au)

# Local primary students learning crucial skills for the future



Continued from page 1.

students) or 1,700 local students a year with their STEM (Science, Engineering, Technology and Math) based activities. This annual event will run every year for 3 to 4 days in Taree, 1 to 2 days in Forster/ Tuncurry and 1 day in both Gloucester and Dungog.

Next year John said they will add the 'Mars Rover project' as a new activity at all local high schools. Our RYSTEM committee has bought the package and now own the computer files and electronics as well as purchasing 3D printers.

John said that this program is supported by Mid Coast Council, Stratford Coal, AGL Energy, Engineering Australia and the private contributors Gordon and Heather Chirgwin. He said that the program receives good sponsorship and volunteers for engagement days as there are not enough engineers right now in Australia. A Federal Government sponsorship grant for student science (STEM) engagement is providing free transport for the schools to

wherever the program is held in the Mid Coast and Dungog Shires. The combined sponsorship means that each student only has to pay \$2 for a day of fun stimulating activities and BBQ lunch. Today, the 31st August,



the students from Bulahdelah Central School, Forster Primary, Holy Name Forster, Pacific Palms and Tuncurry Primary will have enjoyed meeting students from other schools, learnt new skills and ideas and will hopefully continue



Left: Chairman John Walton (on left) and technological extraordinaire Jim Norris holding a Mars Rover. John was a dairy farmer and Rotarian in Dungog before being invited to set up the STEM program 20 years ago.

Photos of 5 local Primary Schools involved in the Engagement Day run by RYSTEM.

an interest in the STEM subjects. Back at school all students will be given a certificate to record their participation. The day was made possible by 14 volunteer Rotarians, Mid Coast Water staff members Nathan Hoffman, James Kennedy and Sam Spiers and the many teachers from the five local schools.

Story and photos by Mary Yule.



## COMMUNITY NEWS MIDCOAST FOCUS

**Have your say**

We're currently inviting community feedback on:

- Re-thinking our outdoor spaces
- Draft Policies x 4
- \*Barking Dog (Animal Noise) \*Control of Open Burn; \*Rezoning Application; \*Tree Maintenance on Council Managed Land
- Modification of development consent MOD2022/0170 (DA530/90) - 89 Murray Rd, Wingham - subdivision of land
- Development proposal DA2022/0931 - 105-113 Old Bar Road, Old Bar - Emergency Services facility
- Development proposal DA2022/0804 - 70 Carmona Lane, Forster - Subdivision 126 lots
- Development proposal DA2022/0834 - 288 Mungo Brush Road, Hawks Nest - Caravan Park
- Development proposal DA2022/0687 - 9-11 Manning Lane, Tuncurry - Demolition & construction of residential flat building
- Development proposal DA2022/0815 - 311 Upper Monkerai Rd, Monkerai - Function Centre - Subsonic Music Festival
- Development proposal DA2022/0787 - 1344 Bakers Creek Rd, Bakers Creek - Use of land for motorcycle event
- Development proposal DA2022/0847 - 86-90 Old Bar Rd, Old Bar - Subdivision & multi-residential housing - staged
- Development proposal DA2022/0709 - Manning River Drive, Purfleet - Subdivision (56 lots)
- Development proposal DA2022/0901 - 2091-2259 Monkerai Rd, Monkerai - Rural dam
- Development proposal DA2022/0665 - 303 Blackhead Rd, Hallidays Point - Subdivision
- Development proposal DA2022/0896 - 209 Showground Rd, Gloucester - Building additions, demolition & auditorium shed

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

**Development proposal DA2022/0943**

We have received the following Development application:

**Property address:** 2 Potoroo Drive, TAREE NSW 2430

**Property description:** Lot 1 DP 808421

**Proposed development:** Alterations and additions to hospital

**Applicant:** SLR Consulting Australia Pty Ltd

**View applications:** On our website or at our offices

**On exhibition until:** Tuesday 18 October 2022

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

**Careers at Council**

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

- Bushfire Preparedness Officer
- Heavy Vehicle Mechanic
- Internal Communication & Engagement Officer
- Learn to Swim Instructor - Gloucester
- Project Administrator
- Social and Community Engagement Officer (MidCoast Assist)
- Works Supervisor - Operations Taree (Roads, Bridges, Drainage)

Visit our website for further information and to apply.

**Modification of development consent**

**Proposal:** In September 2017 the Hunter Central Coast Regional Planning Panel approved DA-521/2017 for a mixed-use development containing a range of uses including civic/community, commercial, residential, seniors living, tourist and strata subdivision. The applicant now proposes a series of modifications to the approved development:

- Altering basement and upper level parking areas as a result of changed parking demand resulting from conditions in the consent that remove the cinemas, childcare centre and nightclub.
- Rearrangement of commercial layout at Ground Level.
- Use of space within the building that was allocated for cinemas, etc, as seniors housing and associated uses.
- Removal of hotel in Stage 4 and replacement with retail space, seniors housing and associated parking and communal areas.
- Creation of amended communal spaces within the approved seniors housing area.
- Alterations to waste management areas.
- Amended Staging Arrangements.

**Modification application number:** MOD2022/0062

**Property address:** 4 Lake Street, FORSTER NSW 2428

**Property description:** Lot 6 DP 1270306

**Applicant:** Tailored Planning Solutions Pty Ltd

**Consent authority:** MidCoast Council is the consent authority and the Hunter and Central Coast Regional Planning Panel is the determining authority for the proposal.

**View application:** On our website or at our offices

**On exhibition until:** 18 October 2022

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

**Come join us at your local conversation**



We are heading back out and about on our next round of Community Conversations during September, October and November.

These conversations are a way for us to keep you informed about what is happening in your patch, and a great way for us to hear what is important to you and your community.

Our first local community conversation will be held on Thursday 15 September at 6pm at Cooperook School of Arts Hall.

Visit [www.midcoast.nsw.gov.au/communityconversations](http://www.midcoast.nsw.gov.au/communityconversations) for more details and to find your nearest conversation.

**Get involved in a committee**

Committees form an important part of how we interact with our community and key stakeholders.

Nominations are open to be part of the:

- Community Inclusion & Wellbeing Reference Group
- Community Resilience & Disaster Recovery Reference Group
- Floodplain Management Advisory Committee
- Heritage Reference Group
- MidCoast Destination Management Plan Review Reference Group
- MidCoast Economic Development Strategy Reference Group
- Old Bar - Manning Point Coastal Management Program Reference Group

Head to [midcoast.nsw.gov.au/committees](http://midcoast.nsw.gov.au/committees) for more information and to apply. Nominations close Thursday 15 September.

# Have you taken care of your Will?

**For \$100, we can help.**

The Salvation Army offers a community service where independent local solicitors can prepare a simple Will for \$100 (or \$150 per couple). All money will go towards the mission of the Salvos in supporting people facing hardship.

**Community Wills Day  
Thursday 13 October**

The Salvation Army Foster Tuncurry Corps, 7 South Street Tuncurry



**Bookings essential**  
**Call: 1800 337 082**  
Or book at [salvationarmy.org.au/willsdays](http://salvationarmy.org.au/willsdays)

Although there is no obligation to, we would be very thankful if you choose to include The Salvation Army in your Will. Your generosity will ensure we can continue to support those most vulnerable in our communities, and make a real difference in the lives of people in need.



## Forster Public welcomed back community with Education Week & Book Week celebrations



On Tuesday 23 August Forster Public School opened its gates and the community were invited in to celebrate their combined Education Week /Book Week.

With the two themes of "Dreaming with Your Eyes Open" and "Creating Futures", parents were firstly invited into their children's classrooms to be part of morning lesson time and view their children's work.

At 10am Forster Public School hosted a massive assembly with an enormous community turn out of over 400 parent/carers. The Student Leaders ran the assembly after a warm welcome from our new Principal Alison Jenner. The assembly recognised students for their great work at school with Education Week awards and many awards from the library for leadership and fabulous book borrowing. The audience listened to our combined choir sing sweetly and our younger students K-2 performed a couple of songs. It was great to finally see them get the opportunity to perform in front of their families.

At the conclusion of the assembly parents joined their children in a Teddy Bears Picnic on the front grassed area where our P&C sold refreshments and our Kitchen Garden sold their produce. The day was a very happy affair with positive

feedback from many parents.

On Friday we concluded our week of celebrations with a Book Parade. This was the first parade for many students due to our past years of restrictions due to covid. The teachers and children all looked fabulous in their costumes which was led by our school Librarian as the Frog Princess.

A big thank you to all our community members and families who came and celebrated with our school. Our children were very excited indeed. Special mention to Bunnings Forster for providing us with beautiful plants for our stage on Open Day.



## Mid North Coast NSW Business Awards finalists announced



The Mid North Coast NSW Business Awards recognises growth, entrepreneurship and celebrates business success. Forster Tuncurry Business Chamber would like to congratulate three local businesses which have been named finalists in this year's Mid North Coast NSW Business Awards.

Jessica Evans, from The Hummingbird Music Studio, Tuncurry will line-up with six fellow finalists in the Outstanding Young Business Leader section. This award recognises an inspirational business leader aged 35 or under who has demonstrated a commitment to their workplace, industry and the community through leadership.

The Hummingbird Music Studio business also has been named a finalist in the Outstanding Start-up along with fellow Tuncurry businesses, BlueKee Pty Ltd. This award recognises a start-up business that has effectively driven growth and is able to demonstrate the potential to

achieve future success.

Stroud-based R&R property will line up against seven contestants in the Excellence in Small Business. This award recognises a business that has effectively driven growth and is able to demonstrate the specific strategies implemented to achieve business success and/or resilience.

The Business of the Year award is open to all winners of the 13 award sections and is awarded to an outstanding business that has provided an entry that demonstrates achievements and excellence over and above all other entrants.

Winners will be announced at a Gala Dinner and Award Celebration on Friday, September 9 at Sails by Rydges at Port Macquarie.

For a full list of finalists please visit: [www.businessnsw.com/members/business-awards/mid-north-coast](http://www.businessnsw.com/members/business-awards/mid-north-coast)

## Forster Tuncurry Quota hosted 'The Cavalcade of History and Fashion'

On Saturday 20th August Forster Tuncurry Quota hosted the Cavalcade of History and Fashion at the Uniting Church in Forster and what a wonderful occasion it was!

We would like to especially thank the Forster Uniting Church for allowing us to use their church. It was perfect - there was a great powerpoint facility, a very clear microphone and the most comfortable chairs. The Cavalcade crew were high in their praise and said it was the best they had had!

Thank you also to the generous prizes that were donated for our raffle including The Seaside Heritage Quilters, Denise from Rosita's Florist and gifts from Quota members and friends. It was a most successful fund raiser for The Great Lakes Women's Shelter.

The Cavalcade's presentation was excellent. They showed us clothes from the 1940's til 1950. Mardi MacDonald, from the Cavalcade, told us the story of every piece of clothing and the person who owned it. It was so interesting and a walk down memory lane. Even though these were war years and food was rationed - you can't ration fashion!

After the parade we were treated to Quota's Quality Cuisine at afternoon tea which featured food from the 1940's. Quotarians had researched the era and wore clothes and hats that set the mood for a wonderful afternoon of fun, food and fashion.

Thank you to everyone who came and helped us to help The Great Lakes Women's Shelter.

By Nerelle Duff.  
President Forster Tuncurry Quota.  
Right: Photo by Robyn Pasco.



## Dr. David GILLESPIE MP

FEDERAL MEMBER FOR LYNE

**THE NATIONALS** *for Regional Australia*

### To find out more about the various government grants visit Grant Finder at [www.davidgillespie.com.au](http://www.davidgillespie.com.au)

*He Listens. He Cares. He Delivers.*

Wauchope Office ☎ 02 6586 4462 📍 Corner of High and Hastings Streets, Wauchope, NSW 2446  
Taree Office ☎ 02 6557 8910 📍 144 Victoria Street, Taree, NSW 2430  
✉ david.gillespie.mp@aph.gov.au 📱 DavidGillespieMP 📷 david\_gillespie\_mp 🗣 davegillespiem

Authorised by Dr David Gillespie, The Nationals, Shops 2 & 3, 43 High Street, Wauchope NSW 2446.

## Bannister In Home Care

a better way

Do you need a little help to remain independent at home?  
Do you have a Home Care Package?  
We can help you get the best value out of your Home Care Package.

Bannister In Home Care is an approved provider of Home Care Packages. We are specialists in Aged Care offering highly professional care services in the comfort and familiarity of your own home.

We focus on supporting you to remain independent and improve your wellbeing, self-confidence and ability to connect to your family, friends and community.

**Our Services**

- Personal Care: Help with showering, dressing, hygiene & grooming.
- Companionship: Regular visits, social support, transport to appointments or shopping with support.
- Domestic Assistance: General cleaning, laundry, bed linen & ironing.
- Meal Preparation: Support to select, prepare and enjoy meals.
- Rehabilitation Support: Support after surgery or recovering from illness.
- Respite: Support for the carer, who needs a well-earned break to rejuvenate and maintain wellness.
- Home Maintenance: Yard, minor modifications, spring clean.

Ⓜ Servicing the Mid Coast NSW  
📞 Call us today on 02 9056 5145  
🌐 Visit our website: [bannisterinhomecare.com.au](http://bannisterinhomecare.com.au)

Fashion, Children & Babywear, Wool, Hobby & Gifts

## LINGERIE / SLEEPWEAR

NOW AVAILABLE IN STORE

BRA FITTINGS AVAILABLE  
PROSTHESES ALSO AVAILABLE  
THE BEST BRANDS

📍 33 Wharf Street Forster NSW 2428  
📞 Ph 02 6557 6655  
✉ [rockskidz@optusnet.com.au](mailto:rockskidz@optusnet.com.au)



# YOUR FORTNIGHTLY TV GUIDE

# September 7 - 13

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 11.00 Conquest Of The Skies. 12.00 News. 12.30 Press Club. 1.35 Media Watch. 2.00 Parliament. 3.05 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 Hard Quiz. 8.30 Shaun Micallef's MAD AS HELL. 9.00 Summer Love. 9.35 Win The Week. 10.05 Adam Hills. The Last Leg. 10.45 News. 11.00 The Business. 11.15 Spicks And Specks. 12.05 Parliament. 1.05 Unforgotten. 1.55 Gilts. 3.45 Rage. 4.25 The Drum. 5.25 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.00 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 16. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 History Of Britain. 8.30 Secret Scotland. 9.20 The Stranger. 10.20 SBS News. 10.50 Cycling. UCI World Tour. La Vuelta. Stage 17. 1.50 Destination Flavour. 2.00 Before We Die. 3.50 Italian Food Safari. 4.50 Destination Flavour Bitesize. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Farmer Wants A Wife. 1.30 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 Armed And Dangerous. (M) 9.20 The Chernobyl Disaster: Melttdown. (M) 10.00 Air Crash Investigation. (PG) 11.00 The Latest: Seven News. 11.30 Chicago Fire. (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. 1.00 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 Destination WA. 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. 2.10 Ent. Tonight. 2.30 My Market Kitchen. 3.00 Judge Judy. 3.30 Farm To Fork. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Dog House Australia. (PG) 8.30 Ghosts. (PG) 9.30 Bull. (PG) 10.30 Bull. (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 Parliament. 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 First On The Ground. 10.05 News. 10.20 The Business. 10.35 Old People's Home For Teenagers. 11.35 Parliament. 12.40 Doc Martin. 1.25 Unforgotten. 3.00 Rage. 4.25 The Drum. 5.20 Sammy J. 5.25 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.10 Secrets Unearthed. 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 17. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 World's Most Scenic River Journeys. 8.30 Inside Aldi. 9.20 Suspect. 10.20 SBS News. 10.50 Cycling. UCI World Tour. La Vuelta. Stage 18. 1.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 News. 12.00 MOVIE: Jesse Stone: No Remorse. (2010) (M) 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Gardens. 8.30 MOVIE: Forrest Gump. (1994) (M) Tom Hanks, Robin Wright, Sally Field. A kindhearted man recalls his life story. 11.30 To Be Advised. 1.00 Home Shopping.	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 RBT. (M) 8.30 Paramedics. (M) 9.30 New Amsterdam. (MA15+) 10.30 Nine News Late. 11.00 The Equalizer. (MA15+) 11.50 The Gulf. 12.40 Tipping Point. 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 My Market Kitchen. 3.00 Judge Judy. 3.30 Farm To Fork. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Dog House Australia. (PG) 8.30 Ghosts. (PG) 9.30 Bull. (PG) 10.30 Bull. (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. 11.05 Extraordinary Escapes. 12.00 News. 1.00 Savage River. 2.00 Death In Paradise. 3.10 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 Summer Love. (PG) 11.40 MOVIE: The Girl On The Train. (2016) (MA15+) 1.30 Rage. (MA15+) 5.00 Rage.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.10 Secrets Unearthed. 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 18. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Lost Treasures Of Ancient Rome. 8.30 9/11: The Pentagon. 9.30 World's Most Scenic Railway Journeys. 10.20 SBS News. 10.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 News. 12.00 MOVIE: Jesse Stone: No Remorse. (2010) (M) 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Better Homes And Gardens. 8.30 MOVIE: Forrest Gump. (1994) (M) Tom Hanks, Robin Wright, Sally Field. A kindhearted man recalls his life story. 11.30 To Be Advised. 1.00 Home Shopping.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 MOVIE: A Sister's Obsession. (2018) 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 Rugby League. NRL. Finals Series. First qualifying final. 9.45 NRL Finals Footy Post-Match. 10.30 MOVIE: American Assassin. (2017) (MA15+) 12.40 The Project. 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 To Be Advised. 2.00 Ent. Tonight. 2.30 My Market Kitchen. 3.00 Judge Judy. 3.30 Farm To Fork. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Living Room. 8.30 To Be Advised. 9.30 Just For Laughs Australia. (M) 10.30 ABC Late News. 10.35 Shaun Micallef's MAD AS HELL. (M) 11.05 Summer Love. (PG) 11.35 Rage. (MA15+) 5.00 Rage. (PG)
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) 4.50 Landline. 5.20 David Attenborough's Tasmania. 6.10 Extraordinary Escapes. (PG) 7.00 ABC News. 7.30 Death In Paradise. (M) 8.30 Miniseries: Marriage. (M) 9.30 Summer Love. (M) 10.00 Savage River. (M) 11.00 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Gymnastics. FIG Artistic World Championship Cup Series. Highlights. 3.30 FIFA World Cup 2022 Magazine. 4.00 Trail Towns. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 19. Highlights. 5.35 Secrets Of The Imperial War Museum. 6.30 News. 7.35 World's Most Scenic Railway Journeys. 8.30 Secrets Of The Tower Of London. 9.20 Devon & Cornwall With Michael Portillo. 10.15 Cycling. UCI World Tour. La Vuelta. Stage 20. 1.50 Late Programs.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Softlet Girls' Day Out and Run to the Rose Day. 5.00 News. 5.30 Border Security. Australia's Front Line. (PG) 7.30 MOVIE: Independence Day. (1996) (M) 10.30 MOVIE: X-Men: Dark Phoenix. (2019) (M) 12.45 Motor Racing. Supercars Championship. Round 10. Auckland SuperSprint. Day 1. Highlights. 2.00 Shopping.	6.00 Morning Programs. 12.00 Garden Gurus. 12.30 Rivals. 1.00 Rugby League. NRL. Women's Premiership. Round 4. 2.50 Rugby League. NRL. Women's Premiership. Round 4. 3.00 Rugby League. NRL. Finals Series. Second elimination final. 6.00 NBN News. 7.00 The Block. 8.30 60 Minutes. 9.30 Nine News Late. 10.00 9/11: Minute By Minute. 11.20 Killer Couples. 12.10 First Responders. 1.00 Postcards. 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. 8.30 What's Up Down Under. 9.00 Australia By Design: Innovations. 9.30 S10. 12.00 Luxury Escapes. 12.30 Living Room. 1.30 Healthy Homes. (PG) 4.45 Landline. 5.15 Life Planet Shapers. 3.00 What's Up Down Under. 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 Bondi Rescue. 7.00 The Dog House. 8.00 Ambulance. 10.00 To Be Advised. 11.00 NCIS. 1.00 Shopping. 4.30 Authentic. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 9.00 Insiders. 10.00 Offshoots. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Old People's Home For Teenagers. 3.30 Rick Stein's Secret France. 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 Savage River. 9.25 Silent Witness. 10.25 The Newsreader. 11.25 The Capture. 12.25 Unforgotten. 2.45 Rage. 4.15 The Recording Studio. 5.00 Insiders.	6.00 WorldWatch. 12.00 WorldWatch. 1.00 Speedweek. 3.00 Countdown To Qatar 2022. 3.30 The Rising. 4.35 Cycling. UCI World Tour. La Vuelta. Stage 20. Highlights. 5.35 Secrets Of The Imperial War Museum. 6.30 News. 7.30 Bin Laden: The Road To 9/11. 10.15 Looking For Life On Mars. 11.15 Who Gets To Stay In Australia? 12.15 Going Places. 1.20 Cycling. UCI World Tour. La Vuelta. Final stage. 4.30 Italian Food Safari. 5.00 Late Programs.	6.00 Sunrise. 7.00 The Morning Show. 11.00 Morning Show. 12.00 MOVIE: My Daughter Must Live. (2014) 2.00 What The Killer Did Next. 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 Farmer Wants A Wife. (PG) 9.00 9/11: 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 Fishing Aust. 6.30 Rivals. 7.00 Weekend Today. 10.00 Sports Sunday. 11.00 NRL Sunday Footy Show. 1.00 Rugby League. NRL. Women's Premiership. Round 4. 3.00 Rugby League. NRL. Finals Series. Second elimination final. 6.00 NBN News. 7.00 The Block. 8.30 60 Minutes. 9.30 Nine News Late. 10.00 9/11: Minute By Minute. 11.20 Killer Couples. 12.10 First Responders. 1.00 Postcards. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Take Two. 5.00 News. 5.30 Today.	6.00 Mass. 6.30 Turning Point. 7.00 Joseph Prince. 7.30 Joel Osteen. 8.00 GCBC. 8.30 Living Room. 9.30 S10. 12.00 To Be Advised. 1.10 Everyday Gourmet. 1.30 Freshly Picked. 2.00 Pooches At Play. 2.30 Luxury Escapes. 3.00 My Market Kitchen. 3.30 Food Trail: South Africa. 4.00 Farm To Fork. 4.30 Taste Of Aust. 5.00 News. 6.30 The Sunday Project. 7.30 The Amazing Race Australia. (PG) 9.25 Silent Witness. 10.25 The Newsreader. 11.20 The Capture. 12.20 Harrow. 3.00 Rage. 4.15 The Recording Studio. 5.00 Insiders.
MONDAY	6.00 News. 9.00 News. 10.00 Landline. 11.00 Antiques Roadshow. 12.00 News. 1.00 Rosehane. 1.25 Poh's Kitchen Lends A Hand. 2.00 Parliament. 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 7.30. 8.00 Aust Story. 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 Parliament. 12.45 Baptiste. 1.45 Harrow. 3.30 Rage. 4.25 The Drum. 5.25 7.30.	6.00 WorldWatch. 12.10 WorldWatch. 2.00 Cook Up With Adam Liaw Bitesize. 2.10 Secrets Unearthed. 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. Final stage. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Lighthouses: Building The Impossible. 8.30 DNA Family Secrets. 9.40 24 Hours In Emergency. 10.35 SBS News. 11.05 Beforeigns. 12.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: My Daughter Must Live. (2014) 2.00 What The Killer Did Next. 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 Farmer Wants A Wife. (PG) 9.00 9/11: 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 A Current Affair. 7.30 The Block. (PG) 8.40 The Hundred With Andy Lee. (M) 9.40 To Be Advised. 10.40 Nine News Late. 11.10 Fortunate Son. (M) 12.00 Emergence. (M) 12.45 Tipping Point. (PG) 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. 2.30 Ent. Tonight. 3.00 Judge Judy. 3.30 Farm To Fork. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Amazing Race Australia. (PG) 8.40 Have You Been Paying Attention? (M) 9.40 Just For Laughs Australia. (M) 10.30 Anne Edmonds: That's Eddotainment. (MA15+) 11.10 The Project. 12.10 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 11.00 Our Brain. 12.00 News. 1.00 Miniseries: Marriage. 2.00 Parliament. 3.05 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. 7.30-7.30. 8.00 Great Southern Landscapes. 8.30 Old People's Home For Teenagers. 9.30 Home: The Story Of Earth. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.45 Media Watch. 12.05 Parliament. 1.05 The Capture. 2.05 Harrow. 2.55 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 Secrets Unearthed. 3.00 Going Places. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 Supernet Specials. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Chase. 8.30 The Chase Aust. 9.30 The Chase. 10.00 SBS News. 10.30 Dateline. 10.00 SBS News. 10.30 The Point. 11.00 Atlanta. 12.15 DNA. 3.30 Italian Food Safari. 4.30 Food Safari Earth. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Her Last Will. (2016) 2.00 What The Killer Did Next. 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 Farmer Wants A Wife. (PG) 9.00 9/11: 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. 1.00 Emergency. 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) 8.40 The Hundred With Andy Lee. (M) 9.40 To Be Advised. 10.40 Nine News Late. 11.10 Law & Order: Organized Crime. (M) 11.55 See No Evil. (M) 12.40 Tipping Point. (PG) 1.30 TV Shop. 4.00 Believer's Voice Of Victory. (PG) 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. 2.10 Ent. Tonight. 2.30 My Market Kitchen. 3.00 Judge Judy. 3.30 Farm To Fork. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Amazing Race Australia. (PG) 8.40 The Cheap Seats. (M) 9.40 NCIS. (M) 10.40 NCIS: LA. (M) 11.30 The Project. 12.30 Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.

# September 14 - 20

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 12.00 News. 12.30 Press Club. 1.40 Media Watch. 2.00 Parliament. 3.05 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. 7.30-7.30. 8.00 Hard Quiz. 8.30 Shaun Micallef's MAD AS HELL. 9.00 Summer Love. 9.35 Win The Week. 10.05 Adam Hills. The Last Leg. 10.45 News. 11.00 The Business. 11.15 Spicks And Specks. 12.05 Parliament. 1.05 Harrow. 2.50 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 Supernet Specials. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 The Great Wall Of China: The Hidden Story. 8.30 Secret Scotland. 9.20 The Stranger. 10.10 SBS News. 10.40 Vienna Blood. 11.40 Vienna Blood. 12.35 World On Fire. 1.40 World On Fire. 2.45 World On Fire. 3.50 Food Safari. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: I Am Elizabeth Smart. (2017) 2.00 What The Killer Did Next. 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 Armed And Dangerous. (M) 8.50 The Chernobyl Disaster: Firestorm. (M) 9.50 Air Crash Investigation. (PG) 10.50 The Latest: Seven News. 11.20 Chicago Fire. (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. 1.00 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. 8.40 After The Verdict. (M) 9.45 Family Law. 10.40 Nine News Late. 11.10 Chicago Med. 12.00 The Stranger. 10.10 SBS News. 10.40 Vienna Blood. 11.40 Vienna Blood. 12.35 World On Fire. 1.40 World On Fire. 2.45 World On Fire. 3.50 Food Safari. 4.50 Late Programs.	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. 2.10 Ent. Tonight. 2.30 My Market Kitchen. 3.00 Judge Judy. 3.30 Farm To Fork. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Dog House Australia. (PG) 8.30 Ghosts. (PG) 9.30 Bull. (PG) 10.30 Bull. (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 Parliament. 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 First On The Ground. 10.05 News. 10.20 The Business. 10.35 Old People's Home For Teenagers. 11.35 Parliament. 12.30 Doc Martin. 1.25 Unforgotten. 3.00 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 Greek Island Odyssey With Bethany Hughes. 3.00 Going Places. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 Supernet Specials. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Chase. 8.30 The Chase Aust. 9.30 The Chase. 10.00 SBS News. 10.40 News. 11.05 The Front Bar. 12.05 Kiss Bang Love. (PG) 1.30 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Tempting Fate. (2019) 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 News. 7.00 Home And Away. (PG) 8.30 Crime Investigation Australia: Most Infamous. (M) 9.35 Police Strike Force. (M) 10.35 The Latest: Seven News. 11.05 The Front Bar. 12.05 Kiss Bang Love. (PG) 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 RBT. (M) 8.30 Paramedics. (M) 9.30 New Amsterdam. (MA15+) 10.30 Nine News Late. 11.00 The Equalizer. (MA15+) 11.50 The Gulf. 12.40 Tipping Point. 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 My Market Kitchen. 3.00 Judge Judy. 3.30 Farm To Fork. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Living Room. 8.30 To Be Advised. 9.30 Just For Laughs Australia. (M) 10.30 ABC Late News. 10.35 Shaun Micallef's MAD AS HELL. (M) 11.05 Summer Love. (PG) 11.35 Rage. (MA15+) 5.00 Rage. (PG)
FRIDAY	6.00 News. 9.00 News. 10.00 Q+A. 11.10 Extraordinary Escapes. 12.00 News. 1.00 Savage River. 1.55 Death In Paradise. 3.05 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 Summer Love. (PG) 11.40 MOVIE: The Girl On The Train. (2016) (MA15+) 1.30 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Cook Up With Adam Liaw Bitesize. 2.05 Greek Island Odyssey With Bethany Hughes. 3.00 NTV News. Nula. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 Supernet Specials. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Lost Treasures Of Ancient Rome. 8.30 Hampton Court: Behind Closed Doors. 9.25 World's Greatest Hotels. 10.15 SBS News. 10.45 Das Boot. 11.45 Thin Blue Line. 1.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Jesse Stone: Innocents Lost. (2011) 2.00 House Of Wellness. (PG) 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: Hidden Figures. (2016) (PG) Taraji P. Henson, Octavia Spencer, Janelle Monáe. Three African-American women work at NASA. 11.05 To Be Advised. 12.30 Home Shopping.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 MOVIE: Jesse Stone: Us Part. (2018) 1.45 Y Money: Queen Elizabeth II. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 Rugby League. NRL. Finals Series. First semi-final. 9.45 NRL Finals Footy Post-Match. 10.30 MOVIE: Shaft. (2000) (MA15+) 10.00 Just For Laughs Australia. (M) 10.30 Just For Laughs Uncut. (MA15+) 10.30 The Project. 11.30 Stephen Colbert. (PG) 12.30 Shopping.	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 My Market Kitchen. 3.00 Judge Judy. 3.30 Farm To Fork. 4.00 Everyday Gourmet. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Living Room. 8.30 To Be Advised. 9.30 Just For Laughs Australia. (M) 10.30 ABC Late News. 10.35 Shaun Micallef's MAD AS HELL. (M) 11.05 Summer Love. (PG) 11.35 Rage. (MA15+) 5.00 Rage. (PG)
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) 4.50 Landline. 5.20 David Attenborough's Tasmania. 6.10 Extraordinary Escapes. (PG) 7.00 ABC News. 7.30 Death In Paradise. (M) 8.30 Miniseries: Marriage. (M) 9.30 Summer Love. (M) 10.00 Savage River. (M) 11.00 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Motorcycle Racing. FIM Superbike World Championship. Round 7. Highlights. 3.30 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 Supernet Specials. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Chase. 8.30 The Chase Aust. 9.30 The Chase. 10.00 SBS News. 10.40 News. 11.05 The Front Bar. 12.05 Kiss Bang Love. (PG) 1.30 Shopping. 5.00 News. 5.30 Skippy.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. MRC Foundation Family Day and George Main Stakes Day. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.30 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: Shazam! (2019) (M) Zachary Levi, Mark Strong, Asher Angel. 12.30 MOVIE: X-Men. (2000) (M) 12.30 Home Shopping.	6.00 Morning Programs. 12.00 Garden Gurus. 12.30 Rivals. 1.00 Rugby League. NRL. Women's Premiership. Round 4. 2.50 Rugby League. NRL. Women's Premiership. Round 4. 3.00 Rugby League. NRL. Finals Series. Second elimination final. 6.00 NBN News. 7.00 The Block. 8.30 60 Minutes. 9.30 Nine News Late. 10.00 9/11: Minute By Minute. 11.20 Killer Couples. 12.10 First Responders. 1.00 Postcards. 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. 8.30 What's Up Down Under. 9.00 Australia By Design: Innovations. 9.30 S10. 12.00 Luxury Escapes. 12.30 Living Room. 1.30 Healthy Homes. (PG) 4.45 Landline. 5.15 Life Planet Shapers. 3.00 What's Up Down Under. 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 Bondi Rescue. 7.00 The Dog House. 8.00 Ambulance. (M) 10.20 To Be Advised. 11.00 NCIS. 1.00 Shopping. 4.30 Authentic. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 9.00 Insiders. 10.00 Offshoots. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Old People's Home For Teenagers. 3.30 Rick Stein's Secret France. 4.30 Win The Week. 5.00 Art Works. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 ABC News				

Local Calendar

The 'Local Calendar' lists free events.

September

**Fri 16th Sep to 9th Oct - Members Expo**  
Open daily 1am to 4pm, Forster Gallery, 34 Lake St Forster, Phone: 6557 2880

**Sat 17th Sept - Get Ready Day** at many of our local Rural Fire Brigade Stations. See page 4 of this newspaper for more details.

**Sat 17th Sept - Come & Try Great Lakes Dragon Boat Session**, Register by Friday 16th Sept at: [www.ausdbf.com.au/eventsrsvp/151276/](http://www.ausdbf.com.au/eventsrsvp/151276/)

**Sat 17th Sept - Forster Farmers Market**  
8am - 12pm Forster Info Centre, Little St. 3rd Saturday of the month.  
Enquiries: Linda 0421 347 273

**Sat 17th Sept - Super Garage Charity Sale Great Lakes Palliative Care**  
8am - 2pm, 32 Manning St, Tuncurry. Opposite John Wright Park.



Above: White-throated Tree creeper: Mostly seen spiralling up the trunks and larger branches of eucalypts, especially those with rough bark, foraging for invertebrates. Photographed by Brian MacCauley at Firefly.

**Sat 17th September - Manning Great Lakes Birdwatchers**, 8am Brimbin Nature Reserve  
Enquiries: 0437 634 056

**Sun 18th Sept - Great Lakes Band Fundraiser**  
2pm Club Forster, Strand St. Entry to the concert is by way of a \$2 donation at door.

**Sun 18th Sept - Great Lakes Museum Market**  
8am - 1pm Great Lakes Museum, 1 Chapel St Tuncurry. Enquiries: 6554 6275

**Sat 24th September - Tuncurry Market**  
8am - 1pm at John Wright Park, Tuncurry. Bookings essential.  
Enquiries: Anne 0417 400 994

**Sun 25th September - Pacific Palms Market**  
9am - 1pm Pacific Palms Community Centre. Enquiries: Jennifer Doyle 0401 968 516

October

**Sat 1st & Sun 2nd Oct - Great Lakes Orchard Society Spring Show**, Sat 9am - 4pm, Sun 9am - 2pm, Forster Public School, Head Street. Enquiries: Graham Anshaw 0414 256 645

**Sun 2nd October - Black Head Bazaar**  
8am - 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures. [www.facebook.com/blackheadbazaar](http://www.facebook.com/blackheadbazaar)

**Sun 2nd October - Car Boot Sale**  
7am to 12pm Hallidays Point Shopping Village  
Enquiries: Tyrone Power on 0413 427 644

What's on around town and beyond

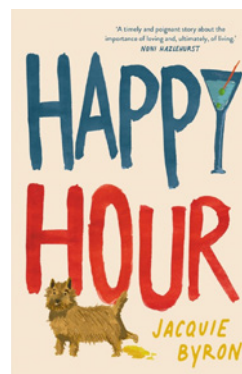
Australia's biggest book club Together We Read

As the price of living skyrockets, Australian households are looking for ways to reduce costs. For many of us the answer is already in our wallet - with your local library card and the Libby App for digital borrowing.

Between September 6-20 Together We Read invites anyone with a library card can download the novel 'Happy Hour' by Jacquie Byron as an ebook or audio book free of charge and get reading. Then join the author and readers across Australia for an online discussion throughout the two weeks and a live online event on September 20.

'Happy Hour' is a powerful story about one woman, two dogs and the family next door. Elizabeth Strout meets Marian Keyes in this hilarious and uplifting insight into true love, loss and friendship, described by Mary Moody as 'Hilarious and poignant'. Happy Hour was longlisted for the Indie Book Awards 2022 and voted into the Better Reading Top 100.

Learn more about Together We Read at <https://togetherwered.com/AU/>



Jason Owen sings John Denver

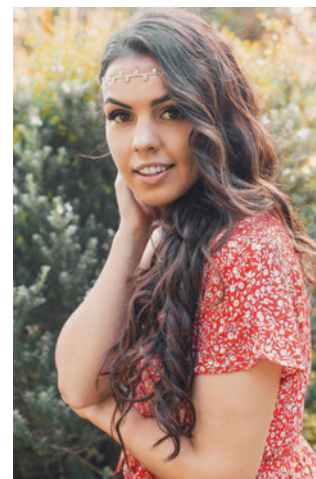
Don't miss out on Jason Owen at Tuncurry Beach Bowling Club on Saturday 22 October 2022. Jason will be singing many of Denver's most loved songs from his fourth album Jason Owen Sings John Denver: the 20th Anniversary. When the album was released in 2017 to mark 20 years since Denver's passing, it became an instant smash hit, going straight to number one on the Australian iTunes Country Music Chart. Jason is also releasing his version of one of John Denver's greatest singles of all time Thank God I'm a Country Boy. The song, which was originally released in 1974 and went to Number 1 around the world, is still considered to be one of the greatest country songs of all time.



"I've put my own touch on each song but kept true to the uniqueness of John's creativity," Jason says. "The show will feature John's biggest hits and I encourage everyone to sing along and have a great night. After growing up listening to John's music it is a dream and privilege to be out playing it on tour and I hope everyone enjoys it."

Shara Rose is supporting Jason Owen on his national tour.

Shara Rose (pictured below left) is a breath of fresh air as a performer, blending her warm, engaging vocals with lyrics that tell stories straight from the heart, inspiring people to have hope. Her contemporary guitar-driven style mixes Indie, pop, and country.



No stranger to the stage, Shara Rose regularly performs throughout Australia at major shows, community events, conferences, and festivals, often coupling her engaging music with her motivational story and encouragement to keep chasing your dreams.

Shara's brand new single "Hold On" was written in response to a world full of turmoil and is her expression of encouragement to keep standing. Shara Rose herself was battling her own debilitating health issues while recording this song and rested on the messaging to hold on to see it to completion. She hopes it has the same effect on others that she managed to find herself.

[See advertisement on page 10]

What's on around town and beyond

Great Lakes Band Fundraiser

**The Great Lakes Band Fundraiser**  
2pm Sunday 18th September  
Club Forster

Entry to the concert is by way of a \$2 donation (or more) payable at the door.

Our local musicians need this opportunity to grow and enjoy a healthy interest in music and community service.

So come along and support the Great Lakes Band and enjoy a great afternoon of concert band music. Concert starts at 2pm - unreserved seating available.

The Great Lakes Band gives people in our local community the opportunity to play with other musicians and develop their music skills.

The band plays for every ANZAC Day, Vietnam Veterans Day and Remembrance Day to honour the men and women who served and fought for our country.

The Great Lakes Band incorporates concert and swing style band arrangements, featuring songs from across generations such as the Beach Boys, The Beatles, Ray Charles, Vera Lynn, etc.

This year we feature a guest vocalist, Teisha Farr. A local young lady who has had great success in past years at the Taree Eisteddfod.

Our group of volunteers range in age from 14 - 80 years old. We welcome new players, Grade 2 (AMEB) and above. Rehearsals are 5pm Mondays at Club Forster.

We want to share our music with you - and your kind donation will help our town band so that we can continue promoting music in this area.

[See advertisement on page 13]



Giant Garage Sale & BBQ for local Presbyterian Church



Above: Lynne Harvey, Marie Schutte, Michele Glossop, Judy McIlwraith and Isobel Davey from the Social Committee.

On Saturday 17 September, Forster's Presbyterian Church, on Bruce Street, will be holding a giant garage sale and BBQ as a major fundraiser for our church. Members have been busy collecting and preparing for this event.

The Forster Presbyterian Church is 70 years old this year and is still going strong. We will be celebrating our 70-year anniversary on the 23 November.

We have Sunday morning service commencing at 9.30am, KYB (Know Your Bible) classes, bible study groups, prayer meetings and craft groups.

During the past few months, we have been collecting items for Operation Christmas Child and managed to complete 44 Christmas gift boxes to date for children in need overseas.

History of the Presbyterian Church

"Growing followers of Jesus Christ"

- 1952 - Mr John Broadhead was appointed to establish the Presbyterian Church in Forster and the first service was held at the Forster School of Arts on Sunday 23rd Nov. 1952
- 1953 - Land was purchased on corner of Macintosh and Lake streets and the bounds of charge was extended to Dyers Crossing, Failford and Nabic. The parish was then named "Forster-Wallamba Charge"
- 1956 - In May it was decided to build a hall on the land.
- 1957 - Building began in April and the church hall was opened on August 17, 1957.
- 1959 - Sunday school classes commenced, and a youth fellowship was formed. On 10th August the first session was inducted.
- 1974 - On February 11 the Home Mission Station of Forster-Wallamba was raised and

was known as Forster-Wallamba Methodist and Presbyterian Joint Parish and The Rev Tom Anderson was appointed Minister.

• 1977 - Union between Presbyterian, Methodist and Congregational churches. A small number of people continued to hold weekly services as Presbyterians.

• 1978 - Re-Establishing the Presbyterian Church on March 26 a Committee of Management formed, and the congregation designated as a sanctioned congregation.

At this time an offer was made to the Church of England for the Church and Hall on grounds in Bruce Street, Forster.

• 1980 - The last Presbyterian service was held in the Uniting Church on 23rd November 1980 and the church was later rededicated and renamed St Andrews. The service was conducted by Rev I Ransom and Rev C Jones.

[See advertisement below]

GIANT GARAGE SALE AND BBQ

Join us at our fundraising event  
Saturday 17th September  
8am until 2pm  
Forster Tuncurry Presbyterian Church - 16 Bruce Street, Forster

We have something for everyone and eftpos available!

- Books/CD's/second hand goods
- Sausage Sizzler/barbeque
- Coffee/tea/hot chocolate
- Homemade cakes/scones/biscuits
- Condiments/plants/Haberdashery
  - Children's toys
- Second hand linen/bed covers
  - Stationary new and used
- Kitchen items large and small

For all enquiries contact Michele on 0409 131 004



Tuncurry Hall Gala Ball

The Tuncurry WWI Memorial Hall Gala Ball is 101 years in the making, delayed one year due to covid the hall turned 100 in September last year and we are finally able to celebrate. The Hall has a long history imbedded in town of Tuncurry and we hope to put that history on show for the night.

There will be live music provided by the big Fins and Musica Provinciale, food, drinks and dancing. This is your chance to get dressed in your most formal attire or take a chance and dress in a formal look inspired by the last 100 years.

The Hall has recently undergone renovation on the inside and outside and this will be our chance to start forward to the next 100 years as we continue to provide a space for the local community to hold their events.

We recognise all the support the hall has received via sponsorship to help make this event happen and we thank those local business and community groups that continue to support us.

Tickets and information can be found on our Facebook page or visit our website at [www.tuncurrymemorialhall.com.au](http://www.tuncurrymemorialhall.com.au)

For information about booking the hall for your next event contact bookings 0404 279 710.

[See advertisement on right]



DRESS FORMAL IN A STYLE INSPIRED BY THE LAST 100 YEARS

TUNCURRY WWI MEMORIAL HALL

CENTENARY GALA BALL

5:30PM 17TH SEPTEMBER 2022

FEATURING FOOD AND DANCING MUSICA PROVINCIALE THE BIG FINS

FOR INFORMATION CONTACT 0404279710 OR VISIT US ON FACEBOOK WWW.TUNCURRYMEMORIALHALL.COM.AU

WITH THANKS TO OUR SPONSORS

TICKETS \$100 SCAN BELOW

RAJ RICHARDS - WOODS QUALITY PAINTING  
FOSTERE TUNCURRY PROFESSIONALS REAL ESTATE  
TYLE POWER - CABRETT ONE - KOOLOHAT  
GET REAL LANDSCAPING - HART CARPENTRY BUILDING  
SH & BK FLETCHER - BK STEEL FABRICATION  
L&B GLASS & ALUMINUM - SYDNEAR FLUX FORSTER

SPONSORS: Sunrise Home Care, JR Richards, BNM, Beaver's Hardware, Jansons Pharmacy.



## Weekly Diary

The 'Weekly Diary' is FREE to promote community group information. Max - 4 lines. It is the responsibility of the organisation to keep the Forster Fortnightly updated.

### 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

**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: jipatchwood@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

**Holidays 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 Moorooaba 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**  
Wednesday mornings 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 month at 6pm  
Tuncurry Beach Bowling Club & on zoo. Email  
greatlakespn2428@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 Moorooaba 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**  
Breeze 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**  
Pebble 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/walktalkforlifetuncurry

**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 is 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

## 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.



## Have your say on Council draft policies



MidCoast Council is seeking community feedback on several draft policies during September.

- The Draft Barking Dog (Animal Noise) Policy outlines a structured, consistent and transparent approach for people affected by animal noise.

- The Draft Control of Open Burn Policy aims to manage open burning activities to protect local and regional air quality, local amenity and human health.

- The policy allows pile burning on certain land use zones without the need for an application to Council. It also outlines an application process for anyone seeking approval to burn on other land zones.

Council encourages anyone interested in these policies to provide feedback.

Submissions are open until Wednesday 5 October at 4:30pm.

To read the draft policies and submit feedback, please visit: <https://haveyoursay.midcoast.nsw.gov.au/current-draft-policies-public-exhibition>

## Trades & Services



- Installation
- Service
- Maintenance

Call the team today on 0409447834 for all your Air Conditioning needs.

No obligation, free quote  
Servicing all the Mid Coast

New Homes Renovations/Extensions Decks/Pergolas Sustainable Building Passive Homes

**Call Andrew**  
0431173111  
Quadriobuildingservices.com.au

Find us on



**Reuse Shop**  
Midge Orchid Rd, Tuncurry

## OLDER DRIVING ASSESSOR

Automatic & Manual Assessor & Instructor  
RMS Accredited \* 010743

Retain your unrestricted Class C License

**6554 5400**



## NEED A HANDYMAN?

Painting  
Garden maintenance  
Gutters cleaned  
Rubbish removed & more

No job too big or small  
Excellent pensioner discounts

**CALL ME ON 0477-916-167**



## Gutter Snipes

ROOF GUTTERS & DOWNPIPES CLEANED

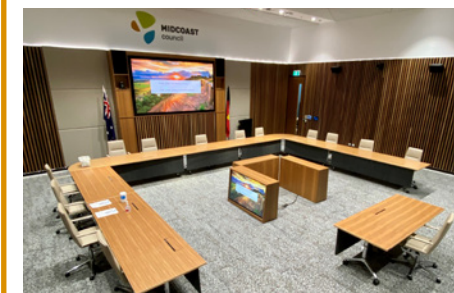
Fast - No Mess  
30+ Years Experience  
Phone Peter on  
**0404 793 966**

## For Sale

2019 Pride Mobility Scooter for Sale - 800  
Enquiries: Charlies on 02 6555 2103

## MidCoast Council Meetings

The next meeting on 7th September 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. All meetings are held at the Yalawany Ganya Council Chambers on Biripi Way, Taree.

For full details of all meeting reports visit:  
[www.midcoast.nsw.gov.au/Council/Council-Meetings/Meeting-Agendas-and-Minutes](http://www.midcoast.nsw.gov.au/Council/Council-Meetings/Meeting-Agendas-and-Minutes)

## The Forster Fortnightly caters for trades & services, public notices, classifieds, funeral notices and in memoriam

Phone Geordie Yule on 0403 586 342 or email [sales@forsterfortnightly.com.au](mailto:sales@forsterfortnightly.com.au)



The Forster Fortnightly disappears quickly off the shelves at Coles, Woolies, Foodworks & many other local sites.

Proud to be a local family-owned business



**FORSTER LOCAL ABORIGINAL LAND COUNCIL**  
ABN 42 286 760 787  
10 BRECKENRIDGE STREET FORSTER NSW 2428  
PO BOX 384 FORSTER NSW 2428  
PHONE 02 6555 5411 FAX 02 6555 6757  
EMAIL: [ces@forsterlalc.org.au](mailto:ces@forsterlalc.org.au)

## NOTICE OF ORDINARY MEMBERS MEETING

**DATE: 22nd September 2022.**  
**TIME: 10:00am**  
**Venue: FLALC Building, 10 Breckenridge St, Forster.**

### AGENDA

1. WELCOME
2. APOLOGIES
3. MINUTES OF PREVIOUS MINUTES
4. CLBP WORKSHOP
5. APPROVAL OF THE FORSTER LALC COMMUNITY LAND AND BUSINESS PLAN (CLBP) 2022 – 2027
6. WITHDRAWAL OF NORTH TUNCURRY LAND CLAIM (ALC 41243, Lot 331 in DP 1104340)
7. GENERAL BUSINESS
8. NEXT MEETING
9. MEETING CLOSED

Please Note: All Members and Aboriginal persons who have a cultural association with the land within the LALC's area are encouraged to attend and participate in the workshop.

Please Note: A copy of the CLBP or a Summary is available for viewing on request at the Forster LALC during business hours.

Authorised: Vince Hall, Chairperson Forster

# 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](mailto:info@forsterfortnightly.com.au)

### Use former Mid Coast Office for a Health Care Facility

After reading the Sunday Telegraph [See below] we may be the healthiest state, but the Great Lakes Region comes last.

The response from the Minister for Health was that a Health Care Facility was on the agenda but would not commit to a timeline. I think we need some action now, not later. After driving past the Mid Coast Council office on Breese Parade Forster and seeing it for sale or lease, what better place to start as it's just down the road from the new ambulance centre.

What do you think? Is the site suitable or not?

David Scott-Hamilton

Tuncurry

*"NSW is Australia's healthiest state and youth and multiculturalism are fuelling the phenomenon. Census data from 2021 shows Auburn is the healthiest region with 78.8%*

*of people stating they have none of the 10 most common health conditions and has 8 in 10 people living in the area who were born overseas.*

*At the other end of the scale, NSW has the nation's most unhealthy nation in the nation. The Great Lakes region, which takes in Forster, Tuncurry and Bulahdelah, ranked in the top 10 in the nation for high rates of heart disease, lung disease, kidney disease, stroke, cancer and arthritis, and it ranked no.1 for dementia. 57% of the region's population is aged over 50 and 8 in 10 people living there were born in Australia, with most assigning themselves English, Australian, Irish or Scottish ancestry."*

Edited from the Sunday Telegraph by Sue Dunlevy and Melanie Burgess.

Published 21.08.2022



Above: Local medical staff striking on Breese Parade. Photo by Patricia Macvean.

## Star Pet



**Likes:** He just loves people. He is an amazing dog and wants to help people.

**Dislikes:** He was traumatised when young and is terrified of thunder and mechanical noises. Apart from that he loves everything and everyone.

**Claim To Fame:** Fred has a natural instinct to help people who need him. He chose me when he knew I was not well. He became my guardian. I was a music therapist before retiring and he would sit next to me or wander around and give attention to the patients. He is very gentle and has incredible empathy and compassion. He will read a patient's need before I ever could as a professional. Some people think he is an angel as he can change their whole demeanour. He has helped people with dementia, aged care and teenagers with cerebral palsy using wheelchairs. When he spends time with them they are soon smiling and laughing. He is a wonderful working dog who loves to serve and takes his work very seriously.

**Name:** Fred

**Age:** 11 -12 years. Fred was a rescue dog and I have had him for over 10 years.

**Breed:** Cross Dashhound, Whippet and Rhodesian Ridgeback

He is getting old now and cannot walk far but he still remembers people. He likes to go up into people in wheelchairs or scooters and knows what they need from him. He just knows.

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](mailto:info@forsterfortnightly.com.au)

## Book Review



The Consul by Ian Kemish is his account of 25 years of change in Australia's diplomatic service for much of which he was in the consular arm overseas and latterly its head in Canberra. Traditionally, the department saw the policy and international representation as the prime career path. Events changed and the organisation had to also; the consular arm from being a second-class career in the Department of Foreign Affairs and Trade (DFAT) became much more central.

In the past, consular staff helped Australians in trouble overseas – lost or stolen passports, running foul of local laws, medical emergencies, missing persons. And they still do. International terrorism changed the magnitude and visibility of their task – the twin tower bombings in 2001, the Bali bombings in 2002 and again in 2002, the London bus bombings, and many other such events including kidnappings typically for ransom but latterly for political

reasons as in China all involved at least some Australians.

Other changes include the ubiquity of air travel; Australians are prodigious and adventurous travellers, mobile phones which mean relatives at home are more likely to be concerned if daily phone calls cease, and the ability of the press immediately to relay vivid pictures and accounts means a much higher political profile.

Perhaps the turning point for us was the Bali bombings with 88 Australians dead out of a total of 202 deaths, some 65 medical evacuations of which 54 were serious burn or shrapnel cases that included Indonesians, and some 4500 evacuations overall, many of them nationals from around the world. It was a massive effort taking medical teams to Bali, treating many casualties there, and bringing back the serious cases first to Darwin, then Perth hospitals, and finally all around Australia.

It was a whole of government affair involving our defence personnel, Federal and State police for victim identification and forensic analysis as part of our security cooperation with Indonesia, and most other departments. Prime Minister Howard made it clear that cost was not an issue and spoke with Indonesia's President Megawati Sukarnoputri for their support. One cannot simply fly into and set up a large-scale operation in another country.

To handle the thousands of calls from anxious relatives (some 20,000 Australians visited Bali each month), briefings of the PM and

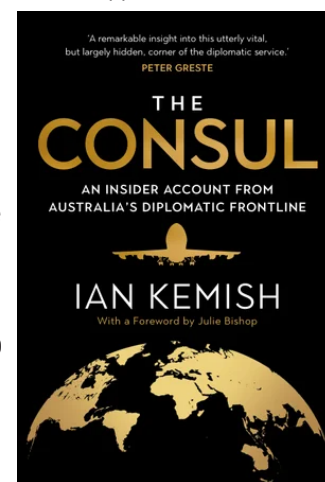
press, coordination, action and liaison both on site and in Australia required the Department to draw in staff from non-consular areas. No longer was the consular area a mere bywater. (A valuable tip for our staff in Bali: when visiting the morgue with relatives for victim identification, do not try to disguise the smell with perfume or Vicks because for ever after those scents will remind you of the smell of decaying bodies).

Perhaps the final word can go to the recently retired head of DFAT, Frances Adamson, when asked whether Australian foreign service officers are people willing to get things done, she replied "That's not necessarily because we are diplomats, it probably has more to do with the fact that we are Australian."

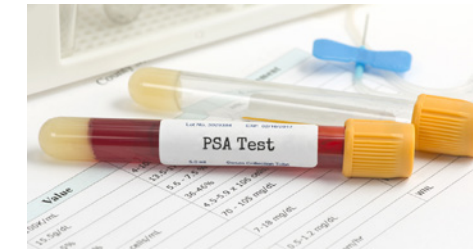
By John King - Librarian

Pacific Palms Community Library

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



## Review of 'outdated' prostate cancer screening



A guideline that GPs are under "no obligation" to refer men for prostate cancer screening is under review after urologist raise the alarm that aggressive cases were being routinely missed because many primary care doctors were following outdated advice that did not recommend screening of asymptomatic men.

The Royal Australian College of General Practitioners (RACGP) was prompted to review the evidence it relied on to decline recommending routine PSA (Prostate-Specific Antigen) testing after The Weekend Australian questioned why its advice conflicted with national guidelines that advise testing those with a family history and men aged 50 to 70. RACGP Red Book guidelines are based on 10-year-old US research that recommends against PSA-based screening amid attempts to reduce over detection and overtreatment of low-risk cancers.

The number of men dying of prostate cancer rose by almost 15% between 2016 and 2022, from 3052 per year to 3507. "The Royal Australian College of GPs is currently reviewing the red book and will be updating its guidelines about PSA testing which aligns with the 2016 National Health and Medical Research Council and Prostate Cancer Foundation Australia's guidelines," a spokesperson said.

"The literature on the efficacy of screening has matured significantly and is showing

undoubtedly that PSA screening saves lives," said Urologist surgeon Peter Heath. "I saw a fellow last week who is 50 with metastatic cancer, 50 for goodness sake. He had a family history of prostate cancer. His GP hadn't advised screening. It's heart breaking to see that. It's just a terrible cancer. I'm frustrated, disappointed, shattered when I see a young man or a man whose lost an opportunity for cure".

The conservative GP guidelines were rooted in concerns about the over detection and over treatment of prostate cancer, but this no longer generally occurs because of the routine use of MRI in diagnosis and a widespread non-invasive approach of "active surveillance" of cancer.

The RACGP has now acknowledged this shift. "Men aged 50 to 69 at average risk of prostate cancer should be informed about the benefits and harm of PSA testing to allow them to make any informed decision."

Around 24,000 Australian men are diagnosed with prostate cancer - the most common form in the country every year. Around 3,500 die from it. The number of men diagnosed is expected to increase by 43%, from more than 240,000 today to 372,000 by 2040.

"One of the most common complaints that we get for men is that their GP either refused a PSA test or advice demand that he didn't need it", said PCFA CEO Anne Savage. "The evidence we do have right now tells us enough to know that the recommendation is wrong and needs to be changed".

By Natasha Robinson - Health Editor

Edited from The Weekend Australia. Published 13.08.2022

## September is Prostate Cancer Month



Prostate cancer is the second most common type of cancer diagnosed in men (1 in 6). It can be easily diagnosed by a PSA blood test and 5-year survival rate is 95%. Great Lakes Pharmacy will be hosting fundraising events during this month to shed light on this disease. Come in store and enter our numerous fundraising endeavours such as Lolly guessing game, 100 club, and raffle tickets to win some amazing dining vouchers.

On September 30th, a BBQ breakfast will commence at 8am! All funds raised during this time will go towards Kyla Loring and her sister Lisa who are taking part in the Longest Run (72km) in honour of Kyla's late husband Barry - who passed away in January from Prostate cancer.

## Great Lakes Prostate Cancer Support Group


Invites men and their partners to our meetings held 4th Tuesday of each month from 7pm to 8:30pm at Club Forster

Next meeting on the 27th of September will be featuring guest speaker, Katie Tuck, an exercise physiologist in Forster.

For further enquiries please contact:  
**Phil Rodman 6557 2063    John Hulme 6555 6523**

**THE SUPPORT GROUP PROVIDES**


- ❖ Specialist speakers to provide information on the latest advancements in treatment options.
- ❖ Support for those going through diagnosis and having to make informed decisions.
- ❖ Awareness about prostate cancer for the local community.
- ❖ A forum to support men and their families who are facing prostate disease or prostate cancer.




**Suzanna Fettell**  
Prostate Cancer Specialist Nurse  
Port Macquarie Base Hospital

**WHEN SHOULD I TALK TO MY DOCTOR ABOUT BEING TESTED?**

- ❖ From 40 years of age if there is a family history of prostate cancer
- ❖ As part of a general health check up from 50 years of age
- ❖ After a recent onset of urinary symptoms



**Dr Ben Kwok**  
Urologist Specialist



**Associate Professor Tom Shakespeare**  
Director of Cancer Services  
Mid North Coast & Northern NSW

*Proudly sponsored by the Prostate Cancer Foundation of Australia*

## Ever wondered what happens to your recycling?

Tours of the Materials Recovery Facility at Tuncurry are back after the COVID-19 hiatus.

The Materials Recovery Facility is located at the Tuncurry Waste Management Centre.

The facility boasts a large education room which offers a birds-eye view tour of the recycling operations.

Opened in 2013, the Materials Recovery Facility is responsible for processing all the recyclables from the MidCoast Council local government area.

Using state-of-the-art technology, the Materials Recovery Facility processes an average of 40 tonnes of recycling each day. That's about 1,250 tonnes per month or 14,000 tonnes per year.

"Being conscious of our waste and recycling habits is becoming increasingly important," explained David Rees, Manager of Waste Services at MidCoast Council. "More than ever, it's important to put the right thing in the right bin to reduce the impact of waste on the environment. Sending waste to landfill should



Above: The Materials Recovery Facility at the Tuncurry Waste Management Centre.

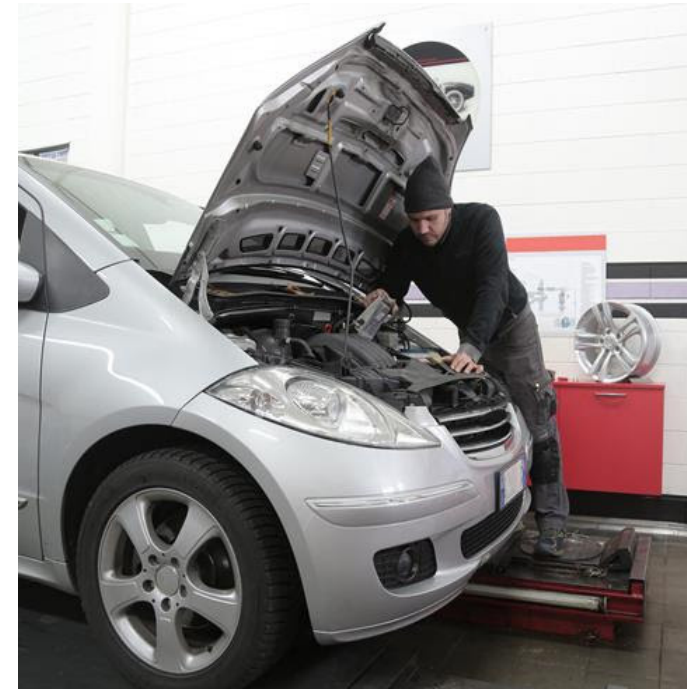
be our last resort."

"We have set an ambitious target to divert 70% of waste from landfill by 2030, add Mr Rees.

"We need your help to meet this goal and to value waste as a resource that can be recycled, reused and reduced."

Tours of the Materials Recovery Facility are by appointment only. Learn more about making a request here: [www.haveyoursay.midcoast.nsw.gov.au/reimaginewaste](http://www.haveyoursay.midcoast.nsw.gov.au/reimaginewaste)

## Momentum building for the right to repair



The impact of that inconvenience for wheelchair-bound users, waiting on repairs to their source of daily mobility, can be severe. Given the impact, it was encouraging to see the 'Consumer right to repair powered wheelchairs' bill passed in the state of Colorado, USA. The new law will come into effect on 1 January 2023, enabling wheelchair users' access to parts, embedded software and manuals to enable self-made repairs.

Many organisations, however, are still wary of the repair movement citing concerns over intellectual property (IP). Lesley Yates, Director of Advocacy Australian Automotive Aftermarket Association explained at a session of the Australian Repair Summit

in August 2022, that IP concerns were raised during the review of Australia's first right to repair legislation.

Established on 1 July 2022, Australia's new Motor Vehicle Service and Repair Legislation allows independent repairers to access data needed for diagnostics and repair servicing at a fair market rate. The amendment to the Competition and Consumer law enables competition between repairers and reduces the likelihood of delays.

Set up as a scheme, the new Australian right to repair law has been written to enable adaptation for future needs. This is a promising development for all those handy people who are keen to roll up their sleeves and fix their own belongings.

By Pamela Jolly,

Published 31.08.2022

[www.planetark.org/newsroom](http://www.planetark.org/newsroom)

As the cost of living rises, consumer interest in repair has grown across the globe. The great news is that repairing not only reduces costs, it also keeps materials from going to landfill.

Repair Cafes and community repair sessions are popping up all over the globe. Even mobile phone makers Apple, Google and Samsung are offering self-repair programs.

A 2021 Deloitte report into consumer behaviours around sustainability, found that 53% of respondents repaired or fixed an item instead of replacing it with a brand new equivalent.

The repair movement has built momentum beyond small electrical fixes. Community and industry advocacy groups have been lobbying governments to pass 'right to repair' legislation, requiring businesses to make repair manuals, system updates and parts available to individuals and repairers. Without these being more freely available, consumers can experience inconvenient delays.

## Our Local wildlife



### Feather-tailed Gliders, the world's smallest gliding mammal



Above: A Feathered-tail Glider being cared for. Photo by Anna Burstein.

There is nothing cuter in all of Australia's native animals than the Feather-tailed Glider (*Acrobates pygmaeus*). As the world's smallest gliding mammal, it is about the size of a small mouse, with an average weight of only 12 gms and a long feather-like tail which gives it its common name (the Latin name translates as 'acrobatic pygmy', also a very true description!).

The Feather-tailed Glider grows to a maximum body length of 8 cm whilst the fringed tail is between 7-8cm long. The tail is flat and has long stiff hairs growing horizontally on either side. The body is grey-brown in colour with an underside which is white or cream coloured. The eyes have rings of dark fur around them, and the ears are large and rounded. It also has several whiskers sprouting from the nose and cheeks and at the base of each ear. The tongue is long and thin, almost 11 mm, and brush-like to easily collect pollen and nectar.

Both male and female are similar except that the female has a pouch. The pouch opens to the front and has four teats.

As the name implies, feather-tailed gliders also have gliding membranes known as patagia that stretch from between the elbows to the knees. These membranes allows them to glide more than 20 metres at a time between trees whilst the distinctive tail acts as a rudder. Effectively they hurl themselves from tree to tree with legs outstretched whilst their gliding membranes extend like a parachute. The tail not only helps with steering, but also acts as a brake and an anchor when landing.

As well as its specialised gliding membranes, the feather-tailed glider has another superpower. The feet have large pads on the toes with serrated grooves and several

sweat glands which effectively act like mini suction cups and enable them to climb almost anything, even including vertical glass.

Feather-tailed gliders live in forests and woodlands, and like so many of our native species, need tree hollows to nest in although they will also build nests in abandoned birds' nests and stag horns. Nests are usually spherical and about 6-8 cm in diameter and lined with leaves, feathers and shredded bark.

Most often a nest will include a large family of between 5 and 30 individuals that will all snuggle together, especially in winter. Because they are so small, they have trouble staying warm in cold weather or when there is minimum food. When cold the feather-tailed gliders will not only huddle together but also curl themselves into a ball, wrapping their tails around themselves and folding their ears flat. At such times they will also go into a state known as torpor during which they will slow their breathing therefore decreasing their oxygen consumption to about 1% of normal and drop their body temperature to as low as 2 degrees Celsius. They also become catatonic. This can continue for a number of days.

Feathertail gliders are omnivorous meaning that although their main diet is nectar and pollen arthropods such as moths, ants and termites are also an important food source. Eucalypt forests are a preferred environment and they spend most of their time high in the tree-tops (usually above 15 metres). Only rarely will they descend to the ground because it is on the ground that they are most vulnerable. Nocturnal, they are highly active during the night, sometimes gliding between different trees from 3 to 5 times an hour.

The breeding season for feather-tailed gliders is between late winter to summer in our region. They are not monogamous and there may be many fathers to a given litter. Typically, females will be sexually mature at 8 months and males at 12 months.

Usually, the female will give birth to two litters of up to four young in a season and are able to mate again shortly after the first litter is born. Similar to kangaroos, the second litter then enters embryonic diapause, or paused development, and is not born until the first litter has finished weaning.

Young gliders will spend 65 days in the pouch and will continue to be suckled for another 40 days. In the wild, feather-tailed gliders can live up to five years.

Feather-tailed gliders are preyed on naturally by kookaburras, butcherbirds and owls. However, most often they fall victim to cats and foxes as well as destruction of their tree hollows. In the last 12 months FAWNA has responded to 44 rescues of feather-tailed gliders. FAWNA has also provided a number of nestboxes suitable for gliders through its nest box programme.

By Kym Kilpatrick - FAWNA member

Hallidays Point



Above: Photo of a turtle on a bush track in Forster by Lutz Huesch.

## Local Legend – Tim Bowden

Timothy Bowden was born in Hobart, Tasmania, on August 2, 1937. He is married, with two children and three grandchildren. An author and broadcaster, formerly of Sydney but now living on the Mid North Coast of New South Wales, Tim was host of the ABC-TV listener and viewer reaction program Backchat, from 1986-93. "My passions have been recording oral history for radio broadcast on the Australian Broadcasting Corporation, writing historically based books and travel."

### Background history

The Bowden's originally hailed from Plymouth, UK. Edward Garth (on Tim's father's side) was a convict who came out on the Scarborough in January 1788.

Only a few weeks after the first fleet arrived at Port Jackson, Edward Garth volunteered to join Lieutenant Philip Gidley King's party of fifteen to be the first settlers on Norfolk Island. A young alleged prostitute, named Susanna Gough (or Goff) who had been transported for stealing nine guineas and one-half guinea, was also bound for Norfolk Island on the HMS Supply. These volunteers were told that if there should 'arise an affection between any two convicts' they might marry.

Edward Garth and the young Susanna Gough paired off and almost immediately began to produce the first of their six children. Eventually, Edward Garth became a civil servant, and a warder at the gaol on Norfolk Island.

When the first Norfolk Island settlement was abandoned in 1806, those who had land there were given the opportunity to get a similar amount of land on the Australian mainland. Edward having liked island life, heard about Tasmania and asked for his grant to be there. He arrived in Tasmania on the Porpoise in January 27 1808.

Edward Garth died at his Sandy Bay farm in Tasmania on December 18th, 1820. By then his household consisted of himself, Susannah, three of the children and even a servant, no less.

Tim Bowden's grandmother was Grace Hill, a direct descendant of Edward Garth. Years later, John Bowden (Tim's father and son of Grace) said that he saw a map of Sandy Bay and discovered that it took in the valley whereby coincidence, Tim had bought his first block of land. It was a curious coincidence!

### Tim's Early Life

"My father John Bowden joined the army in 1939 and went to the Middle East and did not return to Tasmania until late 1944 when I was seven years old. My mother could not afford to stay in the family home in Sandy Bay and had to board with family friends nearby until my father came home from the war.

Our house in Maning Avenue Sandy Bay was next to an area of bushland which I happily roamed about in when I was about ten years old, with a friend, Leonard Oates (who my mother told me not to play with.) There was a small dam at the bottom of the valley and Leonard ingeniously managed to make a small canoe out of a bent sheet of corrugated iron which he and I paddled about in. The dam was not very big or even deep ... but neither of us could swim!

I had a weekly routine for Friday nights and Saturday morning where I used to go down Maning Avenue just a few houses away to spend Friday night with my dotting maiden aunts, Marge and Nora Bowden, and then have lunch with them on the Saturday. I did this until well into my teenage years.

Milk in those days was delivered by horse and cart by a Mr Livingstone, who I now realise, grazed his cows on land once owned by Edward Garth. I used to help Mr Livingstone on his rounds, something I enjoyed doing. He taught me how to dipper the milk from large churns on the cart into a smaller container, and with a pint measure, pour it into billies or saucepans with a lid that householders put outside their

doors. I was shown how to be careful to put the lids upside down on the step so as not to contaminate the milk.

I began attending kindergarten at a girl's day school, The Fahan School. Other boys went there too. I was invited to a birthday party, and my mother Peggy, dressed me in embroidered braces, holding up my corduroy shorts. I protested vigorously fearing the ridicule that would most probably be heaped upon me, but my mother was adamant. As I nervously walked into the backyard, the birthday boy yelled out, 'Here comes Fancy Pants Bowden'. This chant was taken up by the rest of the group. I did manage, later, to convince my mother not to make me wear that kind of gear again!

My mother was an excellent and imaginative cook. She used to experiment with French, Italian and other European cuisines using recipe books that used to change hands with similarly minded friends.

Both my parents smoked, but when Peggy became pregnant with my two brothers and sister, she (fortunately) could not stand the smell or flavour of cigarettes and stopped smoking. My father John, without telling my mother, decided he would join her. This was partly because he was planning to buy a block of land and build a weekend home on the East Coast of Tasmania, near the coastal town of Orford, and the savings would go toward the purchase of the house.

He went cold turkey for three weeks, while Peggy used to sit happily in her favourite armchair, knitting baby garments. Finally, he could not restrain himself. "Peg, have you noticed anything about me recently? Poor father had nicotine dripping from the roof of his mouth and had not slept well since he gave up smoking.

Peg: 'No?' (knit, knit, knit).

John: 'I haven't had a cigarette for three weeks!!!'

Peg: 'Oh haven't you?' (knit, knit, knit).

He managed to stay the course, and the weekend became a reality. Father named the weekend Askelone because it reminded him of the Mediterranean Sea off the coast of Palestine that he visited during the war.

After kindergarten at the Fahan School, I graduated to Gladwyn, a school in the grounds of a church in upper Sandy Bay nearer the city of Hobart. It had an underground air-raid shelter in its grounds, a legacy

Below: Tim as an ABC foreign correspondent. On patrol in South Vietnam with the American Marines near Danang in 1966. Photos supplied.



from World War II, in which we used to play.

My next move was to The Hutchins School, in Macquarie St Hobart, with a junior school and senior school where I stayed until I left school in 1954. I gained a Bachelor of Arts from University of Tasmania 1960.

### Professional History

Tim's professional background has been in journalism and includes newspapers, and feature and documentary work in radio and television. He worked with the BBC's General Overseas Service in London during 1960-62 as a radio interviewer and producer with the Pacific Service.

Returning to Australia in 1963 he joined the ABC in Tasmania as a Talks Officer and worked in both radio and television. At that time the ABC was experimenting with an evening current affairs television format in Tasmania which became the model for This Day Tonight when it started in 1967.

Tim was posted to Singapore as foreign correspondent in 1965 and helped to cover the 'confrontation' between Malaysia and Indonesia, and the Indo China war.

He travelled widely in South-East Asia from 1965-67 including assignments in Laos, Vietnam, Malaysia, Thailand, the Philippines and Indonesia.

Transferred to New York by the ABC in mid-1967, he worked as correspondent there for 18 months before returning to Sydney to be the first executive producer of the radio current affairs program PM in 1969.

In the early 1970s he worked as a producer with the television current affairs program This Day Tonight. In 1975 he joined the ABC's Radio Drama and Features Department and began making radio documentaries. From 1985 he set up Radio National's radio Social History Unit and presented radio documentary and feature programs on Talking History and That's History.

In 1993 he was commissioned by the Antarctic Division to write the official history of ANARE (Australian National Antarctic Research Expeditions) The Silence Calling – Australians in Antarctica 1947-97, published in June, 1997. He has now visited Antarctica eight times – twice with ANARE and six times as a guest historian on tourist voyages to the Ross Sea and the Antarctic Peninsula.

Being a journalist has meant extensive travel, to Europe, within Australia (four travel books), South-East Asia and eight voyages to Antarctica. As a war correspondent in South Vietnam in 1966 he covered action with the United States Marines in the North of South Vietnam.

Tim Bowden received an Order of Australia for services to public broadcasting in June 1994. In May 1997 he was awarded an honorary degree of Doctor of Letters from the University of Tasmania.

"I consider my major achievements to be completing two major oral history documentaries for ABC Radio, each taking two and a half years to record and edit from a total of 600 hours of original recordings. Also 'Taim Bilong Masta'

– The Australian Involvement with Papua New Guinea (24 forty-five-minute episodes). 'Prisoners of War': Australians Under Nippon. (16 forty-five-minute episodes).

Tim considers himself fortunate to have had an exciting career first in newspaper journalism with the Hobart Mercury, and secondly with the Australian Broadcasting Corporation as a foreign correspondent, documentary maker (radio and television) and to have written 18 books of biography, travel, and humour.

At 85 years of age, he considers his ambitions to be now limited, devoted to writing and enjoying good wine and the company of old friends (those who are still alive!) "I have involved myself with concerts put on at Sunrise Supported Living as compere. Last year we put on four concerts, but this year so far only two."

I have just written a book about my wife Ros (Anne Rosalind Bowden) who sadly has advanced dementia and cannot now live with me in Sunshine Supported Living because she needs a higher state of care. Tim considers Ros to be his biggest inspiration. He has felt most challenged facing up to helping Ros as her dementia became more intensive. Tim's biggest regret has been losing Ros to dementia.

Tim and Ros adopted two boys, Barnaby and Guy, in the mid-1970s. Guy and his wife Jacinta have produced two grandchildren, Emily (15) and Charlie (13) and Barnaby and his partner Jody have Abbey (12).

Tim's father has also been a big influence and Tim has written a book of his life, 'The Way My Father Tells it' – The Story of an Australian Life.

Tim said he could not think of a better location to live in at his advanced age, than Forster/Tuncurry. "I love its coastal ambience, waterways, and benign climate."

Tim's favourite quote coined by himself is... "Tasmania is the testicle of Australia – suffusing the mainland with strength and vigour. What a pity there is only one of them."

Australian commentator, Mike Carlton – good friend and colleague said of Tim... "I first met Tim in 1966, when we were both ABC foreign correspondents sent to Bangkok to cover a visit there by US President Lyndon B. Johnson. I was only 20 years old, dripping wet behind the ears. Tim was vastly older and more experienced, and I was in awe.

Tim was a fine and courageous reporter, the ultimate professional. He had a profound commitment to public broadcasting in general and the ABC in particular and never wavered from it. Though he worked in television – notably on the ABC's trail-blazing This Day Tonight current affairs program - I think his first love was always radio: the theatre of the



mind, as they say. He was a master of radio's dark arts of writing, editing, recording and broadcasting. Later, much later he branched into books. His biography of our mutual friend and his fellow Tasmanian, the late cine-cameraman Neil Davis – One Crowded Hour - remains a must read for would-be foreign correspondents.

Tim was, and is, terrific company over dinner or a drink. Witty, generous, affable and gregarious, he can light up a table or a room. It is a pleasure to know him."

Australian journalist, Kerry O'Brien – good friend and colleague said of Tim... "Tim was one of the real pioneers of ABC radio and television current affairs. He was the first Executive Producer of the ABC's foray into night-time radio current affairs with the PM program in mid-1969, which is now in its 53rd year and still going strong. Many of Australia's best-known broadcast journalists cut their teeth on PM and the other early programs in the ABC's current affairs stable—AM and TV's This Day Tonight.

I know what a discerning news executive he was because he hired me for This Day Tonight a couple of years later. By then he was helping to stir the pot at TDT as a senior producer and knew no fear in terms of the stories he commissioned and the support he gave to young reporters like me. He always combined sound journalism with a wonderful irreverence and as a former foreign correspondent, was a constant font of great war stories, both real and apocryphal (untrue).

That same irreverence served him brilliantly when he created and hosted Backchat as a television outlet for the ABC's many armchair critics, which he used mercilessly to take the piss out of both the ABC's program-makers and their audience. ABC management didn't escape his attention either.

Tim was a great broadcast journalist and a terrific colleague, and he still takes the piss with great skill."

By Vanda Gooley.

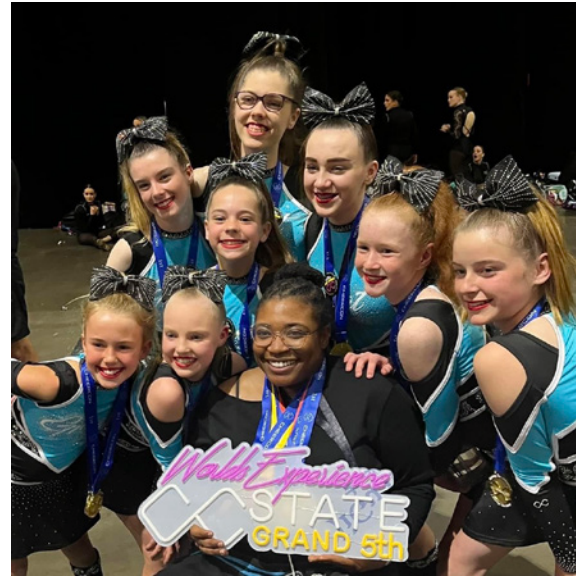
## NSW All Star Cheerleading & Dance event photos



Above: Local Forster couple Alex and Danielle Jimenez established Cheercom in 2008 and organise Cheerleading and Dance events across Australia.



Above: Taree locals, the PCYC Gyamaroo, also made the drive down to Sydney for the event. Photos supplied.



Above: The Hammerhead team were Grand Champions of Novice and the 5th highest score of all cheerleading teams, pictured with Head Coach Shayla Sanders.



Right: The Orcas team won 1st place and were Grand Champions of CheerStars. This team has a majority of new kids to GLC this year and only 2 kids had performed at a live competition before this event. Photo by Harriet Kelly.

Left: The Starfish team who won the Grand Championship in their division. This new adult team only started this year.



## 'The I Am, Movement' designs culturally safe education resources for Indigenous children diagnosed with autism spectrum disorder

When Tanika Davis's son was diagnosed with autism at just two years old, the Worimi mother was confronted with the stigma surrounding the developmental disorder, but also surprised at the lack of consideration for Slade's Indigenous culture.

"It came as a bit of a shock," Ms Davis said.

Her young family attended countless health appointments and consultations but found health professionals lacked the knowledge needed to appropriately treat and assist Indigenous families.

"We thought that everything could be quite readily available to us as a family - but unfortunately it wasn't," she said.

Ms Davis said she had to inform professionals, including speech pathologists and occupational therapists, about culturally appropriate resources such as Indigenous books and activities.

"Too often, as an Aboriginal family, we were required to kind of educate allied health services and professionals around cultural safety and our son's world," she said.

Ms Davis and her husband Adrian took it upon themselves to gather information and contact other Indigenous families dealing with autism.

Below: Aboriginal-designed flashcards to help children learn numbers, the alphabet, and emotions. (Supplied: The I Am, Movement)



Above: The 2022 Koori Knockout will be held on the NSW south coast. (ABC Western Plains: Lucy Thackray)

"There was a lot of digging around and searching on the internet and reaching out to other families in our situation about what they've found," she said.

"More times than not they couldn't find anything that was culturally safe."

That's when Ms Davis decided to launch 'The I Am, Movement'.

The organisation provides culturally sensitive educational resources including flashcards featuring Indigenous artwork.

"As parents, we are building on this strength-based approach. We see so many deficit models in this disability space around what can't they do and why can't they do that," she said.

"For us, it's flipping the coin and saying, 'Our son can do this!'"

### Need for 'safe spaces'

Along their journey, the Davis family began to notice an increased need for inclusive facilities for people with disabilities at larger community events, which could be difficult for children

with autism to cope with.

"The concept of disability in our community is something that's not talked about enough," she said.

To meet this growing need, Ms Davis decided to launch her latest project 'The I Am, Space' at one of the biggest events on the Indigenous calendar, the Koori Knockout, also known as The NSW Aboriginal Rugby League Knockout, which attracts thousands of players and spectators from across the state.

"[The I Am, Space] will provide a culturally safe and inclusive environment for sensory stimulation, for relaxation, and it's where we can bring our kids or other people with disabilities," Ms Davis said.

Ms Davis said it would be a controlled space to fit the needs of whoever was using it and included qualified support workers.

"The activities we've got happening in that space are all Aboriginal and Torres Strait Islander. We've been supporting Aboriginal businesses as well through the process of purchasing items," she said.

Ms Davis partnered with The Disability Trust to bring the multi-sensory space to the upcoming tournament at the end of September.

"For a lot of people, they just won't go to these big events because they're just so busy, energetic and overwhelming," The Disability Trust chief operating officer Edward Birt said.

"All of the things that make them so much fun are also things that can be quite a barrier for some people."

Mr Birt said the not-for-profit disability service provider was excited to partner with The I Am, Space.



Above: Ms Davis and her husband Adrian found health professionals lacked awareness of how to deal with Indigenous families experiencing autism.

"It means that families with kids with sensory needs, who might otherwise not have gone, are going to be able to go along, participate, and just be included," he said.

Ms Davis said she hoped to broaden the service, including at NAIDOC events.

"Our opportunities are endless at this point and we're hoping that from the Koori Knockout we can expand and have a long-term perspective," she said.

### Family is 'forever learning'

Ms Davis said, while her son Slade remained limited in his verbal communication, her family was constantly discovering new things about his personality.

"We're learning his quirky things that he really loves and those other things that he doesn't really love," Ms Davis said.

"You're forever learning; every day is a new leap," she said.

By Madeleine Cross and Meredith Kirton  
Published 29.08.2022

## Bailey and Rowan qualify for Nationals



Above: Rowan and Bailey came 3rd in Ski Cross as a team. (on the far right of podium). Insert above: Bailey (on left with black hoodie) and Rowan with their medals.

Right: Rowan in action.

Our sons, students of Forster Public School, Bailey (year 2) and Rowan (year 1) have competed at the Snowsports Interschools States Championships on the 22nd and 23rd of August.

They both did amazingly well and qualified to be part of the National's Championships in all 3 events (Moguls, Ski Cross and Alpine), taking place 6th - 11th of September in Perisher.



### Results from States Championships:

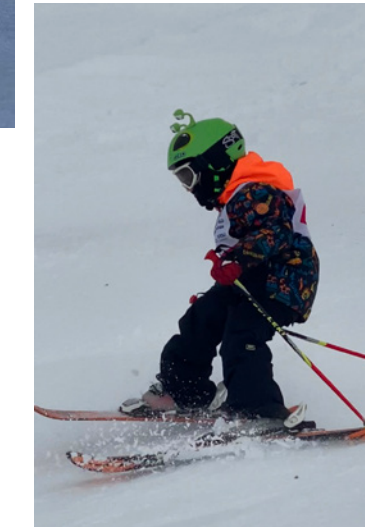
- In division 5 (year 4 and under), in Moguls. Bailey has made it through, placing 10th.

- In division 6 (year 2 and under), they placed 3rd in Ski Cross as a team, winning the bronze medal! Rowan placed 8th and Bailey 11th.

- In division 6, they both made it through in Alpine individually, with Rowan placing 20th and Bailey 22nd.

We hope everyone is enjoying following up their story.

By Dylan O'Neill. Photos supplied.



## Shane and Sunny both win National Championships!



Above: Team FBC - (Back) Shane Chalker, Sunny Williams and Archer Thoms. (Front) Aaron Glossop and Josh Kirkman.

Right: Australian Grommet Champion Sunny.

The Forster Bodyboarding Club (FBC) has come away from the National Bodyboarding Titles held recently at Port Macquarie with a couple of new Australian Champions.

Sunny Williams is the new Grommet Champion. He has had an amazing year with some great wins under his belt already - but the National Title was the icing on the cake. Sunny was stoked to win in the challenging 4-foot surf that was presented to the competitors over the 2 days.

At the other end of the age scale, Shane Chalker has taken the win in the Grand Masters finally adding an Aussie Title to his competition record after competing on and off for around 30 years. Both Sunny and Shane won their



titles on the back of winning State Titles to qualify for the Nationals.

The club did really well in other divisions with Josh Kirkman 4th in the extremely competitive Opens division, Aaron Glossop 4th in Dropknee division - against a strong field, Shane Chalker also managed a 4th in over 35 masters division while Archer Thoms came 4th in Groms. Ollie and Archie Williams both surfed well making it to the Groms Semifinals.

The FBC members and families are extremely proud of the club members on these great results.

Story and photos by Rhonda Chalker.

## Bluewater Fishing Club report for August

Unfortunately, we did not have enough boats this month (according to our rules) to conduct our monthly fishing outing. However, 2 boats with 5 members on board went out fishing and caught plenty of fish for a few feeds. No mishaps this time thankfully. Some photos are attached with Joe Bujalski and Julian Korol with their catch on the pavement and Garry Smith, Tuan Dao and Allan Bowden with some of their catch.



Above: Joe Bujalski and Julian Korol's good catch of fish. Photos supplied.

Club Forster Bluewater Fishing Club conduct's Fishing competitions on the weekend of the 3rd Sunday of each month, Off Shore of Forster from 12 midnight Friday to 3pm Sunday, if weather and ocean conditions allow. Should conditions not be favourable then the outing is moved to the following Saturday only.

Below: Garry Smith with a good feed.



If you are interested in joining our fishing club you can find us at the weigh-in adjacent to the Forster Harbour Boat Ramp from 2.30pm Sunday and Saturday respectively. A luncheon and monthly prize presentation are held at Club Forster at 1.00pm on the 4th Sunday of each month.

We held our annual general meeting on 6th August and unfortunately not all positions were filled so if any member, male or female would like to nominate for the committee they would be most welcome.

By Franklin Harshman  
Publicity/Records Officer  
- CFBWFC

## Greater focus on water skills for 2022/2023 Nippers

Registrations for Surf Life Saving Australia Junior Activities (Nippers) has commenced for the 2022-2023 season although this year sees a significant and improved change in focus of the programs.

- For the 2022/23 season, an updated Preliminary Skills Evaluation has been introduced nationally. This has been redeveloped to reflect industry standard research in aquatic skills, and there is a greater focus on foundation skills in the water which assist in making rescue ready lifesavers. Clubs are required to meet the new preliminary skills evaluation which is available to the general public through an online search for 'Age Groups Preliminary and Competitions Evaluations Factsheet'.

Under the new programs, Nippers' junior activities will be conducted within 3 stages: Stage 1 (Under 6/7/8 - Aquatic Play and Fundamental Aquatic Skills), Stage 2 (Under 9/10/11 - Applied Aquatic Skills), and Stage 3 (Under 12/13/14 - Junior/trainee lifesaver & pathway to Surf Rescue Certificate).

Many Junior Activities will still be conducted in the water. SLSA has developed a Junior Preliminary Evaluation for each age group. Every junior member is required to participate in this evaluation prior to any water-based activities being undertaken. It is important to note that this process is not an assessment and any child that does not meet the required evaluation level can still participate but will require a higher level of supervision when involved in water-based activities.

From the age of 7 (Under 8), juniors can begin to compete in intra-club, inter-club and branch competition, while from the age of 8 (Under 9), juniors can participate in state competition. To ensure that all junior members that wish to compete in any inter-club, branch, state and national events/championships have the required ability, strength and fitness to compete, they must be able to complete the junior competition evaluation for their age group.



Above: Forster SLSA Registrar, Kathy Quinn, with Nippers Committee Member, Grant Fleming taking registrations

Junior Activities members (i.e. Under 14 and below), are not required to perform patrol hours to compete in junior activities competitions. If, however, eligible members wish to compete in Under 15 competitions, they must fulfil their patrol hour obligations. This requires the completion of the Surf Rescue Certificate (SRC), once they have turned 13 years of age, which qualifies them to become a member of a rostered beach patrol.

- From this year Newcastle Permanent, major sponsor of Lower North Coast SLS Branch (LNCCLSB), will provide a free 'pinky' rash shirt for each Nipper.

- A 'Come and Try' Day for Nippers at Forster Club has been set for 9.30am on Sunday, October 16, while the commencement date of the Nippers' programs is on Sunday, October 23, 2022. Registration assistance for those wanting to join Nippers will be available on both these dates.

- The Nippers programs require the assistance of volunteers. Parents only need membership of the club and to hold a current Water Safety Certificate and Working With Children Check to act as a Water Safety Officer (WSO). Any older siblings of Nippers can also undertake the SRC at 13 years of age, or Bronze Medallion once they have turned 15.

Story and Photo by Annie Evans.

# Get into Junior Rugby in Great Lakes and Manning!

Both Women and Men Australian Rugby Sevens teams have recently been named World Champions, Olympic Gold Medallists and more. In the same week, Australian Wallabies beat the current World Champions South Africa with a handful of players who are under 21, and one with a connection to our community.

The hard work they have been doing is starting to pay off with many kids in the Manning Great Lakes wanting to play Rugby Sevens.

• **Secondary School 7s Gala Days** were recently held in Coffs Harbour and Port Macquarie, where Great Lakes College Forster, Gloucester High School and Saint Clare's High School Taree sent a team in u13s, u15s and u17s divisions. All schools did well showcasing some very talented rugby sevens players including Noah Dodds, Tye Lumptin, Bailey Smith, Harry Adams and William Wooster.

• Additionally, we have 13 very talented young men and women from Forster, Hallidays Point, Gloucester and Taree trialing for Representative positions to compete in the competitive divisions at **State Sevens Rugby**.

• **NSW State Sevens rugby (State Championship) is being held in Forster Tuncurry** over the September October School Holidays, with over 3000 of the best Sevens players being on show. [see dates on far right]

Southern Eagles Junior Rugby will be entering 2 boys and 1 girl's team into the U11s division.

• **Training is each Monday 4.30pm at Peter Barclay Rugby Union fields in Tuncurry.** Huge



Above: Ex-Wallaby player James Holbeck came to training last Monday to mentor our U11s boys and girls at the Tuncurry sport fields.

thank you to James Holbeck for his time last Monday mentoring our U11s boys and girls.

Also huge thank you to Kirsty Schumacher, Keely Holden, Shane Joyce and Noah Dodds for helping coach these excited young rugby players.

We are very lucky to have help training all our youth with current local superstar Lucy Green from Manning River Ratz - who has and is still

representing NSW Country Rugby for Rugby XV's and Sevens. We also have a surprise for all the junior rugby players with current Gold Medallist Rugby Sevens players and Ex Australian Wallaby players coming to help us over the next few weeks.

It's never too late to register and bring your child/children along. All you need is a mouth guard, boots, excitement to learn, have fun and a dream.

**DETAILS**

**Sat 24<sup>th</sup>, Sun 25<sup>th</sup> and Mon 26<sup>th</sup> September 2022**  
(first weekend of the Third Term School Holidays)

**Venue | Forster/Tuncurry**

**U11s 'Junior Club' 7's** (Max 30 Boys/Mixed - Participational) | Club based  
**U11s 'Junior Club' 7's** (Max 30 Girls teams - Participational) | Club based  
**U13s Youth Boys** (Zone and District - State Championship)  
**U13s Youth Girls** (Zone and District - State Championship)

**Fri 7<sup>th</sup>, Sat 8<sup>th</sup> and Sun 9<sup>th</sup> October 2022**  
(last weekend of Third Term School Holidays)

**Venue | Forster/Tuncurry**

**U15s Youth Girls** (Zone and District - State Championship)  
**U15s Youth Boys** (Zone and District - State Championship)  
**U17s Youth Girls** (Zone and District - State Championship)  
**U17s Youth Boys** (Zone and District - State Championship)

Will the hard work we are doing here create a pathway for our youth to the Olympics or World Cup? Time will tell...

For more information on the event or Juniors Rugby look up Facebook at Southern Eagles Junior Rugby Union.

If you have any questions please don't hesitate to contact me on 0408 481 048.

*Darrundang (thank you) and Yaarri Yarrang (good-bye) from Aaron Dodds.*

*Photo supplied.*

## Local Dragon Boats join National Pride Paddle

The Great Lakes Pearl Dragons will take to the water alongside almost 50 clubs across Australia on Saturday 17th September as part of a National Pride Paddle to encourage participation from the local LGBTQ+ community.

Club President Wendy Burdekin says she is proud to show support for inclusion. "This is a significant day for our community as it aims to show that our dragon boat sport is for everyone. We hope to have many attend who might not have ever felt they could be part of this type of team sport."

The Pearl Dragons, who have operated in the Great Lakes area since 2009 will open their doors to all community members as part of the event.

**Club President Wendy Burdekin says: "We will be on the water from 8am near Little St Baths, Forster (near Paradise Marina). This 'Come and Try' which is of no cost to participants will allow you to meet club members, find out about opportunities this sport offers and will get you on the water paddling in the large dragon boat.**

Following this opportunity, PEARLERS will be also conducting a series of 5 'Learn to Paddle' sessions where individualised sessions will be on offer at a cost deducted from membership.

Australian Dragon Boat Federation Director of Inclusion and

Diversity, Dr Ruth Bollard, says the National Pride event is a key step for the sport. "Over the past two years we have joined Pride in Sport and Diversity Council Australia and reached out to our community for their thoughts and experiences. Overwhelmingly, our members support diversity. Dragon Boat is a sport for everyone, just as they are."

Register for the event online at the following link or contact the Club via phone/email.  
<https://www.ausdbf.com.au/eventsrsvp/151276/>



Above: The Rainbow Pearlers on Wallis Lake. Photo supplied.

**GREAT LAKE PEARL DRAGONS CONTACT DETAILS**

President: Wendy Burdekin  
 Email: dragons2428@hotmail.com  
 Phone: 0428561890

**GREAT LAKES PEARL DRAGONS**  
in conjunction with National Pride in Sport Week

**COME and TRY**  
**-Dragon Boat Paddle Session**

**17<sup>th</sup> Sept**

8am-9am

**Register by Friday 16th at:**  
<https://www.ausdbf.com.au/events/151276/>  
 More info email: [dragons2428@hotmail.com](mailto:dragons2428@hotmail.com)  
 or phone club president 0428561890

*Splash*

INTO YOUR NEXT AQUATIC  
*adventure*

- ✓ Supportive, fun environment
- ✓ Nationally accredited instructors
- ✓ New skills, level progression and water safety

WHAT  
*swim animal*  
IS YOUR CHILD?  
**TAKE THE QUIZ!**

**Great Lakes Aquatic & Leisure Centre**

51 Lake Street, Forster

(02) 6555 4617  
[ymcansw.org.au/greatlakes](http://ymcansw.org.au/greatlakes)