

MidCoast Council  
Updates

Local Legend  
Amanda Pomplum



Star Pet  
Sophie



# Forster Fortnightly

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

FREE

Wednesday 2nd November 2022 **PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS** Circulation 6,000 No.058

## Forster Neighbourhood Centre urgently needs a new home

With the stress of living costs now outweighing Covid concerns, Forster Neighbourhood Centre (FNC) services are in big demand. The rising costs of food, fuel and rent prices has created increased pressure on those who are already battling to make ends meet. This has put a lot of strain on FNC resources and one of its main limitations is its cramped office at 1 Coral Avenue, Tuncurry. The Centre is appealing to the local community and businesses for a central, suitable larger space so they can effectively support some of the most vulnerable people in the Forster-Tuncurry region. Their goal is to create a central community hub where essential services and workers can meet people in need in this town rather than sending them to Taree and Newcastle, which is often the case.

Corinne Stephenson, Programs Manager at Forster Neighbourhood Centre, said, "The rising cost of living has resulted in the number of people requiring support and assistance almost doubling in the past 3 months. We are seeing working families and people with a job unable to make ends meet, reaching out for support for the first time ever. A central community hub where information, services and support are readily available is greatly needed."

FNC is an incorporated association/not-for-profit locally embedded organisation that provides emergency relief services, information advice and referral to specialist services, child and family support, counselling and community programs. A good way to describe what this centre does for the community is that they have 'everybody's back' in times of need.

Corinne explained that their present office is not even big enough for their five paid staff and five voluntary staff. A lot of the time they have to meet people needing urgent support outside in the Lone Pine Memorial Park with little confidentiality and in all weather conditions. During Covid this was exacerbated by the social restrictions where they simply could not help people inside their office with the official of 4 square metre rule.

As well as limited space for their clients and staff Corinne said that they have often had to turn away generous donations as there is nowhere to store them. The staff feel overcrowded and under resourced for the important services they provide. The staff are also not safe in terms of adequate workspaces.



Above: Corinne Stephenson, Anniqua Olson and Rachel Wiley inside the cramped Forster Neighbourhood Centre at 1 Coral Avenue, Tuncurry.

The current office building has weather damage that have not been fixed.

NSW Government data shows the Mid North Coast (MNC) to be below the state average for education attainment and median weekly income. It also shows MNC to be above the state average for unemployment, rates of domestic violence and rates of disability. For example, MNC has more than double the state average of mothers giving birth aged 19 or younger (4.4% VS 1.9%); 5516 children

and young people considered at risk (Census 2016/17), 1270 children in Out of Home care (Census 2016/17) and 10.3% of children who were considered developmentally vulnerable (2018). People identifying as Aboriginal in this LGA were 6.9% vs Regional NSW 5.5% (MidCoast 2030 Plan).

The data suggests a high need for access to community support and services. Forster/Tuncurry has minimal embedded community support with a physical presence in our

location. As a result:

- essential services are inaccessible for Forster/Tuncurry residents
- social isolation is prevalent, particularly with young parents, men and older people
- during periods of lockdown/bushfires/floods, movement of residents was restricted, creating further isolation

Continued on the next page.

### Forster Primary results from State Athletics p 24



### Tim and Jess Wright get married in Tiona p 20



### Forster Fortnightly crew at NSW conference p 9





# Forster Fortnightly

**NEXT DEADLINE 5PM WEDNESDAY 9TH NOVEMBER  
FOR PUBLICATION WEDNESDAY 16TH NOVEMBER**

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

- Send your submissions & 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)

**FREE online at [www.forsterfortnightly.com.au](http://www.forsterfortnightly.com.au)**



Spot the seal.  
Photo by Patricia Macvean.

- We are proud to be a local family-owned business.
- Our commitment is to provide a FREE independent newspaper that is informative, entertaining and full of local stories and community news to share.
- Our newspaper is well received and highly respected within the community and with our advertisers.

Editor & Owner: Mary Yule  
Sales Team Manager: Geordie Yule  
Business Hours: 9:30 - 5pm Mon - Fri  
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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.

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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 future.

## Pet of the fortnight

### Meet Mr Clooney

Mr Clooney and his 3 brothers were surrendered to us 2 weeks ago. They come from a home where they were not handled much and naturally were very shy about pats and cuddles. With lots of love and patience this little man has decided he quite likes being around humans and will indeed let you pat him. He is a lovely purring boy, very inquisitive and will rush to greet you now.

He is a real gentleman when it comes to the litter tray, he is a very clean boy and keeps his coat immaculate. He will come to you vaccinated, microchipped and desexed for a fee of \$120. He is approximately 14 weeks old.

If you would like to meet this sweet boy, please contact our Cat Welfare Officer on 0490 262 827. AWL NSW Rehoming Organisation 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

## Forster Neighbourhood Centre urgently needs a new home



Above: Neighbourhood staff members at the front of the office in Tuncurry.

Continued from page 1.

- community resilience is low after a long period of minimal access to the support needed

The Neighbourhood Centre urgently needs help in finding a bigger site to keep up with the growing demands for its services.

FNC is hoping there may be some unused space or a space to share in our community that the owner/tenant are willing to negotiate an arrangement for its use by the service.

Corinne said, "We are seeking community and business support to generate options for an alternative premises of a minimum of 180 square metres. We have the funds to provide a professional fit-out to meet the needs of the service and just need a physical location."

"The relocation of Forster Neighbourhood Centre as a central community hub will build the capacity of the Great Lakes as a regional community that has been isolated from essential services, primarily located in Newcastle (150km) or Taree (40km)."

"We have enjoyed a partnership with MidCoast Council to generate options over the past 6 months however administrative processes have significantly delayed an outcome and we are in desperate need for new premises now to meet community demand."

If you or your business or organisation can help, please contact Corinne (Programs Manager) Forster Neighbourhood Centre, on 6555 4351 or 0466 122 720.

Story and photos by Mary Yule with information from the FNC.

## Good Shepherd No Interest Loans

### NO INTEREST LOANS SCHEME (NILS)

No Fees • No Interest • Ever

**Nils have made some changes to make it easier and more affordable to get a loan!**

#### As of 1st July 2022:

- You can borrow up to \$2000 and repay over up to 24 months
- the loan purpose has increased and you can now get a loan for Rent Advance, Bond Rent arrears (by exception) and Utilities (DV only)
- The income threshold has increased and you are eligible if you earn up to \$57,000 net (single) or \$75,000 net couple/ dependents
- There is no income threshold for DV clients
- Applying for a loan will be easier, without the need for as many documents!
- You can 'top up' your loan if you have been paying your loan for 90 days without missing a payment.
- We can organise direct debit.
- We can provide loans to any one in Australia who meets the criteria, so you don't have reside in Forster-Tuncurry.

#### How to apply:

- Come into the Forster Neighbourhood Centre at 1 Coral Avenue, Tuncurry and pick up an application pack.
- Contact the office via phone (6555 4351) or email [admin@fnc.org.au](mailto:admin@fnc.org.au) and we can email you the application pack.
- Head to our website [www.fnc.org.au](http://www.fnc.org.au) and apply on-line or download the application pack.
- Once you have all your documents, phone the office to book an interview with our Loans Officer Rachel.



We are now at Tobwabba Aboriginal Medical Service, 68A Macintosh Street, Forster every Tuesday - come and talk to Liahna from 9am to 3pm.

**NILS is now more accessible, flexible and realistic!**

## Geoff receives Ministerial Commendation

On Thursday the 27th October, Forster Tuncurry Marine Rescue volunteer Geoffrey Anderson was awarded a Ministerial Commendation to honour 'our veterans for the sacrifices they have made.'

Geoff received the Commendation for his incredible service across a variety of rescue services including 30 years in the Royal Australian Navy, where he retired as a Commander. This included time serving as a Commanding Officer on Submarines HMAS Otway and HMAS Onslow.

During the past twenty years, Geoffrey has dedicated many years working with the Scouting Organisation and is actively involved with Forster Tuncurry Marine Rescue (FTMR) and the local Rural Fire Services (RFS). He has also served as President of the Submarines Association Australia NSW Branch for the past 10 years.

MP Stephen Bromhead said, "Congratulations to Geoffrey on this outstanding and well-deserved achievement. Your skills are greatly appreciated, and I thank you for your time and dedication into ensuring the safety and security of those around you."

Fran Breen, Deputy Unit Commander with FTMR said, "Marine Rescue is very grateful to have Geoff as one of our very active volunteers. He had been with us for five years after serving in the Navy. As well as being a skipper on our

rescue boats he also volunteers with the Rural Fire Services and helped fight the local fires in 2019."



Above: Leo Franssen (3rd from left), Senior Deputy Captain at Diamond Beach RFS, Geoff Anderson (holding certificate), David Gibson (white shirt), Marine Rescue Unit Commander, Fran Breen (white shirt), Deputy Unit Commander, Tanya Thompson (reddish shirt), representing MP Stephen Bromhead Office, with members of Marine Rescue and Diamond Beach RFS. Photo by Ian Yule.


## Brommie's Community Update



It was a pleasure to have Minister for Aboriginal Affairs and Regional Youth The Hon Ben Franklin in the Myall Lakes recently to make a number of announcements about our much-loved community groups. As First Steps Count Child and Community Centre in Taree nears its grand opening, they have received \$35,000 to host events.


Meanwhile, Manning Regional Art Gallery also received a funding boost worth more than \$150,000 to upgrade their amenities and to support local art. This funding will benefit the entire region by providing local jobs and by ensuring our flagship community centres can benefit everyone who needs them.

This is in addition to the announcement that \$50 million will help regional and rural councils fix the increasing number of potholes brought on by this year's extreme wet weather. I am aware that the state of the roads is extremely concerning for many people and the NSW government is listening by providing this emergency injection of funding to help councils get through the predicted wet summer.




# Stephen Bromhead MP

Supporting the Myall Lakes



**\$35,000 for First Steps Count Child and Community Centre**

From the Children and Young People Wellbeing Recovery initiative



**\$30,000 for Manning Regional Art Gallery**

From the LGA Arts and Cultural Projects Funding

✉ [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 October 2022.



**Forster-Tuncurry Mayoral column**



As you know, community engagement is a priority for us. We are continuing our Community Conversations program and will be in Tuncurry on Thursday 3 November at the Memorial Hall from 1:30 - 3pm. These sessions are a chance to hear about the projects and programs Council is undertaking in the area and for the community to ask questions. We are also holding sessions at Bulahdelah, Hallidays Point and Pacific Palms over the coming weeks. The full list of times and venues is on our website.

Last week's Council meeting endorsed sponsorship funding for a number of local events and I am pleased we are able to support these activities, which bring locals together and attract visitors to our region. Events in the Great Lakes that have attracted funding include the Lakeside Music Festival, Forster Race Week, the Viking Challenge soccer tournament and the Twin Towns Tennis Tournament. Work is continuing on the Lakes Way - Blackhead roundabout with work underway on the turning lanes. This project is expected to be finished in November. Mayor Claire Pontin

**Manning Great Lakes Police District**

Dear Readers,

Your local police have been doing some great work in recent weeks – with the below being just a few examples:

In September 2022, two packages from Turkey were intercepted at a mailing facility in Melbourne. Police will allege they contained 8kg of methylamphetamine ('ice'). Strike Force Nillo was established by detectives from Manning Great Lakes Police District to investigate this matter and the importation and supply of ('ice') throughout northern NSW. Following further investigations, local police executed a search warrant at a house at Forster on 18 October 2022 and two men – aged 29 and 22 – were arrested and charged with Large commercial supply of prohibited drugs. [Pictured right]. Both men were refused bail and will next appear before Taree Local Court on 21 December 2022.

On 19 October 2022, a 21 old female, a 27 old male and a 34 old male – all from Smiths Lake – were arrested and charged with Aggravated break, enter dwelling in company after allegedly breaking into a residential unit at Blueys Beach that day. Police executed a search warrant at a house in Smiths Lake and seized property suspected of being the proceeds of the break in, along with prohibited drugs. The female was granted conditional bail whilst the two men were bail refused and will next appear before Forster Local Court on 17 November 2022.

On 20 October 2022, a 48 old male from Forster was arrested and charged with stealing a bicycle at Tuncurry on 13 October. The bicycle was recovered by police and the male was granted conditional bail.



On 21 October 2022, a 49 old male from Taree was arrested and charged with a stealing offence and a number of firearm related offences. Police executed a search warrant at a house in Taree and seized a large amount of property – believed stolen from a number of locations across the Police District. Investigations are continuing regarding this property.

In recent weeks there have been reports of valuables being stolen from parked motor vehicles.

Some quick tips to protect your vehicles and valuables:

- Thieves are opportunistic.
- They may not be interested in stealing your vehicle, instead interested in what's inside.
- They will look inside to identify anything of value.
- Thieves will damage your car including smashing a window to steal valuables from console, floor or seats.
- It's simple, don't leave anything visible inside your car.
- Lock the vehicle doors and windows.
- Take everything of value from your vehicle each time you leave it.
- Remove any documents from your vehicle which reveal where you live.
- Remove and take your ignition keys!
- Don't hide spare keys inside or underneath your vehicle!
- Engrave or mark you're your vehicle's accessories with your driver's licence number.

And don't forget: please take the time to say "g'day" to your local police!

Kind regards,  
Inspector Timothy Bayly,  
OIC Forster Police Station  
Manning Great Lakes Police District



Above: Inspector Timothy Bayly.

**Tanika Davis awarded grant for 'The I Am, Movement'**

Hireup, Australia's largest NDIS-registered disability support worker platform, recently announced its nine successful recipients of its inaugural Impact Grants Program, which will bring people with disability closer to living their good life. The Hireup Impact Grants program is designed to fund activities not covered by an NDIS plan. The theme for this grant round was "community connection", with individuals, project groups, community groups and organisations across the disability sector Australia-wide all encouraged to apply – not just those who use the Hireup platform.

Hireup co-CEO Laura O'Reilly says, "We are thrilled to be providing funding to two community focused projects and seven individuals. These grants will see the recipients develop individual skills, purchase equipment that will improve their quality of life, and engage in enriching and valuable experiences so they can better connect with, and immerse themselves within, their communities."

One of the successful recipients is Tanika Davis in NSW. Tanika, originally from Forster, is the founder of 'The I Am, Movement,' an organisation focused on providing Indigenous families and children diagnosed with autism spectrum disorder (ASD) and other disabilities with culturally safe resources and tools that provide support and empowerment. Tanika will use the funding to create a sensory space at cultural event The Koori Knockout so children with sensory overload or disabilities can still attend and participate.

"We will create a space that's not only culturally safe and inclusive, but also a safe 'Time Out' space for our jarjams, with numerous supports for parents, carers, aunts and uncles," says Tanika.

The Impact Grants Program was launched by Hireup in July with The Achieve Foundation, a new organisation that aims to increase the social inclusion of people with disability,

coming on board to assist with \$20,000 in funding support for the Hireup Impact Grants Program. The funding ranged from \$1,200 to \$15,000 and all activities fall outside of the NDIS funding criteria.

For more information about Hireup Impact grants please visit:

[www.ireup.com.au/hireup-impact-grants/](http://www.ireup.com.au/hireup-impact-grants/)

[See advertisement below left]

Right: Adrian Davis, Tanika Davis and their son Slade Davis.  
Photo supplied.



**Disability support workers who fit into your life**

Choose your own team of support workers based on what you need, when you need it.



Learn how Hireup can work for you at [hireup.com.au](http://hireup.com.au)



*End-of-Year Celebration*  
Evolving for Success

Celebrate the end of 2022 & Small Business Month with us at this free event!

**For FREE entry to this event RSVP is essential**

Thursday November 10th  
Start: 5.30pm for 6pm  
End: 8.30pm  
Palms Pavilion Tiona

Enjoy a night of wonderful food, good company and inspiring examples of local business owners taking advantage of new opportunities. Celebrate in style, right on the water's edge at Palms Pavilion Tiona. The event centre is the perfect place to celebrate Small Business Month.

This is a free event thanks to the support of the NSW Government and our sponsors.

Sponsors: Forster Tuncurry Business Chamber, colourworks, Palms Pavilion AT TIONA, NSW Government, Small Business Month 1 - 30 November 2022

**MIDCOAST council**

**COMMUNITY NEWS**  
MIDCOAST FOCUS

**Careers at Council**

**WE'RE HIRING**

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

- Ranger
- Senior Customer Services Officer
- Supported Independent Living (SIL) Coordinator
- Team Member Operations x 3
- Team Member Water Network Construction
- Traffic Engineer
- Trainee Civil Construction - south
- Trainee Water Operations

Visit our website for further information and to apply.

**Come along to a family-friendly workshop**

We all love the outdoors in the beautiful MidCoast region. That's why we're inviting you to help us develop our Open Spaces and Recreation Needs Strategy. Come along to a family-friendly workshop to let us know how you use our outdoor spaces, and how you'll use them in future.

There will be a light meal provided (so you don't have to cook) and kids are welcome. We have a children's colour-in competition with the chance to win one of eight family passes to the "Are You There Yet?" stage show at the MEC next March.

To register for a workshop, just visit [www.midcoast.nsw.gov.au/outdoor-spaces-workshops](http://www.midcoast.nsw.gov.au/outdoor-spaces-workshops)

Upcoming workshops:

- Hawks Nest: Saturday 5 November 10am -12pm
- Stroud: Wednesday 9 November 5.30pm - 7.30pm
- Taree: Saturday 12 November 10am -12pm
- Bulahdelah: Wednesday 16 November 5.30pm - 7.30pm

**Council meeting**

The next Ordinary Council meeting will be webcast live on Wednesday 9 November at 2pm. Members of the public are permitted to attend. The public will also be able to view the meeting via livestream through an audio-visual weblink which is available on our website the morning of the meeting.

There are two opportunities to address Council on the day of a Council meeting, with prior notice:

1. Open forum – for items not included on the meeting agenda (9.30am)
2. Public forum – for items on the meeting agenda (immediately following the Open forum or at 10am, whichever is the latter)

You must register to speak at either forum.

For full details visit [www.midcoast.nsw.gov.au/meetings](http://www.midcoast.nsw.gov.au/meetings)

**Draft Engagement Strategy**

Our draft Community Engagement Strategy is open for community feedback.

The Strategy is our commitment to our community on how we will communicate and engage with you.

It has been shaped by the valuable feedback our community has provided during our "tell us what you think" project during July and September this year. This feedback allowed us to understand the various ways our different communities want to receive information from us and share their thoughts.

Visit our Have Your Say page for further information and to provide your feedback by Friday 11 November 2022.

**HAVE YOUR SAY**  
Share what matters to you

We're currently inviting community feedback on:

- Draft Community Engagement Strategy
- Nabic & Bulahdelah Showgrounds Plan of Management
- Re-thinking our outdoor spaces
- Integrated development proposal DA2022/1170 - 58 Moores Road, Bootawa - dwelling additions (vehicular access bridge)
- Integrated development proposal DA2022/1099 - Boomerang Drive, Blueys Beach - Subdivision 79 lots
- Development proposal DA2022/1017 - 57 Church Street, Gloucester - Commercial additions

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

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

**Tuncurry Waste Management Centre**

**Open Day**  
Thursday 10 November

**Garage Sale Trail**

**DECLUTTER, SELL STUFF, OR SNAG A BARGAIN**

You're invited to join in the fun this National Recycling Week.

What's not to love about a free day out for the whole family? It's all part of celebrating National Recycling Week, where you'll gain first-hand advice on how to reduce, reuse, and recycle better.

Come along to our Open Day, Thursday 10 November, and explore this year's theme **Waste isn't waste until it's wasted**. Find out about recycling and making the most out of your pre-loved goods, take a behind-the-scenes tour, or join a hands-on workshop.

Places are limited, so register today for:

- Guided tour: Tuncurry Waste Management Centre
- Workshop: Zero waste Christmas decorations
- Workshop: Reuse, upcycle and repair masterclass
- Workshop: Food waste composting
- Workshop: Bicycle maintenance

Remember to wear closed shoes and bring a hat and water bottle.

For more information, session times, and to reserve your place, scan the QR code or visit [midcoast.nsw.gov.au/National-Recycling-Week-2022](http://midcoast.nsw.gov.au/National-Recycling-Week-2022)

This event is presented in partnership by

MIDCOAST council, RESOURCE RECOVERY Australia, RE-IMAGINE WASTE

Join an estimated 300,000 Aussies expected to take part in this year's Garage Sale Trail over two exciting weekends - 12-13, and 19-20 November.

Head online now to:

- Register your garage sale
- Find garage sales near you
- Book in for a Trail Tutorial, featuring an all-star line-up including Barry Du Bois and Annabel Crabb

However you decide to join in, it's all free and a great way to connect with neighbours, make some money, find a pre-loved treasure, and keep good stuff out of landfill.

Scan the QR code or visit [garagesaletrail.com.au/midcoast](http://garagesaletrail.com.au/midcoast) to find out more.



## Fun employment in Tuncurry Op shop

"Our guys love it!" said Darcy, Team Manager at Valley Industries in Tuncurry. "It really gives them purpose and they are so excited to get there every day."

Darcy is talking about the participants who work at their new Vintage Op Shop in Rodmay Street, Tuncurry where they sell clothing, jewellery, bric a brac, records, books and more. Nine participants are on a shared roster Monday to Friday from 9am to 3pm. They do all aspects of running the shop - from cash register, tagging items and stock take, to the sorting of clothing and creating displays. The cash register is the most popular job and the roster is definitely needed to 'share the love' around. Darcy said they also



Above: Staff member Debbie Kennedy with participant Glen Buckshiram with his popular strawberry plants out the front.

goals is to provide life skills for their participants and opportunities in employment. Valley Industries already had an Op shop at Taree and Darcy said this new shop (at the front of the Tuncurry Centre) was opened on 1st of July this year, to bring the same opportunities for their participants here.

Darcy would like more people in the community to be aware of their new shop's location as it is tucked away from the main road on Rodmay Street. "We have steady customers and regulars but we would like to build up our customer base here. Come and see what we have offer and meet some of our friendly participants."

Story and photos by Mary Yule.

Left: The friendly crew ready to serve you inside the new Valley Vintage Op shop.

get a real kick out of contributing by making the tags themselves.

Inside the shop is a fun mix of staff and participants chatting, working and looking out for one another. Johnny particularly loves being in his 'boss chair' at the front desk, while Glen brings in a sweet tasting strawberry from his plants that he grows out the front. He said he is a retired gardener after working 20 years in a nursery. Darcy explains that the strawberry plants are a big hit with customers who return for more. The staff try to integrate their garden with the shop inside.

Valley Industries set up the Tuncurry Centre in 2019 to cater for people with disabilities. One of their main



Above: (L to R) Debbie Kennedy (staff member), Catherine Nelson, Darcy O'Neill (Team Leader), Jess Bowen (staff member), Glen Buckshiram and John Forrester (at front in his 'boss chair').

## New play space at Pacific Palms Primary School



Above: The new rope area.

Right: The new Dolphin wooden climbing frame.

Pacific Palms Public School P&C have raised funds for the past two years to create a new play space for our students. We have had support and donations from Big Childcare and Palms Landscape Supplies.

Our students are loving the new Dolphin (a local Worimi Totem) and rope area. They are exploring, climbing and playing there every day!



## Bill helps Ted spot graffiti



Above: A great team - 'Graffiti Man' Ted Bickford (on left) with Bill Hall.

Bill Hall and Ted Bickford have been great mates for 20 years and love to give each other a hard time.

"I like to remind him that he is 2 years older than me," said Bill.

Ted replies, "And he rubs it in!"

Ted thinks Bill is instrumental in helping him keep on top of any new graffiti around town.

"Bill walks the whole area of Forster Tuncurry - every street, alley, toilet and park, and reports every bit of graffiti that he finds. He doesn't have a phone, so he lets a Council worker know and they ring me. They tell me what has been hit so I can know by 6:30am which toilets or whereabouts under the bridge is done so I can remove it."

"I wouldn't be able to cover all that area that Bill does. My job would be so much harder, and difficult to maintain the level we have [all graffiti removed] without his help".

Bill said, "People on the street tell me throughout the day where they have seen it."

Ted adds, "People know that if they see Bill, I will know about it and will get any graffiti off quick-smart! We don't want anything to last more than 12 hours. I won't allow this place to get tagged. Having people like Bill, telling me or ringing me, it really helps us to keep this standard that we are after."

Bill is a 'country bumpkin' from Boggabri and spent 18 years working early mornings with the Rail Authority, fixing the electrics and laying sleepers and new rail from Cowan (near Hornsby) to Newcastle. His daughter suggested 20 years ago that he help Ted with his ongoing mission of keeping this area free of graffiti. Bill has seen a lot of graffiti in his time and can see the difference Ted makes.

Ted said it so important that people ring in and not to get complacent about graffiti.

Story and photo by Mary Yule.

**Valley VINTAGE Tuncurry**

OPEN WEEKDAYS 9AM T 3PM

1/11 RODMAY STREET TUNCURRY

**VISIT NOW**

## Local Career

we open the doors we are busy making coffee and drinks, serving fresh food, catching up with the locals, providing the tourists with local information, feeding the tradies and the after school chips and milkshakes for the kids. We close about 5pm, then it's a mad clean up and reset for the next day! We get home about 6pm for my favourite part of the day, my evening walk around the lake with my dog! Then it's dinner, bookwork, a little relax with tv, then bed and rinse and repeat!

**What is the best part of the job?**  
Without a doubt, my customers and my staff! I love the fact that every day is different. I love being involved in my community and watching our fabulous juniors grow in skills and confidence.

**What do you suggest for anyone who is interested in your field of work?**  
Hospitality is an industry with wide and varied opportunities. From fine dining to bar work and barista, food preparation and safety, as well as general sales and customer service, the skills you learn are adaptable and will set you up for almost any other industry. It's also an industry that's best learnt from the bottom up! Start small but aim high!

**Name and role/career:** Tilly Hughes, 30 years Hospitality, currently Owner Operator of The Good Food Store in Smiths Lake.

**What is your typical day like?**  
Our cafe opens at 9am, so my partner and I arrive around 8am to prep and set up, we try and sneak in a morning coffee for ourselves and our staff as they arrive, then as soon as

From fine dining to bar work and barista, food preparation and safety, as well as general sales and customer service, the skills you learn are adaptable and will set you up for almost any other industry. It's also an industry that's best learnt from the bottom up! Start small but aim high!

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

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Community News

On Monday the 24th October, the organisation Great Lakes Breast Cancer Group, fondly known as 'Breast Friends,' held their annual service at the Tuncurry Beach Bowling Club to remember members and people in the Great Lakes region who have lost their battle with breast cancer.

The continuous heavy rain prevented the usual service at John Wright Park and people attending placed their tribute onto the large floor space at the front of the club's auditorium while names were read out by Lorraine Milward, one of the coordinators of the event. Lorraine also made special mention of thanks to the medical staff who attended the service and sold many of their fundraising raffle tickets leading up to the service.

Breast Friends call this a 'mini-field' service, inspired by the Breast Cancer Network Australia's (BCNA) 'big field' services of pink lady tributes (cutouts) placed in the field to raise breast cancer awareness for football matches at the Melbourne and Sydney cricket grounds. Every October services and special lunches, where members wear pink, are held in the capital cities and regions across Australia for Breast Cancer Awareness Month.

At the special tribute and lunch in Tuncurry, members explain that everyone who has lost a family member, friend, neighbour or a colleague is invited to attend. People don't have to be a member and often it is the families and friends who return every year to pay

Breast Friends service held in Tuncurry



Above: Breast Friends organisers (L to R) Lesley Stemp, Carol King, Diane Thompson, Lorraine Milward and Michelle Cheers.

Heather Kelley and Janet McMahon and had their first monthly meeting by October in 2008. They now meet twice a month - a casual one at a local coffee shop and one where they support each other and have guest speakers. [More details on their meetings are on page 18]

Breast Friends plays an important role in the community when they receive donations from local groups. They make sure it is donated to people and families effected with breast cancer within the local

Taree.

Early next year the organisation plans to supply a chemo care pack for men and women who are undergoing therapy for cancer, breast cancer in particular.

For more information on their regular monthly meetings on a Wednesday please see page 16 or visit: [www.breastfriends.org.au](http://www.breastfriends.org.au)

Story and photo by Mary Yule.

Below: Photo of John Wright Park supplied.



community. Their group also supplies 'care gifts' for ladies or men who have had a breast cancer operation which includes a homemade purpose-shaped pillow to put under their chest. These are given out at Forster Private as well as the Manning Hospital and the Mayo in

Celebrating National Carer's Week - Tuncurry



National Carers Week runs from 16 - 22 October 2022, and is dedicated to acknowledging and celebrating all carers in Australia. Carers NSW invited carers in the community to enjoy a morning out, to learn more about Carer Gateway on a more personal basis and connect with other carers in similar situations and importantly enjoy a barista made coffee and sweet treat. Australia at present has 2.65 million carers recorded. However, many people do not even think that they are carers. So what is the real number? Looking after a loved one with a disability such as mental illness, physical, dementia, aged or a terminal

illness is just something we do to help our loved ones. This role can take many hours of love and support in an unpaid role. It can also be exhausting, lonely and overwhelming. Being a carer for a family member or a friend is important work and saves the government so much money in funding.

This is why it is so important that liked-minded people can come together face to face and enjoy each other's company in a fun atmosphere and forget about their caring role for a while.

The morning tea was held at The Deck in Tuncurry on Thursday 20th the October. Carers

from The Great Lakes Mental Health Carer Support Group, Mid Coast Assist - Forster and General Carers from Taree and Forster attended the event. It was a wonderful morning with lots of laughs and chatter going on for 2 hours.

The day is about friendship and sharing of knowledge but also for all carers in the community to know what is available in this area and what the Carer Gateway is about.

The carers would like to thank the staff at The Deck and Angela from Carers NSW for making this a memorable event.

For more information ring Carer Gateway on 1800 422 737 or visit [www.carergateway.gov.au](http://www.carergateway.gov.au) Or Margaret from (One Door Mental Health) Great Lakes Mental Health Carer Support Group on 04556966173 - [glmentalhealthcarers@gmail.com](mailto:glmentalhealthcarers@gmail.com)

Community News

Local newspapers in demand to give sense of place and community



On Friday the 14th of October the Forster Fortnightly crew went to its first Country Press NSW (CPA) conference in Sydney to meet other regional newspapers across the state. CPA is the oldest printing industry association and was founded in 1900 for independent newspapers.

We discovered that although regional newspapers have had a tough time with Covid and the steep rising production costs, the main positive message we took away was that print is not dead and that people still want a local newspaper as a reliable and effective way of receiving their local news and stories. The CPA are currently working hard at rebuilding their numbers and are lobbying the government to provide crucial support for regional newspapers on behalf of their members.

One of the main guest speakers was Professor Kristy Hess from the Deakin University who is researching and writing a report to debunk the three myths that: - print is dead, that the traditional newspaper model with advertising is not working and that there is no more work for journalists. Her data overwhelmingly show

that people want "more local content to connect to their community. It is an essential service and a preferred way to engage with." She went on to explain that genuine local newspapers have people's trust and that people like to take the time to read published content in print. She found that readers are seeking community connection and their experiences with newspapers is one of ritual, sense of place and a relaxing time with a coffee!

Kristy addressed the myth that there is no more work for journalists. She explained that many regional newspapers cannot get hold of enough journalists and that there was plenty of work if you head into the bush. Other CPA members at the conference confirmed this and said they were always advertising for more journalists. In fact, some were finding it

hard to keep them as they were being poached by the ABC! Kristy's full report will be released after Christmas.

Kristy said that these myths go unreported, and noise needs to be made on how essential print media is. "Newspapers are an effective way to communicate - not a default to digital media. Digital is complimentary to local newspapers and print media."

Another guest speaker was Kieran Maddix, Production Manager at Spotpress in Sydney, where many at the conference have their newspapers printed (Forster Fortnightly included). Kieran said that there should be a strong budget for government advertising in print so regional communities can have access to important government information as well as supporting crucial local news sources to



Above: Geordie Yule and Ian Yule from Forster Fortnightly with Kieran Maddix (in the middle), Production Manager at Spotpress in Marrickville Sydney where this newspaper is printed. Photo supplied.

keep media diversity and democracy in Australia. "Newspapers provide service and delivery to our audience that we know is there." He also said that the traditional newspaper model is successful, and towns should be very happy to "advertise locally with your local newspaper!" Kieran gave the audience a realistic report on the ongoing paper shortages and



Above: Mary Yule from Forster Fortnightly with Country Press Association Secretary Greg McFarland.

higher costs of production. Sourcing paper is still a huge issue and a growing cost for the Australian printing industry. During Covid the Albury Wodonga mill and the last mill in NZ closed. Now that Covid is over everyone wants their newspapers back and the competition for paper is fierce with the growing demand of online purchases (that arrive by mail in cardboard boxes) and from magazines that want to get back into production. There is now only one paper mill left in Australia, the Boyer Mill, owned by Norske Skog in Tasmania. It is under enormous pressure to produce huge amounts of paper. Spotpress is working with this mill and is also sourcing expensive paper from south-east Asia to keep its options open after America and Europe stopped exporting paper during Covid. Spotpress is buying whatever suitable paper they can get hold

Continued on page 20.

**GRACE & HUGH**  
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# YOUR FORTNIGHTLY TV GUIDE

# November 2 - 8

	ABCTV	SBS	SEVEN	NBN	TEN	
WEDNESDAY	<p><b>6.00</b> Morning Programs. <b>1.40</b> Media Watch. <b>2.00</b> Sanditon. <b>2.45</b> Poh's Kitchen. <b>3.15</b> Gardening Aust. <b>4.10</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> 7.30. <b>8.00</b> Hard Quiz. <b>8.30</b> Question Everything. <b>9.00</b> Fisk. <b>9.30</b> Would I Lie To You? <b>10.00</b> The Witchfinder. <b>10.35</b> News. <b>10.50</b> The Business. <b>11.05</b> Inside The Sydney Opera House. <b>12.05</b> Marcella. <b>12.50</b> Midsomer Murders. <b>2.20</b> Sanditon. <b>3.10</b> Rage. <b>4.25</b> The Drum. <b>5.25</b> 7.30.</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>2.00</b> Cook Up Bitesize. <b>2.05</b> Robson Green: Walking Hadrian's Wall. <b>3.00</b> Where Are You Really From? <b>3.30</b> The Cook Up. <b>4.05</b> Portillo's Greatest Railway Journeys. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Aust. <b>6.30</b> News. <b>7.30</b> Charles: The New King. <b>8.25</b> Stolen: Catching The Art Thieves. <b>9.35</b> Nine Perfect Strangers. <b>10.35</b> SBS News. <b>11.05</b> No Man's Land. <b>12.00</b> Bad Banks. <b>1.05</b> Departure. <b>4.15</b> Food Safari. <b>4.45</b> Late Programs.</p>	<p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. <b>11.30</b> News. <b>12.00</b> MOVIE: Flower Shop Mystery: Deary Dupotting. (2016) <b>2.00</b> Tipping Point. <b>4.00</b> Afternoon News. <b>4.00</b> News. <b>5.00</b> The Chase Aust. <b>6.00</b> 7News Local. <b>6.30</b> News. <b>7.00</b> Home And Away. (PG) <b>7.30</b> Kitchen Nightmares Australia. (M) <b>9.40</b> Code 1: Minute By Minute. (M) <b>9.40</b> Air Crash Investigation. <b>1.30</b> TV Shop. <b>2.30</b> Global Shop. <b>3.00</b> TV Shop. <b>4.00</b> Believer's Voice Of Victory. <b>4.30</b> ACA. <b>5.00</b> News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Morning Programs. <b>12.00</b> MOVIE: The Baby Proposal. (2020) <b>1.50</b> Garden Gurus Moments. <b>2.00</b> Pointless. <b>3.00</b> Tipping Point. <b>4.00</b> Afternoon News. <b>5.00</b> Hot Seat. <b>6.00</b> NBN News. <b>7.00</b> ACA. <b>7.30</b> Travel Guides. <b>8.30</b> Show Me The Money: The Melissa Caddick Con. <b>9.30</b> Miniseries: Underbelly: Vanishing Act. <b>11.15</b> Nine News Late. <b>11.45</b> Family Law. <b>12.35</b> Tipping Point. <b>1.30</b> TV Shop. <b>2.30</b> Global Shop. <b>3.00</b> TV Shop. <b>4.00</b> Believer's Voice Of Victory. <b>4.30</b> ACA. <b>5.00</b> News. <b>5.30</b> Today.</p>	<p><b>6.00</b> The Talk. <b>7.00</b> Judge Judy. <b>7.30</b> Ent. Tonight. <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. <b>12.00</b> Dr. Phil. <b>1.00</b> The Real Love Boat Australia. <b>2.00</b> Ent. Tonight. <b>2.30</b> My Market Kitchen. <b>3.00</b> Judge Judy. <b>3.30</b> Farm To Fork. <b>4.00</b> Everyday Gourmet. <b>4.30</b> Bold. <b>5.00</b> News. <b>6.30</b> The Project. <b>7.30</b> The Dog House Australia. (PG) <b>8.30</b> The Real Love Boat Australia. (PG) <b>10.00</b> My Life Is Murder. (M) <b>11.00</b> The Project. <b>12.00</b> Stephen Colbert. (PG) <b>1.00</b> Shopping. <b>4.30</b> CBS Morning.</p>	<p><b>6.00</b> Morning Programs. <b>12.00</b> News. <b>12.00</b> Press Club. <b>1.40</b> Media Watch. <b>2.00</b> Parliament. <b>3.00</b> Gardening Aust. <b>4.10</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> 7.30. <b>8.00</b> Hard Quiz. <b>8.30</b> Question Everything. <b>9.00</b> Fisk. <b>9.30</b> Would I Lie To You? <b>10.00</b> The Witchfinder. <b>10.35</b> News. <b>10.50</b> The Business. <b>11.05</b> Inside The Sydney Opera House. <b>12.05</b> Marcella. <b>12.50</b> Midsomer Murders. <b>2.25</b> Rage. <b>4.25</b> The Drum. <b>5.25</b> 7.30.</p>
THURSDAY	<p><b>6.00</b> Morning Programs. <b>1.00</b> Hard Quiz. <b>1.30</b> Question Everything. <b>2.00</b> Sanditon. <b>2.45</b> Poh's Kitchen. <b>3.15</b> Gardening Aust. <b>4.10</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> 7.30. <b>8.00</b> Foreign Correspondent. <b>8.30</b> Q+A. <b>9.35</b> One Plus One. <b>10.50</b> Stuff The British Show. <b>10.35</b> News. <b>10.50</b> The Business. <b>11.05</b> Magda's Big National Health Check. <b>12.05</b> Nigella At My Table. <b>1.35</b> Sanditon. <b>2.20</b> Les Misérables. <b>3.35</b> Late Programs.</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>2.00</b> Apocalypse: The Second World War. <b>3.00</b> Where Are You Really From? <b>3.30</b> Destination Flavour China Bitesize. <b>3.40</b> The Cook Up. <b>4.10</b> Portillo's Greatest Railway Journeys. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Aust. <b>6.30</b> News. <b>7.30</b> Dishing It Up. <b>8.00</b> Guillaume's Paris. <b>8.35</b> World's Most Scenic Railway Journeys. <b>9.30</b> The Handmaid's Tale. <b>10.30</b> SBS News. <b>11.00</b> Gomorrah. <b>11.55</b> The Eagle. <b>12.55</b> The Eagle. <b>2.05</b> Late Programs.</p>	<p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. <b>11.30</b> News. <b>12.00</b> MOVIE: Knowing. (2009) <b>11.30</b> Business Builders. <b>3.00</b> The Chase. <b>4.00</b> News. <b>5.00</b> The Chase Aust. <b>6.00</b> 7News Local. <b>6.30</b> News. <b>7.00</b> Home And Away. (PG) <b>8.30</b> Kath &amp; Kim. (PG) Sharon goes out on a date. <b>10.50</b> The Latest: Seven News. <b>11.20</b> To Be Advised. <b>1.00</b> Home Shopping. <b>5.00</b> News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Today. <b>9.00</b> Today Extra. <b>11.30</b> Morning News. <b>12.00</b> MOVIE: Married Life. (2007) <b>1.50</b> Explore. <b>2.00</b> Pointless. <b>3.00</b> Tipping Point. <b>4.00</b> Afternoon News. <b>5.00</b> Hot Seat. <b>6.00</b> NBN News. <b>7.00</b> ACA. <b>7.30</b> RBT. <b>8.30</b> Paramedics. (M) <b>9.30</b> A+E After Dark. (M) <b>10.30</b> Nine News Late. <b>11.00</b> The First 48. (M) <b>11.50</b> Pure Genius. (M) <b>12.40</b> Tipping Point. (PG) <b>1.30</b> TV Shop. <b>2.30</b> Global Shop. <b>3.00</b> TV Shop. <b>4.00</b> Believer's Voice Of Victory. <b>4.30</b> ACA. <b>5.00</b> News. <b>5.30</b> Today.</p>	<p><b>6.00</b> The Talk. <b>7.00</b> Judge Judy. <b>7.30</b> Bold. <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. <b>12.00</b> Horse Racing. Melbourne Cup Carnival. Oaks Day. <b>6.00</b> 10 News First. <b>6.30</b> The Project. <b>7.30</b> Ambulance Australia. (M) <b>8.30</b> The Real Love Boat Australia. (PG) Hosted by Darren McMullen. <b>9.30</b> To Be Advised. <b>10.30</b> Blue Bloods. (M) <b>11.30</b> The Project. <b>12.30</b> The Late Show With Stephen Colbert. (PG) <b>1.30</b> Home Shopping. <b>4.30</b> CBS Morning.</p>	<p><b>6.00</b> Morning Programs. <b>1.00</b> Hard Quiz. <b>1.30</b> Question Everything. <b>2.00</b> Parliament. <b>3.00</b> Gardening Aust. <b>4.10</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> 7.30. <b>8.00</b> You Can't Ask. <b>8.30</b> Q+A. <b>9.35</b> One Plus One. <b>10.05</b> Stuff The British Show. <b>10.35</b> News. <b>10.50</b> The Business. <b>11.05</b> Magda's Big National Health Check. <b>12.05</b> Barrenjoey Road. <b>1.05</b> Parkinson In Australia. <b>2.05</b> Rage. <b>4.25</b> The Drum. <b>5.25</b> 7.30.</p>
FRIDAY	<p><b>6.00</b> News. <b>9.00</b> News. <b>10.00</b> Q+A. <b>11.10</b> Secrets Of The Museum. <b>12.00</b> News. <b>1.00</b> Significant Others. <b>1.50</b> Death In Paradise. <b>2.45</b> Poh's Kitchen. <b>3.15</b> Gardening Aust. <b>4.15</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> Gardening Australia. <b>8.30</b> News. <b>7.30</b> Franky. <b>9.10</b> All Creatures Great And Small. <b>9.55</b> Fisk. <b>10.25</b> Annika. (M) <b>11.10</b> ABC Late News. <b>11.30</b> Rage. (MA15+) <b>5.00</b> Rage. (PG)</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>2.00</b> Apocalypse: The Second World War. <b>3.00</b> NITV News: Nula. <b>3.30</b> Destination Flavour China Bitesize. <b>3.40</b> The Cook Up. <b>4.10</b> Portillo's Greatest Railway Journeys. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Aust. <b>6.30</b> News. <b>7.30</b> Secrets Of The Lost Liners. <b>8.30</b> Good With Wood. <b>9.25</b> World's Greatest Hotels. <b>10.35</b> SBS News. <b>10.45</b> Das Boot. <b>11.45</b> The Sleepers. <b>2.00</b> Atlanta. <b>3.15</b> Atlanta. <b>3.55</b> Atlanta. <b>4.35</b> Bamay. <b>5.00</b> Late Programs.</p>	<p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. <b>11.30</b> News. <b>12.00</b> MOVIE: A Trick Of The Mind. (2006) <b>2.00</b> House Of Wellness. (PG) <b>3.00</b> The Chase. <b>4.00</b> News. <b>5.00</b> The Chase Aust. <b>6.00</b> 7News Local. <b>6.30</b> 7News @ 6.30. <b>7.00</b> Home And Away. (PG) <b>8.30</b> Kath &amp; Kim. (PG) Sharon goes out on a date. <b>10.50</b> The Latest: Seven News. <b>11.20</b> To Be Advised. <b>1.00</b> Home Shopping. <b>5.00</b> News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Today. <b>9.00</b> Today Extra. <b>11.30</b> Morning News. <b>12.00</b> MOVIE: Before I Fall. (2017) (M) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>5.00</b> Hot Seat. <b>6.00</b> NBN News. <b>7.00</b> Cricket. ICC Men's T20 World Cup. Super 12. Australia v Afghanistan. <b>10.00</b> MOVIE: Atomic Blonde. (2017) (MA15+) <b>12.15</b> Reported Missing. (M) <b>1.30</b> TV Shop: Home Shopping. <b>4.00</b> Take Two. <b>4.30</b> Global Shop. <b>5.00</b> TV Shop. <b>5.30</b> Skippy.</p>	<p><b>6.00</b> Reel Action. <b>6.30</b> Leading The Way. <b>7.00</b> All 4 Adventure. <b>8.00</b> Road To The Melbourne Cup Carnival. <b>8.30</b> Living Room. <b>9.30</b> ST10. <b>12.00</b> Horse Racing. Melbourne Cup Carnival. Stakes Day. <b>6.00</b> 10 News First. <b>7.00</b> Bondi Rescue. (PG) <b>7.30</b> Blue Bloods. (M) <b>8.30</b> CSI: Vegas. (M) <b>9.30</b> NCIS. (M) <b>10.30</b> My Life Is Murder. (M) <b>11.30</b> To Be Advised. <b>12.30</b> Home Shopping. <b>4.30</b> Authentic. (PG) <b>5.00</b> Hour Of Power.</p>	<p><b>6.00</b> Morning Programs. <b>1.00</b> Hard Quiz. <b>1.30</b> Question Everything. <b>2.00</b> Parliament. <b>3.00</b> Gardening Aust. <b>4.10</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> 7.30. <b>8.00</b> You Can't Ask. <b>8.30</b> Q+A. <b>9.35</b> One Plus One. <b>10.05</b> Stuff The British Show. <b>10.35</b> News. <b>10.50</b> The Business. <b>11.05</b> Magda's Big National Health Check. <b>12.05</b> Barrenjoey Road. <b>1.05</b> Parkinson In Australia. <b>2.05</b> Rage. <b>4.25</b> The Drum. <b>5.25</b> 7.30.</p>
SATURDAY	<p><b>6.00</b> Rage. <b>7.00</b> Weekend Breakfast. <b>9.00</b> Rage. <b>12.00</b> News. <b>12.30</b> Vera. <b>2.00</b> Midsomer Murders. (PG) <b>3.30</b> Stuff The British Show. (PG) <b>3.55</b> Spicks And Specks. (PG) <b>4.45</b> Landline. <b>5.10</b> Inside The Museum. <b>7.00</b> ABC News. <b>7.30</b> Doc Martin. (PG) <b>8.20</b> The Capture. (M) <b>9.20</b> Significant Others. (MA15+) <b>10.10</b> Miniseries: Des. (M) <b>11.00</b> Silent Witness. (M) <b>12.00</b> Rage. (MA15+) <b>5.00</b> Rage. (PG)</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>2.00</b> Figure Skating. ISU Grand Prix. Skate Canada. Highlights. <b>4.00</b> Ballroom Fit. <b>4.05</b> Wheelchair Sports. <b>4.10</b> Dr Russell's Imaginarium. <b>4.45</b> I'm Not A Runner. <b>5.50</b> Lost Home Movies Of Nazi Germany. <b>6.30</b> News. <b>7.35</b> Michael Palin: Travels Of A Lifetime. <b>8.25</b> Secrets Of The Royal Palaces. <b>9.20</b> Secrets Of The Pyramids. <b>10.10</b> Letters And Numbers. <b>11.10</b> MOVIE: The Front Runner. (2018) <b>11.5</b> MOVIE: Novitiate. (2017) <b>3.30</b> Late Programs.</p>	<p><b>6.00</b> Shopping. <b>7.00</b> Weekend Sunrise. <b>10.00</b> Morning Show. <b>12.00</b> Horse Racing. Five Diamonds Ladies Day and Saturday Race Day. <b>5.00</b> News. <b>5.30</b> Border Security. (PG) <b>6.00</b> Seven News. <b>7.00</b> Border Security: Australia's Front Line. (PG) <b>7.30</b> MOVIE: Home Alone. (1990) (PG) <b>8.20</b> MOVIE: Home Alone 2: Lost In New York. (1992) (PG) Macaulay Culkin, Joe Pesci, Daniel Stern. <b>12.30</b> Home Shopping.</p>	<p><b>6.00</b> Drive TV. <b>6.30</b> Getaway. <b>7.00</b> Weekend Today. <b>10.00</b> Today Extra. <b>11.30</b> Saturday. <b>12.00</b> Our State On A Plate. <b>12.30</b> Rivals. <b>1.00</b> Drive TV. <b>1.30</b> Cross Court. <b>2.00</b> My Way. <b>2.30</b> Animal Embassy. <b>3.00</b> The Block. <b>4.30</b> Garden Gurus. <b>5.00</b> News. <b>5.30</b> Getaway. <b>6.00</b> NBN News. <b>7.00</b> ACA. <b>7.30</b> MOVIE: Jumanji: Welcome To The Jungle. (2017) (PG) <b>9.50</b> MOVIE: Central Intelligence. (2016) (M) <b>12.00</b> MOVIE: Begin Again. (2013) (M) <b>2.00</b> TV Shop. <b>3.00</b> Global Shop. <b>5.00</b> TV Shop. <b>5.30</b> Skippy.</p>	<p><b>6.00</b> Reel Action. <b>6.30</b> Leading The Way. <b>7.00</b> All 4 Adventure. <b>8.00</b> Road To The Melbourne Cup Carnival. <b>8.30</b> Living Room. <b>9.30</b> ST10. <b>12.00</b> Horse Racing. Melbourne Cup Carnival. Stakes Day. <b>6.00</b> 10 News First. <b>7.00</b> Bondi Rescue. (PG) <b>7.30</b> Blue Bloods. (M) <b>8.30</b> CSI: Vegas. (M) <b>9.30</b> NCIS. (M) <b>10.30</b> My Life Is Murder. (M) <b>11.30</b> To Be Advised. <b>12.30</b> Home Shopping. <b>4.30</b> Authentic. (PG) <b>5.00</b> Hour Of Power.</p>	<p><b>6.00</b> Morning Programs. <b>1.00</b> Hard Quiz. <b>1.30</b> Question Everything. <b>2.00</b> Parliament. <b>3.00</b> Gardening Aust. <b>4.10</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> 7.30. <b>8.00</b> You Can't Ask. <b>8.30</b> Q+A. <b>9.35</b> One Plus One. <b>10.05</b> Stuff The British Show. <b>10.35</b> News. <b>10.50</b> The Business. <b>11.05</b> Magda's Big National Health Check. <b>12.05</b> Barrenjoey Road. <b>1.05</b> Parkinson In Australia. <b>2.05</b> Rage. <b>4.25</b> The Drum. <b>5.25</b> 7.30.</p>
SUNDAY	<p><b>6.00</b> Morning Programs. <b>10.00</b> Offsiders. <b>10.30</b> World This Week. <b>11.00</b> Compass. <b>11.30</b> Praise. <b>12.00</b> News. <b>12.30</b> Landline. <b>1.30</b> Gardening Aust. <b>2.30</b> Question Everything. <b>3.00</b> Magda's Big National Health Check. <b>4.10</b> The Pacific. <b>4.55</b> Art Works. <b>5.25</b> Antiques Roadshow. <b>6.25</b> Franky. <b>7.00</b> ABC News Sunday. <b>7.30</b> Inside The Sydney Opera House. <b>8.30</b> Significant Others. <b>9.25</b> Silent Witness. <b>10.25</b> Miniseries: The Cry. <b>11.25</b> Shetland. <b>12.25</b> The Height. <b>2.40</b> Rage. <b>4.15</b> The Recording Studio. <b>5.00</b> Insiders.</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>1.00</b> Speedweek. <b>3.00</b> Countdown To Qatar 2022. <b>4.00</b> Sportswoman. <b>4.30</b> Figure Skating. ISU Grand Prix. Skate Canada. Highlights. <b>5.30</b> Ascot Kayaking. <b>5.35</b> Etoa: A Kokoda Track Story. <b>6.30</b> News. <b>7.30</b> Curse Of The Ancients. <b>8.30</b> King Tut: Allies And Enemies. <b>9.30</b> King Tut: Allies And Enemies. <b>10.30</b> Sex And Sensibility. <b>11.25</b> Planet Expedition. <b>12.25</b> Planet Expedition. <b>2.25</b> Planet Expedition. <b>3.25</b> Planet Expedition. <b>4.25</b> Food Safari. <b>4.55</b> Late Programs.</p>	<p><b>6.00</b> Shopping. <b>7.00</b> Weekend Sunrise. <b>10.00</b> Morning Show. <b>12.00</b> House Of Wellness. <b>1.00</b> Border Security. <b>1.30</b> Cricket. Women's Big Bash League. Game 33. Melbourne Renegades v Sydney Thunder. <b>5.00</b> News. <b>5.30</b> Weekend. <b>6.00</b> Seven News. <b>7.00</b> Australia's Got Talent. (PG) <b>8.45</b> Armed And Dangerous: Breakouts. (M) <b>10.05</b> Monster Mansion: Evil Behind Bars. (MA15+) <b>11.15</b> Born To Kill! (M) <b>12.30</b> Shopping. <b>5.00</b> News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Rivals. <b>6.30</b> ACA. <b>7.00</b> Weekend Today. <b>10.00</b> Sports Sunday. <b>11.00</b> Reel Destinations. Lodge Life. <b>11.30</b> Fishing Aust. <b>12.00</b> Great Australian Debate. <b>12.30</b> Taronga: Who's Who In The Zoo. <b>1.30</b> Spy In The Wild. <b>2.40</b> The Block. <b>4.00</b> Bondi Vet. <b>5.00</b> News. <b>5.30</b> RBT. <b>6.00</b> NBN News. <b>7.00</b> The Block. <b>8.50</b> 60 Minutes. <b>9.50</b> Nine News Late. <b>10.20</b> The First 48. <b>11.20</b> Killer Couples. <b>12.10</b> Tipping Point. <b>1.05</b> Cross Court. <b>1.30</b> TV Shop. <b>4.00</b> Believer's Voice Of Victory. <b>4.30</b> Take Two. <b>5.00</b> News. <b>5.30</b> Today.</p>	<p><b>6.00</b> Mass. <b>6.30</b> Turning Point. <b>7.00</b> Leading The Way. <b>7.30</b> Tomorrow's World. <b>8.00</b> Living Room. <b>9.00</b> Luca's Key Ingredient. <b>9.30</b> ST10. <b>12.00</b> The Traitors. <b>1.10</b> My Market Kitchen. <b>1.30</b> GCBC. <b>2.00</b> Everyday Gourmet. <b>2.30</b> Freshly Picked. <b>3.00</b> Cook It With Luke. <b>3.30</b> Farm To Fork. <b>4.00</b> Well Traveller. <b>4.30</b> Taste Of Aust. <b>5.00</b> News. <b>6.30</b> The Sunday Project. <b>7.30</b> The Traitors. (PG) <b>9.10</b> NCIS: Hawaii. (M) <b>10.10</b> FBI. (M) <b>11.00</b> The Sunday Project. <b>12.00</b> Shopping. <b>4.30</b> CBS Morning.</p>	<p><b>6.00</b> Morning Programs. <b>1.00</b> Offsiders. <b>10.30</b> World This Week. <b>11.00</b> Compass. <b>11.30</b> Praise. <b>12.00</b> News. <b>12.30</b> Landline. <b>1.30</b> Gardening Aust. <b>2.30</b> Question Everything. <b>3.00</b> Magda's Big National Health Check. <b>4.10</b> The Pacific. <b>4.55</b> Art Works. <b>5.25</b> Antiques Roadshow. <b>6.25</b> Franky. <b>7.00</b> ABC News Sunday. <b>7.30</b> Inside The Sydney Opera House. <b>8.30</b> Significant Others. <b>9.25</b> Silent Witness. <b>10.25</b> Miniseries: The Cry. <b>11.25</b> Shetland. <b>12.25</b> The Height. <b>2.40</b> Rage. <b>4.15</b> The Recording Studio. <b>5.00</b> Insiders.</p>
MONDAY	<p><b>6.00</b> Morning Programs. <b>1.00</b> Rosehaven. <b>1.30</b> Poh's Kitchen Lends A Hand. <b>2.00</b> Parliament. <b>3.00</b> Gardening Aust. <b>4.10</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> 7.30. <b>8.00</b> Aust Story. <b>8.30</b> Four Corners. <b>9.20</b> Media Watch. <b>9.35</b> Planet America. <b>10.05</b> Parkinson In Australia. <b>10.55</b> News. <b>11.10</b> The Business. <b>11.25</b> Q+A. <b>12.30</b> The Pacific. <b>1.20</b> Annika. <b>2.05</b> They Are Our Neighbourhood. <b>3.05</b> Rage. <b>4.25</b> The Drum. <b>5.25</b> 7.30.</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>2.00</b> Apocalypse: The Second World War. <b>3.00</b> Journey Through Albania. <b>3.35</b> Destination Flavour China Bitesize. <b>3.40</b> The Cook Up. <b>4.10</b> Empire With Michael Portillo. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Aust. <b>6.30</b> News. <b>7.30</b> Letters And Numbers. <b>8.30</b> Scotland's Extreme Medics. <b>9.25</b> 24 Hours In Emergency. <b>10.25</b> SBS News. <b>10.55</b> The Promise. <b>11.55</b> Outlander. <b>1.05</b> Fargo. <b>3.50</b> Food Safari. <b>4.20</b> French Food Safari. <b>4.50</b> Late Programs.</p>	<p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. <b>11.30</b> News. <b>12.00</b> MOVIE: Chris Watts: Confessions Of A Killer. (2020) <b>2.00</b> World's Deadliest. <b>3.00</b> The Chase. <b>4.00</b> News. <b>5.00</b> The Chase Aust. <b>6.00</b> 7News Local. <b>6.30</b> News. <b>7.00</b> Home And Away. (PG) <b>7.30</b> This Is Your Life: Rebecca Gibney. (PG) <b>9.20</b> 9-1-1. (M) <b>10.20</b> S.W.A.T. (M) <b>11.20</b> The Latest: Seven News. <b>11.50</b> Heartbeat Island Australia. (M) <b>1.00</b> Shopping. <b>5.00</b> News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Today. <b>9.00</b> Today Extra. <b>11.30</b> Morning News. <b>12.00</b> The Block. <b>1.50</b> Talking Honey. <b>2.00</b> Pointless. <b>3.00</b> Tipping Point. <b>4.00</b> Afternoon News. <b>5.00</b> Hot Seat. <b>6.00</b> NBN News. <b>7.00</b> ACA. <b>7.30</b> My Mum, Your Dad. (M) <b>9.10</b> Under Investigation. (PG) <b>10.10</b> Suburban Gangsters. (MA15+) <b>11.10</b> Nine News Late. <b>11.40</b> The Equalizer. (M) <b>12.30</b> Emergency. (M) <b>1.30</b> TV Shop. <b>2.30</b> Global Shop. <b>3.00</b> TV Shop. <b>4.00</b> Believer's Voice Of Victory. <b>4.30</b> ACA. <b>5.00</b> News. <b>5.30</b> Today.</p>	<p><b>6.00</b> The Talk. <b>7.00</b> Judge Judy. <b>7.30</b> Bold. <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. <b>12.00</b> Dr. Phil. <b>1.00</b> The Traitors. <b>2.40</b> Ent. Tonight. <b>3.00</b> Judge Judy. <b>3.30</b> My Market Kitchen. <b>4.00</b> Farm To Fork. <b>4.30</b> Bold. <b>5.00</b> News. <b>6.30</b> The Project. <b>7.30</b> The Traitors. (PG) <b>8.40</b> Have You Been Paying Attention? (M) <b>9.40</b> Ghosts. (PG) <b>10.10</b> Peter Helliar. (PG). (MA15+) <b>11.25</b> The Project. <b>12.25</b> Stephen Colbert. (PG) <b>1.30</b> Shopping. <b>4.30</b> CBS Morning.</p>	<p><b>6.00</b> Morning Programs. <b>1.00</b> Rosehaven. <b>1.25</b> Vera. <b>2.55</b> Gardening Aust. <b>4.10</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> 7.30. <b>8.00</b> Aust Story. <b>8.30</b> Four Corners. <b>9.20</b> Media Watch. <b>9.35</b> Planet America. <b>10.05</b> Parkinson In Australia. <b>11.00</b> News. <b>11.15</b> The Business. <b>11.30</b> Q+A. <b>12.35</b> The Pacific. <b>1.20</b> Annika. <b>2.10</b> Fighting Spirit: Wheeling Diggers' Invictus Games Dream. <b>3.30</b> Rage. <b>4.25</b> The Drum. <b>5.25</b> 7.30.</p>
TUESDAY	<p><b>6.00</b> Morning Programs. <b>1.00</b> The Capture. <b>2.00</b> Parliament. <b>3.00</b> Gardening Aust. <b>4.10</b> George Clarke's Amazing Spaces. <b>5.00</b> Back Roads. <b>5.30</b> Hard Quiz. <b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> 7.30. <b>8.00</b> Stuff The British Show. <b>9.30</b> Jeffrey Smart. <b>10.30</b> People's Republic Of Malacotta. <b>11.00</b> News. <b>11.15</b> The Business. <b>11.30</b> Four Corners. <b>12.20</b> Media Watch. <b>12.35</b> The Royal Edinburgh Military Tattoo 2019. <b>2.05</b> Miniseries: Des. <b>2.55</b> Late Programs.</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>2.00</b> Apocalypse: The Second World War. <b>3.00</b> Journey Through Albania. <b>3.35</b> Destination Flavour China Bitesize. <b>3.40</b> The Cook Up. <b>4.10</b> Empire With Michael Portillo. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Aust. <b>6.30</b> News. <b>7.30</b> Great Coastal Railway Journeys. <b>8.30</b> The Cleaning Company. <b>10.05</b> The Artist's View: Olivia Newton-John. <b>11.35&lt;/</b></p>				



Local Calendar

The 'Local Calendar' lists free events.

November

**Thurs 3rd Nov - Manning Great Lakes Birdwatchers**, 7:30am Harrington. Enquiries: 0431 878 395

**Sun 6th Nov - Black Head Bazaar** 8am - 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures. www.facebook.com/blackheadbazaar

**Sun 6th Nov - Car Boot Sale** 7am to 12pm Hallidays Point Shopping Village Enquiries: Tyrone Power on 0413 427 644

**Fri 11th Nov - 10:30am Remembrance Day Service** Lone Pine Memorial Park, Tuncurry.

**Sat 12 - Sun 13 Nov & Sat 19 - Sun 20 Nov Garage Sale Trail**, 7am - 1pm, Two big weekends of garage sales Australia wide. www.garagesaletrail.com.au/midcoast



Above: Pale Yellow Robin - often seen along tracks and clearings of rainforests and moist eucalypt forests. An elusive bird and often overlooked. Photographed near Wootton by Brian McCauley.

**Thurs 19th Nov - Manning Great Lakes Birdwatchers**, 7:30am Red Head. Enquiries: 0431 878 395

**Sat 19th Nov - Forster Farmers Market** 8am - 12pm Forster Info Centre, Little St. 3rd Saturday of the month. Enquiries: Linda 0421 347 273

**Sat 19th Nov - Super Garage Charity Sale Great Lakes Palliative Care** 8am - 2pm, 32 Manning St, Tuncurry. Opposite John Wright Park.

**Sun 20th Nov - Great Lakes Museum Market** 8am - 1pm Great Lakes Museum, 1 Capel St Tuncurry. Enquiries: 6554 6275

**Sat 26th Nov - Tuncurry Market** 8am - 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

**Sun 27th Nov - Pacific Palms Market** 9am - 1pm Pacific Palms Community Centre. Enquiries: Jennifer Doyle 0401 968 516

December



**Mon 12th Dec - Carols by Candlelight** 6:30pm, Harry Elliot Oval, Beach St, Tuncurry Free Entry. Hosted by Rotary Club of Lower MidCoast with Great Lakes Concert Band.

What's on around town and beyond!

Local Orchestra Sinfonia to perform a 3-concert series in November



Above Iain Pole, Honorary Conductor of Sinfonia.

Sinfonia Mid North Coast, our own community orchestra, has been rehearsing in preparation for its second concert series for 2022. Live music has been making a welcome return to our lives and Sinfonia's first 2022 Series attracted excellent audiences. Our players are keen to share live music across the region once again bringing the excitement of a full orchestra at its dramatic best.

Musical Director, conductor and arranger, Iain Pole, has put together a program entitled "Jack-O-Lantern" which includes some works new to the orchestra and some well-known audience favourites. The title of the concert is a fun nod to the Halloween season but the music ranges

from some spectacular classics, Broadway and film music as we take a musical journey from sheep to teddy bears, gladiators and sword fights... and a famous March to the Scaffold!

The concerts are scheduled for November, commencing Sunday 6th at Tuncurry Memorial Hall, followed by concerts at Port Macquarie Baptist Church on Saturday November 12th and St John's Anglican Church, Taree, on Sunday November 13th. All concerts commence at 2pm. Tickets are available at the website www.trybooking.com/eventlist/sinfoniamic and at the door. Children under 16 are admitted free.

Sinfonia draws its players from all around the regions of the Mid Coast, Hastings, Camden Haven and Gloucester areas. With a current playing membership of over thirty, from youths

to seniors, the orchestra welcomes amateur and student musicians, as well as music teachers seeking the opportunity to rehearse and perform locally with a full orchestra.

Honorary conductor, Iain

Pole, lives and works in the Camden Haven as a music teacher and also conducts the Camden Haven Concert Band and choir. He has been a member of Sinfonia since its inception over twenty years ago and has been conductor since 2018.

Sinfonia is committed to bringing live orchestral music to the whole region and increasing the opportunities for music performance, learning and experience for local musicians.

"The Management Committee of our historic WWI Memorial Hall are delighted to welcome Sinfonia back. We are sure that they will enjoy the refurbished interior and that the ever-welcoming Tuncurry Forster audience will fill the hall to hear them." - Leigh Vaughan, Chair of Committee and back desk cello.



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**FORSTER TUNCURRY LIONS CLUB XMAS TRAILER RAFFLE**  
 Tickets on sale Stockland Mall (Bunnings end) 9am - 4pm daily from 23rd November  
 Drawn 1pm 21st December  
 \$2 each or 3 for \$5  
 Xmas Cakes on sale at the trailer Small \$15 Large \$19  
 Free local delivery for orders of 3 or more.  
 Contact: Lion Bernard Pearson on 0401 930 907 or Lion Margaret Kentwell on 0405 628 871.



**Sinfonia MNC** The Orchestra of the Mid North Coast Presents

**Jack O'Lantern**  
*A Concert of light classics and fabulous tunes... with a nod to the creepy and the spooky.*

Devised & Conducted by Iain Pole

2pm - Sunday 6th November - Tuncurry Memorial Hall  
 2pm - Saturday 12th November - Port Macquarie Baptist Church  
 2pm - Sunday 13th November - St Johns Anglican Church Taree

Tickets available at the door and online  
 Adults: \$20  
 Children: FREE (under 16 years)

www.trybooking.com/eventlist/sinfoniamic

Pacific Palms Writers Festival for 2022

Songlines and Memory with virtual guest speakers: Margo Neale and Lynne Kelly.

Our physical and virtual PPWF is scheduled for 2pm - 5pm Saturday 19 November 2022 at Club Forster NSW

The 3rd Pacific Palms Festival continues our First Nations focus - and follows our March 2022 Festival with Bruce Pascoe and Bill Gammage.

Margo Neale is senior Indigenous curator at the National Museum of Australia, editor of the critically acclaimed First Knowledges series, curator of the interactive Tracking the Seven Sisters exhibition, and adjunct professor at the Australian National Museum.

Lynne Kelly is a science writer, author of The Memory Code, and researcher at La Trobe University. Her field of research is the oral memory methods of Indigenous Australian, Pacific, American, British and African cultures.



Below: Margo Neale. Photo credit - National Museum of Australia.



Above: 'Seven Sisters Songline' by Josephine Mick at the National Museum of Australia.

Registration enables attendance at Club Forster, with limited seating available, or online. Event recordings will be provided to all registrants.

Our planned Club Forster panel includes Worimi Elder Aunty Teresa French, Debe Brassey representing Pacific Palms Arts and Michael Fox, convenor of the event - with virtual Margo and Lynne participation.



Below: Lynne Kelly. Photo credit - Abigail Heitbaum.

Pacific Palms Writers Festival Margo Neale & Lynne Kelly Songlines & Memory



19 November 2022  
 Our physical and virtual PPWF 2022 is scheduled for 2pm - 5pm Saturday 19 November 2022 at Club Forster  
 Registrations are open at: <https://events.humanitix.com/songlines-and-memory-pacific-palms>

**LAKE VIEW GALLERY**  
 5 LAKE VIEW WAY, TALLWOODS VILLAGE

Open 1st Sunday every month 8am-4pm  
 Or visit the gallery at a time that suits you. Call Fred Bullen 0414 839 550.  
 NEW WEBSITE lakeviewgallery.com.au

104th Remembrance Day 2022

The Forster Tuncurry RSL sub-Branch will be conducting the 104th Remembrance Day Service at the Lone Pine Memorial Park Tuncurry commencing at 10.30am on Friday 11th November 2022.

Members of the Public are invited to attend and if you wish lay a tribute please advise the Master of Ceremonies on arrival or ring the sub-Branch Secretary on 0418 601 238.

"These plans could change at short notice due to weather conditions"

Robert McCallum  
 Hon. Secretary



Food safety – it's good for business

If you handle food at work, Council's free food safety seminar is a great opportunity to help you meet legal requirements for safe food handling.

The upcoming food safety seminar will ensure you're ready for the busy summer season. Appropriate food handling can have a big impact on whether customers return.

The seminar is ideal for new employees. Customers are more aware of the impact of hygiene than ever before. Your business has the best chance of success when you meet the highest health standards.

Safe food handling is a legal requirement. Legislation can change, so it's important for you and your staff to stay up to date.

"The seminar will increase your awareness of food hygiene practices and provide tips to improve," said Council's Executive Manager, Liveability and Sustainable Development, Gary Mead.

"We want to support small businesses in our region because providing clean, safe

dining experiences is good for economic development."

The free seminar includes light refreshments and will take place on Tuesday 15 November, 2pm to 5pm at Council's Customer Service and Administration Centre Yalawanyi Ganya, 2 Biripi Way, Taree.

Places are limited, so book now at [www.midcoast.nsw.gov.au/Get-involved/Events/Whats-on/Food-Safety-Seminar](http://www.midcoast.nsw.gov.au/Get-involved/Events/Whats-on/Food-Safety-Seminar) or call (02) 7955 7220.



**The Gallery**  
 J.T.Surf.Art. is your local art and furniture shop.  
 All products are handmade with love and have a unique contemporary style.  
 Come visit local artist John Tipler at 83 Kularoo Drive Forster.  
 John: 0417 403 033  
[j.t.surf.art@gmail.com](mailto:j.t.surf.art@gmail.com)



Community News

Weekly Diary

The 'Weekly Diary' is FREE to promote community group information. Max 4 lines. It is the responsibility of the organisation to keep their information current.

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 Robyn Corbett on 6555 4601

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

Alcoholics Anonymous 12pm Women's Meeting, Daily Reflections Uniting Church Hall - Cnr Macintosh & Lake St, Forster 1300 222 222

Tuesdays

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

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

Pacific Palms Probus Club Meets second Tuesday each month at Moby Resort, Boomerang Beach 9.30 for 10.00am start, Feb to Nov. Ring Jim on 0418 201 167

Rotary Club of Lower Midcoast Meets first Tuesday each month at Sporties, Tuncurry at 6pm. Meets third Tuesday at Club Old Bar. Call Lance Fletcher 0409 850 671.

Heart Foundation Walking Group 7:30am Beach Bums cafe Beach St & North St social coffee after walk Contact Lorna 0420 587 532

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

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

Alcoholics Anonymous 8pm I.D. Meeting at Community Centre Hall, behind Recy car park, 3957 The Lakes Way, Pacific Palms 1300 222 222

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 mont at 6pm Tuncurry Beach Bowling Club & on zoo. Email greatlakesspn2428@gmail.com for details.

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

Alcoholics Anonymous 9am, As Bill Sees It Meeting Girl Guides Hall - Opp Council Playing Fields Lake St, Forster 1300 222 222

Alcoholics Anonymous 8pm, I.D. Meeting at Salvation Army Hall 7 South Street, Tuncurry 1300 222 222

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

Thursdays

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 036 171

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

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

Dragon Boating Come paddle with us on Wallis Lake 7.15am for 7.30am start Contact Janis 0420 235 987

Over 55s Forster/Tuncurry Social Group Weekend meals at a local club or restaurant, or a location about an hour's drive from town. Contact Lorraine Moses, 0428 406 009

Alcoholics Anonymous 9.30am, Steps and Traditions Girl Guides Hall - Opp Council Playing Fields Lake St, Forster 1300 222 222

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.

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

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

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Alcoholics Anonymous 1pm, I.D. Meeting Masonic Lodge Hall - 27 Lake Street, Forster 1300 222 222

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

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Community News

LIBERAL Mid Coast Liberals We meet regularly for social and speaker functions in Forster. Why not join us if you have an interest in politics. Maybe you were a member at another branch and have not transferred or are just interested. For more information contact us on 0418 201 167 or Info@midcoastliberals.com.au

Public Notices

Forster/Tuncurry Senior Citizens Association The AGM for the Forster/Tuncurry Senior Citizens Association will be conducted on the 17th November 2022 at 10am. The meeting will be held at 7/14 Breeze Parade Forster. All are welcome.

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Reviva Reuse shop Midge Orchid Rd, Tuncurry #WASTE2WAGES

Donate thoughtfully



Above: Jane Kennewell, Manager of Forster Lifeline shop.

"It's really disappointing to waste our volunteer's time and it costs us money for each truckload taken to the tip and as well as the cost of diesel. This takes away our resources from raising money for suicide prevention and crisis support," said Jane Kennewell, Manager of Forster Lifeline shop.

Jane asks people to bring their generous donations inside when they are open on a weekday and Saturday mornings until 1pm. She said if you cannot visit during these times, please use the three bins outside. If the bins are full you can leave donations outside the front door on your way to work on a weekday. That means the volunteer staff can deal with it as soon as they arrive.

Jane also reminds people that they only sell goods that are in suitable condition to be sold. "If we wouldn't buy it ourselves it does not go on the shop floor to sell." Story and photo by Mary Yule.

The Forster Lifeline shop is really grateful for the donations it receives but are finding it very frustrating when goods are left outside the shop over the weekend. Often the volunteer staff arrive on a Monday to great big piles of goods that have been damaged in the rain and scavenged through. This means the staff have to spend their valuable time cleaning up the mess and taking most of it to the tip.

Below: Photo supplied from the weekend, the 15th and 16th of October, outside Lifeline Forster.



Who are the Anonymous Alcoholics in Australia?



From time to time the General Service Board of Alcoholics Anonymous, Australia undertakes a membership survey. The aim of a survey is to provide a snapshot in time of our fellowship member's makeup. This is designed to assist the General Service Board in planning, to provide information to the media, and to professionals who work in the field of alcoholism.

Our latest survey was undertaken in 2022, after being delayed for two years due to the Covid pandemic. During the pandemic many of our members switched to on-line meetings as face-to-face meetings were no longer an option. Information on numbers attending online during the Pandemic is provided below along with other interesting information on the makeup of our fellowship.

Summary of the results (please note percentages % have been rounded) Age: Most respondents were 40 to 69 years of age. Very few under 20 (0.31%). 38% were over 60, indicating an ageing fellowship. Only 2.3% of respondents were under 30.

Gender: This was pretty evenly split with 50% male, 49% female with 1% identifying as other gender.

Location: 46% of respondents were located in metro areas, followed by cities at 30%. 24% reported living in rural or remote areas.

Disability: 6% reported a disability making it hard to attend meetings. There were a number of respondents reporting that mental health issues such as depression and anxiety were an issue. Eyesight was another reported by a number.

Occupation: About 26% of respondents reported being retired, reflecting our ageing fellowship. Professionals made up 24%. Just over 5% reported being unemployed.

Length of Sobriety: 18% reported continuous sobriety of 10 to 20 years. The spread on either side was pretty even. 15% reported less than 12 months.

ATSI: 2.5% of respondents reported being Aboriginal or Torres Strait Islander.

Introduction to AA: 31% reported being self-motivated to come to AA, followed by through a Treatment Centre or an AA friend. A number came in through counselling, a health professional or by seeing an article about AA in the media. Correctional Centres also featured, with 0.25% coming into AA that way.

Counselling: This was a pretty even split with 52% reported using counselling before coming to AA and 48% after coming to AA.

Number of meetings: Most members reported attending between 2 to 4 meetings per week. 28% reported 3 per week. 6.7% reported attending 7 or more. Interestingly 3% reported attending no meetings per week.

On-line Meetings: 88% of members reported attending on-line meetings during the pandemic. This has dropped off to about 7% attending on-line meetings only, after face-to-face meetings reopened. However almost 48% reported attending a mix of on-line and face to face meetings. Of those attending on-line meetings 60% reported it was because of ease of attendance.

About AA: The primary purpose of Alcoholics Anonymous is to stay sober and help others alcoholics to achieve Sobriety. We welcome all who have a desire to stop drinking and we have no dues or fees, being self-supporting through our own contributions. AA has grown from just two alcoholics talking together to now having over 2 million members and is found in over 180 countries throughout the world.

[See AA meetings in the 'Weekly Diary' on opposite page.]



# Mixed bag and Feedback

## Star Pet



**Name:** Sophie, 2 years old  
**Breed:** Dalmatian  
**Likes:** Food, beach walks and fishing.  
**Dislikes:** A lot of noise, bright lights and barking dogs.  
**Claim to Fame:** They are known as 'velcro' dogs. Sophie is very affectionate and will come up and give you a big hug. She puts her paws around your neck and like to give face rubs.

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



### Lessons in Chemistry

is a novel, a love story with beginnings, and some endings. It is set in America in the sixties, but many might consider that it could equally well apply to Australia today.

Elizabeth Zott is a research scientist, a chemist whose passion is abiogenesis, that is how life was created from inorganic matter, an atheist, an unmarried mother, with an exceptionally bright daughter, and a misogynistic environment at work, at her daughter's school, and, having been fired from the research institute, at the television station where, simply to earn money, she puts on an afternoon cooking show.

Prepare for conflict.

She also has a soulmate, colleague, friend, lover who is also a research chemist, liable to wake her at 3am to test a hypothesis. And a dog. Her man is killed when she is pregnant. Help! It does arrive in a neighbour. And fame that she never envisaged as a result of her cooking show.

More than cooking - add a pinch of sodium chloride to the steak that is seventy-two percent water - she urges women to throw of the shackles of conformity, of embedded culture and expectations, and live!

Nor does the story forget her partner and the horrendous attitudes at the boys' home he had to grow up in and the science books where the pages on evolution have been torn out. How is he there? Who are his real parents? He is a genius in a world of mediocrity, how does he fit in? And her daughter is always in trouble at school questioning the teacher.

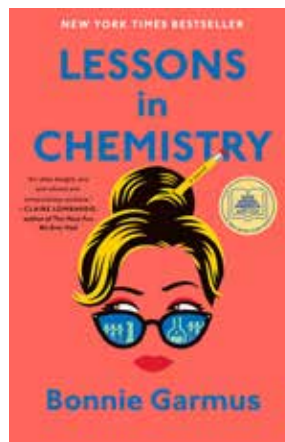
There is much more to this book than female emancipation: it is really a commentary on society. Enjoy. I did.

By John King - Librarian

Pacific Palms Community Library

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

Do remember the library has a good collection of 'preschool age' books for borrowing!



## The Dalai Lama

The Dalai Lama was born on the 6th of July 1935. He lived in Taktser, in the Amdo province of north-eastern Tibet. It had tall mountains, a clear sky and many animals. The animals were sheep, horses, yaks, chickens and cows. His home was in the shadow of the Ami-chiri. His family were farmers. His father would sell horses to people. When some monks came, they were looking for the reincarnation of the 13th Dalai Lama. The boy was recognized as the 14th Dalai Lama. He could not believe that he was that child. When he was 6 years old, he studied very hard. Then he moved into the Potala Palace in Lhasa. In 1959 China took over

Tibet and the 14th Dalai Lama escaped to India over the Himalayas. He had the opportunity to travel to many countries around the world. The Dalai Lama is famous as he spread more and more compassion around the world. He has visited many schools in the world.

Story and illustration (on right) by Lhamo Dhondub in year 3 at Tuncurry Public School.

Lhamo's story received a Merit Award at the 2022 Tell Me a Story competition.



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)

### 'A New Love' by A. Hailes, Forster.

I love my local newspaper, it always makes me glad So full of fun and interest with nothing that is sad There are no ghastly murders, and no reports of crime Instead the local stories will help your day to shine There are no nasty rumours of anything uncouth You get the news that's honest and nothing but the truth!

From Book Reviews to BBQ's you'll find it all in there Two pages with the TV shows that are about to air The 'Pet of the Month' is lovely. (A Puppy or a Cat) Are not the girls in Playboy. You would agree with that A diary of a Calendar to help you plan your days These pages loved by all of us, and so we sing their praise

A local legend or a winner will always raise a smile Inspiring or just interesting, we linger there awhile From sport awards to Book Week, they all have earned a space And so have birds and insects that share this lovely place The 'Word as she is written' or 'the words as she is wrote' Please sit up and remember with every word take note

Today we all are anxious when the awful news is told But thanks to those like Mary we can keep those thoughts on hold So positive and pleasing, it also comes quite free A happy inspiration that is here for you and me To the Forster Fortnightly Paper I make my last Adieu With thanks for all the sunshine that I send back to you.



# Local Legend - Amanda Pomplun

Recently featured in a podcast "Too peas in a Pod" talking all things from miscarriages to raising identical twins, to being a school principal and educating kids with additional needs. Interview by Vanda Gooley. Photo supplied.

Amanda Pomplun was born 4/5/82 in the Mater Hospital in Waratah and grew up in Lake Macquarie near Newcastle. My father, John Collins, was a primary school teacher and mum worked as a primary school secretary. I have one younger sister, Rebecca, and she is a dietician and currently teaches at Newcastle University as well as working in private practice.

My dad, was a local Novocastrian. He'd grown up in Merewether. Dad often played in my grandfather Des' jazz band. My grandfather was a pianist and dad played the guitar. Dad still plays the guitar today and you can often find him busking in Darby Street in Newcastle on the weekends.

My mother was born in Casino. Sadly, her mother passed away not long after mum was born. Her dad was also a primary teacher (that gene runs strong!). Mum moved with her dad to where he secured teaching jobs. Dad met his new wife, the lady I knew as my Nan, in Bowraville and they had four sons. They moved to Hinton where my grandad became the principal of the small K-6 Public School. He retired as the principal of another small school - in Osterley. Small schools were his passion and I think this must have rubbed off on me.

Dad was a Catholic school teacher. My sister and I went to St Mary's Warners Bay, then St Mary's Gateshead and then St Francis Xavier's Hamilton. I really enjoyed my time at school, I was a bit of a nerd and loved learning!

I went to the University of Newcastle in 2000 to study a Bachelor of Arts (Communication Studies) and began my career in journalism. Originally, I had dreams of being a journalist and I worked in the newsroom and was a producer for the breakfast show at 2HD in Newcastle. I worked in media for around 3-4 years where I also did a bit of work at the Newcastle Herald. The best parts of that experience were the opportunities I had attending press conferences, interviewing famous bands and musicians and authors, etc. But journalism is a tough job and I think I was searching for something more.

In 2006, I realised I had a calling to become a teacher. I had originally thought I would break the family mould and move away from teaching but somehow it drew me back in. I completed a Graduate Diploma in Primary Education and graduated in 2007 with Merit. In 2014 I went back to university and completed my Master's Degree.

I have an abundance of early family memories. Spending time at my grandad's school in Mount Kanway where my younger sister and I just became part of the class for the day. We also spent a fair bit of time, as kids, on our grandfather's yacht - sailing around Lake Macquarie. We had a lot of family camping trips over Easter and we had an annual summer two-week holiday in Forster. This is how Forster became like my "second home". My family holidayed here from the 80s until the early 2000s.

After I went back to university to do education, I started teaching casually in Newcastle for both the Department of Education and in the Catholic system. This was a real baptism of fire because back then the DipEd was only a 12-month course. It really was sink or swim in your first years of teaching.

After a long-term relationship broke up, I decided I was going to teach in the UK. In February 2008 I moved to London and taught at a school in Thamesmead. That was a fantastic experience because Thamesmead was a huge council estate in South East London that had been built on what was originally part of the Royal Arsenal site on marshland - this is probably where my love of Arsenal football team originated.

Many of my students were new immigrants from Vietnam, West Africa (mainly Nigeria and Ghana) also Lithuania and Poland. This was a wonderful experience for me as I got to know children from many backgrounds and learned about their cultural traditions, languages and experiences living in a new country. It's one of the highlights of my career so far.

This experience also allowed me to travel to many parts of the world. I regularly travelled to different parts of Europe and the Americas. I'm so glad I took up that position because it allowed me to really broaden my life experiences.

When I returned from living overseas in

mid-2010 I returned to the Newcastle area but still had very itchy feet. I worked temporarily and travelled overseas a lot. I couldn't seem to settle in one place. Then I applied for two jobs - one in Buenos Aires and one in Bulahdelah! At the end of 2012, I was interviewed for the role in Bulahdelah and got it, so I just decided that it was meant to be. My parents were probably very relieved I was only moving up the coast a bit and not to South America!

Gary's mum is from New Zealand so we've enjoyed travelling there too. It's been very difficult for us in the last few years of COVID because I was so used to being able to jump on a plane whenever we needed to visit friends and family. We had a family holiday to Fiji with friends in April this year and it was quite a novelty to be holding our passports again! Hopefully we will be able to take on some new family travelling and adventures as the girls

grow up and travel resumes to normal little bit more.

Gary and I like to be involved in community activities that benefit and help the people we love. Gary's friend Todd Bridge lost his sister to cancer in 2013 and the Taree City Bulls continue to hold a charity game in her name annually with money going to CanAssist. They provide cancer assistance for individuals and families in country NSW. We feel this is really important so that people in regional areas like us are given the same opportunities

it was a fresh start but also there was a comfort in this area that I craved. It's paradise on earth, which locals all know!

I love the sense of community. My husband grew up in Taree and a lot of his friends have since moved away but have now moved back to this area too. I think it's a wonderful place for a young family to grow up. Obviously, the beaches, lakes and mountains are spectacular, but I think there's also something extra special in the water here. We have so many locals that are doing amazing things on an international, national and local stage and I think our community encourages people to go out, take a chance and do what they love. People feel supported here to follow their dreams and that's why we have so many local heroes!

Amandas favourite saying, by Maya Angelou - "Do the best you can until you know better. Then when you know better, do better." (Maya Angelou) "I pretty much live by that quote because I'm always realising I can do better but it's OK that if in the past I was a little off the mark. It's good to reflect on how much you've learnt and how far you've come."

Testimonial from Jane Mosman who has 30 years teaching experience and works with Amanda at St Joseph's Bulahdelah. Jane believes that the school under Amanda's leadership, is the very best of what school can be for children.

"I spoke to a cross section of St Joseph's and the Bulahdelah community, and the significance of Amanda's role was clear. The children tell you clearly that she is a great scientist who teaches you to do amazing things, and she plays spelling games that makes writing fun and interesting. They will tell you over and over that she is 'kind and nice' and talks to children when they have a problem and helps to fix it. They recognise that she goes to all the events that she can fit in her hectic leadership timetable so that she can see them achieve."

Her continuing role as a classroom practitioner ensures Amanda's staff can talk to her about classroom issues and know she understands, providing practical and supportive advice along with professional guidance. Parents identify her passion for knowing the needs of children and coordinating our community to respond to that most effectively.

Amanda has been at St Joseph's for 10 years. Her roots here go deep and she knows our kids, our teachers, our parents and our community - and she uses that knowledge to help everyone achieve."

Testimonial from Donna Gonsalves - a Grief and Loss Counsellor and friend of Amanda's for 20 years. Manda is without question one of the kindest, most caring and thoughtful people I know.

"I first met Manda 20 years ago when we both worked as radio producers for 2HD in Newcastle. Manda was an excellent researcher and could produce quality content and talent for an interview lightning fast. I was always in awe at how well-known celebrities, sports stars, etc would answer her calls prior to 7am and agree to an interview in the slot straight after the 7am news."

She has always had a way of making people feel at ease. It's a gentle and impressive skill to have. Surviving through the high pressure of our jobs would not have been possible if not for Amanda. She always had my back and our shared silly sense of humour was the foundation for our friendship."

After radio, Manda went into teaching with such passion. I tend to think she must like a challenge though, as she moved to London to teach and did so at some schools many people would not even consider working at. That's what makes Manda so special as a teacher, her desire to teach and support children and their community is what drives her.

Over the years we've travelled overseas together, we each married and had our babies and now we travel with our families. Today, I watch in awe as she juggles motherhood with her beautiful girls and her role as Principal - clearly those early years in radio helped hone her negotiation and multitasking skills!

Amanda is an extraordinary woman, mother, wife, teacher and friend and is so deserving of the recognition she is receiving."



People at the school were encouraging me to live in the Tea Gardens/Hawks Nest area, but because of my childhood connection with Forster, I decided the area of Pacific Palms was more my style. I have taught at St Joseph's Bulahdelah since 2013 and in the last few years it had seen a few principals retire or sit in the role in an acting capacity. At the end of last year, I was asked if I would like to be the acting principal for 2022. This year the role was advertised, and I decided to go for it. So, from 2023 I will be the official principal at St Joseph's. I'm really honoured with this role because, I'm a bit biased, but I really believe it's one of the most amazing little schools around. There are so many advantages to a small school. I've worked in very big primary schools before, but I now realise my true love is the small regional school.

I met my husband, Gary Pomplun, about a year after I moved up here. He's originally from Taree and had gone to university in Newcastle before moving back to begin his teaching career. After battling infertility for a few years, we excitedly welcomed our identical twin girls into the world in 2018 - Amaya and Lilijana. They are the joy of our lives! We live in Smiths Lake so Gary and I are about half way between the schools in which we work.

This year, probably my biggest achievement was being asked to be part of "Too Peas in a Podcast". This is a podcast by Mandy Hose and Kate Jones who have created this podcast as a community for parents of multiples and also parents of children with disabilities and additional needs. I was extremely humbled when they asked me to be on an episode of the podcast where I talk about being a "twin mum" and also running a school where we cater for children with additional needs and how they are such a valuable part of our school community.

My greatest achievement is probably our twins. At one point I really didn't think it was going to be possible to have children, so the fact that I have two beautiful, feisty and active little girls is quite astounding to me. I think the confidence I gained from parenting them has also allowed me to take risks professionally and really go for what I believe in. They're part of the reason why I believed I could actually take on the role of principal. I guess they really inspire me to follow my passions and allow me to live in the moment each day of my life. My family has had to deal with a lot of loss and grief in the last 5-10 years so I'm really conscious of seizing the day and believing in myself a little more.

and better choices as those who live in bigger city centres.

Through my teaching role at St Joseph's, I get to be involved in local events like the Bulahdelah Show, ANZAC Day marches and other community events. I think these are important to regional towns - these events and activities are the glue that hold these communities together. I think COVID has been tough because of that aspect - we felt like we lost a bit of community over the past few years. So, I'm really looking forwards to being involved with my school in local events and activities that come up in the calendar.

When Amanda was asked who was her biggest inspiration she said, "I don't want to give him a big head (haha), but probably my husband Gary. He's always been my biggest cheer squad in going for things in life that I might not have had the confidence to do without him telling me I'm not an impostor and I actually have the skills to achieve some."

In education, my father and my grandad have been big influences. My father always taught with compassion and care for all his students. I still meet people today that tell me "Mr Collins was my favourite teacher." And my grandad was a small school principal - he understood the importance of a small community and the change that can make in children's and family's lives. I hope I can be an important advocate for the children in my school and their families. I want to be able to provide an amazing education for my students but also make sure my school is a safe, welcoming, fun, and happy place to be.

Kim Moroney has been a big influence on how I approach my life in education. She's a huge advocate for the power of play as part of the curriculum. Local people may know that Holy Name Primary School run a project called Successful Foundations. Kim was instrumental in setting this up in our local Catholic schools. It is a positive, play-based initiative that transitions early learners to school and helps establish collaborative relationships between children, families, teachers and the community. Her passion for early learning now flows through every Catholic school in our area.

What brought you to the Mid North Coast? "Well, it could have been Buenos Aires! But I think it was my childhood memories of Forster and Pacific Palms that drew me back to this area. There was a familiarity about it and it wasn't too far away from family and friends. So,



# Tim and Jess Wright marry at Tiona



Above: The married couple Tim and Jess Wright. Tim's dad, Tony Wright, is on the right of Jess. Tim's grandparents, Don and Nancy Wright, are on the left of Tim. Photos supplied.

You might recognize the name Wright given its long association in our town of Forster-Tuncurry. John Wright established the first shipyard, sawmill, general store, houses and a school in Tuncurry in the late 1800s. Today we have the green open space of John Wright Park on the western end of the Forster Tuncurry bridge to remind us of our shipping and timber past. John Wright's grandson Don and his wife Nancy still live in Tuncurry today. [See story on Don Wright by Wendy Borchers, published in Edition 23. View this edition under Publication Archives at [www.forsterfortnightly.com.au](http://www.forsterfortnightly.com.au)]

On Sunday the 16th of October, John Wright's great great grandson Tim and his partner Jess decided to return to the family town for their wedding at the outdoor Green Cathedral in Tiona, just south of Forster. The weather held off and 70 guests enjoyed the beautiful setting with flowers on every pew. The guests went on to the Thirty Three Degrees restaurant in Tuncurry for the reception. Jess and Tim said that the ceremony and reception staff made the organising very easy, allowing them to spend time with their families while they celebrate.

Except for grandparents Don and Nancy, all the wedding guests travelled from around Australia for the chance to gather and enjoy a holiday together again. Tim said that all the family have spent a significant amount of time here since they were kids and consider Tuncurry their family home. Generations return to visit Gran and Pa (Don and Nancy) and continue the family traditions of fishing in the creeks and lakes, surfing and playing golf.

"We chose to come back to the relaxed town of Tuncurry to get married. We haven't seen our family much with Covid and we wanted to spend as much time as possible with Gran and Pa. We feel drawn to Tuncurry. Why wouldn't we come back!"

Jess and Tim met around 13 years ago in the Navy. Jess was driving Warships and Tim was a helicopter pilot. In 2019 Tim was one of the navy helicopter pilots providing rescue, search and welfare checks for people during the Forster failford fires in November 2019. The couple moved to Perth 18 months ago where Jess is now working as a corporate lawyer and Tim trains air force and navy students to be pilots.

Another link in the Wright family history is their love of aviation. Tim's grandfather Don has had a very successful career as a pilot for flying doctors, commercial airlines and surveying crews. As a child Don dreamed of flying the RAAF planes that he saw during WW 2. Today Tim is flying these Air Force machines, though the slightly more modern versions.

Tim also explained that the Green Cathedral in Tiona has a strong link to his family's history. Stan Wright, Tim's great grandfather, was a dedicated churchman and deacon, and with other church members he selected and established the Tiona site as a place for people in town to attend church. Back then there was only a dirt track and most travel was done by water. A jetty was built, and people would arrive by punt.

Don Wright had the last words when recalling the wedding.

"Jess is wonderful", said 92-year-old Don with a smile, "and it's been wonderful, absolutely wonderful that the whole family is here having fun together. The reception was Hollywood stuff. There were oysters, bars on the inside and outside, very nice food, and dancing on the deck for those who could!"

By Mary Yule.

Below: Tuncurry 1996 with (L to R) Tim Wright, his younger brother Ben Wright, grandfather Don Wright, father Tony Wright and Uncle John Wright.



# Local newspapers in demand to give sense of place and community

Continued from page 9.

of in big amounts and need to store off-site to keep their regular newspaper customers going. As well as paper shortages, another big Australian printing company, Ovato, closed in July 2021 due to Covid-induced lost revenue and high production costs, leaving only two big independent printers in Australia. One is Spotpress and it is now dealing with the extra pressure of more customers requiring paper and regular production. [The Forster Fortnightly will hopefully have its 'improved print' paper standard back next year.] Kieran said they were working hard to keep on top of all these demands and were still a family company that can answer your phone calls when needed. [This proved to be the case when the Forster Fortnightly rang the following week to change a major issue on the front page of Edition 57 at the last minute. We rang Kieran and he literally ran down to the prepress office to stop the press while we emailed ahead. Although stressful for all involved the problem was sorted! Thanks Kieran.] Lastly, at the conference Kieran suggested that newspaper owners need to raise their advertising costs due to the ongoing pressure on production costs.

During the conference we met some amazing people who are publishing much loved newspapers in their towns. The President of the CPA is Lucie Peart who runs The Gilgandra Weekly, The Nyngan Weekly and the Narramine Star. They still successfully print their own newspapers on a Heidelberg printing press with a printer who has been working there for over 40 years. (Lucie told us that many residents in her town of Gilgandra see Forster as their second home and love to holiday here regularly.)

Vice President of CPA is Wanda Dunnett who runs the Courier and Narrabri papers, and now the Gunnedah Times that she took over to save before it was going to shut down. [You can read her story on page 3 in Edition 40 of the Forster Fortnightly under 'Publication Archive' at [www.forsterfortnightly.com.au](http://www.forsterfortnightly.com.au)]

Another lady we had lunch with is CPA Deputy President Lee O'Conner. Lee was a farmer with her husband and bought the

Coonamble Times when it looked like closing after publishing for over 130 years. [You can read her story in an article from The Australian on the 11th October 2021 titled 'Farmer leaves imprint as intrepid editor'.] Lee said it has been challenging but the whole town is extremely grateful and now she has her daughter and a cadet journalist on board.

We sat next to CPA Vice-President Tim Pankhurst and his crew who founded The Dubbo Photo news 17 years ago and we were able to personally thank them for giving our newspaper some inspiring ideas like their 'Weekly Diary' feature. Their newspaper is free in print and online like our model. They also run the Orange City Life and Narramine Star.

Finally, we met some of the crew from the Hunter River Times whose publisher Shane Davey was the one who suggested to us to print fortnightly, like they do, to keep the high standard of content up and to be logistically sustainable. Both these suggestions have played out well for the Forster Fortnightly.

We came back from our one-night trip to Sydney (in time to get edition 58 out) with many ideas and more confidence that what we are doing is worthwhile and working. We have since joined the CPA to keep up these new relationships with other newspapers and to support their mission for more government support for regional newspapers that are essential to regional towns.

For more information about CPA please visit [www.cpnsw.org.au](http://www.cpnsw.org.au)

Story and photos by Mary Yule, Editor-Owner of Forster Fortnightly.

The Forster Fortnightly plans to raise its advertising costs in 2023 by approximately 6% (taken from the Consumer Price Index [CPI] in June 2022). This will be the first time we have raised our costs since starting this publication in August 2020. We absorbed the sudden 20% rise in printing costs in December 2021 and need to keep up with inflation to remain viable. Advertising is our only source of revenue and we greatly appreciate our customers who regularly advertise with us.

# Pioneers - Granny Rennie

Granny Rennie, as she was called, and is still spoken of, was born Mary Keleher, in County Clare in Ireland and immigrated to Australia in the early 1860s. In Moreton Bay, now Brisbane, she met and married Joseph Delore who was born in Bordeaux, France.

They moved south and met John Wright in Bungwahl and when John came to Tuncurry, the Delores came too.

[See story above of John Wright's great great grandson Tim Wright's marriage to Jess Kelly.] They had eleven children: Francis, Margaret, Joseph, John, Andrew, Jane, Eddie, Sophia, John Patrick, Mary and Reuben James.



Joseph died in 1880 and Mary married Charles Rennie.

Mary had the gift of a healer, and her name became a legend, and it is said she assisted in the birth of over 1,000 children.

In 1901 the local people gathered to show their appreciation for her sterling work and presented her with a purse of sovereigns.

In 1908, while at her home on Rennie Island, Mary's clothes caught fire and the subsequent burns proved fatal.

The whole area mourned the loss of her cheery disposition and soft touch.

Jane Delore, her daughter, married Joseph Mayers and continued her mother's work. Jane had no formal medical training, but local medical men saw fit to have her granted a medical certificate on the basis of her practical knowledge.

Article from Wallis Lake, Its Rivers & Villages by Dawn McMaster, 1993.

If you are interested in history come along to the Great Lakes Museum on Capel Street Tuncurry on a Tuesday, Wednesday (10am - 2pm) or Sunday (1 - 4pm).

Anne Masters - Director/Volunteer at Great Lakes Museum.



# MidCoast residents turn 'circular economy' superstars



Residents across the MidCoast helped social enterprise Resource Recovery Australia (RRA) in Tuncurry divert an impressive 9,270 tonnes of waste from landfill around Australia last year, equivalent to the weight of more than 1,500 elephants.

RRA MidCoast Operations Manager Russell Ping congratulated the MidCoast community on its commitment to reducing waste through reuse, repair and recycling.

Below: An entry in last year's annual Reuse, Repair, Repurpose Competition.



"Diverting waste from landfill has great, positive impacts on our environment. The MidCoast community has embraced circular economy thinking. We are seeing more and more support for keeping products in use for as long as possible through upcycling and buying second-hand.

"With our #Waste2Wages model, waste diversion has also meant more local jobs too," Mr Ping said.

To celebrate these outstanding results, RRA has launched its annual Reuse, Repair, Repurpose Competition.

"The competition is a chance for the community to showcase their talent and upcycle ideas."

"We've seen entries using old clothing to create bedspreads, bed frames that became seating and even an entire outdoor bathroom made entirely from upcycled pieces," Mr Ping said.

"This year we have a national prize of a \$250 Visa gift card, a local prize of a \$150 Visa gift card and a special category for children with the winner taking away a \$50 Visa gift card."

"Every RRA team around the country wants to see one of their locals take out the top prize. We know it will be a MidCoast local though, the talent and ideas here are second to none."

To thank our community for their ongoing support, Resource Recovery Australia in Tuncurry is partnering with MidCoast Council to host an open day on Thursday, 10 November. The event includes free upcycling workshops and tours. For more information about the open day and competition visit: [www.resourcerecovery.org.au](http://www.resourcerecovery.org.au)

# Seal Rocks Road hazard study findings

A geotechnical study has confirmed that sections of Seal Rocks Road and Kinka Road are at risk of coastal erosion and sea level rise by 2060.

"The study confirmed, with some variations, the coastal hazard probability lines in the Great Lakes Coastal Zone Management Plan," said Council's Director of Infrastructure and Engineering Services, Rob Scott.

The study assessed the subsurface beneath the road and also considered sea level rise and climate change projections.

"We now know in some places there is rock under the sand - the previous reports had assumed there was sand only. The depth of rock varies across the site. This knowledge provides more certainty around which parts of the road are at risk of being eroded.

"The study shows there is high probability that sections of Seal Rocks Road and Kinka Road will be impacted by coastal erosion and sea level rise by 2060."

There is only one road route in and out of Seal Rocks. A future failure could isolate the town and cause hardship for residents during weather events or other disasters.

"It's vital that we maintain a secure future road access to the Seal Rocks village," said Mr Scott.

Council's consultants are preparing options to ensure road access for the village.

These options will be developed together with landowners, which include NSW National Parks and Wildlife Service, the Forster Aboriginal Land Council and the NSW Department of Planning, Industry and the Environment.

More studies will be undertaken to ensure the best options are chosen. Biodiversity and conservation studies,

Aboriginal heritage and land surveys will provide more knowledge.

Council will work with the other stakeholders to assess Coffey's recommendations and choose the most viable options for ensuring road access to Seal Rocks.

These options will be presented to the community for their feedback.

"Once a preferred option is chosen, we will then work with the community to develop a local area plan for Seal Rocks. This will guide future planning for the village and identify improvements and opportunities.

"We are committed to keeping the community informed of this project and the findings of the studies."

Council's project team will hold a community drop-in session at Bungwahl Hall from 4pm -7pm on Tuesday 15 November. Everyone is welcome to drop in during that time, chat to the project team and ask any questions.

For more information visit: [www.haveyoursay.midcoast.nsw.gov.au/seal-rocks-road-hazard-study](http://www.haveyoursay.midcoast.nsw.gov.au/seal-rocks-road-hazard-study)



# Our Local wildlife



The Yellow-Faced Whip Snake (*Demansia Psammophis*) is shy, fast moving and lays eggs in a community cluster.



yellowish towards the tail.

**Habitats and Habitat:** This shy slender snake frequents sandstone and rocky areas in timbered country, where it is usually concealed under large flat stones. It is not exceptional to find up to three or more specimens congregate on the one site. It is diurnal in habit (active during the daytime and sleep at night) and extremely fast moving when disturbed. It is venomous but not considered dangerous.

This is one of the fastest moving snakes in Australia. It is mildly venomous and a bite would result in local pain and swelling. A bite from a large specimen would be unpleasant and may need medical treatment.

**Distribution:** Australia wide with the exception of Tasmania. Found also in New Guinea

**Average Size & Colour:** It grows to about 2ft but specimens have been recorded at 4ft.

The basic colour is pale grey, bluish grey, olive to brownish grey a brown tinge that extends from behind the neck to about half the body length. Dark skin between the scales is visible forming a network pattern. There is a yellowish tear-drop mark around their large eyes. The ventral (belly) surface is greyish, tending

It is believed to lay up to 20 eggs which are usually deposited in debris or on soft soil under a large stone exposed to the sun. Clutches of five and six eggs have been recorded in captivity. Community egg-laying exists with this species and there is a record of approximately 200 eggs being discovered under the one stone. When young the hatched are six to eight inches long. In captivity it feeds mainly on small skinks, although one specimen has been observed consuming a young Brown Snake and another feeding on frogs.

If you need help with snakes or reptiles call Fawna on 6581 4141 or John on 0402 390 887.

By John Smith FAWNA member Forster Keys

The Tusk Frog (*Adelotus Brevis*) has tusks, or teeth, to fight other males and is a near threatened species.



Tusked frogs are found around dams, ditches, flooded grasslands and creeks in rainforest, wet sclerophyll forest and woodlands. Breeding season is between October and December and the males are the primary parent. The male will create nests out of foam hidden in areas of leaf litter and vegetation out of direct sunlight. He will also guard the nest until the tadpoles hatch. Up to 600 eggs will be laid in each floating mass of foam.

In our area there is an animal that on first appearances looks pretty boring and nondescript but is actually not only very rare but also very special. The tusked frog's latin name of *Adelotus Brevis*, means unseen and short, and it is true that it is rarely seen although its short stature is more debatable.

What makes the tusked frog so unique is implied in its common name, that is, it has small, modified teeth or bony tusks protrusions on the lower jaw. I think most people do not associate teeth with frogs (my quick survey of family members and friends were all surprised) but in the case of the tusked frog the teeth or tusks can reach about 5 millimetres in length and are both sharply pointed and slightly curved. On the upper jaw there are special grooves in which the tusks fit when the mouth is closed therefore making them not visible.

Both males and females have tusks although males have both larger tusks and larger heads than females. Males use their tusks to fight, including biting each other around the neck and head and locking jaws with each other. Presumably these fights are around testing dominance or territory aggression.

Males grow to about 5 centimetres and females 4 centimetres. Both have backs that are dark brown or dark grey with irregular darker markings and warty nodules. Bellies are marbled black and white while thighs and lower legs have bright red patches. The eye is golden brown with a horizontal pupil. They have a butterfly-shaped marking that starts on the head between the eyes. Both fingers and toes are webbed although the toes are described as slightly webbed and discs are not present.

The tadpoles once hatched grow slowly over a period of two to three months until they are around 3 to 3.5 cm long. They are dark brown in colour and may have a small white patch on the snout. It is then that they metamorphose into mini adults or froglets.

The call of the tusked frog is relatively soft, a "ptok-ptok". You can hear a rendition on The Australian Museum in conjunction with the University of NSW has a brilliant app that you can download onto your phone, record frog calls and images and send for identification <https://www.frogid.net.au/>

There are many threats to the tusked frog. It is very vulnerable to chytridiomycosis, the amphibian chytrid fungus which has decimated its population in many parts of its range. This fungus has been proposed as a potential cause of the dramatic decline of frogs world-wide and infects 30% of all frog species. The introduction of mosquito fish (*Gambusia holbrooki*) also known as the plague minnow and a native of the USA has also decimated frog and native fish populations. Aquatic weed species which outcompete native plant species is another factor. And of course, destruction of habitat through urbanisation and other clearing takes its toll.

Sadly, the tusked frog is now listed as a near threatened species by the International Union of Conservation of Nature (IUCN).

By Kym Kilpatrick FAWNA member

Hallidays Point

Photo by Jodi Rowley.



## Three local running groups compete in the Fernleigh 15



Above: The Forster Runners, MNC Trail Blazers and Taree Plodders were well represented at the Fernleigh 15 in Newcastle. Photo supplied.

The Fernleigh 15 (15 km race) was back again on the 23rd of October having missed the previous year due to Covid restrictions. Nearly 700 participants took part in this iconic event which was staged on the famous Fernleigh Railway Track and showcasing the beauty of the suburban Newcastle and Lake Macquarie. The commencement of the race is at Adamstown and continues parallel to the disused railway line all the way to Belmont. This event was well patronised by wheelchair racers, walkers and runners of all ages.

The weather was threatening but held off during the entirety of the race. The field was "released" in five waves ranging from wheelchairs, sub 4:30 m per km runners through to those over 49. The course is tree lined and scenic and includes traversing through a very old long tunnel. It is described as the combination of three Parkruns. The first five km is slightly uphill, the second five km is slightly downhill and the final five km is flat. There were several drink stations manned by volunteers and with Robbo on the microphone it was a carnival like atmosphere.

### RESULTS

**Overall:** Jake Lappin (first male wheelchair) won in 34m 13s, Rosemary Little (first female wheelchair) won in 1h 11m, Luke Young (first male) won in 49m 34s and Hyewon Wilson (first female) won in 58m 45s

**Junior race:** A 1500m race for children aged 5-17 years was staged towards the end of the event. It was encouraging to see our future champions run so well. Lincoln Jackson was the first male home and blitzed the field in a time of 4m 43s. Isabella Quick was the first female



Above: Forster's Lauren and Rob Mellor enjoyed their first Fernleigh 15. Photo by Dave Hughes.

to finish in a time of 5m 2s.

Local running groups (Forster Runners, Trailblazers and Plodders) were well represented.

This was an extremely well-run event and one that runners can pencil into their diaries for next year. Highly recommended.

By Dave Hughes.

## Local Sport Grant opens

Community sport organisations can now score a major funding boost, with applications open for the NSW Government's Local Sport Grant Program.

The program provides grants up to \$10,000, with up to \$50,000 available in each of the 93 NSW electorates.

Member for Myall Lakes, Stephen Bromhead said, "This funding will help modernise facilities for local clubs and enable more local people to participate in community sport and recreation activities."

The program will focus on initiatives that enable more people to enjoy the benefits of playing sport, regardless of their age, gender, background or ability.

Applications close Monday 21 November. For more information please visit: [www.sport.nsw.gov.au/grants/local-sport-grant-program](http://www.sport.nsw.gov.au/grants/local-sport-grant-program)

## October Bluewater Fishing Club report



We were fortunate enough to have a successful outing this month. Conditions were favourable for fishing, but the fish are still a bit scarce. Snapper is the species of fish most caught at the moment.

We had 5 boats go out with 8 members and 1 visitor with 49 fish landed, totalling 36.72 kilos. Winners on the day were Garry Smith, Flathead, Runner up was Dave Smith (who also won the largest

Snapper category) with Garry Smith runner up. Newcomer John Meyn (pictured left with Perch) took out largest Teraglin and the other largest species - a Pearl Perch. Joe Bujalski was runner up to John and Joe also took out the Mystery fish, a Morwong, which also had a 3 outing Jackpot of \$60 attached.

Fishing competitions are offshore from Forster, from 12 midnight Friday to 3pm Sunday if conditions are favourable. The weigh-in is adjacent to the Forster Harbour Boat Ramp from 2.30pm Sunday. Not only is our club a fishing club it is also a social club and members are welcome to come and join us whether they have fished or not. A luncheon and monthly prize presentation are held at Club Forster at 1pm on the 4th Sunday of each month.

All of the fish that are caught are of DPI regulations and/or club By-laws. Fish are either eaten by our members that catch them or given away to their friends and family. There is also a bag limit as to how many fish of each species can be caught.

By Franklin Harshman.

## Action in and out of the water at Forster Surf Club

Contrasting weather conditions have not deterred Forster Surf Club activities on Main Beach nor, finally, the commencement of construction of new club house facilities. This building program will eventually see the demolition and replacement of the current clubhouse. The iconic Beach Bums Cafe will have a 'Beach Bums' style cafe in the new clubhouse when built.

Ron Hartley, Forster Surf Club Chairman of the new building sub-committee, proudly shared that the construction Stage 1 of the new club precinct commenced on Wednesday, 26 October 22, with the pouring of the foundations of the new 100 square metre storage shed.

Forster SLSC resident, John Quinn, reported that the development of the new Forster SLS Clubhouse and associated buildings will be a great community asset for all in Forster-Tuncurry, the surrounding district and visitors.

The new fit-for-purpose amenities will better enable Forster lifesavers to conduct the core

business of Surf Life Saving Australia (SLSA): to save lives, create great Australians and build better communities. Through its coastal safety, lifesaving, education, sport and recreation programs and services, SLSA generates significant social and economic benefits for the Australian community each year.

In preparation for saving lives on a beach, the Bronze Medallion course is the fundamental SLSA award in becoming a patrolling life saver in Australia. A class of Bronze Medallion candidates has been receiving theory and practical instructions from Forster Club instructors Jim Wills and Ric Brennan on resuscitation techniques and surf hazards and conditions. The course requirements include a 400m swim, rescue procedures and use of appropriate equipment while following Surf Life Saving Australia guidelines.

Not all active lifesavers, however, require a Bronze Medallion nor to enter the water. Under the watchful eyes of Lower North Coast Surf Life Saving Branch (LNCCLSB) instructors, Suz Gerrish and Gav Williams, uncrewed



Above: Ron Hartley, proudly watching Grant Tesoriero putting the finishing touches to the concrete slab marking the commencement of Stage 1 of the new Forster Surf Clubhouse.

aerial vehicle (UAV aka drone) trainees have conducted surveillance of beach safety and marine life at Forster Main Beach. This reconnaissance is monitored through two 20 minute sweeps of Main Beach each hour. Undertaking this course requires participants to join a surf club but does not require any in-water training components.

Recent Sundays at Forster Main Beach have seen the return of the enthusiastic Nippers.

The Nippers junior life saver program for 5- to 14-year-old children is tailored to suit the age-related abilities and proficiencies of each child while mindful of beach and surf conditions. When adverse conditions prevent entering the ocean, Forster Nippers, and their nearby clubmates at Cape Hawke Club, are fortunate to have access to water activities in the Forster Ocean Baths, also known as the 'Bullring'.

A Nippers 'Come and Try' morning was an enormous success at the Forster club with parents participating in some activities. Under the direction of Junior Activities Chair, Nova Grosvenor, the range of endeavours was aimed at exemplifying the skills developed through the Nippers programs which strengthen a child's ability to safely enjoy being on the sand and in the water at a beach.

The junior activities program for Nippers is now in full swing on beaches throughout the Lower North Coast. The program will run each Sunday morning during summer months. This season, all Nippers in the branch feature a new high visibility pink vest supplied and sponsored by Newcastle Permanent.

Many Nippers from throughout the branch participated in a 'Fast 5' mini-carnival at Black Head last Saturday, 29Oct 22. The 'Fast 5' format sees competitors in each age group take part in a swim and four board races in quick succession. Director of Surf Sports at Black Head SLSA, Kevin Boag, said the day lived up to expectations, with plenty of first-time competitors enjoying the proceedings.

Story and photos by Annie Evans.

Below: Nova Grosvenor, Chair of the Forster Nippers, overlooking Main Beach.



## Forster Bowling second in Australian Open

Shannon White and Clare Kelly - what an effort to miss out by one shot in the final of the Australian Mixed Open. You did yourselves proud, the club proud and our bowling area proud!

Back at our home club we saw the final of the of over 65's championship.



Above: Geoff Robinson won the over 65's Championships at home club.

Far right: Clare Kelly and Shannon White came 2nd in the Australian Mixed Open.

Right: Robert Tilt and Waune Bargh won the Minor Pairs at home club.

The winner was Geoff Robinson and the runner up Trevor Jackson. Well done Geoff! In the Minor Pairs we saw Robert Tilt and Wayne Bargh defeat Dan Hendrie and Gary Manuel.

Our Bowling Championships for the year are coming to an end with only the Novice Singles to be completed.

Yes, twilight bowls is on every Friday night starting time 4:30pm but arrive at 4:15pm. Look for the folder at the notice board. Also, pray for no rain.

By Allan Hughes.



## Owen Finnegan visits Junior Rugby players in Tuncurry

On the 17th of October Southern Eagles Junior Rugby Union were given an opportunity to meet Owen Finnegan, a former and now Classic Wallabies who played for the Wallabies when Australia last won the world cup.

Owen and his team were on an inspiring journey with The Kids' Cancer Project, sharing the story of 'Blue Bottle' - a jet skiing challenge from Long Reef Northern Beach's Sydney to Agnes Waters Queensland to raise funds and awareness for kids with cancer.

We were so blessed to have the opportunity to learn from Owen Finnegan and his team. Learning rugby, practising, kicking a footy, tackling a great, learning about many things including some funky questions about the jet ski journey.

Most importantly we learnt of the story of hope, love and the impact cancer has on the youth and their families.

We invited Ronald McDonald House Charities (RMHC) Forster to meet and mingle.

Many thanks to the De Kort family, Owen and his team for spending the time with a handful of youth within the Lower Mid North Coast.

Monday night training is held 4.30pm at Forster Tuncurry "The Dolphins" Rugby Union Club,

Tuncurry sport fields. Enquiries: contact Aaron on 0408 481 048.

By Aaron Dodds. Photo by Mary Yule. [www.bluebottle.org.au](http://www.bluebottle.org.au)

Right: Local Junior Rugby players got to kick the ball with Wallaby star Owen Finnegan (tallest man holding football in middle of back row).

Players enjoyed the rugby, BBQ and meeting 'Blue Bottle' founder Jacqui De Kort (fourth on left, rear) and her crew of family and friends (adults wearing black T-shirts).



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## Forster Primary's students successful at State Athletics!



Above: Jasmine will go Nationals for shotput.  
Below: Keira competed well in the long jump.



Left: Saxon competed well in the long jump.

Forster Public School saw six of our students compete at State Athletics in Sydney on the 19th of October. There were some fantastic results!

Sharlaya came 2nd in the long jump, 2nd in the 200m, 2nd in the 800m, 3rd in the 100m and 5th in the discus (but 2nd in her age group) ... off to Nationals!

Jasmine came 4th in the shot put (2nd in her age group), 7th in the 100m (3rd in her age group) ... off to Nationals!

Keira came 12th in the long jump (3rd in her age group), 17th in the 100m (3rd in her age group) and 12th in the shot put (2nd in her age group).

Saxon came 10th in the shot put, 8th in the 100m and 7th in the long jump.

Brothers Liam and Zane both put in a huge effort in the longer distance races. Liam, unfortunately being slightly ill

Left: Brothers Luke (left) and Zane competed well in the 800m and 1500m.



Above: Sharlaya will go to Nationals for long jump, 200m and 800m.

still, came 21st overall in the 1500m and 30th overall in the 800m. Zane also gave it his best shot, coming 18th overall in the 1500m and ran well in the 800m, placing inside the top 30 runners.

We are super proud of all these students and wish those moving further the best of luck!

## District Division 2 Flag Unfurling



Above: Left to Right – Helen Bush, June Kilpatrick, Vicki Piper, Julie Curry, Lyn McVicar, Donna Hampson, Karen Carlton. Insert Sharyn Newcombe.

There were great celebrations at Tuncurry Sporties on Thursday, 13th October when the 2022-23 LNCWBA Division 2 Pennant Flag was Unfurled for our Division 2B Pennant Team.

President Barbara welcomed members - District President Lorraine Austin and District Treasurer Robyn Condello and our invited visiting Division 2 Pennant Teams.

District President Lorraine and District Treasurer Robyn had the pleasure of presenting our Division 2B Team of Vicki Piper, June Kilpatrick, Helen Bush, Julie Curry, Lyn McVicar, Donna Hampson and Karen Carlton their Pennant Badges and when President Lorraine unfurled the Division 2 Pennant Flag there were smiles all round.

Following our game of bowls in the sunshine we headed inside for a delicious hot lunch.

It was then time for a few speeches and cutting of the cake by the 2B Pennant Team. Unfortunately, a very valued member of the team, Sharyn Newcombe, was not able to attend the celebrations. However, she was in our thoughts on this very special day.

Many thanks to our Committee members and Sporties Club staff for working together and showcasing what a great Club we are.

Congratulations to Vicki Piper and Donna Hampson on winning their early rounds of the District Senior Pairs to reach the Semi-Finals. They played good bowls throughout and went down in a close encounter in the Semi-Finals.

By Sue Ryan.

ENQUIRIES 0437 655 458

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TIME: 8.30AM DROP OFF BIKE & MARK NAME OFF

START: 9AM KIDS WILL START IN CLASS GROUPS

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WHAT TO BRING: SWIMMERS, GOGGLES, TOWEL, BIKE, HELMET, SHOES, SHIRT FOR BIKE AND RUN LEG

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