MidCoast Council Updates

Local Legend Ron Gallagher



Forster Fortnightly

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

Wednesday 22nd February

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.065

Preferred site confirmed for Forster Tuncurry Public Hospital

Plans for a public hospital in Forster Tuncurry are a step closer with the NSW Government confirming that the Forster Private Hospital is identified as the preferred site of the new Forster Tuncurry Public Hospital. The announcement was made outside the Manning Base Hospital in Taree on the 10th of February.

Premier Dominic Perrottet said additional funding has been secured for this important project that will deliver a new public hospital for the people of Forster Tuncurry as promised. Deputy Premier and Minister for Regional NSW Paul Toole said, "Forster Tuncurry is in line for a modern, purpose-built facility that will complement private healthcare options in the region. The new hospital will include a range of enhanced services, including emergency, inpatient and outpatient care to meet the demands of the community now and into the future."

Minister for Regional Health Bronnie Taylor said, "The NSW Government secured initial funding of \$20 million in the 2022-23 NSW

Below: NSW Premier Dominic Perrottet announcing additional funding for the new Forster Public Hospital from outside the Manning Base Hospital in Taree. Photo by Forster Fortnightly.





Above: Aerial view of the existing Forster Private Hospital (extensive reddish tiled building in bottom half of photo) at 21-41 South Street Forster. This is the preferred site for the Forster Public Hospital due in 2024 - 2025.

State Budget, and additional funding has recently been secured that will ensure a Forster Tuncurry Public Hospital will be delivered in late 2024/early 2025."

"Discussions are underway with the landowners Cape Hawke Community Hospital and Health Association and the current operator of Foster Private Hospital, Healthe Care."

Member for Myall Lakes Stephen Bromhead said the continuation of some existing private services will be explored, complementing the public services the new hospital will deliver.

"I would like to thank the Cape Hawke Community Hospital and Health Association for advocating for their community and working in partnership with us to expand health services in Forster, and Healthe Care for recognising the importance of a public health facility to complement private health care options in the region," Mr Bromhead said.

"Further detailed work to investigate the potential of this site is now being undertaken, which is essential to ensure this significant investment meets the healthcare needs of the region well into the future."

The NSW Government has confirmed its intention that existing services offered at Forster Private Hospital will be maintained.

Forster Tuncurry Public Hospital will be delivered by Health Infrastructure in partnership with Hunter New England Health. The community will continue to be updated and will have the opportunity to provide their input and feedback as planning for the project progresses.

See page 7 for more local news leading up to the March 25th State Election.

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Phone Geordie Yule on 0403 586 342 or email sales@forsterfortnightly.com.au

See page 10 for regional independent community newspapers bucking the industry trend!



Forster Fortnightly

NEXT DEADLINE 5PM WEDNESDAY 1ST MARCH FOR PUBLISHING WEDNESDAY 8TH MARCH

We welcome your stories, photos & letters

- Send your submissions & enquiries to nfo@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

FREE online at www.forsterfortnightly.com.au



- 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.
- The Forster Fortnightly is on the Council for Country Press (CPNSW).

Editor & Owner: Mary Yule Sales Team Manager: Geordie Yule Business Hours: 9:30 - 5pm Mon - Fri Web design: Golden Age Media in Mid

Printed: Spotpress in Marrickville NSW. 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

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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 quiet Vixen

Vixen is a timid girl. It hasn't been a good start to life for her. She needs to learn to trust humans and she is doing that slowly since coming into care. She is very affectionate with her foster mum and loves snuggles and pats when the house is quiet - so a quiet house is what we'd like for her. We hope to find someone that will bring he beautiful little personality out and let her be the kitten she never got to be.

Vixen is approximately 6 months old. desexed, microchipped and vaccinated. Her adoption fee is \$75.

If you would like to learn more about Vixen, please contact our Cat Welfare Officer on 0490 262 827.



Proud to sponsor 'Pet of the Fortnight' - finding homes for animals in need.

CALL US: 02 6557 2273

4 SOUTH STREET, TUNCURRY

Manning - Great Lakes Police District update



Above: A Community BBQ is held every second Friday morning at the Tobwabba Medical Centre.

Dear Readers,

Your local police continue to work hard to reduce crime, maintain public safety and engage the community with the below examples from the past few weeks:

On 06/02 local police executed a Search Warrant at a residence

Above: Inspector Timothy

- locating and seizing methamphetamine, cannabis, prohibited weapons, cash money and ammunition. A 51-year-old man was arrested and charged with Possess prohibited weapon (x2), Possess prohibited drug, Possess ammunition and Supply prohibited drug. He was bail refused. A 49-year-old woman was arrested and charged with Possess prohibited drug (x3) and Supply prohibited drug. She was conditionally bailed. A further Search Warrant was executed in relation to this matter at a location in Taree on 07/02, with police locating and seizing further ammunition and a

homemade crossbow. Investigations continue. The grounds of Tobwabba Aboriginal Medical Service (AMS) on Macintosh Street, Forster, is the location every second Friday morning of a community BBQ breakfast provided by CatholicCare and supported by your local police. Not only is the breakfast provided for local parents and children, but if the children bring a lunch box they can also pack a healthy lunch from the delicious food on offer to take

The BBQ breakfasts start at 7.30am and are attended by local families. Tobwabba AMS staff. local police, teachers and other agencies (see picture) – with fun activities for the children before they head off to school for the day.

The next BBQ breakfast will be Friday 24/02 (and then every fortnight after this), with all

In other great news for local residents, you can now receive the latest flood and fire warnings following the launch on 14/02 of the 'Hazards Near Me App' – which will provide information and help keep people safe during fires, floods and other natural disasters. The app has been jointly developed by the (NSW) Department of Customer Service, SES and NSW Rural Fire

Are you 'crypto safe'?

Cryptocurrency (crypto), such as Bitcoin is a digital form of money that is an alternative method of payment and exchange, not regulated by government entities.

The three main cryptocurrencies are Bitcoin, Ethereum and Tether, although there are many more in circulation

If you are scammed of your credentials, 'seed phrase' or cryptocurrency, the likelihood of recovering your money is low due to the lack of a governing body and anonymity.

- When conducting digital currency transactions, keep your login credentials, including passwords, private key and 'seed phrases' OFF LINE and PRIVATE.
- Do not click on links sent in anonymous chat groups, such as Telegram or received via emails. You could be talking to a scammer or be hacked to gain access to your passwords or seed phrases, so DO NOT given them.
- Beware of fake wallet apps.

And remember, 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

Fifth dose of COVID-19 vaccine available now

Australian adults will be able to get a fifth dose of the COVID-19 vaccine after the Federal Government accepted advice from its expert vaccine advisory body.

The Australian Technical Advisory Group on Immunisation (ATAGI) has recommended all people aged 18 and over, who have not had either a COVID-19 vaccine or confirmed coronavirus case in the last six months, can get their latest shot from February 20.

A fifth dose had only been available in Australia for adults who were severely immunocompromised, with growing calls for further protection to be made available to a broader group of Australians.

ATAGI has reiterated those already eligible, including those over 65, remain at high risk of severe disease and death from COVID-19 and should have a 2023 booster.

The announcement also opens fourth doses up to Australians aged 18-29, with only those considered most at risk of severe illness or aged 30 and over previously eligible for a fourth dose At this stage, an additional booster will not be

provided to Australians under 18, unless they have health conditions that put them at risk of ATAGI said while all COVID-19 booster shots

would be beneficial, Omicron-specific mRNA vaccines were preferred.

While uptake of the first two vaccine doses was incredibly high in Australia — thanks in part to mandates — the number of Australians rolling up their sleeves for third and fourth doses has lagged behind.

In January, just 72% of the eligible population had received three doses, while just over 44% cent, or 5.4 million people, had gone back for

www. abc.net.au

A sign of the times

Save Bulga Forest on Biripi Country

FORSTER FORTNIGHTLY

Midcoast Council unanimously supported a motion put forward by Greens Councillor Dheera Smith on the 8th February, calling for a just transition from native forest logging to ecologically sustainably managed plantations

Council was addressed by a group of young people from Elands and surrounds, who had engaged in a school 'forest/climate strike' so they could address the council (pictured above). Over the previous week the young folk met on several occasions to workshop their concerns and craft the letter that was read to the Council. Alfie Somers read the letter with the other young folk standing beside him.

Local long-time forest campaigner Susie Russell, also addressed the Council and answered questions from councillors.

"When we returned to the Council chamber in the afternoon to hear the debate and watch the vote, it was with some apprehension," Ms

"I thought it would be close and was ready to be disappointed if the motion was defeated. To

TWO DECISIONS OF INTEREST FROM 8TH FEBRUARY 2023 COUNCIL MEETING

1. Support for cease to logging in Bulga

Councillors unanimously supported a notice of motion to advocate to NSW Forestry and National Parks for a cease to logging in compartments 41 and 43 of the Bulga Forest and transition these compartments to National Parks, and advocate to the NSW Government to develop a plan for the transition of Forestry's native forest sector to ecologically sustainable

Council will now make representations to a range of Members of Parliament, State Ministers and Shadow Ministers. Council notes

MIDCOAST



the astonishment and joy of all of us watching, the vote was unanimous. All ten councillors in the room supported the motion

"This is a sign of the times. If a traditionally conservative council like Midcoast Council can see the writing on the wall for the native forest logging industry, then it's clear the industry is on borrowed time. One councillor's comment was that a convincing argument for him had been that "Healthy communities depend on healthy catchments and healthy catchments depend on healthy forests."

"The two big questions are: How much damage will be done before the decision is taken to stop? And how much support will there be for

the concerns of many MidCoast residents for hetter management of State Forests to support nature-based tourism, recreation, threatened species habitat protection and carbon

2. MidCoast Advocacy Plan

Councillors endorsed a list of projects they wish Council to advocate on, and this will form the basis of a Council Advocacy Plan.

This targeted advocacy plan will assist Council to ensure Government funding is directed to projects which are both Council and community priorities and is used in correspondence and discussions with State and Federal MPs, Ministers, Shadow Ministers and candidates as they arise.

a rapid and just transition from an industry that is currently destroying our catchments, biodiversity, carbon stores to a future economy based on forest restoration and protection.

"There is a strong message here for our political leaders. They fail to heed it at their peril," Ms

The motion also called on the State Government to incorporate part of the Bulga Forest into the Birawal-Bulga National Park, and to write to various politicians, from both major parties calling on them to develop a transition

www.savebulgaforest.org

This list included the transfer of priority regional roads to State roads, upgrading of local roads to regional road status, the transfer to the State (for maintenance funding) of a number of regional roads, a list of road and drainage projects, beautification and upgrade of a number of parks, beaches, pools, cycleways and sporting amenities, sewer projects and our business transformation program along with

The plan will also indicate our advocacy for improvements to regional health services. housing options for the community, improved telecommunications and utilities and funding for mobility networks.

www.midcoast.nsw.gov.au/Your-Council/

Forster-Tuncurry Mayoral column

want to let evervbody know that We are currently updating our tourisn strategy, known as the MidCoast Destination Management



The effective engagement of visitors is a foundation for Council to sustainably grow the visitor economy and is linked to our current work on our Economic **Development Strategy**

The update will build on the foundations already established since the inaugural plan which was created in 2017.

The new plan will need to align with the vision and values for our area as detailed in the MidCoast Community Strategic Plan and the government's future directions contained in the NSW Government Visitor Economy Strategy 2030 and updated plan for Destination North Coast.

There are sessions being held across the MidCoast and I encourage anyone involved in the tourism industry or who has a general interest in the direction of our tourism management to attend one of the

The Forster Tourism Strategy workshop is being held on Thursday 23 February from 10am at Club Forster, with registration via Council's website.

Mayor Claire Pontin

COMMUNITY NEWS

Careers at Council

WE'RE HIRING











We are seeking suitably qualified people to fill the roles of

- Domestic Assistant • Environmental Health Officer - Food Safety
- Finance Officer
- Network Operator Water Operations Nursing Assistant
- Plumbing & Infrastructure Inspector Project Manager
- Rostering Assistant Senior Coastal and Flooding Engineer
- Supervisor Cemeteries
- Support Coordinator • Support Worker - Disability Services
- Supported Independent Living Coordinator
- isit our website for further info

Funding available for projects

Applications are now open to MidCoast not-for-profit organisations and heritage property owners for financial assistance through community donations and heritage funding

We are offering a helping hand to assist eligible organisations

fund their community project and owners of heritage buildings

and places to bring them back to their former glory. If you have a project to benefit the community or a heritage listed place or property within a heritage conservation area, you may be eligible for a grant through the funding programs.

Applications for community donations close on Sunday 2 April and applications for heritage funding close on Sunday 16 April. You can find the funding criteria and application forms at www.midcoast.nsw.gov.au/grants

Temporary closure - The Bight Cemetery

Parts of The Bight Cemetery, Wingham will be closed to the community at various times during March 2023 to allow for the repair of damaged monuments.

During this work, monuments may be temporarily inaccessible and at times wrapped in plastic. This is part of the restoration For any enquiries please call 7955 7777.

Draft MidCoast Aboriginal Action Plan

Thank you to everyone who provided feedback and input to develop the Draft MidCoast Aboriginal Action Plan. We received lots of survey submissions and had great feedback from our yarn

We have now developed the Draft MidCoast Aboriginal Action Plan considering your feedback. To view the document and provide your feedback on the draft

Plan head to the Have your Say page on our website by Thursday

Have your say



We're currently inviting community feedback on:

- Draft MidCoast Aboriginal Action Plan
- Draft Policies x 15
- Integrated development proposal MOD2022/0292 256 Scone Road, Barrington - Extractive Industry - gravel quarry
- Integrated development proposal DA2022/0188 70 Carmona Lane, Forster - amended plans - Manufactured Housing Estate • Development proposal DA2022/1472 - 2 Coglan Avenue,
- Wingham Commercial additions grandstand roof Proposed part road closure at Hannam Vale (refer to Public Notices

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

Bulky Waste collection



While the Bulky Waste kerbside collection is an eagerly anticipated annual event, it covers close to 50,000 households in 195 localities and takes around 4 months from start to finish. weather permitting. That's why it's important to put your waste out on the date specified for your location – no earlier or you could

The collection kicks off in the Manning area next week, with residents of the following locations invited to place waste out this weekend 25/26 February

Belbora*, Black Head, Bucca Wauka*, Bunyah*, Burrell Creek, Diamond Beach, Dyers Crossing, Failford, Firefly, Hallidays Point, Hillville, Kiwarrak, Koorainghat, Krambach, Kundibakh, Nabiac, Possum Brush, Rainbow Flat, Red Head, Tallwoods Village, Tipperary, Wang Wauk.

Look out for a brochure in your letterbox closer to the collection in your area. You can find out when Bulky Waste is coming your way by scanning the QR code, or visiting our website and using the location search function. You'll also find all the information you need to

do bulky waste right.



* Addresses within former Greater Taree City Council area.

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

FORSTER FORTNIGHTLY

Community News

Brommie's **Community Update**



Great News for Great Lakes Community with the announcement on Friday 10 February by the Premier, Deputy Premier and Minister for Regional Health that plans for a Public Hospital in Forster Tuncurry are a step closer, confirming Forster Private Hospital is identified as the preferred site of the new Public Hospital

I have been fighting for a Public Hospital in Forster and made a rock solid promise at the 2019 election that the Hospital would

The Hospital will include a range of enhanced services, including emergency, inpatient and outpatient care to meet the demands of the community now and into

Initially funding of \$20 million in the 2022-23 State Budget, and additional funding has recently been secured that will ensure the public hospital will be delivered in late 2024/early 2025

Discussions are underway with the landowners Cape Hawke Community Hospital and Health Association and the current operator of Forster Private Hospital, Healthe Care. The continuation of some existing private services will be explored, complementing the public

A big thank you to the community who, without your support a Public Hospital in Forster just would not have been possible

Pacific Palms Community Centre upgrade

Federal Member for Lyne Dr David Gillespie has met with representatives of MidCoast Council and the Pacific Palms Community Centre

Around \$500,000 in Federal funding will be allocated towards the upgrade under the latest round of the Local Roads & Community Infrastructure program.

This is an important community facility that caters for so many uses and I'm delighted we have been able to secure funding to help with the upgrade of the centre," Dr Gillespie said.

"MidCoast Council has been working with the various sporting groups who use the Park to undertake this upgrade and develop a longterm plan to improve the facilities.

The Pacific Palms Community Centre nittee has identified several projects that will be undertaken as part of the upgrade

Driveway to hall car park & tennis court car

Upgrade of the bathroom

New improved playground Water tank & sprinklers for roof

Barbeque area Upgrade to front garden where memorial is Better signage for hall & courts.

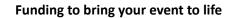
New modular club rooms for tennis courts New tennis/Pickleball court



Midcoast funding for local events and community & heritage projects

Funding for community projects or heritage listed place

Community donations funding can assist organisations to deliver community development and capacity

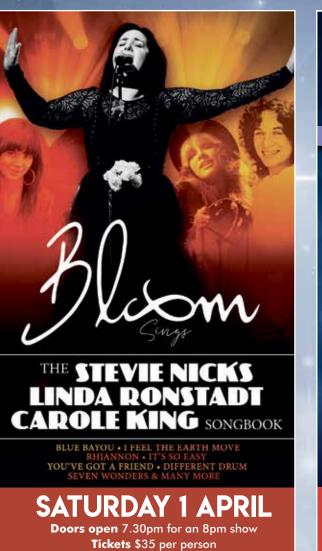


Are you planning to hold an event or festival in the MidCoast? Apply for event sponsorship from MidCoast Council between 1 - 31 March

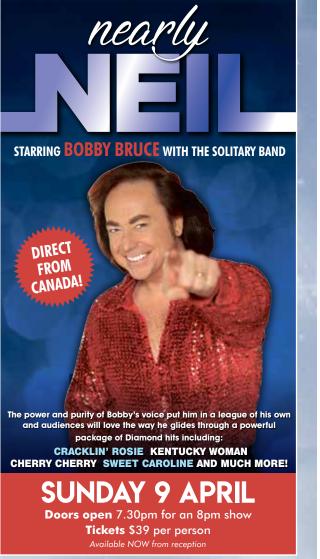
"From art shows and music festivals, to porting events, food, fashion and everything n between, our events celebrate all the MidCoast has to offer," said MidCoast Council's Manager of Growth, Economic Development and Tourism, Deb Tuckerman. For further information and to apply, head to www.bit.ly/3RTe26c

Left: Midcoast Council supports the NSW Triathlon Club Championships to be held in Forster on the 27th May this year





Available NOW from reception





Brooke McClymont & Adam Eckersley hit the road again in

2023 with a brand new show, it's going to be a cracker!

SATURDAY 4 MARCH

Doors open 7.30pm for an 8pm show

Tickets \$40 per person

Country Music, you & Beer Town



Page 5

Local businesses win Wedding Industry Awards



Above: Event Coordinator Bec Fisher (left) and Venue Manager Kelly McKillop of 'Palms Pavilion at Tiona', site of a Wedding Showcase weekend in February.

Tuesday Night 7 February 2023 was a Celebration of Excellence in the Wedding Industry Awards (WIA) - Mid North Coast & Northern Rivers, with the announcement of winners and recipients by virtual event.

Organiser of the awards. Robert Bushby, stated that 'After the past three years it was time for the Australian Wedding Industry to engage and celebrate their successes. The listed businesses can stand proud of their achievements and successes. Congratulations to all and thank you for your support.

Two local businesses won first place in their prospective fields - Nadine the Cake Queen from Smiths Lakes won Best Wedding Cake Designer while Palms Pavillion at Tiona won Best Wedding Venue.

Wedding Showcase that was held over the weekend of the 11th and 12th February at the Palms Pavillion Wedding & Events Centre,

'The Wedding Industry Awards are voted by bridal couples during 2022. There is a lot of work behind the scenes by Robert Bushby at NIA. He created this and has been running it for years. Our region is a eally big area. It starts south from the Mid North Coast and goes up through the Northern Rivers to the Queensland border."

When I was an apprentice, the owners encouraged me to enter competitions. I use to enter the cake section in the Easter Show. It was hard to break in so I became creative and always came away with a Highly Commended. Once I started in restaurants, including the Sydney Rockpool and overseas, life became very busy with up to 16 hour days. There was no time enter any competitions."

"To win an award now is gratefully received! My regular customers and industry friends have said that this award is like a lifetime achievement for

the hours I've needed to work over the years. I worked really hard during 2022 last year and did 36 weddings. Everybody loved the service

"My goal has always been to deliver quality service with delicious cakes and desserts. I think every cake, not just for weddings, is really special. You are helping to create memories for all the right reasons. A cake can complement everything else that is planned for a special evening with friends and family."

"It's easier to organise a wedding if the suppliers get along. Collaboration is key with customers and other wedding suppliers. Really good networks are amazing for any special

event. Do what you love and do it well, and allow others the same. We are better together

Kelly McKillop, Venue Manager of Palms Pavilion at Tiona, said, "This is our third consecutive year that we have won Best Wedding Venue and Highly Commended for Wedding Coordinator Venue. In the last 3 months we have won 3 awards, including a top 10 placing for Wedding Venue Function Centre in the 2022 National WIA. If you win a regional award, you automatically become a finalist in the National WIA Awards the following year.

Local businesses that won awards or top 10 for their category

Wedding Venue - Function Centre: Palms Pavilion at Tiona

Wedding Venue - Coordinator: Highly Commended: Palms Pavilion at Tiona



Best Wedding Cake Designer: Nadine the Cake

Chapels, Churches and Ceremony locations: **Highly commended:** The Green Cathedral at

Event Hire: Martin & Ko Wedding Event Hire &

Caravans, Trucks, Carts & Bars: Kombi Keg Mid

Wedding Photographer: Something Visual Wedding Photographer Finalist: Kirk Owers

Wedding Florist Top 10: Rosita Floral Service, Flowers By Fillery & Wild Cosmo Flowers

Bridal Hair Stylist Finalist: Elvy Hair

Wedding Caterer: Highly Commended: Wild

Bridal Makeup Artist: Highly Commended: Kayla Russell Makeup

Suits and Formal Wear: Yarads menswear Taree

DJ: Tops Entertainment and Event Services

Wedding Transport: Exoctic Holden Hire **Boutique Wedding Accomodation Top 5: Kings**

Wedding Venue Coordinator Top 5: Longview

Two local businesses who won awards with 'Restaurant Guru'

Best Cafe: Country Palings Cafe Best Gift Shop: Cathy Oldfield

For more information about WIA please visit: www.facebook.com/ MidNorthCoastNorthernRiversWeddings Story and photos by Mary Yule.

Left: Cake Designer 'Nadine The Cake Queen'



Independent

this \$100

million stage 2

redevelopment

in 2018 and

it's not built,

State Election 25th March 2023

Manning Base Hospital redevelopment if re-elected

If re-elected the NSW Liberal and Nationals Government are promising to deliver an

Manning Base Hospital at Taree. On the 10th of February Premier Dominic Perrottet visited the hospital and said, "The NSW Liberal and Nationals Government has heard loud and clear from the community and local clinicians that the final stage of the Manning Base Hospital needs to be delivered now, not down the track. The redeveloped

additional \$114 million for the final stage of

Deputy Premier and Minister for Regional NSW Paul Toole said the \$114 million was to bolster the intensive and emergency care services at the hospital bringing the full cost of the project to \$254 million, with \$100 million already allocated to Stage 2 and \$40 million spent on Stage 1 of the project.

hospital would meet the growing health needs

of this region.

The additional funding would see an investment into intensive care, emergency medicine, theatres and ambulatory care with further consultation with clinicians and community. As well as this, the Stage 2 redevelopment includes:

- · a new hospital building incorporating inpatient units, clinical support departments and access to telehealth spaces
- new 2-storey clinical spine section to separate public and patient clinical areas, improve flow and connectivity of services
- relocation and expansion of inpatient resources, including pharmacy and pathology • improved drop-off and front of house areas to
- provide a clear entry to the hospital • an integrated back of house and upgrade of essential hospital infrastructure
- reconfiguration & refurbishment of key areas.

candidate for Myall Lakes, Dr Jason Bendall (who works as an anaesthetist at Manning Base Hospital) attended the recent announcemen and said, "The Government and NSW Nationals promised

Above: Myall Lakes Independant candidate Dr Jason Bendall.

despite it now being 2023. More money has been budgeted to upgrade Grafton district hospital (\$263 million) with a population of only 17,155 people. The Myall Lakes region has a much larger, older and more diverse population that needs a fully upgraded base hospital right now."

"The community needs certainty that our needs will be met no matter which government is elected. Rural health funding allocation must be allocated on needs and on objective criteria rather than politics and election cycles.

All members of the public are invited to attend a Public Health Forum being conducted by Manning Great Lakes **Community Health Action Group at Black Head Surf Club on Wednesday February** 22nd at 7pm (tonight).

Kindies at Holy Name Primary | Tell Me a Story competition opens!



gained in creating



why the 'Tell Me a Story competition is popular among local primary school students from years 3 to 6. Some of these are the awards they receive, the fun and relating fiction or non-fiction stories and the recognition of their writing and illustrating, published in a book to keep. A copy is also retained in their school library for all students to

A group of Bungwahl school students whose stories and illustrations are in last year's 'Tell Me a Story' book, told of their reasons for participating in the

next."(Charlotte)

"You get to imagine a story, to write it and draw a picture." (Gypsy); "I like to draw and write. This was my second time and my parents were proud." (Joaquin); I liked making up my own story and will definitely be in it again."(Lily); I liked being published. I'll think of a new story this year." (Jeremy); "I liked it because I was looking up dictionaries and finding new

The competition, now in its 6th year, is split in two sections - one for years 3-4 and the other for years 5-6 and invites teachers to use it

words. I'll be in it again." (Cruz); "My parents

were proud of me. I'll write a sci-fi story

Above: Back row (L to R) - Gypsy and Joaquin, Front - Charlotte, Lily, Cruz and Jeremy. Photo supplied. as a writing tool. Writing tips, links to online resources and a checklist for the story entries, have been created by the team of judges and reviewers, who have experience in teaching, writing and art. The competition has two parts: part one - the stories to be completed by March 30 and part two- the illustrations,

> Students may enter both the writing and illustration competitions and are encouraged to read all the "Conditions of Entry", found on the website at -www.tellmeastory.org.au

to begin on May 22. Awards events are to be

22nd February 2023

held in August.

Joint effort to beautify Smiths Lakes Park



On Thursday the 2nd of February

we welcomed our new Kindergarten

students for their first day of school.

A community planting day was held at the Smiths Lakes Recreation Area on February 7 with local students and staff from Pacific Palms Primary School and the public joining in. Recent Council works involved the installation of a

gravel footpath, a feature tree and understory planting, building of mounded landforms and nstallation of sandstone bollards.

The project is being supported with \$68,293 in Federal funding which was made available under Round 2 of the former Federal Coalition Government's Local Roads & Community Infrastructure program.

"I was pleased to meet with Council and community representatives involved in the project. The local community has done a magnificent job in developing a vision for the area and funded a masterplan for the beautification works," MP Dr Gillespie said.

The Recreation area on Paradise Drive will be open for use during these initial works. This stage of the project is expected to be completed by 28 February.

Council's Manager Strategy and Projects Amanda Hatton said the Smiths Lake community has really got behind the project and Council valued their input.

The upgrade to the Recreation Reserve will be a welcome addition to the popular skate park and netball courts currently on this site."

The year 6 Green Team, from Pacific Palms Primary were happy to lend a hand at the planting day at Smiths Lake Recreation Park. and parents worked with Mid Coast Council and other volunteer community members planting a beautiful native feature garden. The school's

Green Team coordinator Ms Shoesmith believed this was a great opportunity for the students to be active, positive contributors to the school and society in which they





Shadow Minister visits Forster Neighbourhood Centre On Thursday the 9th of February Kate Washington, Shadow Minister for Family & Community Services and Disability Inclusion, visited the Forster Neighbourhood Centre (FNC) at Coral Avenue in Tuncurry to meet with staff and Myall Lakes Labor candidate Mark are going to work on the ground?

The staff explained to the Minister and Labor candidate what services they provide and what is needed in our community

Corine Stephenson, Management Team at FNC, said, "We are an essential emergency centre and community hub for this region. We are open 5 days a week with our reliable and dedicated small team of staff and volunteers. As well as offering crisis support, we offer many other services and have grown over the years in response to our community's needs."

The FNC provides Information, Advice and Referral; Child and Family Support and Counselling; Community programs such as 'Better Learning Better Communities' (targeted early education support), ASHOW (supportive after school care in Coomba), Mens Group and Ninja Nannies; and Community Events like the Forster Farmers Market, to name a few.

"We have funding to deliver these services but not enough for our growing operational costs," added Corinne

Felicity Carter, President of FNC said, "We service a big area and continue to see more homeless residents in need of food and shelter with the high rents and low supply of housing."

"We average around 50 to 90 enquiries a week and it keeps growing. The needs of our community have grown greatly with the rising

Karen Burton, Management Team said, "We are seeing people seeking support who have never sought it before. It is also a different demographic group. We are finding that more older people are now coming to see us."

Above: Front (L to R) Minister Kate Washington Management Team Corinne Stephenson & Karen Burton

and Labor supporter Cathy Arena Back: President Felicity Carter and Myall Lake Labor candidate Mark Vanston

Corrine also explained, "Early targeted intervention is vital and we provide education support when needed.

"We basically help people get back on their feet. The social return value with investment is huge. For each person who accesses holistic support, at the right time, the FNC saves the munity around 1.5 million per year."

After listening to the staff at the FNC Kate Washington said, "It is common sense for

community initiatives that have been going for years. The disadvantaged gap had grown. How do you close the gap for disadvantaged families and children if we don't support the initiatives that Early targeted intervention programs are vital and a much better plan than

'The Labor government will provide longer-term State funding of 5 years to help these types of services and programs to continue.

"Public health, housing and social services are key to rebuilding foundations in communities and these issues won't be solved quickly The system we have now is not accountable and is not working. If there is a disability too it just makes it

even more difficult to access housing "We will have a whole raft of policies for renters too as it is so hard for them.

Renters feel it equally with homeowners, if not harder, when dealing with the higher interest rates."

Mark Vanstone said that

the work of the Forster Neighbourhood Centre is humbling when you see the amazing positive outcomes that these good people achieve for the less fortunate and marginalized members of our community. They need more funding and support to enable an expansion of their programmes and more staff to meet the needs of an evergrowing

The Forster Neighbourhood Centre is moving "We will hopefully move into our new premises

by mid-March, " said Corinne. "It will be a Central Community Hub opposite the Police Station and Court House at 3 Lake Street Forster. It has double the space that we have now. We will have a soft opening first and be operational straight away. We plan to organise a big public community opening in May."

Felicity explained that the Forster Neighbourhood Centre are a locally integrated organisation and have a unique presence in this community. They have a personal connection and work well with other supportive organisations in town such as the Tobwabba Medical Centre, the Great Lakes Womens Shelter and local Churches. When there is a surplus of food donated, they all share between the groups to help provide meals and pantry goods within the community.

Story and photos by Mary Yule.

Below: Refitting a shop on Lake Street ready for The Forster





for more information / eligibility or head to our website: www.fnc.org.a

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Community News

Our Local wildlife

The Cane Toad

This fortnight's edition is featuring an animal that I truly hope is endangered and indeed extinct in our local area but given they have been found further south in Sydney and on the South Coast, it is only a period of time before one or more is found locally. [One was confirmed in Oxley Island in March 2021.]

Cane toads (Bufo marinus now known as Rhinella marina) were introduced into Australia in the 1930s as a direct result of lobbying from sugar cane farmers who were battling native beetle grubs impacting on their crops. Originally 102 toads were imported by a government employee of the Queensland BSES (Bureau of Sugar Experiment Stations), Reginald Mungomery, with 101 surviving and subsequently being released

Another Australian entomologist, Walter Froggatt, tried to stop it warning "this great toad, immune from enemies, omnivorious in its habits and breeding all year round, may become as great a pest as the rabbit or cactus" (Froggatt WW, 1936, The introduction of the great Mexican toad Bufo marinus into Australia The Australian Naturalist 9:163–164). However. pressure from the cane farmers community meant that his warning was disregarded.



It was not until some 50 years later in the 1980s that the true impact of the cane toad was recognised for the environmental disaster it is and the Commonwealth Government finally began to take some steps in an attempt to control it. With a female cane toad able to lay between 8,000 - 30,000 eggs at a time though, it is perhaps no wonder that it is the cane toads

Further it seems their lifespan is very long with a recently found female cane toad, 'Toadzilla' that weighed in at 2.7 kg believed to be possibly up to 15 years old.

Cane toads are heavily built and have dry warty skin. A particularly distinguishing feature is the bony ridges over their eyes that meet above their noses. Their hind feet are webbed but the

front feet are not. They sit upright and move in short rapid hops. Adult cane toads have large swellings, the parotoid glands, on each shoulder behind the eardrum.

Colouring may be grey, yellowish, olive-brown or reddish-brown, and their bellies are pale with dark mottling. Females are larger than males and males are wartier than females. During the breeding season males develop dark lumps (nuptial pads) on their first two fingers; these help them cling to a female while mating. Their mating call is a long loud purring trill. Young cane toads have a smooth dark skin with

darker blotches and bars and lack conspicuous parotoid glands. They can easily be mistaken for other native frog species such as pogglebonk frogs, giant burrowing frogs or marsh frogs. It is important not to accidentally kill a native frog thinking it may be a cane toad and if in doubt, catch (preferably without handling with

Cane toad tadpoles are shiny black on top and have a plain dark belly and a short thin tail. They are smaller (less than 3.5 cm long) than most native tadpoles and often gather in huge numbers in shallow water. Cane toad spawn is laid in long strings of transparent jelly enclosing double rows of black eggs. The spawn tangles in dense dark masses around water plants and hangs in ropy strands if picked up.

your bare hands), photograph and send for

Cane toads are able to eat anything that fits within their mouths including carrion, pet food and living insects and small mammals. Beetles. honey bees, crickets and other insects are

As most people know, cane toads themselves are poisonous at all life stages, and it is this, as well as their preying on important food sources for other native animals, that make them so deadly. Goannas, quolls, blue-tongue lizards, domestic pets have all been poisoned by cane toads with fatal consequences for most. Even people can be poisoned and picking them up in bare hands is not advised. They may also carry diseases that could be transmitted to native frogs and fishes.

Cane toads are identified as a serious biosecurity threat and any suspected toad should be immediately reported to the NSW DPI Biosecurity through its helpline on 1800 680 244 or by completing a form with a photo preferably of the face, at invasive.species@dpi.

It is also critically important if travelling from cane toad infested areas to check your vehicle, trailer and any luggage to ensure that you are not accidentally importing a cane toad to our

For more information about Cane Toads, including a recording of their distinctive trilling call, go to Australian Museum Frog ID website: www.frogid.net.au

By Kym Kilpatrick - FAWNA, Hallidays Point. Photo credit: The ABC.

Did you know?

Charlotte Bay

Charlotte Bay is at the southern end of Wallis

Lake and is now part of Pacific Palms. Four Pioneering families had the greatest impact on the settlement: the Godwins, Brambles, Newmans and the Gogerlys. After the John Robertson Act in 1861, settlers were able to secure small areas of land on which to live and those settlers were quick to do so.

William Bramble and his family played a big part in populating Bungwahl and the Charlotte Bay Area. They worked as fishermen, timber

workers, bullockies and farmers. Fourteen of

George Godwin left Forster and settled at Smiths Lake. In 1876, his daughter, Elizabeth, married Murdoch McIntosh and they became the first landowners in Charlotte Bay

the twenty five children at the Charlotte Bay

school when it opened, were Brambles.

James Godwin made his name as a coachman and boating house proprietor on The Lakes Way and Luke John Godwin settled at Sugar Creek. Most Godwins were involved in the Timber

The Newman family arrived in 1866 and took up land just past Yarric and his sons spread around the lake. The eldest son, John, married Harriet Cape Godwin, the first settler child born

Below: Godwin's bullock Team circa 1900.



In 1883, the Gogerlys arrived and took up land at Booti Booti Members of all of these families still live in the area.

Article from 'Wallis

Lake, Its Rivers & Villages' by Dawn McMaster, 1993. The Great Lakes Museum in Tuncurry





Newman, the first settler child born in

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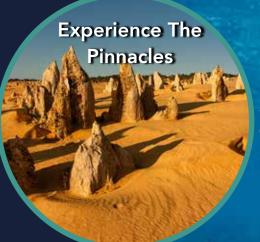
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Community News Page 9

living in a rainforest. She

passionate

about animal

is a signature

member of the

group Artists for

focuses on the

numanity. It is

in galleries in

Fe, New York,

Shanghai, and

various public

and private

London, Santa

nature with

Local Artists give their time to **Workshops at Forster Gallery**



Local artists have banded together to run a series of free workshops at the Forster Gallery on Lake Street to reconnect people after separating through COVID lockdowns. The workshops have been made possible through a grant from the local Hunter New England and Central Coast Primary Health Network. The first workshop was held on the 1st of February. There was a fantastic response and all classes

FORSTER FORTNIGHTLY

"We had such a wonderful time. We all learned new art skills and met new people. The tutors gave their time and were so enthusiastic about making it a great experience for everyone," said

Sandi Lear, an international water colourist showed participants how pigment behaves in water so that participants could learn how to use the pigments to create beautiful art.

Sandi has lived her life around the globe including seven years on a yacht and years

around the globe. It is also sold from the galleries, Facebook and private showings by request

Sandi's work is currently being shown at a special exhibition at her hometown library at Hallidays Point throughout February. This is a rare opportunity for the community to see this

Local artist, Susie Oldfield demonstrated how to weave sculptures using natural materials. She shared the random weave technique to make a very simple basket but also gave ideas on surface design as well as using the technique to create sculptural three-dimensional art

Susie has won art awards with Bangalow sculptural pieces and exhibited at Gallery 76 in Sydney. Her current work is mainly by

Continued on page 20.

National Servicemen's Day



and Keith McNeil.

With the crackling sounds of thunder and dark clouds closing in a small service was held at the War Memorial on Little Street Forster to commemorate National Servicemen's Day on the 14th of February.

"The turn out was better than expected," said Keith McNeil, past President of Great Lakes National Servicemen Association

(GLNSA), "I told everyone not to come if it was raining and we just managed to hold the service before the rain came.'

Keith thanked the NWA (known as Nashos), RSL sub-branch, veterans, family and friends for coming together and "commemorating the young fellas who were forced into war at age 20 and helped the volunteer soldiers greatly."

Ron Wallingford (NSA) read the NSA ode before Padre Daryll Moran (RSL sub-branch) gave a prayer. Daryll also spoke about today's

numbers falling away and the importance of encouraging the next generations to hear what servicemen did for their country so we

'Tell them the stories of your service and Eric Janes (NSA) and Vietnam Vets President, Graham Kelly, each laid a wreath Eric then raised the flag while Lane Phegan, rom the Town Band, played the Last

Minister for Veterans' Affairs and Defence Personnel, Matt Keogh said more than 280,000 Australians served in National Service schemes between 1951 and 1972 Today is National Servicemen's Day, nonouring the hundreds of thousands of young Australian men who served our ation through compulsory military service

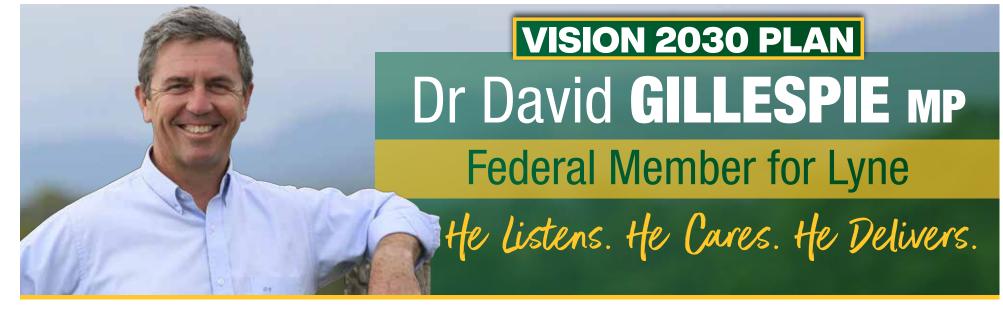
Nashos served within Australia and some Above: (L to R) Ron Wallingford, Padre Daryll Moran were also deployed to locations including Borneo, Malaysia, Papua New Guinea and Vietnam and the waters off the Korean

> The GLNSA closed earlier this year due to an aging population after being in operation for

Story and photos by Mary Yule.

www.minister.dva.gov.au & www.abc.net.au





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Rumours of the death of regional news have been greatly exaggerated, according to Lucie

As managing director of Gilgandra Newspapers, Ms Peart is set to launch the group's fifth masthead in western NSW next month and is not the only one on the hunt for staff.

"We're trying to hire three positions ... I think when I put my job [ads] up there might have been 200 other jobs with the title 'journalist','

"There are lots of jobs for journalists out there at the moment, which is great for our industry, but it just means that our resources are so

The media industry has been in a state of flux for much of the last decade

From mass redundancies across legacy newsrooms to the announcement just last week that News Corp would be axing one in 20 staff at its Australian newspapers, the general feeling has been that news, especially in print, would go the way of the dodo.

But the headlines have been masking a parallel trend. While bigger companies closed up regional newsrooms or shifted to digital-only editions, local, community-owned news outlets have seen a small revival.

"Where print editions disappeared, towns have reached out to us as local publishers and said: We want you to come to our town," Ms Peart

My name is Diane Brookes, I qualified with

a Batcheler of Science, honours degree in

Podiatric medicine in the UK in 2007. I have

worked in Private practice and public health for

the past 16 years. My experience is extensive

diabetes and high-risk foot settings most of my

experience in treating potentially limb and life-

eight years before deciding the beach life is for

me. In January 2023, I opened Diane Brookes

Podiatry at Forster Health Solutions in Forster

which is a busy, multidisciplinary clinic and a

beautiful relaxing space to work and for my

I wake up early every morning and sometimes

consider going for a swim at the Tuncurry

Rockpool, but that is as far as I get. So many

people tell me how lovely it is in the water.

Maybe one day soon I will brave the morning

I begin my work day around 8am, Instruments

are checked and documented for sterilisation.

The clinic is then set up and ready for patients.

PODIATRY

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What is your typical day like?

patients to attend.

career where I gained valuable and extensive

I ran my busy podiatry practice in Orange for

in all aspects of podiatry. However, I have

a special interest in Diabetes and the high-

risk foot. I have worked predominantly in

Name, role and career:

Rivalling the 'big boys'

Federal and state grants provided millions of dollars to help shore up regional media following the financial fallout of COVID-19

It wasn't enough to save many non-daily mastheads, but it opened a door for some smaller publishers to

This Forster Fortnightly newspaper came onto the scene after any Covid funding

scale up.

Local Career

was allocated but we managed to keep going with good family back up and good local advertising support! See our story on the front page of Edition 26, published 04.08.2021 at www.

My podiatry business is new and not yet too

letting people know I am available and ready to

busy. My day is filled with finding ways of

forsterfortnightly.com.aul



Above: Lucie Peart says there's been a "revival" of independent community news. (Photo credit: Jen McCutcheon)

As president of the Country Press Association (CPA) NSW, Lucie Peart saw her colleagues expand across multiple states.

> "COVID did us a little bit of a favour in that it knocked down a bit of our competition," she said. "One of the groups in our CPA network is

help with their foot problems! I also keep up to

date with continued professional development

In a busy practice a podiatrist may see around

16 patients a day. As podiatrist, there is never

problems and challenges the day will bring. We

diagnose disease and deformities of the lower

limb and foot using medical histories, x-rays,

Treating deformities, prescribing, and making

laboratory tests and physical examinations.

orthotic inserts for patients when required.

We also perform minor surgical procedures

such as ingrown toenail surgery, using local

The day does not end when the last patient has

left the practice. Paperwork is then dealt with,

letters to the GP's if required and finishing off

day is cleaning and setting up the sterilisation

Then it is time to either walk the dog, or relax.

What is the best part of the job?

The best part of the job as a podiatrist is

meeting people from different backgrounds

and range of ages. Having a direct impact on

providing instantaneous pain relief. Helping

hem to overcome foot related challenges,

patients' lives by improving pain and very often

day around 5 - 6pm.

patient notes from the day. The last task of the

process for the next day's patients. finishing the

a typical day. You never know what foot

where I can throughout the day.

probably rivalling some of the big boys for the sheer number of mastheads.

22nd February 2023

Page 10

The difficulty now is finding reporters to keep up with this growth spurt. The Media, Entertainment and Arts Alliance (MEAA) estimated 3,000 journalism jobs were lost between 2011 and 2017. In addition to the huge disruption this caused for the industry, it painted an unappealing picture for many considering a career in media.

Senior Lecturer at Charles Sturt University Jock Cheetham has noticed a perception among some parents and students that journalism doesn't have much of a future as a career.

He disagrees. "In 2022, I had quite urgent requests from people who just couldn't find staff from all kinds of regional areas." he said 'The demand for junior to mid-level staff last year was really high, but the supply was not

Another factor that seems to be impacting the supply of available journalists is competition from the corporate world. The New Beats Project, a study looking at the five-year aftermath of redundancies across media, found many left journalism for public relations-type roles and were unlikely to come back.

By Olivia Ralph. (Edited) 13.02.2023 www.abc.net.au

Lucie Peart is President of CPA NSW. Mary Yule (Forster Fortnightly) is on the CPA

keeping them independent and mobile, and

I enjoy the wide scope of practice. Podiatry is

What do you suggest for anyone who is

I find podiatry a very rewarding career. I was

certain I wanted to be a midwife until I spent

years experience. I would suggest shadowing a

podiatrist in private practice and public health

As a podiatrist you can work independently or

part of multidisciplinary teams. You would be

working with people of all ages. Skills such as

good communication, compassion, patience,

thinking skills are a must which would improve

podiatry issues when encountering unexpected

learn, as things advance or change, we need to

situations or challenges for treating a patient.

You should always be willing to continue to

There are multiple sub-specialisations in

podiatry. The wide scope of practice can

of medicine. Maybe contact a few of the

allow study and practice in a particular type

what the course entails and go from there.

universities who offer podiatry courses, find out

continue to develop our skills

and understanding are important. Critical

your ability to diagnose and treat various

30 minutes shadowing a podiatrist with 25

interested in your field of work?

overall improving patients' quality of life.

challenging but never boring.

The Grin Bin

Community News



Doodley Squat Happy Valentines Day, darling

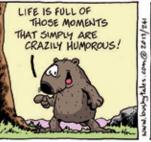


Swamp





Bushy Tales





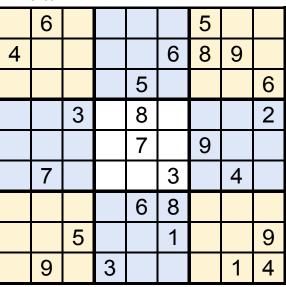


Sudoku

Focus

* No swear words

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



An All Australian

Word Game

* Each word must contain the centre 'Focus'

* Each word must be four letters or more

* No verb forms or plurals ending in 's'

TODAY'S Good: 12 words

* No proper nouns and no hyphenated words

FOCUS Very good: 19 words

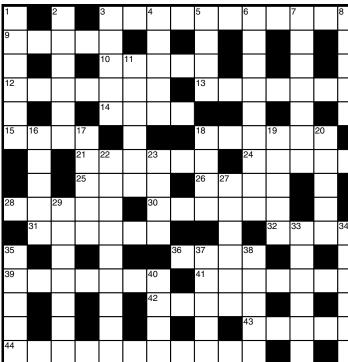
* Find at least one nine letter word

letter and each letter may be used only once

Ouick Workout

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

Crossword



ACROSS 3 Having regard

9 Drive forward 10 Consumed

12 Common run 13 Particular **14** Repose

15 Table-shaped hill 18 Worked hard 21 Disconcert

7 Reached destination 8 Before due time

24 Present 25 Meditate **26** Copies

28 Cried as a cat **30** Refer casually to 17 Having weapons **31** Forearm bone

18 Small duck 19 Fails to retain

suitability

42 Sends out

2 Capsizes

5 Taverns

3 Unclouded

4 Musical sounds

44 Service engagements

1 Deprive of weapons

43 Retains

DOWN

11 Representatives **16** Live coal

20 Social event 22 Tests for acting

23 Beverages **27** Young hen

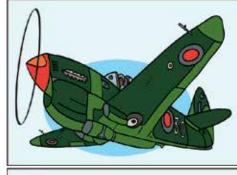
29 Spendthrift 33 Self-assured 34 Abstract

35 Silly 37 Foreign 38 Disguises

40 Microbe 6 Hastened progress

Spot the 5 Differences

Excellent: 33 words





Join the Dots

What is this? Find out by joining the dots.

Focus No. 3899

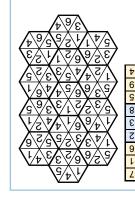
Reference: Macquarie Concise Dictionary

Solutions

32 Hurried

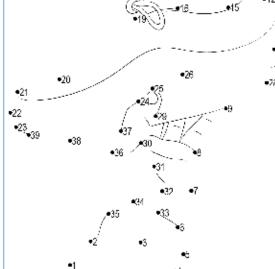
36 Tranquil

39 Naught



servo verso very vice viced viceroy vide video vied visor visored voice voiced voicer void voider divorce dove drive drove ivory over rive rived rove roved FOCUS: cove cover covey discover DISCOVERY dive diver

wing moved, extra bolt on wing tip, tall missing colour, wing SPOT THE 5 DIFFERENCES: Number has changed, circle on



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Antiques Roadshow. 5.00 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Foreign Correspondent, 8.30 Grand Designs: House Of The Year. 9.20 Joanna Lumley's Great Cities Of The World, 10.10 Moving To The Country. 10.40 News. 10.55 The Business. 11.10 Extinction With David Attenborough. 12.10 Late Programs. **6.00** News. **9.00** News. **10.00** Australia's Ocean Odyssey. **11.00** Australia Remastered. **12.00** News. **1.00**

Stackorama! 2.00 QI. 2.30 Back Roads. **3.00** Gardening Aust. **4.00** Antiques Roadshow. **5.00** Brush With Fame. **5.30** Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 Sydney WorldPride Opening Concert. (M) **10.00** Kylie Minogue Golden: Live In Concert. 12.00 Miniseries Butterfly. (M) 12.45 Would I Lie To You? **1.15** Rage. (MA15+) **5.00** Rage. (PG) 6.00 Rage. 7.00 Weekend Breakfast.

9.00 Rage. 12.00 News. 12.30 MOVIE The Boy With Green Hair. (1948) (G) **2.00** Death In Paradise. (M) 3.00 Scottish Vets Down Under. (PG) **3.30** Monty Don's French Gardens, 4.30 Landline, 4.55 Dream Gardens. 5.25 Further Back In Time For Dinner. (PG) **6.25 Better Date Than Never.** (PG) 7.00 ABC News. 7.30 Sydney Gay And Lesbian Mardi

10.35 Rage. (MA15+) **5.00** Rage. (PG) 6.00 Rage. 7.00 Weekend Breakfast. 9.00 Insiders, 10.00 Offsiders, 10.30 World This Week. 11.00 Compass. 11.30 Praise. **12.00** News. **12.30** Landline. **1.30** Sydney WorldPride Opening Concert. 4.20 Grand Designs: House Of The Year. **5.10** Joanna Lumley's Great Cities Of The World. **6.00** Antiques Roadshow. **7.00** ABC News. 7.30 Death In Paradise. (M) 8.30 Vera. (M) 10.05 Miniseries: Butterfly (M) 10.50 Sydney Gay And Lesbian Mardi Gras. (M) 1.50 Rage. 4.15 The Recording Studio 5.00 Insiders.

6.00 Morning Programs. **11.00** Antiques Roadshow. 12.00 News. 1.00 Lucy Worsley: Agatha Christie Mystery Oueen 2.00 Poh's Kitchen. 2.30 Back Roads. 3.00 Gardening Aust. 4.00 Antiques Roadshow. **5.00** Brush With Fame. **5.30** Hard Quiz. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Aust Story. **8.30** Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 China Tonight. 11.10 News 11.25 The Business, 11.40 Vera, 1.10 Father Brown. 2.00 Rage. 3.30 Antiques Roadshow. 4.30 The Drum. 5.30 7.30.

6.00 Morning Programs. 1.00 Father Brown, 1.45 Gruen, 2.30 Back Roads. 3.00 Gardening Aust. 4.00 Antiques Roadshow. 4.55 Brush With Fame. 5.25 Hard Ouiz. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Better Date Than Never. 8.30 Queerstralia. 9.30 Kweens Of The Queer Underground. 9.45 Girl Like You. **10.45** News. **11.00** The Business. 11.15 Four Corners, 12.00 Media Watch. 12.20 Quilty: Painting The Shadows. 1.20 Rage. 3.30 Antiques Roadshow. 4.30 The Drum. **5.30** 7.30.

6.00 WorldWatch. 12.00 WorldWatch. **2.00** Cook Up Bitesize. **2.05** Insight. **3.05** Mastermind Aust. 3.35 The Cook Up. **4.10** Britain's Most Historic Towns. **5.05** Jeopardy! 5.30 Letters And Numbers **6.00** Mastermind Aust. **6.30** News. **7.35** Wildlife ER. **8.35** My Grandparents' Wai 9.30 Bloodlands 10.35 SBS News 11.05 Cargo. 12.00 Witch Hunt. 1.45 Witch Hunt. 2.35 Witch Hunt. 3.25 Face To Face. 4.20 Mastermind Aust. 4.55 Destination Flavour Bitesize. 5.00 NHK World English

News Morning. **5.30** Late Programs. 6.00 WorldWatch. 12.00 WorldWatch. 2.00 Destination Flavour China Bitesize 2.10 Cook Up Bitesize. 2.15 Walking Britain's Roman Roads. 3.10 Mastermino Aust. 3.40 The Cook Up. 4.10 Britain's Most Historic Towns. **5.05** Jeopardy! **5.30** Letters And Numbers. 6.00 Mastermino Aust. **6.30** News. **7.35** From Paris To Rome With Bettany Hughes. 8.30 American Presidency With Bill Clinton 9.20 Miniseries: The Walk-In. 10.15 SBS News. 10.45 L'Opera. 11.35 The Eagle. 1.50 Late Programs.

6.00 WorldWatch. 12.00 WorldWatch. 2.00 Cook Up Bitesize. 2.05 Walking Britain's Roman Roads, 3.00 NITV News Nula. 3.30 Cook Up Bitesize. 3.35 The Cook Up. 4.10 Britain's Most Historic Towns. **5.05** Jeopardy! **5.30** Letters And Numbers. 6.00 Mastermind Aust 6.30 News. 7.30 Wrecks That Changed The World. **8.30** Mariupol: The People's Story. 10.05 Video Killed The Radio Sta **10.35** SBS News. **11.05** Gomorrah. **11.55** Gomorrah. 12.45 Gomorrah. 1.45 Late

6.00 WorldWatch 12.00 WorldWatch **2.00** Bowls. Ultimate Bowls 2022. Event . Semi-finals. Highlights. **3.00** Figure Skating, Four Continents Championshi Highlights. 4.35 Secret Scotland. 5.30 The Abyss: The Rise And Fall Of The Nazis. 6.30 News. 7.35 The World's Most Beautiful Landscapes. **8.30** Portillo In The Pyrenees, 9.30 Inside Windson Castle. 10.25 Great Escapes With Morgan Freeman. **11.15** UFOs. **2.35** UFOs. **3.15** The Back Side Of Television. **3.50** The Back Side Of Television. 4.20 Late Programs

6.00 WorldWatch, 12.00 WorldWatch **1.00** Motorcycle Racing, Australian Superbike Championship. Round 1. 3.00 Figure Skating. Four Continents onships. Highlights. **4.30** Surf Life Saving. Australian Interstate Championships. Highlights. **5.00**Railway Journeys UK. **5.30** The Abyss: News. 7.30 Ancient Egypt By Train. 8.30 Tutankhamen. 9.40 Acropolis: The Ancient Builders. **10.40** Late Programs.

6.00 WorldWatch. 12.05 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.10 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 Britain's Most Historic Towns. 5.05 Jeopardy! 5.30 Letters And Numbers. **6.00** Masterm Aust. 6.30 News. 7.35 Planet Reef. 8.30 Monster: The Mystery Of Loch Ness. 9.30 Secrets Of Playboy. 10.20 SBS News. 10.50 Infiniti. 11.55 Mr Mercedes. 4.50

Destination Flavour Bitesize. **5.00** Late Busted In Bangkok. (M) 12.30 Shopping. 5.00 News. 5.30 Sunrise 6.00 WorldWatch 12.00 WorldWatch 6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: A Daughter's 2.00 Destination Flavour China Bitesize Deception. (2019) 2.00 Surveillance Oz. **2.30** Border Security: Int. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. 2.20 First Ladies, 3.10 Mastermind Aust 3.40 The Cook Up. 4.10 Britain's Most Historic Towns. 5.05 Jeopardy! 5.30 **6.00** 7News Local. **6.30** News. **7.00** Letters And Numbers, 6.00 Mastermine Home And Away (PG) 7.30 We Interrupt Aust. **6.30** News. **7.30** Who Do You This Broadcast. (PG) 8.30 The Good Doctor. (M) 9.30 Quantum Leap. (M) Think You Are? UK. 8.30 Insight. 9.30 Where Are You Really From? 10.00 SRS 10.30 The Latest-Seven News 11.00 Police Custody USA. (M) 12.00 MOVIE: News. 10.30 Railway Journeys UK. 11.05 Antidisturbios. 12.10 Manayek. 1.05 Late Demolition. (2015) **2.00** Shopping. **5.00**

6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 Australian Idol. 1.30 Surveillance Oz. **2.00** Highway Cops. 2.30 Border Security: Int. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. (PG) 7.30 Mrs Brown's Boys (M) 9.00 The Front Bar: All Sports Edition. (M) 10.00 Kitchen Nightmares Australia. (MA15+) 11.10 The Latest: Seven News. **11.40** Unbelievable Moments Caught On Camera. (PG) **1.00** Shopping.

5.00 News. 5.30 Sunrise. 6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Mommy's Little Angel. (2018) 2.00 Business Builders. 2.30 Border Security: America's Front Line 3.00 The Chase 4.00 News 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG)

NBN News. 7.00 ACA. 7.30 RBT. (M) 8.30 Paramedics. (M) 9.30 Australia Behind Bars. (M) 10.35 Nine News Late. 11.05 8.30 The Roast Of Paul Hogan. (PG) A+E After Dark. (M) 11.50 Council Of Dads. **12.40** Tipping Point. **1.30** TV Shop **2.30** Global Shop. **3.00** TV Shop. **4.00** 10.15 The Latest: Seven News. 10.45 To Be Advised. 12.00 The Babes In The Believer's Voice Of Victory. **4.30** ACA. Wood Murder. (M) 1.00 Travel Oz. (PG) **2.00** Shopping. **5.00** News. **5.30** Sunrise. **5.00** News. **5.30** Today.

6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: High School Lover. (2017) 2.00 House Of Wellness. (PG) **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. 6.30 7News @ 6:30. 7.00 Better Homes And Garden

6.00 Shopping. 7.00 Weekend Sunrise.

10.00 Morning Show 12.00 House Of

9.00 George Michael Vs Elton John.

Step. (2017) (PG) 2.00 Home Shopping.

6.00 Sunrise. 9.00 The Morning Show.

Oz. 2.30 Border Security: Int. 3.00 The

Aust. 6.00 7News Local. 6.30 7News @

6:30. **7.00** Home And Away. (PG) **7.30**

10.00 Australia: Now And Then. (M)

11.00 The Latest: Seven News. 11.30

11.30 News. 12.00 MOVIE: Hidden

Intentions. (2018) 2.00 Surveillance

Chase. 4.00 News. 5.00 The Chase.

5.00 News. 5.30 Weekender.

6.00 Seven News. 7.00 Australian Idol. (PG)

5.00 News. **5.30** Sunrise.

10.00 Maternal. (M)

Australian Idol. (PG)

8.45 Starstruck. (PG)

News. 5.30 Sunrise.

Wellness. (PG) 1.00 Jabba's Movies. (PG)

8 30 MOVIE: Kingsman: The Golder Robert De Niro, Anne Hathaway, Rene Circle. (2017) (MA15+) Taron Egerton, Colin Firth, Mark Strong. The Kingsmen **11.00** MOVIE: Danny Collins. (2015) (M) are attacked by a mysterious enemy. **1.00** Postcards. (PG) **1.30** TV Shop. **4.00** Take Two. **4.30** Global Shop. **5.00** TV **11.30** To Be Advised. **1.30** Home Shop. 5.30 Skippy.

6.00 Shopping. 7.00 Weekend Sunrise 6.00 Morning Programs, 12.00 Living On The Coast. 12.30 The Pet Rescuers. 1.00 10.00 The Morning Show. 12.00 Horse My Way 1.30 Mr Mayor. 2.00 Explore. Racing, Blue Diamond Stakes Day and Chipping Norton Stakes Day, **5.00** News. 2.15 MOVIE: Much Ado About Nothing (1993) 4.30 Destination Australia. 5.00 5.30 Border Security. (PG) 6.00 Seven News. **7.00** Border Patrol. (PG) News. 5.30 Getaway. 6.00 NBN News. **7.00** ACA. **7.30** Space Invaders. **8.30** 7.30 Million Pound Pawn. (PG) 8.30 MOVIE: John Wick: Chapter 2. MOVIE: Grease. (1978) 10.45 MOVIE: (2017) (MA15+) Keanu Reeves, Ruby Xanadu. (1980) 12.40 Australia's Top Te Rose, Ian McShane. A bounty is put on Of Everything. **1.35** The Pet Rescuers. **2.00** The Incredible Journey. **2.30** TV Shop. **4.30** Global Shop. **5.00** TV Shop. John Wick's life 11.00 To Be Advised. 1.00 Shopping.

6.00 Drive TV. 6.30 ACA. 7.00 Weekend Today. **10.00** Sports Sunday. **11.00** Drive TV. **11.30** To Be Advised. **1.30 1.30** MOVIE: Beetlejuice. (1988) (PG) **3.30** Highway Cops. (PG) **4.00** Better Homes. MOVIE: Rocky IV. (1985) 3.30 Space Invaders 4.30 Explore TV 5.00 News 5.30 Territory Cops. 6.00 NBN News. 7.00 Married At First Sight. (PG) 8.40 60 Minutes. **9.40** Nine News Late. **10.10** Australian Crime Stories. (M) 11.20 The First 48. (M) 12.10 Law & Order 11.00 Born To Kill? (MA15+) 12.00 MOVIE: Organized Crime, 1.00 Explore TV. 1.30 'V Shop. **4.00** Believer's Voice Of Victory. 4.30 Take Two. 5.00 News. 5.30 Today.

5.30 Helping Hands.

6.00 Today. **9.00** Today Extra. **11.30**

5.00 Hot Seat 6.00 NRN News 7.00

Morning News. **12.00** Married At First Sight. **1.30** My Way. **2.00** Pointless. **3.00**

ACA. 7.30 Married At First Sight. (M) 9.00

News Late. 10.30 See No Evil. (M) 11.20

(PG) 1.00 Living On The Coast. 1.30 TV

Ordinary Joe. (M) 12.10 Tipping Point.

Shop, 2.30 Global Shop, 3.00 TV Shop

4.00 Believer's Voice Of Victory. 4.30

6.00 Today. 9.00 Today Extra. 11.30

Morning News. 12.00 Married At First

Sight. **1.30** It's All Greek To Me. **2.00**

Pointless. **3.00** Tipping Point. **4.00** Afternoon News. **5.00** Hot Seat. **6.00**

6.00 Today. **9.00** Today Extra. **11.30**

Greenhouse. (2021) 2.00 Pointless. 3.00

Tipping Point. **4.00** Afternoon News.

5.00 Hot Seat. 6.00 NBN News. 7.00

ACA. 7.30 For The Love Of Pets. (PG)

8.30 MOVIE: The Intern. (2015) (M)

Morning News. 12.00 MOVIE: The

ACA. **5.00** News. **5.30** Today.

6.00 Today. **9.00** Today Extra. **11.30** Morning News. 12.00 Married At First Sight, 1.30 Explore TV, 2.00 Pointless. News. **5.00** Hot Seat. **6.00** NBN News 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Big Miracles. (M) 10.00 Nine News Late, 10.30 New Amsterdam, (M) **11.20** The Equalizer. (MA15+) **12.10** Almost Family. (M) **1.00** Hello SA. (PG) **1.30** TV Shop, 2.30 Global Shop, 3.00 TV Shop 4.00 Believer's Voice Of Victory. 4.30 ACA. **5.00** News. **5.30** Today.

6.00 Today. **9.00** Today Extra. **11.30** Morning News. 12.00 Married At First Sight. **1.30** Getaway. **2.00** Pointless. **3.00** Tipping Point. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** NBN News. **7.00** ACA. 7.30 Married At First Sight. (M) 9.00 The Hundred With Andy Lee. (M) 10.00 Nine News Late. 10.30 Botched. (MA15+) 11.20 La Brea. (M) 12.10 Tipping Point. (PG) 1.00 It's All Greek To Me. (PG 1.30 TV Shop. 4.00 Believer's Voice Of Victory. (PG) **4.30** ACA. **5.00** News. **5.30**

6.00 The Talk. **7.00** Farm To Fork. **7.30** GCBC. **8.00** Everyday Gourmet. **8.30** Ent. Tonight. **9.00** Judge Judy. **9.30** Bold. Midday. 1.00 Dr Phil. 2.00 Australian Survivor. **3.30** Judge Judy. **4.00** Farm To

6.30 The Project. 7.30 The Dog House Australia. (PG) 8.40 Law & Order: SVU. (M) **9.40** Fire Country. (PG) **10.40** Bull. (M) 12.30 The Project. 1.30 Stephen Colbert. (PG) 2.30 Shopping. 4.30 CBS Morning.

Fork. **4.30** Bold. **5.00** News.

6.00 The Talk. **7.00** Farm To Fork. **7.30** GCBC. **8.00** Everyday Gourmet. **8.30** Ent. Tonight. **9.00** Judge Judy. **9.30** Bold. 10.00 Studio 10. 12.00 10 News First: Midday. 1.00 Dr Phil. 2.00 Taskmaster Australia. 3.00 Ent. Tonight. 3.30 Judg Judy. **4.00** Farm To Fork. **4.30** Bold. **5.00** News. 6.30 The Project. 7.30 Taskmaster Australia. **8.30** Gogglebox Australia. **9.30** The Montreal Comedy Festival: Pride Gala. 10.30 Would I Lie To You? Australia. 11.30 The Project. 12.30 Stephen Colbert. **1.30** Shopping. **4.30** CBS Morning.

6.00 Jamie Oliver: Together. 7.00 Farm To Fork. **7.30** GCBC. **8.00** Everyday Gourmet. **8.30** Ent. Tonight. **9.00** Judge Judy. **9.30** Bold. **10.00** Studio 10. **12.00** 10 News First: Midday. 1.00 Dr Phil. 2.00 To Be Advised, 3.00 Ent. Tonight, 3.30 Judge Judy. 4.00 Farm To Fork. 4.30 Bold. **5.00** News. **6.30** The Project. **7.30** The Graham Norton Show. **8.30** To Be Advised. 10.30 Just For Laughs. (M) 11 00 Just For Laughs Uncut (MA15+) **11.30** The Project. **12.30** Stephen Colbert. 1.30 Shopping.

6.00 Morning Programs, 7.30 Escape Fishing. 8.00 Exploring Off The Grid. **8.30** What's Up Down Under. **9.00** Everyday Gourmet. 9.30 GCBC. 10.00 St10. **12.00** 4x4 Adventures. **1.00** Offroad Adv. 2.00 All 4 Adventure. 3.00 What's Up Down Under. **3.30** Roads Less Travelled. **4.00** Farm To Fork. **4.30** Taste Of Aust. 5.00 News. 6.00 Bondi Rescue. 6.30 To Be Advised. 7.30 NCIS: LA. 8.30 FBI: International, 10.30 To Be Advised **11.30** Bull. **1.30** Shopping. **5.00** Hour Of

6.00 Mass. **6.30** Turning Point. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** Everyday Gourmet. 8.30 Freshly Picked. 9.00 GCBC. 9.30 Destination Dessert. 10.00 St10. 12.00 Australian Survivor. 1.30 My Market Kitchen. 2.00 Waltzing Jimeoin. **2.30** Exploring Off The Grid. **3.00** 4x4 Adventures. **4.00** Farm To Fork. 4.30 Taste Of Aust. 5.00 News. 6.30 The Sunday Project. 7.30 Australian Survivor 9.00 NCIS: Hawai'i. (M) 10.00 FBI. (M) 11.00 The Sunday Project. 12.00 Shopping. 4.30 CBS Morning.

6.00 Morning Programs. 7.30 GCBC. **8.00** Everyday Gourmet. **8.30** Ent. Tonight, 9.00 Judge Judy, 9.30 Bold. 10.00 Studio 10. 12.00 10 News First: Midday. 1.00 Dr Phil. 2.00 Australian Survivor. **3.30** Judge Judy. **4.00** Farm To Fork. **4.30** Bold. **5.00** News. **6.30** The Project. 7.30 Australian Survivor. 9.00 Would I Lie To You? Australia. 10.00 The Montreal Comedy Festival: Pride Gala. 11.00 FBI: Most Wanted. 12.00 The Project. **1.00** Stephen Colbert. **2.00** Shopping. **4.30** CBS Morning.

6.00 The Talk. 7.00 Farm To Fork. 7.30 GCBC. **8.00** Everyday Gourmet. **8.30** Ent. Tonight. **9.00** Judge Judy. **9.30** Bold. 10.00 Studio 10. 12.00 10 News First: Midday. 1.00 Dr Phil. 2.00 Australian Survivor. 3.30 Judge Judy. (PG) 4.00 Farm To Fork, **4.30** Bold, (PG) **5.00** News, 6.30 The Project. 7.30 Australian Survivor

8.40 NCIS. (M) 10.40 NCIS: Hawai'i. (M) 11.30 The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning. March 1-7

ABCTV	SBS	
6.00 Morning Programs. 1.35 Media Watch. 1.55 Short Cuts To Glory. 2.25 Classic Countdown Extras. 2.30 Back Roads. 3.00 Gardening Aust. 4.00 Antiques Roadshow. 5.00 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Hard Quiz. 8.30 The Weekly. 9.05 Ql. 9.35 Spicks And Specks. 10.20 Adam Hills: The Last Leg. 11.05 News. 11.20 The Business. 11.35 Frayed. 12.25 MOVIE: In My Blood It Runs. (2019) 1.45 Rage. 3.30 Antiques Roadshow. 4.30 The Drum. 5.30 7.30.	6.00 WorldWatch. 12.05 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.10 Insight. 3.10 Mastermind Aust. 3.40 The Cook Up. 4.10 Britain's Most Historic Towns. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Wildlife ER. 8.30 Military Strongholds. 9.30 Bloodlands. 10.35 SBS News. 11.05 Cargo. 12.00 Witch Hunt. 3.30 Face To Face. 3.55 Face To Face. 4.25 Barnay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.0 11.3 (20 Sec 5.0 6.3 7.3 Fro Kit 11.1 Sty Sho
6.00 Morning Programs. 1.00 Hard Quiz. 1.30 The Weekly. 2.00 Shaun Micallef's MAD AS HELL. 2.30 Back Roads. 3.05 Gardening Aust. 4.05 Antiques Roadshow. 5.00 Brush With Fame. 5.25 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Grand Designs: The Streets. 9.20 Joanna Lumley's Great Cities Of The World. 10.10 Movin' To The Country. 10.40 News. 10.55 The Business. 11.10 Girl Like You. 12.10 Q+A. 1.15 Late Programs.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.15 First Ladies. 3.05 Mastermind Aust. 3.40 The Cook Up. 4.10 Britain's Most Historic Towns. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Coastal Ireland With Adrian Dunbar. 8.30 American Presidency With Bill Clinton. 9.20 Miniseries: The Walk-In. 10.15 SBS News. 10.45 L'Opera. 11.45 The Eagle. 12.50 The Eagle. 2.00 The Eagle. 3.05 The Eagle. 4.05 Late Programs.	6.0 11 Of 2.3 Ch 6.0 Ho Cra (PO To Ne
6.00 News. 9.00 News. 10.00 Australia's Ocean Odyssey. 11.00 Australia Remastered. 12.00 News. 1.00 Queerstralia. 2.00 Ql. 2.30 Back Roads. 3.00 Gardening Aust. 4.00 Antiques Roadshow. 5.00 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 Gardening Australia. 8.30 Endeavour. (M) 10.00 Van Der Valk. (M) 11.35 News. 11.50 Miniseries: Butterfly. (M) 12.35 Adam Hills: The Last Leg. 1.20 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.05 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.10 Hear Me Out. 2.20 Amplify This. 2.40 Deafying Gravity. 2.55 Flightpaths, Freeways, Railroads. 3.00 NITV News: Nula. 3.30 Bamay. 3.45 The Cook Up. 4.15 We Hear You. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Wrecks That Changed The World. 8.30 Walking Britain's Lost Railways. 9.25 Royal Autopsy. 10.25 SBS News. 10.55 Gomorrah. 11.45 Gomorrah. 12.35 Gomorrah. 1.25 Late Programs.	6.0 11.3 2.0 Ch 6.0 7.0 8.3 () V
6.00 Rage. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Endeavour. 2.00 Death In Paradise. 3.00 Scattich Vets Down Lindor 2.20 Months	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Bowls. Ultimate Bowls 2022. Event 1. Final. Highlights. 3.00 Figure Skating. Four Continents Championships	6.0 10. Ho

1. Final. Highlights. **3.00** Figure Skating. Scottish Vets Down Under 3.30 Monty Four Continents Champion Don's French Gardens. 4.30 Landline. lighlights. 4.35 Secret Scotland. 5.30 5.00 Dream Gardens. 5.30 Further Back The Abyss: The Rise And Fall Of The Nazis. 6.30 News. 7.35 The World's Most In Time For Dinner. **6.25** Better Date Than Never. (PG) 7.00 ABC News. 7.30 Call The Beautiful Landscapes. **8.30** Britain's Scenic Railways. 9.25 Inside Windson

Bamay, 5.00 Late Programs.

6.00 WorldWatch. 12.00 WorldWatch.

1.00 Motorcycle Racing. Australian ProMX Championship. Round 1. **4.00**

Championships. Highlights. **5.30** The

Abyss: The Rise And Fall Of The Nazis.

6.30 News. 7.35 Ancient Egypt By Train.

10.20 Castles: Secrets, Mysteries And

8.30 Chernobyl: The New Evidence.

Cycling. UCI Women's World Tour.

Surf Life Saving. Australian Int

Midwife. (PG) 8.35 The Larkins At Christmas. (PG) **10.30** Miniseries: Time. (M) **11.30** Rage. (MA15+) **5.00** Rage. (PG)

6.00 Morning Programs. **10.30** World This Week, 11.00 Compass, 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Call The Midwife 3.30 Victoria. 4.20 Grand Designs: The treets. **5.10** Joanna Lumley's Great Cities Of The World, 6.00 Antiques Roadshow. 7.00 ABC News. 7.30 Death In Paradise. 8.30 Vera. 10.05 Miniseries: Butterfly. 10.50 Queerstralia. 11.50 Finding Alice. 12.35 Last Tango In Halifax. 1.35 Victoria. 2.20 Rage, 3.15 Last Tango In Halifax, 4.15 The Recording Studio. **5.00** Insiders.

6.00 News. 9.00 News. 10.00 Landline. 11.00 Antiques Roadshow. 12.00 News. **1.00** Being Frank: The Frank Gardner Story. 2.00 Parliament. 3.00 Gardening Aust. 4.00 Antiques Roadshow 5.00 Brush With Fame. 5.30 Hard Quiz. 6.00 The Drum. **7.00** ABC News. **7.30** 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. (PG) **9.35** Q+A. **10.35** China Tonight. 11.10 News. 11.25 The Business **11.40** Vera. **1.10** Parliament. **2.10** Father Roadshow. 4.30 The Drum. 5.30 7.30.

6.00 Morning Programs. 12.00 News. **1.00** Father Brown. **2.00** Parliament. 3.00 Gardening Aust. 4.00 Antiques Roadshow. **5.00** Brush With Fame. **5.25** Hard Ouiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Back In Time For The Corner Shop. 9.00 Queerstralia. 10.00 Kweens Of The Queer Inderground. 10.10 Brazen Hussie 11 40 News 11 55 The Rusiness 12 10 Four Corners. 1.00 Media Watch. 1.15 Parliament. 2.15 Van Der Valk. 3.45 Rage. **4.30** The Drum. **5.30** 7.30.

Legends. 11.30 24 Hours in Emergency. 12.25 Late Programs. 6.00 WorldWatch. 12.05 WorldWatch. 2.00 First Ladies, 2.45 Mastermind Aust. 3.45 The Cook Up. 4.15 The Architecture The Railways Built. **5.05** Jeopardy! **5.30** Letters And Numbers, 6.00 Mastermind Aust. **6.30** News. **7.30** Planet Reef. **8.30** outh Korea With Alexander Arm 9.30 Secrets Of Playboy, 10.20 SBS News. 10.50 Infiniti. 11.50 Mr Mercedes. 12.55 Cycling. UCI World Tour. Paris-Nice Race. Stage 2. 2.55 Going Places.

6.00 WorldWatch. 12.00 WorldWatch. 2.00 First Ladies. 2.45 Mastermind Aust. 3.15 Mastermind Aust. 3.45 The Cook Jp. **4.15** The Architecture The Railways Built. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. **7.30** Who Do You Think You Are? UK. **8.30** Insight. **9.30** Dateline. **10.00** News. **10.30** Railway Journeys UK. 11.00 Antidisturbios. 12.00 Manayek 12.55 Cycling. UCI World Tour. Paris-Nice Race. Stage 3. **2.55** Cacciatore: The Hunter. **4.00** Late Programs.

.00 Sunrise. 9.00 The Morning Show. .30 News. 12.00 MOVIE: Missing At 17. 2013) **2.00** Surveillance Oz. **2.30** Border ecurity: Int. 3.00 The Chase. 4.00 News. .00 The Chase Aust. 6.00 7News Local. .30 News. 7.00 Home And Away. (PG) **30** Mrs Brown's Boys. (M) **9.00** The ront Bar: All Sports Edition. (M) 10.00 itchen Nightmares Australia. (MA15+) I.10 The Latest: Seven News. 11.40 HMF tval: Women Behind Bars. (MA15+) 1.00 hopping. **5.00** News. **5.30** Sunrise.

SEVEN

.00 Sunrise. 9.00 The Morning Show I.30 News. 12.00 MOVIE: Tiny House f Terror. (2017) **2.00** Business Builders .30 Border Security: Int. 3.00 The hase. 4.00 News. 5.00 The Chase Aust. **00** 7News Local. **6.30** News. **7.00** ome And Away. (PG) **7.30** Home And way. 8.30 Code 1: The Essendon Plane rash. (M) 9.30 Air Crash Investigation PG) **10.30** The Latest: Seven News. **11.00** Be Advised. 12.30 Shopping. 5.00 ews. 5.30 Sunrise.

.00 Sunrise. 9.00 The Morning Show 1.30 News. 12.00 MOVIE: Heaven. (2019) nase. 4.00 News. 5.00 The Chase Aust .00 7News Local. 6.30 7News @ 6:30. .00 Better Homes And Garden .30 MOVIE: Hacksaw Ridge. (2016) (MA15+) Andrew Garfield, Sam Worthington, Vince Vaughn, A

conscientious objector becomes a I.15 MOVIE: Point Of No Return. (1993) M) **1.30** Home Shopping.

.00 Shopping, 7.00 Weekend Sunrise **0.00** The Morning Show. **12.00** To Re Advised Castle. 10.15 Planet Sex With Cara Delevingne. **11.10** UFOs. **2.30** Some Kind Of Heaven. **4.00** Mastermind Aust. **4.30**

11.40 MOVIE: Absolute Power. (1997) (M) 2.30 Shopping. 6.00 NBC Today. 7.00 Weekend Strade Bianche Women. Highlights. 5.00

Australian Idol (PG)

News. **5.30** Sunrise.

Flavour Bitesize. 5.00 Late Programs. 730 To Be Advised

ping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 Ordinary Joe. (M) 12.10 Tipping Point. Shop. **2.30** Global Shop. **3.00** TV Shop 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 News. 5.30 Today.

Tipping Point, 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. **7.30** Rugby League. NRL. Round 1 Thursday Night Knock Off. 10.40 Nine News Late. 11.10 A+F After Dark. 12.05 Council Of Dads. 1.00 Drive TV. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop 4.00 Believer's Voice Of Victory. 4.30 ACA. **5.00** News. **5.30** Today.

6.00 Today. 9.00 Today Fxtra. 11.30 Morning News. 12.00 For The Love Of Pets. **1.00** Space Invaders. **2.00** Pointless (PG) **3.00** Tipping Point. (PG) **4.00** ternoon News. **5.00** Hot Seat. **6.00** NBN News. 7.00 A Current Affair **7.30 Rugby League.** NRL. Round 1. Penrith Panthers v Brisbane Broncos.

6.00 Morning Programs, 10.00 Today

Horse Racing. Australian Guineas Day Randwick Guineas Day. 5.00 News. 5.30 Border Security. **6.00** Seven News. **7.00** 8.00 Million Pound Pawn. (PG) 9.00 MOVIE: John Wick: Chapter 3 - Parabellum, (2019) (MA15+) Keanu Reeves, Halle Berry, Laurence

Sunrise, 10.00 Morning Show, 12.00 House Of Wellness. 1.00 MOVIE: Dennis The Menace. (1993) 3.00 The Chase. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00

9.00 To Be Advised 10.00 Manhunt. (M) 11.00 Born To Kill? (MA15+) **12.00** MOVIE: Doomsday Man. (2000) (M) 2.00 Shopping. 3.30 Million Dollar Minute. **4.00** NBC Today. **5.00**

6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: The Perfect Boss. (2013) 2.00 Surveillance Oz. 2.30 4.00 News. 5.00 The Chase Aust. 6.00 News. **7.00** Home And Away. (PG) **7.30** Australian Idol. (PG) 8.45 Starstruck. (PG) 10.00 Australia: Now And Then. (M) 11.00 The Latest: Seven News. 11.30 Busted In Bangkok. 12.30 Dr Harry's Animal Encounters. 1.30 Emergency Call **2.00** Shopping. **4.00** NBC Today. **5.00** News. 5.30 Sunrise.

6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Mommy Group Murder. (2018) 2.00 Surveillance Oz. 2.30 Border Security: Int. 3.00 The Chase, 4.00 News, 5.00 The Chase Aust **6.00** News. **7.00** Home And Away. (PG) 8.30 The Good Doctor. (M) 9.30 Quantum Leap. (M) 10.30 The

Latest: Seven News. 11.00 Police Custody USA. (M) 12.00 MOVIE: The Nightingale. (2018) (MA15+) **3.00** Shopping. **4.00** NBC Today, 5.00 News, 5.30 Sunrise

6.00 Today. **9.00** Today Extra. **11.30** Sight, 1.30 My Way, 2.00 Pointless, 3.00 ACA. 7.30 Married At First Sight. (M) 9.00 News Late. 10.30 See No Evil. (M) 11.20 (PG) **1.00** Living On The Coast. **1.30** TV

NBN

6.00 Morning Programs. **11.30** Morning News. **12.00** Married At First Sight. **1.30** t's All Greek To Me. **2.00** Pointless. **3.00** Parramatta Fels v Melbourne Storm. 9.55

9.55 Golden Point.

10.40 MOVIE: The Nice Guys. (2016) (MA15+) **1.00** Surfing Australia TV. **1.30** TV Shop. **4.00** Take Two. **4.30** Global Shop. **5.00** TV Shop. **5.30** Skippy.

Extra: Saturday. 12.00 Destination WA. **12.30** The Pet Rescuers. **1.00** My Way. 1.30 MOVIE: The Man In The Moon (1991) **3.30** Journey To South Africa. **4.30** Explore TV. **5.00** News. **5.30** Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: The Notebook (2004) **11.00** MOVIF: The Choice. (2016) **1.00** Australia's Top Ten Of Everything. **1.50** Talking Honey. **2.00** The Incredible Journey. **2.30** TV Shop. **4.30** Global Shop.

5.00 TV Shop. **5.30** Helping Hands. 12.30 Shopping. 5.00 Hour Of Power. **6.00** Morning Programs. **10.00** Sports Sunday. **11.00** NRL Sunday Footy Show. **6.00** Morning Programs. **7.30** Joel Osteen 8.00 Everyday Gourmet **1.00** Drive TV. **1.30** Arctic Vets. **2.00** 8.30 Freshly Picked. 9.00 GCBC. 9.30 Surfski. World Series. The WA Race Destination Dessert. 10.00 St10. 12.00 Week. 3.00 Rugby League. NRL. Round Australian Survivor. **1.10** My Market 1. Dolphins v Sydney Roosters. **6.00** News. **7.00** Married At First Sight. **8.40** Kitchen. 1.30 Bondi Rescue. 2.00 Luxury Escapes. **2.30** Exploring Off The Grid. 60 Minutes. **9.40** Nine News Late. **10.10** 3.00 4x4 Adventures. 4.00 Farm To Fork Australian Crime Stories. 11.15 The First 48. 12.05 Law & Order: Organized Crime

1.00 Explore TV. **1.30** TV Shop. **4.00** Believer's Voice Of Victory. **4.30** Take Two. **5.00** News. **5.30** Today. **6.00** Today. **9.00** Today Extra. **11.30** ng News. **12.00** Married At First Sight, 1.30 Explore TV, 2.00 Pointless 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 News. 7.00 ACA. 7.30 Married At First Sight. 9.00 Big Miracles. 10.00 Nine News Late. 10.30 100% Footy. (M) **11.20** The Equalizer. MA15+) **12.10** Almost Family. (M) **1.00** Hello SA. (PG) **1.30** TV Shop. **2.30** Global Shop. **3.00** TV Shop. **4.00** Believer's Comedy Festival. 11.00 FBI: Most Wanted

6.00 Today. **9.00** Today Extra. **11.30** Morning News. **12.00** Married At First Sight. **1.30** Getaway. **2.00** Pointless. **3.00** ping Point. 4.00 Afternoon Ne 5.00 Hot Seat. 6.00 Nine News. 7.00 A Current Affair 7.30 Married At First Sight.

Voice Of Victory. **4.30** ACA. **5.00** News.

5.30 Today.

9.00 The Hundred With Andy Lee. 10.00 Nine News Late. 10.30 Botched. (MA15+) 11.20 La Brea. (M) 12.10 Tipping Point, (PG) 1.00 It's All Greek To Me. 1.30 TV Shop. **4.00** Believer's Voice Of Victory. (PG) **4.30** ACA. **5.00** News. **5.30** Today.

PASTA

\$13.00

4.30 Taste Of Aust. 5.00 News. 6.30 The Sundav Proiect. **7.30** Australian Survivor. 9.00 NCIS: Hawai'i. 10.00 FBI. 11.00 The Sunday Project. **12.00** Shopping. **4.30** CBS Morning. 6.00 The Talk. 7.00 Farm To Fork. 7.30 GCBC. **8.00** Everyday Gourmet. **8.30** Ent. Tonight. 9.00 Judge Judy. 9.30 Rold. 10.00 Studio 10. 12.00 10 News First: Midday, 1.00 Dr Phil. 2.00 Australian Survivor. 3.30 Judge Judy. 4.00 Farm To Fork. **4.30** Bold. **5.00** News. **6.30** The Project. 7.30 Australian Survivor. 8.30 Would I Lie To You? Australia. 9.30 Ghosts. (PG) 10.00 The Montreal

6.00 The Talk. **7.00** Farm To Fork. **7.30**

GCBC. **8.00** Everyday Gourmet. **8.30**

10.00 Studio 10. **12.00** 10 News First:

Midday. 1.00 Dr Phil. 2.00 Australian

Survivor. 3.10 Ent. Toniaht. 3.30 Judge

5.00 News. 6.30 The Project. 7.30 Dog

(MA15+) **9.40** Fire Country. (M) **10.40**

Bull. (M) 11.40 Bull. 12.30 The Project.

1.30 Stephen Colbert. 2.30 Shopping.

6.00 The Talk. 7.00 Farm To Fork. 7.30

GCBC. 8.00 Everyday Gourmet. 8.30

10.00 Studio 10. 12.00 10 News First:

Midday. 1.00 Dr Phil. 2.00 Taskmaster

Ent. Tonight. 9.00 Judge Judy. 9.30 Bold.

Australia. **3.00** Ent. Tonight. **3.30** Judge Judy. **4.00** Farm To Fork. **4.30** Bold. **5.00**

News. **6.30** The Project. **7.30** Taskmaster

The Montreal Comedy Festival. 10.30

Would I Lie To You? Australia. (M) 11.30

The Project. 12.30 Stephen Colbert. 1.30

6.00 The Talk. 7.00 Farm To Fork. 7.30

GCBC. 8.00 Everyday Gourmet. 8.30

10.00 Studio 10. 12.00 10 News First:

The Project. 7.30 The Graham Norton

Ent. Tonight. 9.00 Judge Judy. 9.30 Bold

Midday. 1.00 Dr Phil. 2.00 To Be Advised **3.00** Ent. Tonight. **3.30** Judge Judy. **4.00**

Farm To Fork. **4.30** Bold. **5.00** News. **6.30**

Show, 8.30 To Be Advised, 10.30 Just For

Laughs. (M) 11.00 Just For Laughs Uncut.

(MA15+) 11.30 The Project. 12.30 Stepher

6.00 Reel Action. 6.30 Leading The Way.

7.00 Freshly Picked. 7.30 Escape Fishing

Up Down Under. **9.30** GCBC. **10.00** St10.

12.00 4x4 Adventures. 1.00 Offroad Adv.

2.00 All 4 Adventure. 3.00 What's Up

4.00 Farm To Fork. 4.30 Taste Of

Down Under. 3.30 Roads Less Travelled.

Australia: BBO Special. 5.00 News. 6.00

Bondi Rescue. (PG) **6.30** To Be Advised.

7.30 NCIS: LA. (M) 8.30 FBI: International

(M) 10.30 NCIS. (M) 11.30 NCIS: Hawai'i.

Colbert. (PG) 1.30 Shopping.

Shopping. **4.30** CBS Morning.

Australia. **8.30** Gogglebox Australia. **9.30**

4.30 CBS Morning.

House Aust. (PG) 8.40 Law & Order: SVU

Ent. Tonight. 9.00 Judge Judy. 9.30 Bold

12.00 The Project. 1.00 Stephen Colbert 2.00 Shopping. 4.30 CBS Morning. 6.00 The Talk. 7.00 Farm To Fork. 7.30 GCBC. **8.00** Everyday Gourmet. **8.30** Ent. Tonight. **9.00** Judge Judy. **9.30** Bold. 10.00 Studio 10. 12.00 10 News First: Midday, 1.00 Dr Phil. 2.00 Australian Survivor. 3.00 Ent. Tonight. 3.30 Judge Judy. **4.00** Farm To Fork. **4.30** Bold. **5.00** News. **6.30** The Project. **7.30** Australian

9.00 NCIS. (M)

11.00 NCIS: Hawai'i. (M) 12.00 The Project. 1.00 Stephen Colbert. (PG) 2.00 Shopping, 4.30 CBS Morning.



SPERMEN SEINSOLS PE TO PLAY • STARTS WED 01 MARCH 2023 PLUS additional tickets on sale from 4.30pm. Raffle Drawn 6.00pm.

Drawn in 40 x 2500 points draws. Only available for members. Must swipe card to play. Points not redeemable for cash. Terms & conditions apply.

65 Beach Street, Tuncurry NSW 2428 • 02 6554 9270 • www.sportiestuncurry.com.au Follow us on Facebook!

BECOME A MEMBER TODAY FOR JUST \$12 TWO GREAT LOCAL CLUBS ONE MEMI

THE PALMS DAILY SPECIALS **TUESDAY** WEDNESDAY



PIZZA

SMALL \$15.00 OR LARGE \$20.00

THURSDAY **EVERYDAY** GREAT SPECIALS KIDS MEALS ON OUR SPECIALS BOARD \$5.00

AVAILABLE LUNCH & DINNER



BOWLING CLUB BISTRO TRADING HOURS

PACIFIC PALMS

Everyday Lunch 12pm - 2:30pm Dinner 5:30pm - 8pm

Friday & Saturday dinner 5:30pm - 8:30pm



8 Paradise Drive Smiths Lake Ph: (02) 6554 4333 Follow us on Facebook, Instagram and Twitter.

Community News

The annual Viking Challenge is back on again

this year after being washed out in 2022. The

Challenge is a six a side football tournament

held in March each year catering for A grade

and over 35s for men. This year also sees the

that has already received a fair bit of interest.

Sporting Complex with over 160 teams already

registered. Anyone is welcome to come and

Viking Challenge is hosted by the Great Lakes

For further information check out the clubs

website: the vikings.org.au or contact Pete

check out some high-quality football. The

United Football Club.

Flower on 0419 430 769

The event will be held on Saturday 4th and

Sunday 5th March at the North Tuncurry

men and women through to over 30s for ladies

introduction of a new over 45's division for men

22nd February 2023

Community News

Local Calendar

Your 'Local Calendar' lists free events.

February

Sat 25th Feb - Tuncurry Market 8am - 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

Sun 26th Feb - Pacific Palms Market 9am - 1pm Pacific Palms Community Centre. Enquiries: Jennifer Doyle 0401 968 516

March

Sun 5th March - Black Head Bazaar 8am - 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures. www.facebook.com/blackheadbazaar

Sun 5th March - Car Boot Sale 7am to 12pm Hallidays Point Shopping Village Enquiries: Tyrone Power on 0413 427 644

Sun 12th March - Forster Town Market 8am to 1pm, Town Park, Oyster Pde Forster. Search Forster Town Park Market on Facebook.



Above: Photo from Forster Farmers Market by Patricia Macvean.

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

Sat 18th March - Super Garage Charity Sale Great Lakes Palliative Care 8am - 2pm, 32 Manning St, Tuncurry.

Opposite John Wright Park.



Sun 19th March - Great Lakes Museum Market 8am - 1pm Great Lakes Museum, 1 Capel St Tuncurry. Enquiries: 6554 6275

What's on around town and beyond!

Come and try 'Strictly Social Dance Club'



Above: (L to R) Committee Members Bev Spanopulos
Function Coordinator, Mark Craythorn Instructor (& original founder), Jenny Hansen President, Kay Chapman Treasurer
& Bruce Hansen.

(most of which can be performed Freestyle or as a Sequence "set routine" Dance) are included in our programme, which offers the

Our Social Dance Group was formed prior to 1995 and when (at the invitation of Mr Barry Meyn, a Director of Club Forster at the time) the Group Moved from Pacific Palms to Club Forster, the Club Forster 'Strictly Social Dance Club' was established. Subsequently our Dance Club has been indebted to Club Forster's Management and staff for their continued commitment, assistance and support for this activity.

The Dance Club has always been run by Volunteers. Their time and energy as they assist each Tuesday organising the finances,

music and dance lessons is greatly appreciated by all our dancers and

Our regular Tuesday night format begins with a **Group Lesson from 6pm to 7pm**. Everyone is welcome to participate and many of our regular dancers help new dancers

to 'find their feet'. Two dances are usually taught during the lesson and we try to select dances to suit the abilities of those attending. Perseverance is the key and patience with yourself and others is recommended!

Following the Group Lesson our regular Social Dance commences at 7pm with the programme concluding at 9pm. Our repertoire is extensive with New Vogue and Ballroom styles danced. The Waltz, Quickstep, Foxtrot, Latin or Tango (most of which can be performed Freestyle or as a Sequence "set routine" Dance) are included in our programme, which offers the opportunity to explore and choose those dances that appeal to you!

So whether you're a beginner or want to expand your dance repertoire, our emphasis is on the enjoyment of dancing to great music in the company of likeminded people.

The LAST Tuesday of the month is our "Strictly Social Dance" from 6.30pm to 10pm to live music. On this night NO lesson is conducted but we encourage everyone to meet socially and enjoy a meal in the Club Forster Bistro prior to attending the Dance, thus supporting the Club that supports us.

Also, during the year Formal Evenings are organised to celebrate particular themes eg. Xmas Ball, Springtime Gala etc, giving all dancers the opportunity to really dress up! Thanks to a very energetic and skilled organising committee these events have been very popular with both local dancers and not-so-local dancers.

Social Dancing gently challenges your body, engages your brain and encourages social interaction - all of which promotes your self-confidence, physical and mental health and emotional wellbeing.

So come and try Tuesday Night Social Dancing at Club Forster, Strand Street FORSTER. Enquiries: Kay 0412 314 449, Bev 6555 5455, Jenny 6554 3110 & Mark 0412 384 077.



International Women's Day Luncheon

On Wednesday the 8th of March, the Ronald McDonald Forster Family Retreat, in collaboration with Club Taree will be hosting their annual luncheon to celebrate International Women's Day. This much-loved event is in its sixth year and shines a spotlight on local stories from inspirational women.

This year will be no exception, with five amazing speakers sharing their stories of the challenges and triumphs of womanhood. Speakers include Musician and young leader – Maddy Andrews; Business owner of 'Let's get baked' – Candice Fanning; Local mum – Kayla Grey; Contemporary Aboriginal Artist and Worimi Woman – Lara Went; and finally, Author – Vanda Gooley.

These women will share their diverse life journeys; stories of resilience and their adaptability to life's challenges. A reflection of the strength shown by the many families supported by the Ronald McDonald Family Retreat.

With much to enjoy on the day, including delicious food, gift bags, raffles and giveaways,

we hope everyone leaves feeling the sense of getting a big warm hug. And not only that, attendees have the chance to also give one right back, by supporting local families with a sick or injured child.

All monies raised on the day goes towards providing a home away from home for families with a seriously ill child and providing a much needed break to relax and reconnect on the shores of the beautiful Wallis Lake.

The luncheon starts at 10:30am, finishing at 2:30pm, just in time for school pick up.

Tickets start at \$80 per person and are on sale now at www.rmhcnnsw.org.au, under the events section. There is a special price for a table of 10 - the perfect excuse to reach out to your circle and make a day of it.

Anyone wanting more information can reach out to Sarah Wilkinson at the Retreat on 0497 497 465.

Right: Local Author Vanda Gooley will be one of the guest speakers at the IWD luncheon.



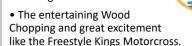


Viking Challenge The Nabiac Show coming Saturday 11th March 4th – 5th March

🥙 110

YEARS

This is our 110th year of putting on a show at the Nabiac Showground and there will be something for everyone



- The Tug-O-War is being sponsored by Ray White Real Estate to the tune of \$1000, so get a team together and enter to win first and second place prizes in the three categories.
- There are lots of events for our four-legged friends such as the All-Breeds Championship Show, the Doggie High Jump and the Children's Pet show (you need to register to participate in an event). We have the Reptile Man with snakes and lizards and a real live crocodile you can have a photo with.
- There are Horse Events and Cattle, Goats and Poultry on show, which are worth a wander around to take in their beauty and sheer strength. The Ducks and Chickens are cute too, so pop you head into the Poultry Shed.
- The Food Produce is always amazing to see, and the Hall Exhibition is inspirational. The knowledgeable and experienced show a vast range of their craft here in all their grandeur,





• Is all this making you hungry? Meander along the food stalls and you will be spoilt for choice.

• There is also Children's Face Painting, Rides on Cups & Saucers, Blow-up Castles, Pony Rides, the 8pm Fireworks Spectacular and so much more to see!

Go to www.nabiac.com/show to see the fantastic schedule that we have planned, to register participation for an event, and of course to book your tickets online so you don't have to queue.

See you at the Show!!!



Generations enjoy Mini Golf & Trampoline Park



Above: Noel Sundstrom with grandson Michael in January 1995.

Noel and Tess Sundstrom, from Gladesville, first visited Forster on their honeymoon. With their three children they then enjoyed holidaying at Forster Tuncurry for the next 25 years. They can recall the Punt taking locals and visitors across to Tuncurry and visiting the popular Bellevue Hotel (the pub with a pool.)

With their grandchildren, Noel and Tess, they then spent another 25 years holidaying here and enjoying family fun at the Trampoline & Mini Golf Park.

Michael Watson, the eldest grandchild, is now making memories with his own children in 2023.



Above: Grown up Michael with son Jordan in 2023

The Trampoline & Mini Golf Park is a Forster landmark as you drive over the bridge and continues to bring a lot of joy to the young and old.

It's wonderful to meet so many generations enjoying the experience. Forster Tuncurry Lions Club (FTLC) volunteers get a lot of satisfaction knowing that the endless hours spent opening the park daily throughout all the school holidays and over many years is appreciated.

Plans are set to make more improvements for this great community attraction.

By Margaret Kentwell - Publicity Officer FTLC

WALLAMBA DISTRICT AGRICULTURAL AND HORTICULTURAL ASSOCIATION INC:

Nabiac Show 110 YEARS

11 March, 2023

TUG OF WAR

Entry fee: \$10.00 per team \$1000 prize money

Prize money to be shared between mens, womens and children's teams (under 15 years)

For rules and entry forms visit - nabiac.com/show

Come & experience the Wallamba Show at Nabiac:

- » The Freestyle Kings Motocross
- » Wood chopping
- » Horses in the main ring
- » Beef cattle judging
- » Hall and produce exhibits
- » Kids Pet Show
- » Exhibitions
 » and much more!

» and much more!



Fireworks courtesy of Nabiac Second Hand Op Shop

FORSTER FORTNIGHTLY

Community News

Page 17

Weekly Diary

The 'Weekly Diary' is FREE to prom community group information. Max 4 lines. It is the responsibilty 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

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 at Sporties.

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

Forster Tuncurry Lions Club

Meetings held 3rd Monday each month. Club Forster 6:30 for 7pm Dinner. Contact Lion John Soorley 0423 722 337

Tennis Forster

Every Monday 8.30am - 11.30am Mixed Organised Social Forster Tennis Club, Lake Street. Enquiries: Jaime 02 6554 9120

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 7nm Club Forster

Email: jjpatchwood@gmail.com

Pacific Palms Probus Club

Meets second Tuesday each month at Pacific Palms Recreation Club, 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.

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

Hallidays Point Combined Probus Meeting

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

Wallis Lake Tourers Travel Club Inc. Meet 10am 2nd Tuesday of the month

Tuncurry Memorial Hall on Point Rd Enquiries Kayleen 0416 184 684.

The Coomba Mens Shed

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

Alcoholics Anonymous

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

Pickleball Tuncurry

9:30am and 7pm at tennis courts behind Sporties. Enquiries: Sonia 0427 309 032.

Club Forster Social Dance Club

Every Tuesday we have Learn to Dance 6 - 7pm then Social Dance 7 - 9pm Enquiries: Kay 0412 314 449

Great Lakes Speakers Club

Meet every FIRST & THIRD Tuesdays each month Feb to early Dec, Club Forster 6.50pm for 7pm start. Contact Graham 0424 426 280

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

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

Thursdays

Coomba Mens Shed

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

Codependents Anonymous

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

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

Tennis Forster

Every Thursday 12.30pm – 4pm Men's Organised Social Forster Tennis Club, Lake Street. Enquiries: Jaime 02 6554 9120

Fridays

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

Wallis Lake History Group

1st Friday of the Month, 1.30pm Great Lakes Room, Club Forster, Strand Street, Forster. World History by Members. Please call Jim Peters on 0418 201 167

Forster Tuncurry Seniors

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

Forster Tuncurry Red Cross

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

Alcoholics Anonymous

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

Pickleball Tuncurry

9:30am at tennis courts behind Sporties. Enquiries: Sonia Rockley 0427 309 032.

Saturdays

Forster parkrun

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

Club Forster Table Tennis

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

Forster Country Women's Association (CWA) Meet 9am at CWA Rooms. Scones and tea for

Farmer's Market on Little St, 3rd Saturday of the month.Contact Annette Fischer 0411 028 857

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

Great Lakes Orchid Society Meeting

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

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

Pickleball Tuncurry

6pm at tennis courts behind Sporties. Enquiries: Sonia Rockley 0427 309 032.

Tennis Forster

Every Saturday 12.30pm – 4pm Mixed Organised Social, Forster Tennis Club, Lake Street. Enquiries: Jaime 02 6554 9120

Sundays

Walk 'n' Talk For Life

Last Sunday of the month 9am Lone Pine Park, Tuncurry www.facebook.com/walkntalkforlifetuncurry

Ocean Breathing on the sand at Burgess Beach

At sunrise 1st Sunday of the month Updates prior at: facebook.com/MusubiDo Emma Barton 0434 173 850.

Pickleball Tuncurry

6pm at tennis courts behind Sporties. Enquiries: Sonia Rockley 0427 309 032.

Forster Tuncurry Dolphin Dancers Meet every Sunday 2pm to 5pm at Senior

Citizens Hall Breeze Parade Forster

Contact Bev 0421333483

Interested in playing 500? It's on at Club Forster the first and third Sunday of every month. Starts 1-4 pm with afternoon tea



Great Lakes Prostate Cancer Support Group

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

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

Contact Phil Rodham 65572063 or email greatlakespcsg@



Proudly sponsored by the Prostate Cancer Foundation of Australia.

Free Forster Library Programs

Meals & pantry items available

(music

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



- 2. Homework help available during school terms for primary and secondary students every Wednesday 3-5pm. We provide free tutor support, afternoon tea, printing/photocopying and Wi-Fi. No bookings are required. Phone 79557001 for more information.
- 3. Storytime stories, songs & craft for 3 -5 years of age. 10:30 - 11:30am Wednesdays during school term. Bookings are required at www.library.midcoast.nsw.gov.au/Events

Forster Tuncurry Church of

Christ 'Community Pantry'

Tuncurry. Pantry doors open 10 - 11:30am with

cleaning & hygiene items. Open during school

"Bring what you can - take what you need."

Enquiries: Tamara Clarke 0412 962 144 or Bret

Forster LALC

Annual General Meeting

Time: 10am Annual General Meeting

2. Declaration of Conflict of Interest

3. Annual General Meeting (AGM)

Venue: FLALC Building, 10 Breckenridge St

Date: 10th March 2023

& Pecuniary Interest

1. Apologies

Clarke 0407 483 070 or see our facebook.

All are welcome to our Community 'Brunch'

Mondays at 9:30am at 14 Douglas Avenue

pantry essentials, some fresh produce and

terms. Donations welcome



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



The Forster Community

Kitchen

lunches to the community Monday to Thursday

12 - 1pm. All are welcome. Lunches are served

in the Catholic Church Hall located behind the

Robinson 0447 184 917 and the Catholic Care

Forster LALC

Members meeting

Venue: FLALC Building, 10 Breckenridge St

2. Declaration of Conflict of Interest &

Date: 10th March 2023

Pecuniary Interest

4. Remuneration for Board

5. North Tuncurry Update

Agenda

1. Apologies

6. Membership

8. General Business

7. Housing

Time: 11am Members Meeting

3. Minutes of Previous Meeting

The Forster Community Kitchen is serving

Catholic Parish at 33 Lake Street, Forster.

Office 6539 5900.

Enquiries: Volunteer Coordinator Michelle

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Phone Geordie Yule on 0403 586 342 sales@forsterfortnightly.com.au

classifieds, funeral notices and in memoriam

Free grant workshops for community groups

MidCoast Council invites community groups and organisations to a free workshop in March delivered by The Grants Guy.

The workshops will cover topics including

making local connections, identifying opportunities, managing change, effective leadership, funding opportunities and more. Keith Whelan from The Grants Guy will lead the

MidCoast Council is offering these sessions:

28 March – Taree, Council Chambers at Yalawanyi Ganya, 10am - 12pm 28 March - Online Webinar, 6.30pm - 7.30pm

29 March - Forster, Club Forster, 10am - 12pm.

To book in for a workshop, visit: www.bit.ly/3INhuNf and complete the short online form.



Trades & Services

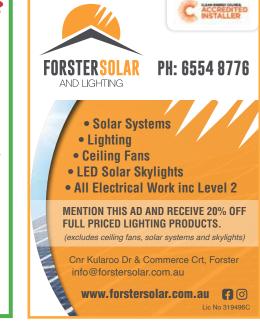
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Community News

Mixed bag and Feedback

Star Pets



Breed: Short Haired Border Collie

Age: 1 year and 5 months (6/12/2022)

running on the beach and swimming in the water. He is eve so gentle and loves meeting people especially children. He loves getting kisses on his nose and cuddles in bed. Oh, and I can't forget he loves playing

hide and seek. Dislikes: There isn't much that Blu doesn't like but he does run awav from the vacuum and then tries to catch it. He also doesn't like when his friend Ze gets

Claim to Fame: Blu has a very unique bond with his best friend Ze the rabbit. They enjoy each other's company and run around the house but when it's bedtime for Ze, Blu gets sad and sits at the

hutch watching him. Blu also has a very long tongue that is ever rarely in his mouth. He is always poking it out at everyone and makes

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

Small Town New Year

Facing the end of summer in this small town sort of organic. Our kids jump off the jetty towards home back to real life. Holiday heads dwindle walking on Wharf Street just got easier. Less cool cabanas decorate Main Beach.

Now the kids are back to school shut the lights on Trampolines & Mini Golf. The traffic's less horrible 'Yes vacancy' say the motels. Packing tents into trailers afterwards, flattened grass needs rain. Gradually fewer boats get out to fish. At this time of year kings of paddle boards dried and folded quieten Wallis Lake.

By Joy Higgins, Forster.



Quick shop costs \$180



SATIRE: A quick trip down to to the local supermarket to pick up a few bits and pieces has come in at just under \$200, it has been

she was just popping down to the shops to get a couple of things they forgot and ended up

"I just grabbed some milk, a carton of eggs, a capsicum and some washing powder, scanned them at the self check-out, and then called over the assistant to tell him that the machine had got the decimal point in the wrong spot," Dobson explained.

'Turns out it hadn't got the decimal point in the wrong spot and we now need to take out a second mortgage on our home, which is tricky because we don't own it," she explained. "Lucky I forgot to get shavers, otherwise the bill would've pushed seven figures".

Dobson said she had learnt her lesson and would not be silly enough to eat food or wash her clothes from now on. www.theshovel.com.au

Letters 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. 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 author's name and town is required, unless specifically requested otherwise. Send your letters to info@forsterfortnightly.com.au



www.moir.com.au



Above: Swell hitting the back of the Bullring by Patricia Macvean. Below: Close up of a bee by Judy Butler.



Local Legend - Ron Gallagher



Community News

Local race car enthusiast Ron Gallagher who at the tender age of 83 has finally had his last hoorah. 'Revvin Ron' has excelled with his need for speed in his treasured Toyota 86 and Ford Capri. He has achieved a collection of cumulated fast times in the 2 Litre Class placing him well ahead of his competitors. Gallagher has shown that it's not all about youthful exuberance, but rather a well-planned race supported by adaptable strategy and veteran guile throughout these races.

Interview by Vanda Gooley.

to have defied the aging process has finally decided to retire from motor car racing. Ron has been described as a fine wine – he just gets better with age. I entered Ron's home for our interview by his garage that resembled Aladdin's Cave - where endless trophies line his shelves and cabinets and moments of his illustrious career frame the walls. I was lucky enough to see his two victorious cars in his garage – his Ford Capri, which Ron has raced for 3 decades, and his Toyota 86. Ron's Capri has won him many Hill Climb races across the country. The Hill Climb specialist regards Bathurst as his favourite race (it entails racing he said a local track at Bulahdelah comes a interested enthusiast from SA was discussing day when it comes to fruition.

have been true love. As Ron's father progressed bike 10 miles each way, day and night to work a true family commitment.

Ron met his lovely wife Leonie at the weekly in Queensland and Stephen who has 3 sons.

Ron attended Sunnyside Infant School then settle." He was very unhappy there being a spirited child, and frequently wagged school which causing his parents much distress. He then transferred to a school in Enmore which he loved, despite the long journey to get there. Ron said the school was terrific with great teachers and subjects such as science,

metalwork and woodwork. Ron obviously thrived here and after only 12 months, much to people's surprise and amazement, Ron became a prefect. It was a tough school with self-made tattoos, leather jackets and spikey hair do's fights broke out daily. "When I left school, my brother Jim sat me down and said there are 3 things in life you need to adhere to, "get on with people, have good manners and look after

Growing up, Ron discovered Surf Life Saving, going to dances, girls and of course his passion for sports cars. This passion was in the family genes as his two elder brothers both owned fast sports cars. Competing in many things was in Ron's blood. At 13 he represented the state in soccer. Then came tennis and squash followed by joining the surf club and competing in many surf boat races and many carnivals, winning a state title in the 'A' crew. "It was a wonderful time in life." He also played baseball with his son in the Golden Oldies and won two years in a row, playing for Baulkham Hills.

Ron's first car was the family car which he used to attend his surf patrol duties. He quickly progressed to an MG TD then a black and white 1955 Austin Healy sports which was in the 1955 New York Car Show. This was followed by a 1955 K140 Jaguar which he proudly clocked at 136MPH at Bathurst.

Then it was time to return to reality 'getting married changed a lot of things!' 'My next step in life, apart from getting married was a 1954 FJ Holden sedan and this was my life for a long

Ron became a fitter and turner engineer tool maker by trade in the can making industry. He also worked 2 extra jobs (at the gas works office work and in a bar) so he could buy their first home in Greenacre. As the children got older, Ron's passion for fast cars continued. After going through several family cars, he bought a ford Cortina "and had a 'little fiddle' with this car. After a few more 'normal' cars he bought a 1970 V6 Capri (pictured right). Ron said 'this was an amazing car and was my hobby for some time until I regrettably sold it.' It wasn't long before he found another Capri V6 which was to be Ron's race car for the next 35 years. After numerous modifications he went on to competing in many super sprints at Eastern Creek, Oran Park, Amaroo Park, Goulburn and Bathurst. A super sprint duo is a high speed drag style duel between two vehicles. Ron won many of these races, once clocking up 125kmph along the famous Conrod Straight. In 2021, Ron won the prestigious Peter Janson Speed Event Championship Shield two years in a row. The Peter Janson Speed Event is named after Privateer Racer Peter Janson. Janson was a driver who accumulated 13 Bathurst podiums

After racing many super sprints, Ron decided went into hill climbs (racing up a hill with harsh bends and twists and competitors are timed from the bottom to the top.) Ron said this period was a very special time in his life.

Leonie and Ron have travelled quite extensively both at home and abroad, but still found time to become foundation members of Forster Probus and members of the Forster Tuncurry Travel Club. They were also in charge of the Red Cross Disaster Fund in Forster for 2 years.

the Great lakes for around 50 years, decided to retire here from Carlingford Sydney. I asked Ron what he loved about Forster Tuncurry, he said, "Its cleanliness and beauty. All our great friends and our Catholic Church."

Bob Lundie-Jenkins. Competition Secretary Bathurst Light Car Club had this to say about Ron.

'Ron has been a competito in State Hill Climb events as long as I can remember He has been a class winner in just about every one of our events he has entered and holds a number of course records in the Esses and Mountain Straight hill climbs and the Concord Supersprints.



Above: Leonie and Ron Gallagher celebrated 60 years of marriage on the 21st February 2023. Photos supplied.

Having a well-prepared car and the expertise and experience plus the determination to drive that car as fast as it will go and always being competitive – all work to being a winner. But Ron remained a humble 'fair dinkum' bloke, happy to help fellow competitors and always with good humour.

These qualities make Ron Gallagher one of the greatest ambassadors for our sport. I am proud to call him a good mate and his decision to retire from competition is a sad day

for our sport. He will be missed at the start



Allan Ingersole - long

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"I have known Ron for about 50 years. In our early relationship we played squash and Ron was extremely competitive, with a 'never give up' attitude but always acknowledging the better player on the day. I'm sure he would have had the same attitude to car racing. It is no surprise to me that he has been so successful."



At 83 years young, Ron Gallagher, who seems the wrong way up the Bathurst Mountain), but close second. Whilst I was interviewing Ron, an purchasing Ron's Capri – I'm sure it will be a sad

Ronald Gallagher was born in Canada Bay, Sydney, on 16th May 1939. Ron's father used to walk an hour, from Bayview Rd to Enfield to Ron's mother's house to court her – it must in life he built the Gallagher home, where his mum and dad had three sons Vince, Jim and Ron, being the youngest. Ron's son Stephen Ron's father supported his family by working shifts at Nestles for 50 years. He rode his push

dances. Ron would escort Leonie and her girlfriends to the dances. Ron and Leonie married in 1963 and they will celebrate 60 years of marriage on February 21st. They had two children; Jillian who sadly passed away several years ago. She had 4 children who live

Burwood Christian Brothers but Ron "couldn't

throughout his racing career. The shield itself was donated by "Captain" Peter Janson. to change his type of racing competition and The comradery amongst the competitors was amazing. Competitors would always help each other even if they were in the same class.

Ron won several State titles over the years. Over the last 4 years Ron found it difficult to tow his Capri from Forster to the track, he was 80 after all. Not surprisingly, Ron was the eldest competitor in the state hill climb. Ron's son came to the rescue. Stephen purchased a Toyota 86 sports car which Ron successfully won the NSW State title in for 4 consecutive normal house things." He said he would now probably take up fishing again and go on car outings and picnics with the local car club.

Ron considers his greatest achievements to be racing cars and surf boats, raising a great family and having a great wife and son. He said, "I'm glad to be alive!"

Ron said he is inspired by his wife, Leonie and his son Stephen.

Ron and Leonie, who had been holidaying in

22nd February 2023

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Book Review



Ocean Pools

Ocean Pools by Chris Chen and Marie-Louise McDermott is a beautiful book with pictures and descriptions of seventy-five ocean pools around Australia. Mostly in NSW, it includes those at Black Head and Forster.

The book starts with an introduction eulogising the beauties of ocean pools – the sea, the salt. sunrise and sunset, the sense of being one with nature. There is safety from rips, sharks, and chlorination. It is clear too from the pictures that some are on rock platforms that offer small pools of delight for children to explore for crabs and other sea creatures. Yet, their development over the last two hundred years is very much about swimming not simply bathing. The first two in the book highlight the wide range of pools.

The Kings Beach Ocean Pool at Caloundra is a highly developed resort style pool, with the water pumped in and filtered, the area fenced off, with shade sails, umbrellas, sun lounges and pandanus palms. The Shelly Beach Children's Pool at East Ballina by contrast is a simple rock pool, shallow and liable to fill with sand, can be hard to spot at high tide but still serves as a refuge from the full force of the waves. With other ocean pools, teenagers in particular revel in the waves washing over the side. Helen Pitt's introduction titled Sacred Places covers her delight in the four ocean pools at Coogee, one reserved for women and children, as being her happy place that she swims in according to the time of day.

Many pools now have built bottoms and lane markings, but many remain magic oases. It seems to me that they are places for memory and delight. I recall my father enjoying the Mona Vale Rock Pool, and me being careful

Continued from page 9.

She has been formally trained but

also, has traveled widely to link up

with people who have shown her both

Bangalow Palm inflorescence random

traditional and indigenous weaving using

weave, string making with Lomandra and

Day Lily leaves as well as harakeke (New

Zealand Flax) weaving and processing.

She runs local workshops to spread the

Susie says "Using natural materials is

satisfying and I find when working these

media that the material leads how you

The pleasure in working in ephemeral

media is that very often it is very much

Hallidays Point retired art teacher, Olga

including old silk scarves.

unwanted garden waste and minimises material

Conacher has found a new direction in her art

since retiring here. She has developed a fibre

including wool, silk, cotton and natural viscose.

She often includes found or recycled materials

By using a wet felting technique, Olga creates

art works that are absolutely unique as they

can never be reproduced. She uses organic

materials which are entirely recyclable.

Olga says that she finds great pleasure in

creating a work that she puts so much effort

and creative thought into. She feels that the

artwork can transfer her joy and creativity to

the person who receives the artwork either

through the mood of viewing the artwork or

workshops using acrylic paint. She uses this

idea to lead participants to create art which

Christine's work includes representations of her

life including small villages of her home country

and elements of the beach and the ocean at

Old Bar, where she now lives. Christine's work

is whimsical and intricate. She has a master's

degree in psychology which led her to paint to

tell her story and express her aspirations and

the warmth of a felted garment.

allows them to record their joy.

Christine Onward has led art therapy

painting technique using natural materials

work with it. It is like a meditation.

craft of traditional and creative sculptural

not to be cut by oyster shells or other molluscs

May the book bring back your own memories and of course those of our own local ocean

on the sides. Not in the book but another I

remember is the pool, cut out by the iron ore

miners beside Yampi Sound in the Kimberley,

that had to be checked out for crocodiles

By John King - Librarian

before use!

Local Artists give their time to

Workshops at Forster Gallery

Pacific Palms Community Library

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

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

Junior Life Saver in triple off-duty rescues

Forster Surf Club Youth Member, Katie Tisdell, has continued her extraordinary young life with a triple surf rescue on the unpatrolled Saltwater National Park beach, south of Old Bar.

Katie came to national attention through involvement in her family's poultry industry. She commenced competing in poultry and egg events at the age of 3 years. Since then, Katie has compiled titles in local, regional, interstate, Royal Easter Show and National Poultry Championships. Her successes led to her being a two-time guest of Dr Harry on the 'Better Homes and Gardens' television program, firstly as a 9 year old and again at 11 years.

Although still immersed in her poultry interests, recent years have seen Katie also becoming committed to surf life saving, firstly as a Nipper and now as a Youth Member. The manner in which she cares for her feathered children has been complemented by her care for younger surf club members and for the whole

She is active on Forster Main Beach in Patrol 8, led by Simon Lee. Since the age of 13, she has also been a Water Safety Officer for Nippers

On the 21st of January, Katie went to Saltwater Beach with her father. Peter. While swimming. she noticed 3 boys in the water who were becoming distressed at being caught in a rip.



their cries for help, Katie effected three rescues by pulling them to shore one by one.

Katie said, "I was just doing what I have been trained to do. Jim Wills as Education Officer and Simon Lee as Patrol Captain have been fantastic in preparing me.'

Story and photo by Annie Evans.

Ella and Tarli set records at Regional Championships



Above: 'Random weaving' sculptures by participants.

She says "I have been dreaming about journeys under huge moons, starry nights or across stormy oceans ever since I was a child, but what inspired me the most is my recent moving

Living so close to the ocean, being absorbed in its colours, motion, and energies has helped me immensely. The stories I depict in my paintings are usually stories of the sea, and they are all related to living in Old Bar."

Christine has exhibited throughout the local area but most of her work is sold through her website. She plans to expand her art business to include art therapy in the future.

Drawing workshops have been supported by local artist, Bettina Digby, who, through her formal training, is able to turn her hand to many mediums. **Maria Evans** has led creative art basket weaving using rafia.

These workshops have been a fantastic opportunity for participants to include themselves in the world of art with such wonderful tutors giving their time and energy to the program. They have been thoroughly enjoyed while learning new art skills and meeting new people.

By Ingrid Horsburgh. Photos supplied.



Above: Tarli Black broke the Regional record

for the 200m

ter Tuncurry Athletics Club (FTAC) athletes have set the Little Athletics Regional Championships on fire with record displays. Under 11's Ella McDONALD and Under 17's Tarli BLACK both took gold and set new regional records in very hot conditions at the Tamworth Athletics Track on the 4th and 5th of February.

First up on the Saturday morning, Ella lined up in the Under 11's High Jump in what would turn out to be an enthralling and hotly contested Final. The top 4 jumpers would set heights well above the other Regional Carnivals around the state. After some jittery moments around the 1:30m mark Ella and a previous State Champion from the Woolgoolga Athletics Club Eliete MUNN-POWER then battled it out, eventually raising the bar a number of times to pass the previous Regional record of 1:37m and setting a new record at 1:39m. After both failed to clear 1:41m a nervous wait ensued until Ella was declared the winner on the countback rule. For both jumpers this mark places them in the top jumpers Nationally and sets them up nicely

for the State Championships in March. For Ella this has been a dream as for the past 2 seasons as she has previously finished 3rd in this event and only made State as a Qualifier from outside the top 16 Automatic Regional athletes.

Forster's own Sprint Queen Tarli Black returning to her Junior Club for her final year with NSW Little A's and set the Sprint track alight with dazzling displays in the 100m and 200m events. Running agonisingly close to the 100m record in a blustery headwind on the Saturday, she missed the record by .16 of second. Conditions changed for the better on the Sunday with a slight tailwind greeting Tarli for the 200m Heats and Final along with a sharp 7 degree increase in the temperature to 34 degrees. After setting a new record in the 200m Heats in the morning, Tarli then returned to the track for the Final later that day and again broke her own record with a sizzling 25.58 second run. Looking at that run, with no disrespect to the other girls who are all fine runners, Tarli was a class above and should find the State Championships as a platform to lower her times even further with faster competition.

The HART Sport State Track & Field Championships will be contested on March 18-19th at the Sydney Athletics Centre

By Lee McDonald - Vice President FTAC

Below: Ella McDonald broke the Regional record for the High Jump



Sport

Raffertys Coastal Trail Race



Trailblazers MNC Rob Drew and Mon Kusse in the 36km race at Lake Macquarie. Photo supplied.

This stunning race finally took place on the spectacular shores of Lake Macquarie on he 4th of February after several Covid related delays. More than 750 runners eagerly took on

Below: Vic Sant at the Raffetys Coastal Trail.



this challenging journey from the lake over to the coast, down to Catherine Hill Bay and the stunning Snapper Point with views over Frazer The race offered three distances, 12 km, 22

km and 36 km. The course (lucky for some) passed by the Catho Pub. This was too much temptation for a few who decided it was necessary to take on some carb loading before rejoining the run. None of those runners were seen on any podium at the finish of the race. Speedy Max Adventure trail regulars took out many of the podium places. Josef Mcgrath and

Lilian Molesworth were first across the line in the 36km; Justin Lucas and Sophie Brown overall winners in the 22km; and Vlad Shatrov and Eloise Knights in the 12km event. Big congratulations to these runners and all other category winners and finishers – full results are available online at www.raffertyscoastalrun.

Local running groups (Forster Runners and Trailblazers MNC) were once again well presented with Vic Sant 22 km in 2h58m (4th) Len Ellis 12 km in 1h 43m (6th). Mark Vella 12 km in 2h07m (9th), Moni Kusse 36 km in 5h 38m (2nd), Rob Drew 36 km in 5h 12m (5th), Cathy Vella 12 km in 1h 56m (15th) and Shane Hunter 22 km in 2h 52m (15th)

This epic race returns to the Lake Macquarie Raffertys Resort on the 15th of July this year. It's definitely a must do for trail running

New players for Dolphins



Above: New Dolphin players raise numbers for Dolphins. Blake Polson is 2nd from left (back row).

At last, good news for the Forster Tuncurry Dolphins, seven times champions of the Lower Mid North Coast rugby union competition.

They stood on Peter Barclay Field in glorious isolation, the club coach, Ron McCarthy, and the Dolphins' new club captain, Mid North Coast Axeman representative backrower, Blake Polson, waiting for players...

Then, through the gates they came, a gang of five, as beautiful a bunch of young rugby thugs as any coach would wish to see, laughing and joshing, simply pleased to be joining a new

They were local Forster-Tuncurry youths, mates for years, who had heard on the grapevine that the Dolphins were in need of players - young, fit, tough and talented youths.

And the Dolphins were desperate. They were at the cliff's edge, club near breaking point.

The Dolphins toiled through last winter without sufficient players to qualify for the Kennards Hire play-off semi-finals, reinforced by recruiting men from other clubs, players such as the Wallamba Bulls' splendid Lay brothers, Will and Geoff

But this was the start of a new season for the Dolphins, a time for new challenges and opportunities, when new players optimistically meant the dawning of a new era, discarding past frustrations and setbacks, years when too few new, young players were recruited.

As bearded prop forward, Neil Flanders, remarked: "We work hard, we train hard and we play hard. We deserve the success we've enjoyed. We have had a great bunch of blokes here over the years." Master Coach McCarthy took a back seat and allowed big, bruising Mid North Coast Axeman representative backrower Polson to run the

The new boys in town are Max Wynne, Ollie

or fullback Angus Edwards and winger Jamieson They trained surprisingly well, instinctively

Wynne, fullback Memphis McBride, five-eighth

finding most suited positions, finishing the hour and a half session as fresh as daisies.

Another attraction of the Dolphins club is their million-dollar clubhouse, the brain-child of expresident. Stephen Bromhead, the driving force behind the whole scheme until he ventured

By Phil Wilkins

Photos by Mary Yule.



Cape Hawke holds its own at Country Championships

The Final results of the 2023 Country Championships competition results have been published for distribution. We are proud that our local club finished in outright 15th position out of the 30 clubs which attended the Championships with a total of 15 points. Last year we finished in equal 21st position and 28 points. This tremendous effort is due not only to the competitors but to all of the people who develop and support our competitors such as the parents, Age Managers and Club Coaches.

A few notable results are as follows:-

Tyler Sweetman - Gold in the U19 Male Beach Sprint and Beach Flags

Open March Past Team - Gold Medal

Pearls - Gold Medal in the 200+ Women Surf Sendettes - Bronze Medal in the Women

Reserve Surf Boats Reece Dodds and Tristan Marshall - 3rd in the Male Board Rescue

Reece Dodds - 4th in the Male Beach Flags and Tristan Marshall - 5th in the Male 2Km Beach

Leeanne King - 6th in the Female Surf Race Sienna Kennedy - 6th in the U/11 Female Beach Flags and 5th in the U/11 Beach Sprint Zack Kennedy - 5th in the U/14 Male Beach

Annabel Wilson, Eloise Forrester, Finn Montesin & Arlo Jackson - 5th in the U/8 Mixed Beach

In his congratulations to the club as a whole for hosting a hugely successful Oakberry Acai NSW Country Championships on 27 - 29 January, Gary Curtis, Club President recounted accolades received from the President, CEO, Directors of Sport and Lifesaving and the Sport Management team of Surf Life Saving NSW for the thorough and professional application made by our members to the running of the carnival. The food preparers, first aiders, work party, bar staff, and BBQ helpers were affectionately tagged the 'Green Shirts' by both Officials and competitors and sincerely thanked for their hard work and commitment.

"The club displayed its well-established and recognised ability to stage major lifesaving events through great teamwork and friendship," Gary said.

Johnny Mansour was one volunteer who worked tirelessly on the BBQ.

"The surf club can be proud of how members rally to volunteer to make it so successful and with so many new faces it reflects that the club's culture and values are being passed on, because a strong surf club is based on the people in it not the fancy walls or how many trophies you have in the cupboard. Mark

team did a fantastic job on the BBQ and particularly with smiling faces - ever though it was hot and busy they worked wel as a team." Recently a plaque was placed in the

observation room

of the club in memory of Suzanne Fiebieg's parents, Bernie and Joan Mildner, who donated the funds to provide a kitchen in the upstairs club area when the new club was under construction. "Here they can look out on the beach where they swam with their grandchildren," said Suzanne (pictured above) By Emma Barton.



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Sport

Forster Bowlers win 2 Finals in Zone 4'S Championship



Above: (L to R) Open winners - Brian Wilson, Shannon White, Martin Gosper and Kevin Robinson. Photos supplied.

The Zone 4's championship for 2022/23 (Zone 11) has been completed in the three divisions with the finals being hosted by Tuncurry Beach

OPEN: In the first semi we had a clash between Forster clubmates in a battle to reach the final, Dave Ireland, Jason Morse, Heath McGuire and Keeden McGuire played Brian Wilson, Kevin Robinson, Martin Gosper and Shannon White. Shannon's team had an early 6-1 lead, but that was slowly whittled away until after 15 ends the scores were tied up at 10-10. They were also all square after 18 ends at 12 apiece. A 3 on the 19th end to Shannon was decisive and he closed out with a single on the last for a 16-13 win.

The second semi saw John Mitchell, Steve Newman, Ashley Brymer and Jason Aurisch from Tuncurry Beach playing the Pacific Palms team of Brad Fraser, Dave Bush, John Higman and Peter Harris. This was a game that went right down to the wire. After 15 ends Peter trailed by 7-12, but they came home very well, winning 5 of the last 6 ends to snatch a 15-14

The two local teams from Forster and Pacific Palms would now battle out the final. Forster proved to be the best starters and quickly had a 7-1 lead, which they continued to build on and after 11 ends they had a commanding 14-3 lead. The Palms team did try to fight back, but the Forster team was too experienced to let this one get away and they ran out 18-9

SENIORS: The first semi was a clash between the Forster team of Chris Slater, Brian Harris. Vic McGlashan and Geoff Robinson, against Harvey Phillips, Mick Kilkeary, Lindsay Langtry and Daryl Webster from Old Bar. The Forster team held the lead up to the 12th end where Old Bar scored 5 to hit the lead for the first time. This was a lead that they would never relinguish and went on to win 21-11.

The second semi had Ron Carder, Paul Meyers, Barry Duggan ad Mark Aldridge from Forster playing Col Campbell, Daryl Fitzgerald, Grant McKirdy and George McCartney from Sporties. The Sporties team jumped from the blocks and were never headed, running out decisive 22-9

So, it was Old Bar versus Sporties for the title. The Sporties team were looking good with an 8-1 lead after 5 ends. This was when the wheels fell off. Old Bar won 4 ends running, scoring 14 shots, including a massive 7, to smash their way to a 15-8 lead. The Sporties team never recovered, despite scoring a couple of 1's. Old Bar scoring a 5 and a 4 on successive ends put the result beyond doubt with the final score

Below: (L to R) Reserve winners - John Bagnall, Ben Quirke, Dennis Tull and Brian Collins.



RESERVE: Semi no.1 saw a clash between two Tuncurry Beach teams with Phil Swalwell, Gary McMahon, Frank Edwards and Steve Holohan playing Kevin Walsh, Kevin Woods, Andrew Harker and Neville Brymer. Neville's team was just too good on the day and ran out convincing

The second semi again saw a clash of clubmates with two Forster teams playing each other. Jeff Moyes, Barry Lambert, Trevor Jackson and John Davies played Brian Collins, Dennis Tull Ben Quirke and John Bagnall. What a game. There was hardly more than a couple of shots in this for the entire game. Scores were tied at 7-7, 12-12, and after the final end, 15-15. Off to an extra end, where John Bagnall's team got up by

The final was an equally close affair between these two local clubs. Forster had an early lead courtesy of a 5 end winning sequence of 7 shots to lead 7-2. Tuncurry then hit back with their own run of 6 ends straight to lead12-7. Shots were exchanged between these two teams and after 15 ends the margin was still 5 shots to Tuncurry, at 15-10. Forster then won 4 of the next 5 ends, and the score was all tied up at 17-17 with just the last end to play. With Tuncurry holding the shot, John Bagnall drew the shot with his first bowl to hold game for Forster. Tuncurry's Neville Brymer was unable to change the head and Forster ran out 18-17

Congratulations to all of our winners, and good luck in the State Finals in July Bv Noel James.



Above: Forster Tri President Marg Gordon and Organiser Tristan Marshall with Port Macquarie Tri President Jimbo.

Sporties Club Four Champs



Above: (L to R) Runners Up Liz Gray, Val Feuersanger, Dianne Blanch and Jan Cutting. Winners Julie Curry, Sharyn Newcombe, Karen Mudford and Donna Hampson. Photo supplied.

Our 2022-23 Club Fours Championship early rounds and Semi-Finals were played during

In one Semi-Final Julie Curry, Sharyn Newcombe, Karen Mudford, Donna Hampson defeated Vicki Piper, Angela Blayden, Gae Re and Jill Callaghan 21-17 in a thrilling encounter. In the other Semi-Final Jan Cutting, Dianne Blanch, Val Feuersanger, Liz Gray defeated Sue Langridge, Lyn McVicar, Wendy McLaughlin and

The Final was played on 2nd February with Julie Curry, Sharyn Newcombe, Karen Mudford and

A cloudy cover kept the heat at bay for a

friendly Interclub Triathlon between Forster

Tri Club and Port Tri Club at Forster Keys on

the 19th of February. Triathletes of all ages

a number of different events, including the

longer race of a 750m swim, 20km bike and

5km run. Two Triathletes from Armidale also

"We used to do Interclub every year. This is

our first one back since Covid", said Margaret

participants today earn points for their Club in

the Tri NSW Interclub Stakes. We look forward

to visiting Port Macquarie on the 12th of March

jumped in the tri events on the morning.

Gordon, President of Forster Tri Club. "All

for them to return the favour."

Port Macquarie's Tri Club

President Jim Sanderson (known as Jimbo) said. "W would like to thank the Forster Tri Club for having us and we love this beautiful course at Forster Keys. It's great to have our two sister clubs back together and supporting each other. The rivalry is definitely all fun and games. We can't wait to have Forster at Port

Macquarie.

Jimbo added, "I think a lot of people like to come down from Port to get a feel for the atmosphere. ready for the NSW Tri Club Championships Forster on

May 27th later this year in

Story and photos by Mary

whizzed around in their colourful Tri suits over

Donna Hampson up against Jan Cutting, Dianne Blanch, Val Feuersanger and Liz Gray. Donna's team got off to a good start to lead 8-3 after 7 ends. Liz's team was only 3 shots off the lead after 16 ends 11-14. However, it was Donna's team who held their nerve and good bowls to take out the 2022-23 Club Fours Championship 23-13. Congratulations to Julie. Sharvn. Karen and Donna on winning back-to-back Club Fours Championships. Also, well done to Jan, Dianne, Val and Liz on consistent bowling played throughout the Championship.

By Sue Ryan.

Forster vs Port Tri Club



5km run - 1st: Jasper Sumsky (PM) 2nd: Matt Worth (FTC) 3rd: Nathan C-D grade: 400m swim, .5km ride, 4km run - 1st Aaron Eichner (FTC) 2nd: Ash Redman (FTC) 3rd:

Louise Every (FTC) F Grade: 200m swim, 9km ride. 2km run 1st: James Cockshutt (PM) 2nd: Scott

Top 3 results

nterclub Challenge:

750m swim, 20km ride.

Aluban (PM) 3rd: Nicholas **Kids:** 100m Swim, 3km ride, 1km run 1st: Kombs Peters (PM) 2nd: Macie McDermott

position) in all divisions (Interclub, C/D grade, F For just the interclub challenge: PM 30 points

Club v Club points: Points were allocated from

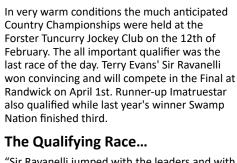
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(PM) 3rd: Jordan Marks (PM)

Overall points: PM 88 points & FTC 98 Points We hope everyone had the most amazing day! Here's to next month with the Port Macquarie

By Tri-man.





FORSTER FORTNIGHTLY

"Sir Ravanelli jumped with the leaders and with Darryl "Digger" McLellan aboard, out-stayed and then out-sprinted his rivals to justify his anticipated favouritism for the forthcoming big race final afternoon at Randwick.

Evans said after Sir Ravanelli's impressive win: "He's full of himself, this feller. He's enjoying life. He thinks he's a big shot." And just at the moment, "Rava" probably is in Australian thoroughbred racing.

It is fair to say Evans has an advantage over other trainers in that his horses train almost every morning of their careers at Tuncurry, and know every rise and fall of the splendid course, every furlong and fence post, every grass blade and finishing peg. Them's the breaks.

But Evans is a perfectionist. He presents his horses in superb condition and appearance. They look great and usually race magnificently.

His two candidates at the Country Champs were the New Zealand-bred Sir Ravanelli, a strapping grey gelding with four wins and four placings from 11 starts for \$116,60.00 in prizemoney and Par Avion, an equally impressive 5-year-old bay mare, which ran a splendid race for fourth, both acquitting themselves handsomely over the demanding 1,400 metre-course."

By Phil Wilkins.

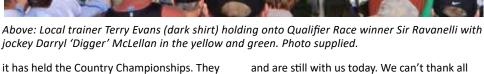
Race Day...

"The Forster Tuncurrry Jockey Club are doing incredibly well," said Molly Rose, Marketing Executive for Racing NSW. "It's the first time



Above: (L to R) Abby Delucyk, Samara Smith





Local trainer wins Country Championships at Tuncurry

recently risen up to become a qualifier. Garry [Club President] has got the whole community behind this which is what Racing NSW wants from a Country Championship. The track is in fabulous condition for the horses and is a credit to the Club's hard work.

are run fully by volunteers and have only

One of the main volunteers behind the scenes is Marg McQuillan, "Garry and I have been involved with the Jockey Club for around 16 years. I do all the bookings of the marquees and gazebos leading up to a Race Day, as well as the decorating and setting up."

"It's really good day as it is such a community event. A lot of accommodation has sold out, restaurants are booked, fuel has been bought, and people went out shopping for dresses, shoes and fascinators. Then there is the hairdressers and makeup. It's a knock-on event and all the local businesses benefit. Ray Hadley was on the radio live from the track recently, which people just loved. It's one of the biggest events of the year for this area.

"We've got our sponsors here today. Our first sponsor was the Tuncurry Bowling Club with CEO Terry Green. They joined us 16 years ago and are still with us today. We can't thank all our sponsors enough for supporting our races. We couldn't put this on without them and the many volunteers who are our backbone."

When asked how special the day was Marg said, "Garry has been working towards the Championships for years. I remember we were so excited when we got our license 20 odd

Committee member Mick Summers added.

"Once we got the license, we went from Picnic Races to Tab 2. We now have Tab 1 status as well as the first qualifier for the NSW Country Championship.

Marg said, "This Country Championships is the icing on the cake."

Mick went on to explain that a Picnic Race level is more of a social event with only local bookies. Tab 2 means bookies from Tab NSW are involved while Tab 1 is the highest standard race event with more prize money than Tab 1 and coverage by TV stations like a Sydney

Being a very warm day at the races Molly, from Racing NSW, said that each horse has its own team behind them, making sure they are well

Terry Evans – Local horse trainer Terry Evans is the only local trainer with stables

idea back with them

at the Tuncurry track. He lives at Rainbow Flat on a 20 acre property where he adjusts all the horse that are not at the track stables for the racing work. When the horses have had a few race starts they 'have a spell' or a rest at the

Club Secretary, Julie Manning, said "We used to hose down the horses, but we now use a

a while back. It is like a shower and has jets

cooling down the horses from all sides. It has

been very popular with the local and visiting

trainers and many other clubs have taken this

Before the qualifier race was held later in the

horses could win with luck of the day. His horse

Sir Ravanelli had drawn an outside barrier while

Paravion had drawn a good spot with barrier

4. As we know, by the end of the day these

starting positions did not stop Sir Ravanelli!

day, Terry said that his two horses were all

ready. He thought it was a pretty even race

with an open field and that any of the 14

'Cooling Down Bay' that our guys put together

"I look after horses for their owners who are from NSW and other states. I get everything posted on social media every day for them. The owners can see how their horses are going with training that morning.

I've been in the racing industry for 35 years and was set up at the Central Coast before moving to Tuncurry 15 years ago. I've seen the track building up from years ago and improving every

To train horses. "I now have a horse treadmill that can go up to a 6% incline, which is good for the horses' condition and muscle tone. The horses love it. They run up to get in it. We train them on varying speeds and get up to 42kph which is galloping speed.

The next event for the Forster Tuncurry Jockey Club is the Family of League Raceday on Saturday 25th February.

By Mary Yule.

Photos below by Mary Yule.



friends. Her husband Joe Burges is a horse trainer from Buladelah. Joe trained horse Marwell Dreamer who came 2nd in Race 2. They also had two other horses racing on the day - Wonfontein and Carnamah.



Above: Race Day fashion. Below: Locals Pam and Greg Haire



Above: Garry and Margaret McQuillan became involved with the Jockey Club 16 years ago.



Right: The Tuncurry Jockey Club's unique 'Cooling Down Bay' for the race horses on very warm days.



Forster Athletes medal haul at Regional Championships



Above: Silver medallist's Delilah Marshall, Louisa Whight, Ella McDonald and Abby Blatch in the Junior Girls Relay.

This is the second part of an article describing how well the Forster Tuncurry Athletic Club (FTAC) performed as a whole at the recent Regional Little Athletics Championships in Tamworth...

20 Athletes from the Forster Tuncurry Athletics Club took on the best athletes from the Northern NSW area at the Regional Little Athletics Championships at Tamworth on the 4th and 5th February and came away with a mountain of success. With 8 Gold, 12 Silver and 10 Bronze medals, 2 Regional Records and

PB's across most events showed that although small in size, the Forster Tuncurry Little Athletes can hold their own against the much larger clubs from Tamworth, Port Macquarie and beyond.

6 Athletes have automatically qualified for the State Championships in Sydney on March 18-19th. A handful of athletes are also waiting for the final two regions results to see if they can also qualify for state.

Some of the club's highlights include the Under 8's Harry LYNCH in his first Regional Championships, running the race of the carnival in the 200m Final which saw him and 3 other athletes duelling it out over the last 100m with several lead changes on a number of occasions. 0.22 of second separated the 4 athletes in a photo finish across the finish line, with Harry picking up a silver medal.

A special mention to Jasmine LETTE in the Under 13's Girls who competes in the Multi Class category for athletes with Physical and Intellectual Impairments. In her first year of Athletics, Jasmine won a swag of medals at the National PSSA Carnival late last year and then

backed up it at Tamworth, qualifying for state in 5 events. Jasmine was also Honoured by the NSW State Government during the week in recognition of her achievements at the Australian Track and Field's Championships in 2022.

What was really pleasing to see was the sportsmanship and determination in all our athletes over the two days in testing conditions. An average temp of 30 plus over the two days tested our athletes who all rose to the occasion



Above: Harry Lynch (left) who came second in a tight finish of the 200m Final.

and were great ambassadors for our club and community. For a lot of our Athletes this was their first Regional Athletics Carnival in front of hundreds of athletes and spectators.

GOLD:

Zara RAHMAN - U9's Shot put Louisa WHIGHT - U9's High Jump

Ella McDONALD - U11's High Jump. Long Jump Jasmine LETTE - U13's 100m, 200m - Multi Class

Tarli BLACK - U17's 100/200m

SILVER:

Harry LYNCH - U8's 200/400m

Jayden McDONALD - U9's High Jump Joey HILL - U11's 800m

Jasmine LETTE - U13's Discus, Shotput, Long Jump (Multi Class)

Junior Girls Relay - Louisa/Delilah/Ella/Abby

BRONZE:

Harry LYNCH - U8's Discus

Charli ALLEN - U9's High Jump

Zara RAHMAN - U9's Discus

Lousia WHIGHT - U9's 800m

Georgia HARDY - U11's Shot Put

Joey HILL - U11's 1500m

Ella McDONALD - U11's 100/200m

Abby BLATCH - U12's 400m

Rosabel SMITH - U12's 1500m

By Lee McDonald - Vice President FTAC

See page 20 for records broken by two athletes, Ella McDonald and Tarli Black, at the same Championships.

Below: Zara Rahman who won gold in the U9's





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At Hope Skin Cancer & GP Clinic Tuncurry our Vision is 'Hope for a Cancer Free Great Lakes Community'. We strive to achieve this by following our Mission to 'provide caring, efficient and accessible service for early detection, diagnosis, treatment and management of skin cancers'.

Owner of Hope Skin Cancer & GP Clinic, Dr Muneef Al-Jawabreh, has advanced qualifications in skin cancer surgery and dermoscopy. He is supported by our team of highly qualified nurses. We encourage anyone who has concerns about blemishes or spots on their skin to get checked.

Why not book in for a spot check or a full skin check? To book an appointment or for further information please call our friendly reception team.

Did you know?

- •That the estimated number of new cases of melanoma of the skin diagnosed in 2022 was 17,756? (10,374 males & 7,382 females). This is compared to 15,346 in 2018.
- Melanoma accounted for approximately 11% of all new cancer cases diagnosed in 2022.
- •The estimated number of deaths from melanoma of the skin in 2022 was 1,281 (825 males & 465 females).
- Melanoma accounted for an estimated 2.6% of all deaths from cancer in 2022.
- Melanoma of the skin was the fourth most commonly diagnosed cancer in Australia in 2018. It is estimated that it will become the third most commonly diagnosed cancer from 2022.
- •In 2022, it was estimated that a person had a 1 in 17 (or 5.8%) risk of being diagnosed with melanoma of the skin by the age of 85 (1 in 14 or 6.9% for males and 1 in 21 or 4.7% for females).
- In 2020, melanoma of the skin was the tenth most common cause of cancer death in Australia. It is estimated that it will become the eleventh most common cause of death from cancer in 2022.

Reference – Australian Government Cancer Australia and AIHW Cancer Data in Australia 2022



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