Where to vote for Referendum p2

Local Legend Steph Mansfield p23



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 4 October 2023

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.081

Best wishes for 2023's Year 12

Year 12s celebrated their last day of classroom lessons with the annual Year 12 Bike Ride from John Holland Park in Forster to their

Great Lakes Senior Campus in Tuncurry on Friday morning, 22 September. After some photos, laughter and a bit of rain, the

students set off on bikes, scooters or walked to campus for a big breakfast organised by the school's P & C. Along the journey they were supported by their Year 12 teachers.

HSC written exams will start on Wednesday 11 October 2023 with English Paper 1, and finish on Friday 3 November 2023 with Food Technology.

Left & Right: Year 12s having fun before setting off over the bridge. Can you spot the 'shaggy yowie' in the photo on the right?

Photos by Mary Yule.



More hospital funding needed to meet local demand

In the 2023 -2024 State Budget, delivered 19 September, the NSW Government has reallocated \$100 million for Stage 2 of the Manning Base Hospital upgrade in Taree. The previous government committed to this amount four years ago. Stage 2 is yet to commence. No hospital funding was allocated to Forster or Buladelah in this budget.

The Stage 1 upgrade at Manning Base was completed in mid-2020 at a cost of \$40 million. It consisted of improved renal and cancer services, a new medical imaging unit and a refurbished hospital main entrance.

Plans for Stage 2 redevelopment include:

- a new hospital building incorporating inpatient units, clinical support departments and access to telehealth spaces
- new 2-storey clinical spine 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 and refurbishment of key

On 19 and 21st September 2023, MP Tanya Thompson stated, "Given the Stage 3 Redevelopment was not included in this budget, it's important to ensure all services can be delivered within this \$100 million budget. Ideally, I would like to see improved theatre facilities with cardiac services implemented into the Clinical Services Plan and I look forward to working with clinicians, Hunter New England Health and Health Infrastructure on the project and will keep the community updated as we progress through the process."

"I will continue to advocate for the Stage 3 redevelopment of the Manning Hospital and the reinstatement of funding for the Forster Public Hospital to ensure the healthcare needs of the Myall Lakes are met."

"The Myall Lakes electorate has one of the oldest demographics in New South Wales. The Great Lakes area normally has a permanent population of 33,000, but surges during peak tourist season to around 100,000 and has more than 600,000 visitors per year. Up to 5,000

Continued on page 3.





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4 October 2023

• Coomba Park

Community Hall,

86 Moorooba Rd,

Public School, 56

Seal Rocks Rd,

Bungwahl

For more

go to:

information

on the 2023

where to vote

www.aec.gov.

Referendum and

Coomba Park

• Bungwahl

NEXT DEADLINE WEDNESDAY 11 OCTOBER TO PUBLISH WEDNESDAY 18 OCTOBER

We welcome your stories, photos & letters

- Send your Submissions & Enquiries to info@forsterfortnightly.com.au or phone Editor Mary Yule on 0413 410 492
- For Advertising Enquiries phone Sales Team Manager Geordie Yule on 0403 586 342 or email sales@forsterfortnightly.com.au
- Business Hours are 9:30am to 5pm (Mon - Fri).
- When submitting please note: around 300 words is best with high resolution photos (in their largest size) sent separately. Please include names for photos left to right and your contact details.
- The Forster Fortnightly is on the Council for Country Press
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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.

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Ring Geordie 0403 586 342

Where to vote for the 2023 Referendum



Before Referendum Day

Tuncurry Memorial Hall, 7 Point Rd,

Dates & Opening hours

Tue 3 Oct – Fri 6 Oct 8:30am to 5:30pm

Mon 9 Oct – Thu 12 Oct 8:30am to 5:30pm Fri 13 Oct 8:30am to 6pm

9am to 4pm

On Referendum Day

Date: Saturday 14th October Opening hours: 8am to 6pm

- Hallidays Point Community Church, 17 Diamond Beach Rd, Hallidays Point
- Hallidays Point Public School, 300 Diamond Beach Rd, Diamond Beach
- Tuncurry Public School, 22 Tuncurry School, Tuncurry
- Forster Public School, 102 Head St,
- Great Lakes Forster Campus, 2 Cape

• Forster-Tuncurry Community, 12 Breese

- Pacific Palms Community Centre, 3957 The Lakes Way, Elizabeth Beach

(Continued in next column)

Commonwealth of Australia **BALLOT PAPER** State/territory

Referendum on proposed Constitution alteration

Write "YES" or "NO" in the space provided opposite the question set out below.

DIRECTIONS TO VOTER

A PROPOSED LAW:

There would be a description of the proposed constitutional change here.

DO YOU APPROVE THIS PROPOSED ALTERATION?





Above: Sample ballot paper from the Australian Electoral Commission.

Pet of the Fortnight

Meet Hazel

Hazel is pretty and petite young lady. She is happy girl who quite likes attention. Originally surrendered from the pound with her two daughters, she remarkably shows no signs of trauma. Her kittens have both found homes and we think it's her turn now. A sweet little girl who will be a treasure in any home.

She comes desexed, vaccinated, and microchipped and her adoption fee is \$120. If you would like to meet Hazel, please contact our Cat Welfare Officer on 0490 262 827. NSW AWL Rehoming organisation number

Our last pet Cosmo has been adopted.



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

CALL US: 02 6557 2273 4 SOUTH STREET, TUNCURRY

More hospital funding needed to meet demand



Continued from page 1.

people from Forster alone are presenting at Manning Base Hospital each year, causing undue strain and delays in providing essential medical care. The need for a public hospital in Forster is evident to everyone who has witnessed the alarming ambulance ramping outside Manning Base Hospital's doors", Ms Thompson concluded.

Funding needed to complete stage 2 is a concern for the Manning Great Lakes Community Health Action Group (MGLCHAG). On 24 September 2023, they stated, "The present government has allocated \$100 million in the recent budget for Stage 2 of Manning Base Hospital (MBH). As a result of an approximate 30% increase in construction costs [over the past four years], this will be insufficient to fund Stage 2 as per the current

"We continue to support and praise staff working under enormous pressure and less than ideal conditions which will now only get worse. It is time to stand up as a community and let the government and Hunter New England Health know that we have had enough and that we need an equitable share of health

For more information on Stage 2 plans for Manning Base Hospital go to www.health.nsw.gov.au/news/ Pages/20220119_01.aspx www.hneinfra.health.nsw.gov.au/projects/

Tuncurry Waterpark Playground officially opened

On a beautiful sunny day, a big group of young kids are happily running around and splashing in the new water park while their families relax on the benches and grassy areas surrounding the playground. Against this background of colour, water and the joyful sounds of kids, the new Tuncurry Waterpark Playground at Vincent Fazio Park, Tuncurry, was officially opened by Mayor Claire Pontin, General Manager Adrian Panuccio and MP for Lyne, Dr David Gillespie, on Monday 26 September. Also in attendance were Councillors Kathryn Stinson, Troy Fowler and Peter Howard, and volunteer Land Manager, Peter Craig, of Tuncurry Memorial

In his speech Mr Panuccio said the idea of a water park started in 2021. The existing pool at Vincent Fazio Park had been built in the 1970s and was at the end of its lifetime and had become expensive to maintain. Some people in the community wanted to keep the pool but with community consultation it was decided to make better use of the space and turn the area into a fun park for residents and visitors.

Mr Panuccio said the community (including feedback from school aged children) told Council they wanted a free water park that was open all year around with a bucket, splash pad. water cannons and, "a slide that goes really quick, but not too quick!"

During the planning phase the community also told Council they would like the water playground to be accessible for all abilities, promote an active and healthy lifestyle, bring residents and visitors to Tuncurry to help boost the local economy, encourage a sense of community and wellbeing and to provide a fun place for younger kids when the ocean is too rough. The waterpark design has wheelchair access and accessible changeroom facilities

The redevelopment of Vincent Fazio Park will take place over several stages. The official opening marked the completion of stage one after construction started in September 2022. Stage one cost \$2.24 million, which was met by Australian Government grant funding of

\$950,000 and Council funding of \$1,290,000. Further stages of Vincent Fazio Park will include an educative cycleway, BBQ and picnic facilities, green spaces and car

Mr Panuccio said. "Since the soft opening the Tuncurry Waterp Playground has been really really popular. We are confident that we have delivered on what our community wanted."

Ms Pontin thanked the Federal Council staff, the **Tuncurry Memorial** who were involved all the way through construction, the contractors involved with th project and the community who provided valuable input into the plans

Mr Gillespie said, "People might ask what's a new waterpark got to do with Federal Government? It's great for this town! A good visitor experience is what makes people come back again. This water park and skateboard area is great for kids. their parents and grandparents, and it's good for business."

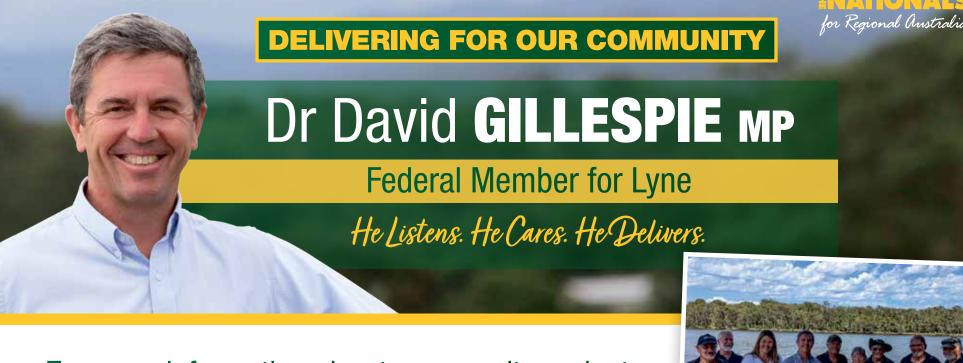


Above: (L to R) - MP Dr David Gillespie, Mayor Claire Pontin, Councillors Troy Fowler, Kathryn Stinson (holding her daughter) and Peter Howard with neral Manager Adrian Panuccio. Photo by Geordie Yule.

The water park is free to use and is currently open 9am to 5pm every day. Hours may vary depending on the time of year. The waterpark is designed to be 'turned off at the tap' at the end of the day to convert it back to a regular park. It has no standing water to exclude the need for lifeguards.

By Mary Yule.

PACIFIC PALMS



For more information about community project funding, assistance with Federal Government services or to have your say on our Vision 2030 Plan visit www.davidgillespie.com.au



Where to pick up your Forster Fortnightly **Rainbow Flat** Forster Information Centre Little Mart Access Fuels Service Stn **Hallidays Point**

Foodworks Hallidays Point Tallwoods Country Club Tuncurry

Tuncurry Resource Centre Woolworths TSG StopnGo Access Fuels Service Stn Tully's Tuncurry News Tuncurry Beach Bowling Club

Sporties **Forster**

The Deck

Beach Bums Tulls News

Stockland Customer Desk Forster Keys Mini Mart Club Forster Forster Bowling Club

Pearl Energy South Forster Farmers Patch Great Lakes Y Ampol Station Tradies Takeaway Coles Service Stn Forster Library Coles Woolworths

Pearl Energy Service Stn

Pacific Palms Bowling Club Good Food Store Smiths Friendly Grocer **Coomba Park** Pollards General store Coomba Aquatic Centre

Pacific Palms

Blueys Supamart

Charlotte Bay

Smiths Lake

Foodworks Charlotte Bay

The Recky

Bungwahl Lifeline Forster Bungwahl Fuel & Liquor Lakes & Oceans Seal Rocks Seal Rocks General Store **Community News**

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Improvements to Booti Hill Walk from Elizabeth to Seven Mile Beach

The NSW National Parks and Wildlife Service (NPWS) has completed significant upgrades to the popular Booti Hill walking track in Booti Booti National Park

NPWS Area Manager Tamara Campbell said the upgrade has realigned sections of track between Elizabeth Beach and Seven Mile Beach for a better walking experience.

"Booti Hill walking track is part of a greater 8km loop walk that features coastal views, lush rainforest, and a meandering trail along the tranquil shores of Wallis Lake, which offers family-friendly opportunities for swimming and picnicking," said Ms Campbell.

"This \$470,000 project has significantly improved the bushwalking experience and we are thrilled that the upgraded walk is now open, and visitors can once again enjoy this jewel of Booti Booti National Park and spend time connecting with nature.

"We've improved the grade of the track and incorporated additional drainage features in a way that is sensitive to the local environment.

"These changes will make the track more resilient and able to better withstand future rain events.

"We welcome visitors to come and experience the stunning loop walk, which beautifully captures the unique interplay between the lake and the coast which makes this area so special There are some lovely vantage points to sit and take in the view," said Ms Campbell

Booti Booti National Park sits on an 8-kilometre peninsula between the Pacific Ocean and Wallis

The park includes beaches, lakeshore, coastal rainforest, walking tracks, lookouts and opportunities for picnicking and camping





Above: A spectacular view from Booti Hill (Shelly Beach in distance) rewards walkers at the top Left: Stone steps feature on the improved nature walk.

Calling for feedback on Destination Management Plan

MidCoast Council continues to build on its tourism brand by releasing a new draft Destination Management Plan and inviting feedback on the document while on public

Over the years, and despite the challenges brought on by COVID-19 and significant natural events like bushfires and floods, the awareness and appeal of the Barrington Coast [brand name for the Mid North Coast Local Government Area] as a short break and holiday destination has continued to strengthen.

The new draft Destination Management Plan sets the direction and prioritises the sustainable growth of the visitor economy of the MidCoast to 2030 and beyond.

To put the draft together, an industry-based team was established late in 2022 to contribute to the planning process and assist in identifying and documenting opportunities.

Consultation with a variety of stakeholders was conducted over an eight-month period in preparation for the draft.

With the draft now on public exhibition. Council is seeking input and feedback from the wider

Director of Liveable Communities, Paul DeSzell said the draft was a crucial document in shaping the economic future of the MidCoast.

"There is little doubt that a clear strength of the region relates specifically to its nature-based setting, including a myriad of waterways, its spectacular coastline and beautiful hinterland and valleys. The region is blessed with national parks of international significance due to their conservation values," he said.

"A significant challenge identified for Destination Barrington Coast is the lack of paid visitor experiences, such as guided tours and activities as well as culinary and agritourism experiences that take advantage of the region's spectacular natural and rural

"A broader experience offering, that appeals to a range of target markets, would enable the MidCoast to realise an even greater potential

Feedback is welcome at: www.midcoast.nsw. gov.au/destination-management-plan

COMING



Forster Library Visitor Centre Customer Service Point

Our teams are preparing to welcome you to our new address when the Civic Centre opens next Monday 9 October.

Scan the QR code for closure information and to stay updated.



midcoast.nsw.gov.au/civic-centre



FORSTER

CIVIC CENTRE 4 Lake Street

Opening 9 October



AN OPEN LETTER



So what do you reckon about the Voice Referendum?

We Lyne locals will be voting YES because as mainly non-Indigenous people, we've been living on land for 235 years that First Nation people have taken care of for 65,000 years.

Last November, National Party Leader David Littleproud said "What every Australian should do, in the sanctity of their own home, is to make a decision about what's the best way to close the gap quicker. Let's not bring vitriol into this. Let's keep this sensible and respectful." (Source: The Guardian Nov 22) We agree.

If enough of us vote YES, it'll be a step closer for First Nation people to enjoy the same health, education and housing standards as we do. It'll recognise First Nation people's unique place in our history, and it'll give them a chance to have a say in what matters to them.

We accept First Nation people's invitation to "walk together" by voting YES because it has little risk or impact on us, but it will have massive positive outcomes on their lives.

All past governments have failed to make a substantial difference. By voting YES, you'll make a difference and make your kids, and grandkids, proud.

Some of us will be out and about at market stalls, information booths and other events to listen and have a chat. So let's talk.

LYNE LOCAL SIGNATORIES

John Hume Erica Hume Michael Fox AM Owen Carroll Susan Saxby Judy Woolstencroft Cathy Arena Margaret Gardner Graham Gardner **Graham Robinson** Karen Robinson Helen Tompson Stan Bolden PhD Peter Liebmann Kari Liebmann **Bettina Bettington** Anne Sattler Heather McLaughlin Sandii Chan Carmel Perks Helen Watt Helen Halpin Dureau Lisa Clancy Max Dunn Loretta Dunn

Peter Alley Cr Claire Pontin Niko Campbell Lesley Walter Clive Walter **Lesley Bond** Sophia Romano **Deborah Nicholas** Stephen Nicholas Caroline Byrne Thomas Broadfield Sarah Lulu Faith Felicity Carter OAM Lyall Kennedy Helen Bryan OAM Noni Pratt Tim Prescott **Greg Byrne** Anne Townsend Mick Townsend Patsy Browne Paul Browne Rhonda Hannay Sarah McFadden Paul McFadden

Mary Browne **Judy Gagg** Clare McKay Cr Dheera Smith Cr Jeremy Miller Susan Carmody Julia Dunstan JP Saima Hayes Maxine Wright Phil Wright Kahrina Richardson Michelle Lowry Kym Kilpatrick PhD Carmel Spark Judith Pellow Michele Glossop B.Tax Rod Cooper Caroline Allenby Kay Le-Roi PSM Kasiel Westle Adam Heathcote Michael Adams **Eleanor Spence** Kerrin O'Grady

Clare Donnellan Trevor Walshe Sandra Kwa Kerry Reynolds Linda Gill Julie Brady Melissa Day **Rob Butler** Karin Brueggemann **Brenda Sheargold** Jean Graham Ken Brown PhD Elaine Chalker Phillip Miller Chris Thiering Lisa Thiering Libby Ryan Anke De Reuver Julie Lyford OAM David Bass Denis Duval Gillian Calvert AO Eric Hudson Mark Vanstone Barbara Richardson PSM Helen Lyons-Riley

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Victor Hoisington

Authorised by Peter Liebmann, First Ridge Rd, Smiths Lake 2428

FORSTER FORTNIGHTLY

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Community News

Tanya's **Community Update**

The new Government's budget was handed down on Tuesday the 19th of and delivered



reactions within the Myall Lakes. Funding for the Forster Public Hospital has not been allocated in this year's budget.

Funding for a Forster Hospital is necessary for the Myall Lakes community, making a big difference to the lives of people living in the Great Lakes area. It is an opportunity to alleviate the immense pressure on the Manning Hospital.

The Myall Lakes electorate has the oldest demographic in New South Wales. It is not that the people want another hospital they need another hospital.

The budget showed the reallocation of \$100 million for Stage 2 of the Manning Hospital redevelopment, a commitment made by the National/Liberal Government.

I will continue to advocate for the Stage 3 redevelopment of the Manning Hospital and the reinstatement of funding for the Forster Public Hospital and funding for services for the Bulahdelah community to ensure the healthcare needs of the Myall Lakes are met. Myall Lakes deserves better

Tanya Thompson MP

Launch of Forster's Offshore Artificial Reef module



Above: The artificial reef module was pulled into place 4km from the Forster Tuncurry channel entrance before being sunk (photo at top right) to create a reef on the sandy ocean floor 30-35 metres below. One Mile Beach in Forster is in the background.

NSW Department of Primary Industry's (DPI) 10th offshore artificial reef project was launched off Forster on Tuesday morning, 26 September. The primary objective of the launch was to improve offshore recreational fishing opportunities by creating new fish habitat and providing additional fishing locations.

The chosen site is a sandy area approximately 4km east-north-east of the Wallis Lake entrance at a depth of 30-35m. Centre point coordinates of the project site are: 32° 09.992' S. 152°

The Forster project will complement existing successful artificial reef installations off Sydney, Shoalhaven Heads, Port Macquarie, Southern Sydney, Merimbula, Newcastle, Wollongong, Tweed Heads and Eurobodalla.

The innovative design of the artificial reef module features two steel towers (placed 30m apart) that each weigh around 50 tonnes. The module stands 13 meters high and 16 by 16

Previous reef installations have proven to be very effective in creating productive fish habitat

for a diverse range of recreationally important fish species including Kingfish, Snapper, Silver Trevally, Mulloway, Yellowtail Scad and Blue Mackerel. These artificial reefs also play a crucial role in deflecting currents and creating

eddies and upwellings, providing intricate

habitats for marine life This initiative has been years in the making, with the groundwork laid by Member for Myall Lakes, Tanya Thompson's predecessor, Stephen Bromhead. "Stephen's vision for enhancing recreational fishing opportunities in the Forster region have come to fruition with the official launch of Forster's Offshore Artificial Reef," said

Phil Gogerly, Reel Ocean Adventures fishing charter operator, remarked, "The new artificial reef for Forster is a game-changer. It will offer exceptional recreational fishing opportunities and a thriving habitat for Forster's diverse

Reel Ocean Adventures assisted DPI Fisheries in the deployment of the first artificial reef module. The second module will be deployed within the next few weeks, completing the artificial reef structure.

This \$1 million investment was been made possible through the government's Artificial Reef Program which draws its funding through the Recreational Fishing Trust

Emily Suvaal, appointed Labor spokesperson

for Myall Lakes, encourages community organisations and local councils across Myall Lakes to submit their grant applications for the Community Building Partnership (CBP) program to help make their town or suburb a better place to live, work, learn and play.

The program invests in infrastructure projects that deliver positive social, environmental and recreational outcomes while promoting

community participation, inclusion and

Since 2009, the program has awarded more than \$436 million to more than 19,700 projects across the state, from access ramps for community halls to resurfacing the local

Incorporated not-for-profit community organisations and local councils are eligible to apply for grants of between \$5000 and \$150,000. Grants must be for building, refurbishing or repairing community infrastructure, or for buying freestanding equipment or vehicles

Each state electorate receives a maximum of \$300,000 in funding and applications are assessed against other proposed projects within the same electorate

Grant applications close Friday, 27 October 2023 at 5pm. To apply, visit the **Community Building Partnership website:** www.nsw.gov.au/grants-and-funding/ community-building-partnership-2023-round

NSW Premier Chris Minns said, "I've seen firsthand how these grants make a difference in the community, whether it's repairs to a clubhouse kitchen or installing playground shade sails.

Manning - Great Lakes Police District update

Dear Readers,

At school holiday time, it is important for anyone considering taking a trip with their family to DRIVE SAFELY.

In this article I want to focus on Driver Fatigue. Fatigue kills. Each year, it accounts for around 20% of road deaths in NSW. Here's how to avoid fatigue and be a safer driver:

What is fatigue?

Fatigue is the feeling of being sleepy, tired or exhausted. It's your body's way of telling you that you need to stop, and rest or sleep.

Fatigue-related crashes are twice as likely to be fatal. Drivers who are asleep cannot brake. Driver fatigue can be as dangerous as drink driving. It affects your concentration and judgement, and slows your reaction time. Research shows that being awake for about 17 hours has a similar effect on your driving as a blood alcohol concentration (BAC) of 0.05.

Fatigue can affect anyone, no matter how experienced a driver they are. Fatigue is not only a problem on long drives or at night. It can affect you on shorter, everyday trips like heading off to work in the morning, or driving home after a long day.

Groups at a higher risk of driving tired are shift workers, those who drive for work, tradies who tend to start work early, students who

tend to be up late, and new parents who are

Avoiding fatigue

While there are no specific road rules to manage fatigue, when you're driving it's your responsibility to make sure you do not put yourself and others at risk

1. Get at least 8 hours of sleep

Make sure you have a good night's sleep. The average person needs about 8 hours each night to function normally. Teenagers need even more. When you get less hours than you need, you get a 'sleep debt'. The only way to treat your sleep debt is by sleeping.

Wait 30 minutes after waking before driving. There's a high risk of fatigue immediately after waking up, when you still feel tired. This is 'sleep inertia' and generally lasts between 15 to

2. Avoid driving when you would normally sleep

Avoid driving at night when your body naturally wants to sleep. The risk of having a fatal fatigue-related crash is four times greater late at night and early in the morning.

3. Know when it's time to rest

You can avoid fatigue crashes by recognising the early warning signs:

yawning

NSW Community Building Partnerships grant opens for 2023

- · poor concentration
- tired or sore eyes restlessness
- drowsiness slow reactions
- · feeling irritable making fewer
- and larger steering corrections
- missing road signs
- having difficulty staying in the lane.

If you show any of these signs, park in a safe place and take a break or nap

4. Stop and take a nap

Sleep is the only way to overcome tiredness. As soon as you experience any of the signs of fatigue, park in a safe place and have a nap (20 minutes works best).

Above: Inspector Timothy

5. Do not wait for a microsleep - by then it's too late.

A microsleep is a brief and unintended loss of consciousness. It happens when you try to stay awake while doing a monotonous task, such as driving. It can last from a few seconds to a few minutes. Signs of microsleep are:

head snapping

• closing your eyes for more than a couple of

A 4-second microsleep at 100km/h means you'll drive more than 110m with your eyes off

6. Take regular breaks

Planning ahead is the best way to avoid becoming tired. Plan to take regular breaks from driving, even if you don't feel tired, and share the driving with a friend or family member if you can.

7. Watch what you eat and drink

Dehydration can cause fatigue. Some kinds of food and drink remove water from your body. Avoid alcohol, fatty foods, too much coffee and sweet soft drinks. Drink plenty of water instead.

8. Use rest areas where available

Rest areas (or rest stops) are places where you can park safely, get out of your vehicle and refresh yourself. They're available 24 hours a day, every day of the year. You must not camp in rest areas, so if you need a longer rest, find a campsite, hotel or motel.

You can also take a break at a petrol station, park, country town or Driver Reviver site. Driver Reviver launch sites operate in NSW during peak holiday travel periods. These are places to take a break during a long drive and have a free cup of tea or coffee, and a snack.

Inspector Timothy Bayly - OIC Forster Police.

Pacific Cape Retirement Village Cnr Kularoo Drive and Karloo Street, Forster



One bed room (\$335,000) and two bed (\$435,000) apartments currently available

Contact GLAICA House during business hours 9 am - 4 pm Mon - Fri 02 6554 5521











Forster Neighbourhood Centre Central Community Hub Grand Opening 3 Lake Street Forster Tuesday 10th October 2023 2pm - 4pm

It has taken a village to set up and establish our new central community hub. We are now fully operational with professional office space, interview rooms and community meeting space to better support the wellbeing of all Great Lakes residents.

As a valued supporter, we cordially invite you to our Grand Opening.

The event will include a smoking ceremony, cultural dancers, formal opening and service expo of partner organisations working together to support our community.

Proudly funded by the NSW Government's Stronger Country Communities Fund in association with the Foundation for Rural and Regional Renewal and the Forster Neighbourhood Centre.





MIDCOAST

Items of interest - 27 September 2023 Council meeting

Mayor and Deputy Mayor elections

Councillor Claire Pontin returns to her role as Mayor after being voted back into the position for another year. Councillor Alan Tickle was also re-elected to the role of Deputy Mayor.

Councillors Pontin and Tickle have held their positions since the 2021 local government election and will continue to be Mayor until the September 2024 local government election.

Draft Playspace and Skatepark Strategies

Strategies that set the future direction for the planning and provision of play spaces and skate parks in the MidCoast have been endorsed by Councillors and are now on exhibition for community comment

The strategies outline how the region's playgrounds and skateparks will be planned for over the next 12 years and will be used as a tool to attract funding for upgrades and

These documents set the longer-term strategic direction of these much-loved community assets and Council would like community feedback on them. The goal is to ensure our playgrounds are managed and delivered in the most effective manner for social, economic and environmental outcomes for the community.

Draft plan of management – North Tuncurry Sports Complex

The community is invited to provide feedback on a document that sets out the future direction of North Tuncurry Sports Area.

MidCoast Councillors endorsed the draft Plan of Management for North Tuncurry Sports Area and it is now on public exhibition for community comment

The draft Plan of Management outlines how the area, which includes the North Tuncurry Sports Complex, will be used and managed into

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Above: Re-elected Mayor Claire Pontin and Deputy Mayor Alan Tickle.

the future and will be used as a tool to attract

Water and wastewater monthly performance report

A high level of compliance continues to be

funding for upgrades to the area.

The report suggested water usage continues to sit above average, but water restrictions are not required as yet but that could change with the predicted summer conditions expected and unless rainfall is received in the coming months.

Tender – Sale of dredged sand

The report recommended the sale of dredged sand that will be stockpiled in Vincent Fazio Park be awarded to Allum Property Group Pty

The sand is a byproduct of forthcoming dredging operations in Wallis Lake funded by State Government Grants and Council's Environmental Levy. On top of the direct costs of the dredging operations there is also a

royalty fee to be paid to the State Government

It was Council's intention to collect sufficient income from the sale to cover the royalty fee and a portion of the fixed dredging costs. The nominated sale price from the tenderer achieves that outcome. All costs associated with collecting and relocating the sand from the stockpile site will be met by the tenderer

Local roads repair program update

A report outlined the positive impact of the \$7.5 million Local Road Repair Program has had on local roads.

While adopting the 2022/23 Operating Plan, Councillors endorsed an additional investment of \$7.5 million in major repair/rehabilitation on our local road network as an initial response to the impact of extended wet weather on our deteriorated road network.

The report revealed the work is largely complete with the exception of final bitumen sealing on the projects completed toward the

Work is also progressing on the development of a Road Strategy which will be presented to Council at the October 2023 Council Meeting. For full details of all reports from the Council

Meeting go to: www.midcoast.nsw.gov.au/Your-Council/ Council-meetings/Council-meeting-summary/ Summary-Council-meeting-27-September-2023

Forster-Tuncurry Mayoral column

The community can now have their sav on several strategies that set out our future directions. The draft

Complex Plan



of Management is a site-specific plan of management developed for the North Tuncurry Sport Complex with input from key stakeholders, however, now is the opportunity for all members of the community to share their

 The draft MidCoast Destination Management Plan 2024-2023 builds on the extensive work that has been completed under the previous plan. This included the development and implementation of the Destination Barrington Coast brand and its award-winning marketing campaign.

• The draft Playspace and Skatepark strategies will also be up for discussion and feedback. Our commitment is to protect our natural environment while providing affordable recreation and play opportunities through providing high quality infrastructure that will increase participation and enhance the physical activity undertaken by the community.

You can access all these important draft plans and provide feedback at: www.haveyoursay.midcoast.nsw.gov.au

Also, at the last Council meeting we gave the go ahead for a trial of E-scooters in Forster-Tuncurry. We will be one of the first areas in the state to trial hireable E-Scooters. Council is partnering with Transport for NSW and Bird – a sustainable transport provider to run the 12-month program. There will be more information available in the coming weeks.

Mayor Claire Pontin

WEEKLY EDITION

GET INVOLVED: HAVE YOUR SAY

on exhibition, waiting for your feedback.

in more projects, more often.

updated as they progress.

For more information visit:

haveyoursay.midcoast.nsw.gov.au

feedback.

Hearing from our community helps us deliver the

projects and services that matter most - it supports our

decision-making and helps us plan for future projects.

Our aim is always to get more people like you involved

There's usually a wide range of projects and initiatives

Head online to see what's currently open, have your

The Have Your Say column on the right lists projects

say on the things that interest you, and register to stay

and development proposals that are currently open for



SPOT JOE RIDER FOR YOUR CHANCE TO WIN

Joe Rider is a motorcycle awareness campaign which encourages drivers to look out for motorcycles to reduce the number of SMIDSY (sorry mate I didn't see you)

Look out for volunteers wearing high visibility 'I am a Joe Rider' vests as they ride in our region each day.

When you spot them riding next week between 9-13 October, register your sighting on our website and you'll go in a daily and weekly prize draw.

To register visit midcoast.nsw.gov.au/joerider

TENDERS INVITED MAJOR & MINOR CIVIL WORKS

We are seeking submissions for suitably qualified and experienced companies to provide Major and Minor Civil Works Services that fall within a range of areas. Visit midcoast.nsw.gov.au/publicnotices for further

The closing date is Thursday 16 November at 2pm.

FORSTER CIVIC CENTRE OPENING SOON

A new state-of-the-art community facility will open its doors in Lake Street, Forster next Monday 9 October. The Forster Civic Centre offers a diverse range of community spaces including conference and function rooms for up to 200 people. It is also the new address for our Customer Service point in Forster, the new Forster Library, and the Visitor Centre.

Forster Library is currently closed for the move, and Customer Service will be closed on Friday 6 October.

The new space is conveniently located, with undercover and street parking. Find out more about this exciting new

HAVE YOUR SAY

Visit our website to provide feedback on:

- Draft Playspace Strategy
- Draft Skatepark Strategy
- Draft North Tuncurry Sports Area Plan of Management
- Draft Destination Management Plan

annual, single day motorcycle event

- Reclassification of Council conservation reserves
- Proposed road naming at Tinonee Designated development proposal MOD2023/0212 -1344 Bakers Creek Road, Bakers Creek - Use of land for

Integrated development proposals

- DA2023/0779 68 Memorial Avenue, Stroud subdivision 3 lots
- DA2023/0743 768 Tinonee Road, Mondrook -Stage 1: subdivision (2 lots); Stage 2: single storey dwelling, shed and carport
- DA2023/0668 19A Potoroo Drive, Taree subdivision



CAREERS AT COUNCIL

Want to make a real difference in your community?

We have a wide range of positions currently available where you can contribute to delivering better services and facilities, and to sustain and improve our stunning

Our Trainee / Apprenticeship program is also currently

Visit midcoast.nsw.gov.au/careers for further information.

midcoast.nsw.gov.au

COMING SOON COMMUNITY CONVERSATIONS

JOIN US WHEN WE VISIT A LOCATION NEAR YOU

During October and November we're heading back out across the MidCoast to provide you with an update on what we are delivering in

Come along to learn about:

- How we manage our finances to deliver community services
- What we are delivering for our community

The Community Conversations program has proven to be a great way for everyone to stay updated, ask questions and speak directly with council staff, and it helps us understand the things that matter to you and your community.



We look forward to sharing this update with you. Scan the QR code for more information.

midcoast.nsw.gov.au/conversations

October 12 Marlee | 19 Lansdowne | 24 Harrington | 24 Wingham November 2 Coolongolook 7 Old Bar 9 Tuncurry 9 Pacific Palms 15 Gloucester 15 Stroud | 16 Bulahdelah | 21 Hawks Nest | 21 Nabiac | 23 Hallidays Point





Diane Brookes Podiatry

PODIATR

SERVICE

- Nail Cutting
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- Diabetic foot checks
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Community News Community News Page 10

4 October 2023

'Out and About'

Year 12's Annual Bike Ride from Forster's John Holland Park to Great Lakes Senior Campus on 22.9.2023. Photos by Mary Yule.





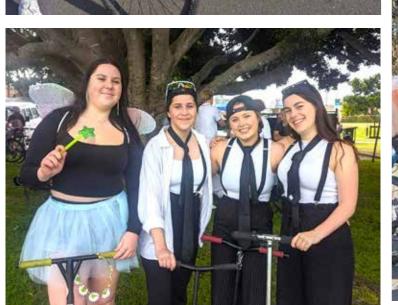














MidCoast Council celebrates the region's young people

Young People in the region were celebrated on Tuesday 12 September at the MidCoast Youth

Held at the Manning Entertainment Centre, the ceremony was attended by more than 130 people which included award nominees, their

The awards were initially an initiative of Taree PCYC and MidCoast Council aiming to recognise the valuable contributions of young people aged 12 – 24 in the MidCoast local government area by celebrating the achievements of individuals in the award categories.

This was the third year of the MidCoast Youth Awards and the program has grown to include new partners LJ Hooker and Grow A Star

In his speech at the ceremony, Council's General Manager Adrian Panuccio said young people's contribution to the community is

"Quite often we hear people say that young people are important because they are our future leaders," he said.

"This is a phrase we don't like to use at Council We believe that young people should be valued for the contribution they are already making to the community, not for their potential future contributions – and that's what the Youth Awards are all about."



Above: (L to R) Lauren Oberg, Malachi Walker, Jesse Linton, Izaac Boag, Maddison Laws,

The prizes were generously sponsored by each of the program partners, as well as Rotary

International District 9660 and Friends of the Manning Regional Gallery.

There were 11 award winners across six award categories. Winners received a \$250 EFTPOS

Page 11

The winners were as follows;

Leadership: 12-17 Lauren Oberg

Leadership: 18-24 Jesse Linton

Arts: 12-17 Maddison Laws

Arts: 18-24 Cameron Waugh

Entrepreneurship: 18-24 Samantha Tobin

Wellbeing and Resilience: 12-17 Joshua

Wellbeing and Resilience: 18-24 Malachi Walker Community Services: 12-17 Izaac Boag

Community Services: 18-24 Miranda Yates

Sports: 12-17 Lucy Pither

Sports: 18-24 Courtney Webeck

A number of Highly Commended Awards were also presented including the

Leadership: 12-17 Laine Wyllie

Arts: 12-17 Bria Hooper

Community Services: 18-24 Jess Kernahan Sports: 12-17 Izaac Boag

Noiminate for 2024 NSW Women of the Year Awards

The NSW Women of the Year Awards celebrate the incredible women and girls improving the lives of people in NSW.

Award categories

• Premier's NSW Woman of Excellence - is a role model who has excelled in her chosen field. In doing so, she effects lasting change and is an inspiration to others.

 NSW Community Hero - shines a light on the accomplishments of an extraordinary woman who works tirelessly to contribute to the prosperity of those in her local community.

• NSW Regional Woman of the Year recognises the accomplishments of an exceptional woman living in regional NSW who inspires and advances their community, and contributes to the fabric of their local area.

• NSW Aboriginal Woman of the Year - is a role model who promotes economic, cultural and/or social opportunities for Aboriginal people in NSW. Open to all Aboriginal and Torres Strait Islander women.

• NSW Young Woman of the Year - has demonstrated incredible potential or achievement in her chosen field, passion or area of interest. Open to women aged 16-30 You can find the nomination form link for each award category at: www.nsw. gov.au/women-nsw/awards-and-events/ nsw-women-of-year-awards

Nominations close 11:59pm, Tuesday 24 October 2023 (this has been extended from the previous close date of 11:59pm, Sunday 8

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4 October 2023

SO NOW I KNOW THAT, I AM ONE STEP CLOSER TO BEING AWARE OF MY IGNORANCE?

Sign up for Forster-Tuncurry U3A Term 4



Above: Pencil Drawing Class proudly displaying their artwork! Photo supplied.

Are you retired or semi-retired? U3A offers a relaxed yet informative program of classes and events.





Forster-Tuncurry University of the Third Age (U3A) Term 4 begins Monday 16th October 2023 and continues for 8 weeks.

Our members draw on their experience, knowledge and love of life to present a variety of classes and other activities, such as History and Travel talks, writers and singers groups, games afternoons, as well as gentle exercise classes and an Easy Walkers group. A great atmosphere for learning and social enjoyment.

Last term we attended Valley Industries and a tour of their workshop and nursery. This gave an insight into the very important work they do. We also had a soup and slice morning tea - delicious soups and slices prepared by our

One of our "Pop Up" classes was pencil drawing. We have some very talented members and the class was enjoyed (with some laughs) by all, even the ones who said they couldn't

WELCOME MORNING is Monday 16th October 10 - 12 at the Cape Hawke Surf Club (upstairs, lift available). Come along and meet our friendly members and learn a bit more about our organisation and why we have such a

You can visit us online at: www.forstuncurry.u3anet.ora.au

Employment White Paper encouraging signal for real reform

While the permanent increase for the Work Bonus from \$7,800 to \$11,800 shows the government is willing to listen (the temporary increase was set to end 31 December 2023), it must go further to support jobs in key areas

National Seniors Australia is encouraged by the government's Employment White Paper and what it signals for workforce participation.

Our submission to the Employment White Paper called for the government to adopt policies that support greater workforce participation. This included reducing the income test taper rate from 50 cents to 32.5 cents in the dollar for pensioners who want and need to work.

"National Seniors welcomes the permanent increase in the Work Bonus from \$7,800 to \$11,800. It shows the government is willing to listen, but it must go further," Chief Advocate

"The government could reduce the barriers to workforce participation by trialling a targeted reduction in the income test taper rate for workers in the health and social assistance sector (and agriculture). In the health care

and social assistance sector there are around 73,000 job vacancies.

"Demand for care and support workers is set to double by 2050. According to the National Skills Commission, we will face a shortfall of 211,000 workers (full-time equivalent) by 2050. How are we going to meet demand in the future if we don't act now to change the policy settings?

"Older people are dealing with these desperate shortages now. By 2050, it will be their children. They deserve to know someone is going to be there for them, at a time when they need it the most.

"If the carers aren't there, the care isn't there. The consequences of this are far more costly than implementing our policy."

Deloitte modelling shows reducing barriers to workforce participation for pensioners would be a win for government and a win for the

"The White Paper is a forerunner to real reform, and we look forward to the release of the National Strategy for the Care and Support

www.nationalseniors.com.au

Local named Outstanding Young Business Leader

In a moment that left her both stunned and elated, Shelley Kurtz, a graphic designer and artist from Tallwoods, was announced the **Outstanding Young Business Leader** at this year's Business NSW Mid North Coast Business Awards. The prestigious award was presented to her amidst a gathering of over 200 business owners during a gala dinner held at Sails Port Macquarie.

Shelley Kurtz, the designer behind Creative Shell and artist behind Paint with Shell was not only honoured but also pleasantly surprised by her victory. Prior to the announcement, she had already considered being named a finalist as a significant accomplishment. However, her joy escalated to shock when her name was announced as the winner.

Despite her remarkable success, Shelley remains humble, attributing her achievements to hard work and dedication. She noted, "To be perfectly honest, I've never regarded myself as a business leader; I see myself as just your average hardworking small business owner. I am overjoyed and immensely grateful for this recognition."

The Business NSW Mid North Coast Business Awards aim to celebrate the innovation, resilience, and dedication of businesses across the region. They emphasise the essential role that businesses of all sizes and industries play in driving economic growth, creating employment opportunities, and contributing to the overall well-being of the state.

The event serves as a platform to showcase and acknowledge the efforts of business owners, leaders, and entrepreneurs who continuously strive for excellence and growth



Above: Award winner Shelley Kurtz. Photo by Lucy Humphries Photography.

in their respective fields. Shelley's recognition as an outstanding young business leader is a testament to her dedication and passion for her work, which has undoubtedly left a lasting mark on the local business community.

Tuncurry Forster Jockey Club awarded 2023 Country Race Club



Above: (L to R) Forster Tuncurry Jockey Club's Chris Turner (Accountant), Garry McQuillan (President) and Julie Manning (Secretary). Photo supplied.

"This award is for our community, and to thank all the years our wonderful volunteers have put into making Tuncurry Forster Jocky Club the 'NSW TAB Country Club of the Year'," said Julie Manning, Secretary of the Club.

"We are thrilled and honoured with the Award given at the Racing NSW Country Conference

"A huge thank you to our committee, staff, sponsors and everyone associated with our club. Your support and hard work has all culminated in the awarding of this prestigious

"We look forward to continuing to showcase the best that country thoroughbred racing has to offer in our beautiful twin towns of Tuncurry-Forster, where the surf meets the turf."

There were approximately 30 clubs vying for this award.

FORSTER FORTNIGHTLY

Puzzles Page



Swamp

PEMEMBER, TOURISTS WA TO SEE A

FEROCIOUS CROC.

Bushy Tales

WHAT'S THE 'WOMBA'
WORD OF WISDOM'
FOR TODAY, DOUG?

Page 13

The Grin Bin



Doodley Squat

Fill in the blank cells using numbers from 1 to 9. Each number

An All Australian

Word Game

* Each word must contain the centre 'Focus'

* Each word must be four letters or more

* Find at least one nine letter word

* No verb forms or plurals ending in 's'

TODAY'S Good: 12 words

* No proper nouns and no hyphenated words

Very good: 19 words

Excellent: 26 words

Spot the 5 Differences

letter and each letter may be used only once

Sudoku

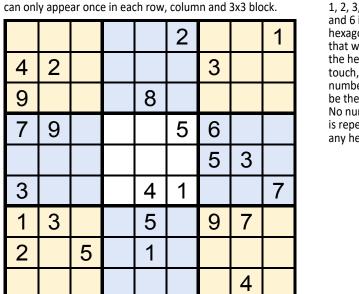
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Focus

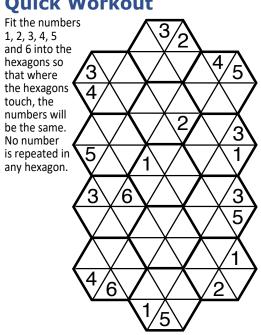
* No swear words

3





Quick Workout



Reference: Macquarie Concise Dictionary

12

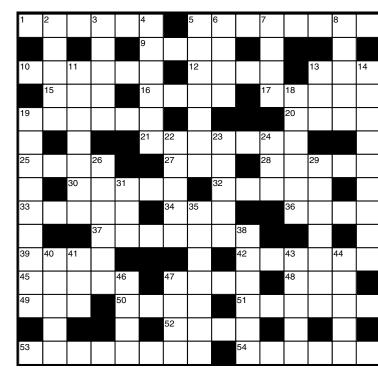
Focus No. 3915

Join the Dots

Find out by joining

What is this?

Crossword



37 Expresses agreement

39 Part of the eye

45 Facial features

48 Slippery catch

51 Complete agreement

42 Cleansed

49 Adhesive

50 Unfasten

52 Weapons

53 Enjoys

ACROSS 1 Hydrophobia

5 Soft drink **9** Lament **12** Lure

13 Disencumber 15 Meshed fabric 16 Level 17 Lift with effort

19 Suffering loss 20 Stains 21 Broke suddenly

25 Stylish 27 Unwell 28 Added clause **30** Efface 32 Carpenter's tool

33 Wicked giants

2 Unaccompanied **3** Angry 4 Confectionery 5 Generous 6 Dash

54 Festive season

40 Cosmetic 41 Doctrine 43 Curbs 44 Run away to marry 46 Prosecutes 7 Solemn promise 47 Border

11 Small dog

13 Narrow beam

14 Put an end to

18 Moved in whirls

22 Family member

23 Factory

26 Fold

24 Work unit

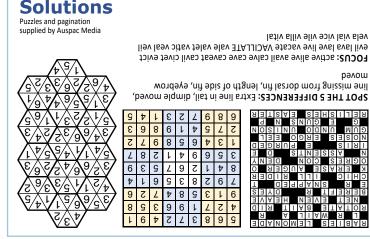
29 Dragnets

31 Donkey

35 Burdensome

38 Marital partner

19 Making summoning



Forster Fortnightly

www.forsterfortnightly.com.au

Supercars Championship. Round 10. Morning News. 12.00 The Block. 1.00 Bathurst 1000. Day 1. Practice session. Missing Persons Investigation. **2.00** Pointless. **3.00** Tipping Point. **4.00 12.00** Motor Racing. Supercars Championship. Round 10. Bathurst 1000. Afternoon News. **5.00** Hot Seat. **6.00** NBN News. **7.00** ACA. **7.30** Beach House Day 1. Practice session and support races. **2.00** Motor Racing. Supercars Hunters. **8.30** MOVIE: The Expendables Championship. Round 10. Bathurst 1000. Day 1. Qualifying and support races. **5.00** 3. (2014) (M) 11.00 MOVIF: Creed II. (2018) (M) 1.20 Australia's Top Ten Of Everything. 2.15 It's All Greek To Me. 2.45 The Chase Aust. 6.00 7News Local. 6.30 News. **7.00** Better Homes. **8.30** MOVIE: The Accountant. (2016) (MA15+) **11.05** To

Garden Gurus Moments. **3.00** TV Shop. **4.00** Outdoors Indoors. **4.30** Global Be Advised. 12.30 Shopping. Shop. **5.00** TV Shop. **5.30** Skippy. 6.00 Morning Programs 1.00 Motor **6.00** Morning Programs, **1.00** Space Invaders. **2.00** Rugby World Cup: Highlights. **3.00** The Block. **4.30** Garden Racing. Supercars Championship. Round 10. Bathurst 1000. Day 2. Practice session and support races. 4.30 Motor Racing. Gurus. **5.00** News. **5.30** Getaway. **6.00** NBN News. 7.00 ACA. 7.30 Riverdance Supercars Championship. Round 10. 25th Anniversary Special. **8.00** MOVIE: Dirty Dancing. (1987) **10.00** MOVIE: Bathurst 1000. Day 2. Top 10 Shootout 6.00 News. 7.00 Border Security. 7.30 MOVIE: Aquaman. (2018) 10.15 MOVIE: Music & Lyrics. (2007) **12.05** Adele: Live Underwater, (2020) 12.15 12 Monkeys, 1.15 In London, 1.20 Great Australian Detour. Motor Racing. Supercars Championship. **1.50** 9Honey: He Said She Said. **2.00** The Round 10. Bathurst 1000. Day 2. Top 10 ncredible Journey. **2.30** Garden Gurus

6.00 Morning Programs, 9.00 GCBC 9.30 Farm To Fork. 10.00 St10. 12.00 Luxury Escapes. **12.30** Everyday Gourmet. **1.00** 10 Minute Kitchen. **1.30** Healthy Homes. 2.00 Buy To Build. 2.30 Farm To Fork, 3.00 What's Up Down Under. **4.00** My Market Kitchen. **4.30** Food Trail: South Africa. 5.00 News. 6.00 Luxury Escapes 6.30 Bondi Rescue 7.00 Soccer. Australia Cup. Final. Sydney FC v Brisbane Roar, 10.30 The Cheap Seats **3.00** TV Shop. **4.30** Global Shop. **5.00** TV 11.30 So Help Me Todd. 12.30 Shopping. 4.30 Authentic. 5.00 Hour Of Power 6.00 Morning Programs. 8.00 Everyday

Gourmet. 8.30 Freshly Picked. 9.00 The

Chef's Garden. **9.30** Pooches At Play.

10.00 St10. 12.00 Shark Tank. 1.15 My

Market Kitchen. 1.30 Three Blue Ducks

2.00 Jay's Mission Melanoma Walk. 3.00

Cook With Luke. 3.30 GCBC. 4.00 Farm

To Fork. **4.30** Taste Of Australia: BBO

Midday. 1.00 Dr Phil. 2.00 To Be Advised.

3.30 Everyday Gourmet. **4.00** Judge

Judy. 4.30 Bold. 5.00 News. 6.30 The

Project. 7.30 The Graham Norton Show

8.30 Have You Been Paying Attention?

9.30 The Graham Norton Show. 10.30

Road To The Melbourne Cun Carnival

11.00 The Project. **12.00** Stephen

Colbert. **1.00** Shoppina.

6.00 Weekend Sunrise. 7.30 Motor **6.00** Morning Programs. **12.30** Bondi Lifeguard World Adventures. **1.00** Tennis. Laver Cup. Highlights. **2.10** Riverdance Racing. Supercars Championship. Round 10. Bathurst 1000. Day 3. Support races and warm up. 10.30 Motor Racing. Supercars Championship, Round 10 Bathurst 1000. Day 3. Race 30. **6.00** Seven News. **7.00** The Voice. (PG) 9.00 7NEWS Spotlight: The Voice Final

Shootout. Replay. 3.00 Shopping.

10.00 Born To Kill? Trevor Hardy. (M)

InBetween. (M) 1.00 Shopping. 5.00

6.00 Sunrise. 9.00 The Morning Show.

11.30 News. 12.00 The Voice. (PG) 2.00

The Rookie. (M) **3.00** The Chase. **4.00**

News. **5.00** The Chase Aust.

0.15 The Rookie: Feds. (M)

11.15 The Latest: Seven News. 11.45

Chicago Fire. (M) 1.00 Home Shopping.

6.00 Sunrise. 9.00 The Morning Show

11.30 News. 12.00 SAS Australia. 1.45

3.00 The Chase. 4.00 News. 5.00 The

7News @ 6:30. **7.00** Home And Away.

Chase Aust. 6.00 7News Local. 6.30

9.15 HMP: Behind Bars: HMP Long

(PG) **7.30** SAS Australia. (M)

Surveillance Oz Dashcam. 2.00 S.W.A.T.

11.00 Autopsy: USA. (M) **12.00** The

News. **5.30** Sunrise

6.00 7News Local.

6.30 7News @ 6:30.

9.15 The Rookie. (M)

7.30 SAS Australia. (M)

5.00 News. 5.30 Sunrise.

Block. **5.00** News. **5.30** RBT. **6.00** NBN News. 7.00 ICC World Cup: Pre-Game. **7.30** Cricket. ICC World Cup. Group stage. India v Australia. First innings. 11.00 Innings Break. 11.30 Cricket. ICC World Cup. Group stage. India v Australia Second innings. 3.30 Cross Court. 4.00 ver's Voice Of Victory. 4.30 Fishing

Shop. **5.30** Helping Hands.

Aust. **5.00** News. **5.30** Today **6.00** Today. **9.00** Today Extra. **11.30** Morning News. 12.00 MOVIE: For The

Love Of Chocolate. (2021) 2.00 Pointless

3.00 Tipping Point. 4.00 Afternoon

News. 5.00 Hot Seat. 6.00 NBN News

Missing Persons Investigation. 10.00

Reported Missing. (M) 11.15 Nine News

Late. 11.45 Resident Alien. 12.35 Tipping

Point. 1.30 World's Greatest Engineering

7.00 ACA. 7.30 The Block. (PG) 9.00

Icons. 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** The Block. **1.30** Getaway. 2.00 Pointless. 3.00 Tipping Point. **4.00** Afternoon News. **5.00** Ho Seat. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) **8.45** Space Invaders. (PG) **9.45** Love Triangle. (M) **11.00** Nine News Late. **11.30** New Amsterdam. **12.15** Tipping Point. **1.05** Desert Vet. **2.00** World's Greatest Animal Encounters.

Special. 5.00 News. 6.30 The Sunday Project. **7.30** The Graham Norton Show. **8.30** FBI. **9.30** NCIS: Hawai'i. **10.30** To Be Advised. 11.30 The Sunday Project. 12.30 Shopping, 4.30 CBS Morning 6.00 Morning Programs. 7.30 Ent. Tonight. **8.00** Everyday Gourmet. **8.30** GCBC. 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. 3.15 Fnt. Tonight. 3.30 Everyday Gourmet. 4.00 Bold. 4.30 Neighbours. 5.00 News. 6.30 The Project. **7.30** The Masked Singer Australia. 8.40 Have You Been Paying Attention? 9.40 The Betoota Advocate Presents. 10.40 FBI: Most Wanted. 11.30 The Project. 12.30 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.

6.00 What's Up Down Under. 6.30 My Market Kitchen, 7.00 Farm To Fork, 7.30 Ent. Tonight. **8.00** Everyday Gourmet. **8.30** Judge Judy. **9.00** Bold. **9.30** Neighbours. **10.00** Studio 10. **12.00** 10 To Be Advised, 3.10 Ent. Tonight, 3.30 Everyday Gourmet. 4.00 Bold. 4.30 Neighbours. 5.00 News. 6.30 The Project. 7.30 Shark Tank. 8.40 The Chean Seats. (M) **9.40** NCIS. **10.30** NCIS: Hawai'i. 11.30 The Project. 12.30 Stephen Colbert. 1.30 Shopping, 4.30 CBS Morning.

Australia After War. 10.30 News. 10.45 Dateline. **10.00** SBS News. **10.30** The Lartin. (MA15+) 10.45 The Latest: Seven News. 11.15 The Business. **11.05** Four Corners. **11.50** Point, 11.30 Blackport, 12.25 Miniseries Media Watch. **12.10** Science Of Drugs Chicago Fire. (M) **12.15** The Arrangement. (MA15+) **1.30** Shopping. **5.00** News. **5.30** Safe Home. 4.10 Going Places. 4.40 3.00 TV Shop. 4.00 Believer's Voice With Richard Roxburgh. 1.05 Rage. 3.40 Bamay. 5.00 NHK World English News Of Victory. 4.30 ACA. 5.00 News. 5.30 Tenable, 4.30 The Drum, 5.30 7.30. Morning, 5.30 Late Programs. LAUGH OUT LOUD WITH US! LAKESIDE (AKESIDE) 8pm at Club Forster SATURDAY 21 OCT 2023 1 DOORS 7.30PM • SHOW 8PM MEMBERS S20 • NON-MEMBERS S30 ULL FESTIVAL INFO, TICKETS & MORE VISIT (7) (9) LAKESIDEFESTIVAL.COM.AU #LFEST23

Multiply. 4.35 Jeopardy! 5.00 Letters And

Reeve. **8.40** Ancient Egypt: Chronicles Of

An Empire, 9.40 U-96. The True Story Of

Das Boot. 10.40 SBS News. 11.10 Unseen.

Going Places. 4.40 Bamay. 5.00 NHK

6.00 WorldWatch 12.00 WorldWatch

2.00 Gymnastics. FIG Artistic World

Challenge Cup series. Round 6. Highlights. **4.00** Ballroom Fit. **4.05**

With Mortimer & Whitehouse. **5.30**

hildren Of Chaos: What Became Of

WW2 Orphans, 6.30 News, 7.30 Norfolk

Riverwoods. **9.35** World's Most Scenic

Railway Journeys. 10.25 Late Programs.

6.00 WorldWatch, 12.00 WorldWatch

Championship. Round 9. Highlights. **3.55**

Motorcycle Racing, FIM Superbike World

WW2 Orphans. 6.30 News. 7.30 Bermuda

Triangle: Into Cursed Waters. 9.10 Rebel

With A Cause: Neville Bonner. 10.10 Late

6.00 WorldWatch. 12.10 WorldWatch.

2.00 The Buildings That Fought Hitler.

2.50 Mastermind Aust. 3.20 The Cook

Up. **3.50** No Distance Between Us.

4.05 Living Black. **4.35** Living Black

Conversations. 5.05 Jeopardy! 5.30

Aust. **6.30** News. **7.30** Finding Your

9.30 Michael Mosley's 21 Day Body

Roots. 8.30 Scotland's Extreme Medics.

Challenge. 10.25 SBS News. 10.55 My

Brilliant Friend. 12.05 Hidden Assets.

6.00 WorldWatch, 12.00 WorldWatch,

2.00 The Buildings That Fought Hitler

History Bites. 3.00 The Cook Up. 3.30

Mastermind Aust. 6.30 News. 7.30 Who

Do You Think You Are? 8.30 Insight. 9.30

The Great Separation, 5.05 Jeopardy

5.30 Letters And Numbers. 6.00

2.50 The Point: Road To Referendur

Championship. Round 10. Highlights.

History Bites. 4.55 Going Places. 5.30

Children Of Chaos: What Became Of

1.00 Speedweek. 3.00 Motorcycle

Racing. FIM Superbike World

4.50 The Point: Road To Refer

Island With Ray Martin. 8.30 Scotland's

heelchair Sports. 4.10 Swan Footbal

4.15 Para-Badminton. 4.20 Gone Fishing

Philippines The World Tonight.

World English News Morning. 5.30 ANC

12.05 Furia. **3.40** Italian Food Safari. **4.10**

Numbers. 5.25 Mastermind Aust. 6.30

News. 7.30 South America With Simon

JOIN US IN THE WALLIS & MYALL ROOMS AT CLUB FORSTER FOR OUR Chipu Parade WITH ADDICTIVE IMPORTS affle • Auction • Best Dressed & Best Hat prizes BOOKINGS ESSENTIAL look online at clubforster.com.au or visit Reception Terms & conditions apply. See website for details.

FANTASTIC MUSIC EXPERIENCES THIS MONTH! **GET YOUR TICKETS NOW VISIT CLUBF**

October 11 - 17

6.00 Morning Programs. **7.30** Ent. Tonight. **8.00** Everyday Gourmet. **8.30** Judge Judy. **9.00** Bold. **9.30** Neighbours.

10.00 Studio 10. 12.00 10 News First:

Midday 1.00 Dr Phil 2.00 Shark Tank

Gourmet. 4.00 Bold. 4.30 Neighbours.

Edition. 9.00 Miniseries: Heat. 10.00 So

Help Me Todd. 11.00 The Project. 12.00

Stephen Colbert. **1.00** Shopping. **4.30**

Neighbours. **10.00** Studio 10. **12.00** 10

lews First: Midday. 1.00 Dr Phil. 2.00

To Be Advised. 3.30 Everyday Gourmet

6.30 The Project. **7.30** The Amazing

Race Australia: Celebrity Edition. 8.40

Gogglebox Australia. **9.40** The Cheap

Shopping. 4.30 CBS Morning.

Seats. **10.40** Law & Order: S.V.U. **11.30** The Project. **12.30** Stephen Colbert. **1.30**

6.00 Morning Programs, 9.00 Bold, 9.30

Neighbours. 10.00 Studio 10. 12.00 10

News First: Midday, 1.00 Dr Phil, 2.00

4.00 Bold. **4.30** Neighbours. **5.00** News.

6.00 Morning Programs, 7.30 Ent.

Tonight. **8.00** Everyday Gourme

8.30 Judge Judy. **9.00** Bold. **9.30**

CBS Morning.

3.10 Ent. Tonight. 3.30 Everyday

5.00 News. **6.30** The Project. **7.30**

NBN

Morning News. **12.00** The Block. **1.15** Mr Mayor. **1.45** Explore. **2.00** Pointless. **3.00**

5.00 Hot Seat. 6.00 NBN News. 7.00 A

Current Affair. **7.30** The Block. (PG)

Equalizer. (MA15+) 12.10 The Gulf. (M)

4.00 Believer's Voice Of Victory. (PG) **4.30** ACA. **5.00** News. **5.30** Today.

6.00 Morning Programs. 11.30 Morning

News. 12.00 The Block. 1.00 Missing

Persons Investigation. **2.00** Pointless. **3.00** Tipping Point. **4.00** Afternoon

News. **5.00** Hot Seat. **6.00** NBN News. **7.00** ACA. **7.30** The Block. **9.00** Cricket.

ICC World Cup. Group stage. Australia v

South Africa. First innings. **11.00** Innings

Break, 11.30 Cricket, ICC World Cup.

Group stage. Australia v South Africa.

Second innings. **3.30** TV Shop. **4.00** Believer's Voice Of Victory. **4.30** ACA

6.00 Today. 9.00 Today Extra. 11.30

Kenan 2.00 Pointless, 3.00 Tippi

Morning News. 12.00 The Block. 1.30

5.00 News. 5.30 Today.

1.00 Tipping Point. (PG) 2.00 Outdoors

Indoors. 2.30 Global Shop. 3.00 TV Shop.

10.50 Nine News Late. 11.20 The

8.40 To Be Advised.

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

ABCTV	2B2	SEVEN
6.00 Morning Programs. 10.45 Q+A. 12.00 News. 12.30 Press Club. 1.35 Media Watch. 1.55 Shakespeare Uncovered. 2.55 Restoration Australia. 3.55 Tenable. 4.40 Long Lost Family. 5.30 Hard Quiz. 6.00 The Drum. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Mother And Son. 9.00 WTFAQ. 9.30 Starstruck. 10.00 Would I Lie To You? 10.35 News. 10.50 The Business. 11.05 Death In Paradise. 12.05 Annika. 12.55 MOVIE: The Child In Time. (2017) 2.25 Rage. 3.40 Tenable. 4.30 The Drum. 5.30 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Living Black. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Sri Lanka With Alexander Armstrong. 8.30 While The Men Are Away. 9.40 Elvis' Women. 10.55 SBS News. 11.25 Trom. 12.55 Vigil. 4.10 Going Places. 4.40 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 SAS Australia. 1.45 The Amazing Race. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @6:30. 7.00 Home And Away. (PG) 7.30 SAS Australia. (M) 9.15 The Amazing Race. (PG) Hosted by Phil Keoghan. 10.45 The Latest: Seven News. 11.15 Autopsy: USA. (M) 12.30 Home Shopping. 5.00 News. 5.30 Sunrise.
6.00 Morning Programs. 1.00 Hard Quiz. 1.30 Would I Lie To You? 2.00 Shaun Micallef's MAD AS HELL. 2.30 Aftertaste. 3.00 Restoration Australia. 3.55 Tenable. 4.45 Long Lost Family. 5.30 Hard Quiz. 6.00 The Drum. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Grand Designs. 9.20 Griff's Great Australian Rail Trip. 10.05 You Can't Ask That. 10.40 News. 10.55 The Business. 11.10 Old People's Home For Teenagers. 12.10 Q+A. 1.15 Rage. 3.40 Tenable. 4.30 The Drum. 5.30 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 The Buildings That Fought Hitler. 2.50 Mastermind Aust. 3.20 The Cook Up. 3.50 Preserving Kandiwal's Culture. 4.05 Living Black. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Australian Walks With Julia Zemiro. 8.30 Luke Nguyen's India. 9.30 Crime. 10.25 SBS News. 10.55 Devils. 11.50 An Ordinary Woman. 3.30 Going Places. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: I Do, Or Die: A Killer Arrangement. (2020) 2.00 Business Builders. 2.30 Australia's Deadliest. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Highway Patrol. (PG) 8.30 MOVIE: Hidden Figures. (2016) (PG) 11.05 The Latest: Seven News. 11.35 Ambulance: Code Red. (M) 12.30 Shopping. 5.00 News. 5.30 Sunrise.
6.00 News. 9.00 News. 10.00 Australia After War. 11.00 Worzel Gummidge. 12.00 News. 1.00 The Newsreader. 2.00 WTFAQ. 2.30 Starstruck. 2.55 Restoration Australia. 3.55 Tenable. 4.45 Long Lost Family. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 Gardening Australia. 8.30 Sherwood. (M) 9.30 Midsomer Murders. (M) 11.05 ABC Late News. 11.20 Silent Witness. (M) 12.20 Frayed. (M) 1.05 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Living Black. 2.30 Dateline. 3.00 NITV News: Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 The Point. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Why Sharks Attack. 8.35 Ancient Egypt: Chronicles Of An Empire. 9.40 Tony Robinson: Britain's Greatest River. 10.30 SBS News. 11.00 Unseen. 11.55 Wisting. 1.40 Wisting. 2.30 Wisting. 3.20 Going Places. 4.20 Bamay. 4.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: The Client List. (2010) 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Better Homes And Gardens. 8.30 MOVIE: A Few Good Men. (1992) (M) Tom Cruise, Jack Nicholson, Demi Moore. Two lawyers defend two murder suspects. 11.30 To Be Advised. 1.30 Home Shopping.
6.00 Rage. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Midsomer Murders. 2.00 Sherwood. 3.00 Last Night Of The Proms. 4.30 Landline. 5.00 National News. 5.30 The Voice Referendum: Preview. 6.00 The Voice Referendum: Polls Close. 7.00 The Voice Referendum: The Vote Count. 8.30 The Voice Referendum: Australia's Decision. 10.00 The Newsreader. (M) 11.00 Shetland. (M) 12.00 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Motorcycle Racing. FIM Superbike World Championship. Round 11. Highlights. 3.00 The Point: Road To Referendum History Bites. 3.05 Made It With My Hands. 4.25 Gone Fishing With Mortimer & Whitehouse. 5.35 Auschwitz: The Hidden Traces. 6.30 News. 7.30 The Point. 9.30 News. 10.30 Great Continental Railway Journeys. 11.40 Rex In Rome. 2.10 Some Kind Of Heaven. 3.35 Going Places. 4.35 Bamay. 5.00 Late Programs.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. TAB Everest Day and Neds Caulfield Guineas. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 The Voice Referendum. 7.30 MOVIE: The Proposal. (2009) (PG) Sandra Bullock, Ryan Reynolds, Mary Steenburgen. 9.50 The Voice Referendum: Wrap Up 2023. 11.00 S.W.A.T. 1.00 Home Shopping.
6.00 Morning Programs. 9.00 Insiders. 10.30 Offsiders. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.25 Old People's Home For Teenagers. 3.25 Grand Designs. 4.15 Griff's Great Australian Rail Trip. 5.00 Take 5 With Zan Rowe. 5.30 Antiques Roadshow. 6.30 The Drum. 7.00 News. 7.30 Death In Paradise. 8.30 The Newsreader. 9.30 Mother And Son. 10.00 Annika. 10.50 Total Control. 11.45 Talking Heads. 12.10 Rage Vault. 1.35 Escape From The City. 4.30 Insiders.	6.00 WorldWatch. 12.00 WorldWatch. 1.00 Motor Racing. Hi-Tec Oils Super Series. Round 5. Highlights. 4.00 Gymnastics. FIG Trampoline World Cup Series. Highlights. 5.00 Going Places. 5.30 Gestapo: Hitler's Secret Police. 6.30 News. 7.30 Bermuda Triangle: Into Cursed Waters. 9.10 Rebel With A Cause: Oodgeroo Noonuccal. 10.10 Empires Of New York. 10.55 Tonya Harding: The Price Of Gold. 12.20 24 Hours In Emergency. 2.10 Patriot Brains. 3.00 Going Places. 4.00 Late Programs.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 House Of Wellness. (PG) 1.00 MOVIE: Casablanca. (1942) (PG) 3.00 Border Security: Int. (PG) 3.30 Border Security. (PG) 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00 7NEWS Spotlight: Folbigg Special. 9.00 The Latest: Seven News. 9.30 Air Crash Investigations: Power Play. (PG) 10.30 To Be Advised. 12.30 Home Shopping. 5.00 News. 5.30 Sunrise.
6.00 News. 9.00 News. 10.00 Landline. 11.00 Antiques Roadshow. 12.00 News. 1.00 Ql. 1.30 Ql. 2.00 Parliament. 3.00 Gardening Aust. 3.55 Tenable. 4.45 Long Lost Family. 5.30 Hard Quiz. 6.00 The Drum. 7.00 News. 7.30 7.30. 8.00 Australian Story. 8.30 Four Corners. 9.15 Media Watch. (PG) 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 The Newsreader. (M) 12.00 Parliament. 1.00 The China Century. (M) 2.00 Rage. 3.40 Tenable. 4.30 The Drum. 5.30 7.30.	6.00 WorldWatch. 12.10 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 The Buildings That Fought Hitler. 2.55 The Cook Up. 3.25 World's Most Scenic Railway Journeys. 4.15 World's Most Scenic Railway Journeys. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Finding Your Roots. 8.30 Scotland's Extreme Medics. 9.25 Michael Mosley's 21 Day Body Challenge. 10.20 SBS News. 10.50 My Brilliant Friend. 12.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: All For Her. (2021) 2.00 The Real Manhunter. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 To Be Advised. 9.15 The Rookie. (M) 10.15 The Rookie: Feds. (M) 11.15 The Latest: Seven News. 11.45 Chicago Fire. (M) 1.00 Home Shopping. 5.00 News. 5.30 Sunrise.
6.00 News. 9.00 News. 10.00 Foreign Correspondent. 10.35 Last Night Of The Proms. 12.00 News. 1.00 Keeping Faith. 2.00 Parliament. 3.00 Gardening Aust. 3.55 Tenable. 4.45 Long Lost Family. 5.30 Hard Quiz. 6.00 The Drum. 7.00 News. 7.30 7.30. 8.00 Take 5 With Zan Rowe. (PG) 8.30 Old People's Home For Teenagers. (PG) 9.30 Australia After War. (PG) 10.30 News. 10.45 The Business. 11.05 Four Corners. 11.50 Media Watch. 12.10 Parliament. 1.10 Rage. 3.40 Tenable. 4.30 The Drum. 5.30 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 The Buildings That Fought Hitler. 2.55 The Cook Up. 3.25 World's Most Scenic Railway Journeys. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Point. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Living Black. 11.00 Blackport. 11.50 Catch And Release. 12.40 Catch And Release. 1.30 Catch And Release. 2.20 Catch And Release. 3.10 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: An Organized Killer. (2021) 2.00 The Real Manhunter. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 To Be Advised. 9.05 HMP: Behind Bars: HMP Whitemoor. (MA15+) 10.35 The Latest: Seven News. 11.05 The Chernobyl Disaster. (M) 12.05 The Arrangement. (M) 1.00 Shopping. 5.00 News. 5.30 Sunrise.

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Saturday

Fishing Club Raffle 3pm

lews. 1.00 The Newsreader. 2.00 2.30 Starstruck. 2.55 Restoration 3.355 Tenable. 4.45 Long Lost 5.30 Hard Quiz. 6.00 The Drum. C News. rdening Australia. lerwood. (M) disomer Murders. (M) 3C Late News. 11.20 Silent 5. (M) 12.20 Frayed. (M) 1.05 Rage. 15.00 Rage. (PG)	NITV News: Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 The Point. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Why Sharks Attack. 8.35 Ancient Egypt: Chronicles Of An Empire. 9.40 Tony Robinson: Britain's Greatest River. 10.30 SBS News. 11.00 Unseen. 11.55 Wisting. 1.40 Wisting. 2.30 Wisting. 3.20 Going Places. 4.20 Bamay. 4.55 Late Programs.	List. (2010) 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Better Homes And Gardens. 8.30 MOVIE: A Few Good Men. (1992) (M) Tom Cruise, Jack Nicholson, Demi Moore. Two lawyers defend two murder suspects. 11.30 To Be Advised. 1.30 Home Shopping.	Kenan. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 Beach House Hunters. (PG) 8.00 Beach House Hunters. 8.30 MOVIE: Apollo 13. (1995) (PG) 11.20 MOVIE: The Terminal. (2004) (PG) 1.40 Tipping Point. (PG) 2.30 Surfing Australia TV. 3.00 TV Shop. 4.00 Postcards. 4.30 Global Shop. 5.00 TV Shop. 5.30 Skippy.	News First: Midday, 1.00 Dr Phil. 2.00 To Be Advised. 3.00 Ent. Tonight. 3.30 Everyday Gourmet. 4.00 Judge Judy. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 The Graham Norton Show. 8.30 Have You Been Paying Attention? 9.30 The Graham Norton Show. 10.30 Road To The Melbourne Cup Carnival. 11.00 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 5.30 Soccer. International friendly. England v Australia.	
age. 7.00 Weekend Breakfast. age. 12.00 News. 12.30 Midsomer s. 2.00 Sherwood. 3.00 Last ff The Proms. 4.30 Landline. As the provided of the Voice dum: Preview. 6.00 The Voice dum: Polls Close. 7.00 The Voice dum: The Vote Count. Are Voice Referendum: allia's Decision. The Newsreader. (M) 11.00 d. (M) 12.00 Rage. (MA15+) 5.00 PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Motorcycle Racing. FIM Superbike World Championship. Round 11. Highlights. 3.00 The Point: Road To Referendum History Bites. 3.05 Made It With My Hands. 4.25 Gone Fishing With Mortimer & Whitehouse. 5.35 Auschwitz: The Hidden Traces. 6.30 News. 7.30 The Point. 9.30 News. 10.30 Great Continental Railway Journeys. 11.40 Rex In Rome. 2.10 Some Kind Of Heaven. 3.35 Going Places. 4.35 Bamay. 5.00 Late Programs.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. TAB Everest Day and Neds Caulfield Guineas. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 The Voice Referendum. 7.30 MOVIE: The Proposal. (2009) (PG) Sandra Bullock, Ryan Reynolds, Mary Steenburgen. 9.50 The Voice Referendum: Wrap Up 2023. 11.00 S.W.A.T. 1.00 Home Shopping.	6.00 Morning Programs. 1.00 My Way. 1.30 The Pet Rescuers. 2.00 Rugby World Cup: Highlights. 3.00 The Block. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. Women's Pacific Championships. Week 1. Pacific Cup. Australia v New Zealand. 8.00 Rugby League. Pacific Championships. Week 1. Pacific Cup. Australia v Samoa. 10.15 Cricket. ICC World Cup. Group stage. India v Pakistan. First innings. 11.00 Innings Break. 11.30 Late Programs.	6.00 Morning Programs. 8.45 My Market Kitchen. 9.00 GCBC. 9.30 Farm To Fork. 10.00 St10. 12.00 Luxury Escapes. 12.30 Everyday Gourmet. 1.00 Taste Of Aust. 1.30 Healthy Homes. 2.00 Buy To Build. 2.30 Farm To Fork. 3.00 What's Up Down Under. 4.00 My Market Kitchen. 4.30 Food Trail: South Africa. 5.00 News. 6.00 Luxury Escapes. 6.30 Dog House Aust. 8.30 MOVIE: Mission: Impossible II. (2000) 11.00 The Cheap Seats. 12.00 Shopping. 4.30 Authentic. 5.00 Hour Of Power.	
orning Programs. 9.00 Insiders. Iffsiders. 11.00 Compass. 11.30 (2.00 News. 12.30 Landline. rdening Aust. 2.25 Old People's or Teenagers. 3.25 Grand at 4.15 Griff's Great Australian Rail to Take 5 With Zan Rowe. 5.30 is Roadshow. 6.30 The Drum. www. 7.30 Death In Paradise. 8.30 wsreader. 9.30 Mother And Son. Innika. 10.50 Total Control. 11.45 Heads. 12.10 Rage Vault. 1.35 From The City. 4.30 Insiders.	6.00 WorldWatch. 12.00 WorldWatch. 1.00 Motor Racing. Hi-Tec Oils Super Series. Round 5. Highlights. 4.00 Gymnastics. FIG Trampoline World Cup Series. Highlights. 5.00 Going Places. 5.30 Gestapo: Hitler's Secret Police. 6.30 News. 7.30 Bermuda Triangle: Into Cursed Waters. 9.10 Rebel With A Cause: Oodgeroo Noonuccal. 10.10 Empires Of New York. 10.55 Tonya Harding: The Price Of Gold. 12.20 24 Hours In Emergency. 2.10 Patriot Brains. 3.00 Going Places. 4.00 Late Programs.	6.00 Shopping. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 House Of Wellness. (PG) 1.00 MOVIE: Casablanca. (1942) (PG) 3.00 Border Security: Int. (PG) 3.30 Border Security. (PG) 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00 7NEWS Spotlight: Folbigg Special. 9.00 The Latest: Seven News. 9.30 Air Crash Investigations: Power Play. (PG) 10.30 To Be Advised. 12.30 Home Shopping. 5.00 News. 5.30 Sunrise.	6.00 Morning Programs. 1.30 Rugby League. Women's Pacific Championships. Samoa v Cook Islands. 3.40 Rugby League. Pacific Championships. Papua New Guinea v Cook Islands. 6.00 News. 7.00 The Block. 8.30 60 Minutes. 9.30 Nine News Late. 10.00 Under Investigation. 11.00 #TextMeWhenYouGetHome. 11.50 The First 48. 12.40 Iconic Australia. 1.40 Cross Court. 2.05 #TextMeWhenYouGetHome. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Late Programs.	6.00 Morning Programs. 8.00 Everyday Gourmet. 8.30 Freshly Picked. 9.00 GCBC. 9.30 Pooches At Play. 10.00 St10. 12.00 Shark Tank. 1.10 My Market Kitchen. 1.30 Three Blue Ducks. 2.00 Freshly Picked. 2.30 Everyday Gourmet. 3.00 Cook With Luke. 3.30 GCBC. 4.00 Farm To Fork. 4.30 Taste Of Australia: BBQ Special. 5.00 News. 6.30 The Sunday Project. 7.30 To Be Advised. 8.30 FBI. 9.30 NCIS: Hawaii. 10.30 To Be Advised. 11.30 The Sunday Project. 12.30 Shopping. 4.30 CBS Morning.	
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ews. 9.00 News. 10.00 Foreign condent. 10.35 Last Night Of The 12.00 News. 1.00 Keeping Faith. Inliament. 3.00 Gardening Aust. able. 4.45 Long Lost Family. Individual Community. 10.00 Gardening Aust. 10.00 Gardening Aust. 10.00 Gardening Aust. 10.00 Gardening Aust. 10.00 Gardening Australia After War. 10.00 Gardening Australia After War. 10.00 News. 10.45 The Business. 10.00 Gardening Australia After War. 10.00 Gardening Australia	6.00 WorldWatch. 12.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 The Buildings That Fought Hitler. 2.55 The Cook Up. 3.25 World's Most Scenic Railway Journeys. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Point. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Living Black. 11.00 Blackport. 11.50 Catch And Release. 12.40 Catch And Release. 1.30 Catch And Release. 2.20 Catch And Release. 3.10 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: An Organized Killer. (2021) 2.00 The Real Manhunter. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 To Be Advised. 9.05 HMP: Behind Bars: HMP Whitemoor. (MA15+) 10.35 The Latest: Seven News. 11.05 The Chernobyl Disaster. (M) 12.05 The Arrangement. (M) 1.00 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 The Block. 1.15 My Way. 1.45 Explore. 2.00 Pointless. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 News. 7.00 ACA. 7.30 The Block. (PG) 8.40 Space Invaders. (PG) 9.40 Love Triangle. (M) 11.00 Nine News Late. 11.30 New Amsterdam. 12.15 Tipping Point. 1.05 Desert Vet. 2.00 World's Greatest Animal Encounters. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 News. 5.30 Today.	6.00 Morning Programs. 8.00 Everyday Gourmet. 8.30 Judge Judy. 9.00 Bold. 9.30 Neighbours. 10.00 Studio 10. 12.00 10 News First: Midday. 1.00 Dr Phil. 2.00 To Be Advised. 3.10 Ent. Tonight. 3.30 Everyday Gourmet. 4.00 Bold. 4.30 Neighbours. 5.00 News. 6.30 The Project. 7.30 Shark Tank. 8.40 The Cheap Seats. 9.40 NCIS. 10.40 NCIS: Hawai'i. 11.30 The Project. 12.30 Stephen Colbert. 1.30 Shopping. 4.00 CBS Morning. 5.30 Soccer. International Friendly. Australia v New Zealand.	
There's	always som	ething hap	pening at t	he Palms!	
Monday	Tuesday	Wednesday	Thursday	Friday	
hnitty Toppers \$19	Happy Hour 3pm to 5pm	Raffles from 6pm	Multi Bowls & Raffle from 1p	AND COLUMN TO THE RESIDENCE OF THE PROPERTY OF	
	Members Swipe Draw at 5:30pm	Club Super Draw from 6pm	Happy Hour 3pm to 5pm	Super 100 Draw after Raff	le

Kids Meals \$5pm Happy Hour 3pm to 5pm Kids Meals \$5

Pizza's L \$20 / S \$15

\$15 Seniors Lunch Deal

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Fri 6 Oct

Hudson Rose Fri 13 Oct

Tradies Lunch \$20 w/Beer

Live Music Every Friday 8pm



11.30 The Pacific. 12.00 News. 1.00

The Newsreader. 2.00 WTFAQ. 2.30

Starstruck. 2.55 Restoration Australia

5.30 Hard Ouiz. **6.00** The Drum. **7.00**

9.30 Midsomer Murders. (M) 11.00 News.

11.20 Silent Witness. (M) 12.15 Harrow.

(M) **1.10** Rage. (MA15+) **5.00** Rage.

6.00 Rage, 7.00 Weekend Breakfast.

9.00 Rage. 12.00 News. 12.30 Midsome

Murders. (PG) **2.00** Sherwood. (M) **3.00**

Last Night Of The Proms. **5.00** Landline.

5.30 Old People's Home For Teenagers.

7.30 Shakespeare And Hathaway. (PG)

10.40 Shetland. (M) **11.45** Rage. (MA15+)

6.00 Morning Programs. **11.00** Compass. **11.30** Praise. **12.00** News. **12.30** Landline.

1.30 Gardening Aust. **2.30** Shakespeare

And Hathaway. 3.15 Grand Designs:

House Of The Year. 4.05 Griff's Great

That. 5.30 Antiques Roadshow. 6.30

Voices Of Australia. 7.00 News. 7.30

9.30 Mother And Son. **10.00** Annika.

Death In Paradise. **8.30** The Newsreader

10.50 Total Control. 11.40 Talking Heads

12.20 Rage Vault. 2.00 Escape From The

6.00 News. **9.00** News. **10.00** Landline.

11.00 Antiques Roadshow. 12.00 News.

1.00 Vera. 2.30 Cook And The Chef. 2.55

Restoration Australia. 3.55 Tenable. 4.40

Long Lost Family. **5.30** Hard Quiz. **6.00**

The Drum. **7.00** News. **7.30** 7.30. **8.00**

9.15 Media Watch. (PG) **9.35** Q+A. **10.35**

In Time. (2017) (M) 1.35 Our Brain. 2.30

6.00 Morning Programs. **1.00** Call The Midwife. **2.00** Poh's Kitchen Lends A

Rage. 3.45 Tenable. 4.30 The Drum. 5.30

Hand. 2.30 Julia Zemiro's Home Delivery.

3.00 Restoration Australia. 3.55 Tenable

4.40 Long Lost Family. 5.30 Hard Ouiz.

6.00 The Drum. **7.00** News. **7.30** 7.30.

8.00 Take 5 With Zan Rowe. 8.30 Old

People's Home For Teenagers. 9.30

Newsreader. (M) **12.00** MOVIE: The Child

Australian Story. 8.30 Four Corners.

News. 10.50 The Business. 11.10 The

Australian Rail Trip. 5.00 You Can't Ask

3.55 Tenable. 4.40 Long Lost Family

News. 7.30 Gardening Australia.

8.30 Sherwood. (MA15+)

6.30 Kitchen Cabinet.

9.50 The Newsreader. (M)

8.15 Vera. (M)

5.00 Rage. (PG)

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4 October 2023

Local Calendar

Your 'Local Calendar' lists free events

October

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

Sat 14 Oct - 2023 Referendum Day Voting opening hours are 8am - 6pm at many local schools and halls. See page 2 for more

Sun 15 Oct - Great Lakes Museum Car Boot Sale, 8am - 1pm at Great Lakes Museum, 1 Capel St Tuncurry. Enquiries: 6554 6275



Sat 21 Oct - Forster Farmers Market (above) 8am - 12pm Forster Info Centre, Little St. Enquiries: Linda 0421 347 273



Sat 28 Oct - Tuncurry Market (photo above) 8am - 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

Sun 29 Oct - Pacific Palms Market 9am - 1pm Pacific Palms Community Centre. Community Library Stall open in hall. Enquiries: Jennifer Doyle 0401 968 516

November



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

Sun 5 Nov - Car Boot Sale

7am to 12pm Hallidays Point Shopping Village Enquiries: Peter Bickerstaff 0493 054 916

Above: Market photos by Patricia Macvean.

What's on around town & beyond!



Bohemian Boho Exhibition at Forster Gallery

n the 1930's. Mexican social realist painter David Alfaro Siqueiros, experimented with acrylic paints and discovered the acrylic paint pouring technique. While this may be an unfamiliar term to many people, the actual process has become as popular as the art itself. drawing millions of viewers to social media to watch multi coloured paints slide across a canvas, often by the bucketful.

housands of first time artists have embraced this technique, confident they can produce an original painting to hang in their home. heir art may not have the style or value of a Jackson Pollock or Helen Frankenthaler, who used acrylic pouring in many of their works. but magic occurs when colours are mixed with enthusiasm and the willingness to experiment.

Roz Baker is one of these experimental artists While she is better known for her works of fiction and skill as a public speaker, she tried er hand at fluid art several years ago and has

An exciting combination of art is now on display at the

Sprung

Forster Gallery

FREE ENTRY

been surprised by the results. One of her first pieces, titled, "Old Man Snapper," was sold during an Open Exhibition at the Forster Gallery and won a Commendation... Roz claims that no one was more surprised than she was

When Roz was invited to become a member of the gallery, she confesses to doing so with fear and trepidation. As the work from local artists is of a high standard, she felt something of a fraud. Roz then amends that statement by saying that individual taste can never be underestimated. Dozens of her paintings are now hanging in homes all over the state, which encourages her to keep developing her

From Friday 29th of September, Roz Baker will be the feature artist at the Forster Gallery. Her exhibition, titled, "Bohemian Boho," will be on display until the end of October. This Boho style features multicoloured embellishments on a fluid art background.



Above and below left: Artwork by Roz Baker.

Roz is happy to share tips when she is in the

Forster Gallery, located at 34 Lake St, Forster, has returned to its regular opening hours, 10 - 4pm on Friday, Saturday and Sunday. Families welcome, Entry Free,

[See advertisement below left]



What's on around town & beyond!

2023 Long White Lunch



Above: Photo of Long White Lunch from 2022.

This fabulous event organised by the Ladies who raise funds for the rehabilitation team at Forster Hospital is coming soon. Tickets must be purchased by the 9th October.

The last event raised over \$6000 and was a fantastic cocktail party and auction at 33 Degrees. The committee would like to thank our generous community for donating great lucky door prizes and raffle items. The auction items were fantastic with many local artists donating their work which all helped to raise our largest amount for an event.

As one of their recent patients with a broken arm, I am impressed with the professionalism of the team. They are always looking to expand

heir equipment which is supported by fundraising events and donations

The committee has raised just over \$15,000 since May last year. This has enabled equipment to be bought for various patients including stroke, spinal injuries, Parkinson's and recovery from all types of operations and sadly, as we get older, silly falls or accidents can cause serious injuries.

We are a group of passionate women who organise fun and fabulous events for the community classy with fantastic prizes donated generously from

The next major fundraiser, A Long White Lunch, is coming up on Sunday, 22nd October to be held at the Palms Pavilion @ Tiona - all information is on the attached poster. Beautiful food, wines, raffles and prizes, music and dancing in a relaxed atmosphere on the shores of the beautiful Wallis Lake. Last year the event was amazing so don't miss out. If you are free on Sunday 22nd October- it's another event not to be missed.

To purchase tickets, it's easy - just hover your phone camera over the bar code below and it will take you to a site to purchase tickets. Hope to see you there!

By Julie Henry - committee member.

Quota's Spring Celebration

Forster Tuncurry Quota is hosting a special afternoon of gardening tips, including vertical garden ideas and flower arrangements plus a delicious afternoon tea to raise money for Forster's Women's

We invite the public to join

for this very special event

2PM SATURDAY 21 OCTOBER FORSTER UNITING CHURCH TICKETS \$20

QUOTA SPRING CELEBRATION

[See advertisement below]

There will be lots of gardening and spring trivia (good prizes!) lots of good nformation to help your garden, and a demonstration of flower arranging by Denise from Rositafloral.

The screen will be filled with images of beautiful flowers and gardens from our clever photographers. A very specia presentation!

So come in your prettiest floral dress or shirt and celebrate Spring as we raise money for a great local cause the Women's Shelter.

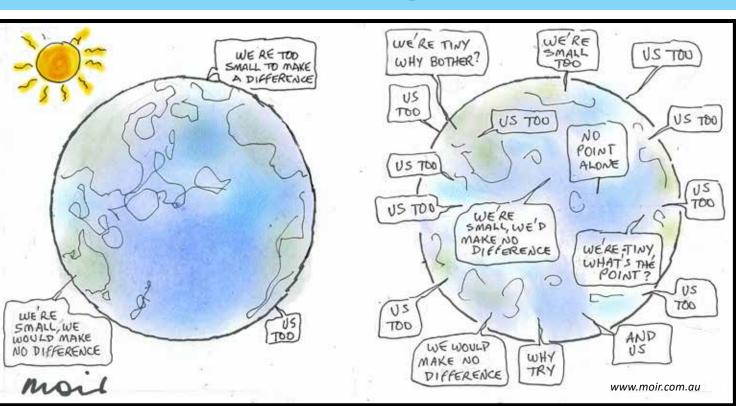
missed. Tickets are available from Robyn Stace on 6555 3665 and at Rositafloral, 63 Wharf Street Forster







Mixed bag and Feedback



Mass lay-offs as Herald Sun disbands its **Dan Andrews department**

POLITICAL SATIRE: Up to 40,000 journalists are without work after newspape The Herald Sun announced it would be closing its Dan Andrews Division, due to changing market conditions The division produced up to eleven thousand stories a day about the Victorian

would avoid the cuts.

Herald Sun staff held out hopes that the sub departments 'The Dan Andrews Mornington Peninsula Staircase Investigative Division' and 'Dan's Car Crash From 2013 Conspiracy Unit' - which together employ 18,000 journalists -

A spokesperson for the newspaper said he was optimistic that some staff could be re-assigned to other teams. "We do have some openings on the Referendum Misinformation Team, and there is talk of re-opening the African Gangs Unit, just to fill column inches. We'll have to

which recently had to also close its Robodebt Victim Vilification Squad after it lost its major sources Alan Tudge and Stuart Robert

www.theshovel.com.au

The news comes as a blow for the newspaper

Rupert Murdoch steps down from News Corp, to focus on day to day

POLITICAL SATIRE: American media magnate Rupert Murdoch has announced plans to step down as Chairman of News Corp and Fo Corporation, saying he wanted more time to spend on Australian policy development.

The 92 year-old had previously run his media and nation-state interests simultaneously, but says it is now time to slow down.

"In my younger years I used to run the media arm during the day, come home to manage Australia in the evenings, and then get up early to make sure Britain and the US were running smoothly before breakfast. But that's getting increasingly difficult for someone my age," Mr Murdoch said.

He said there was still plenty to keep him busy until he stands down in November. "There's a referendum coming up that'll require more misinformation. Climate change is still popping its head up. And there's a US election next year which I'll probably need to get involved with again. It never stops!"



Under the restructure, Murdoch's son Lachlan will become Chairman of Fox and News Corp. The direct reporting line from the Prime Minister to Mr Murdoch will remain

www.theshovel.com.au

Letters to the **Editor**

'Letter to the Editor' is the place to share your thoughts and feedback. Letters are

Material that is offensive, defamatory or overtly political will not be published.

opportunity of reply for any person/ organisation involved before publication.

Send your letters to:

We refer to a letter appearing in your newspaper on 20 September, signed by the Manning Great Lakes Community Health Action Group (MGLCHAG)

We would like to point out that Mr Phillip Costa is not a committee member of our group and that the letter was not authorised by MGLCHAG. Whilst most of the letter was posted on our Facebook page on the 13th of September, Mr Costa has inserted some of his own comments which were not authorised by our group. These are his comments and his

We would like to advise that we have always been, and always will be, an apolitical group seeking to improve health services in the whole

By Eddie Wood. President, Manning Great Lakes Community Health Action Group.

MGLCAG for this mistake and for any harm caused. We contacted Mr Costa and published his comments within the letter.

Timely check

Why are we so worried

about the 'Voice'?

There are 676 registered federal lobbyists in

Canberra. Granting a 'Voice' to an aboriginal

registration. It grants no more power or direct

influence than organisations that currently

employ professional lobbyists (people who

NO campaigners seem to have no problem

with lobbyists for companies and other social

If we are not prepared to support this move,

lobbyists as well. (For a list of lobbyists and

whom they represent - search the federal

lobbyist register online)

By Janusz Haschek - Forster

then perhaps we need also ban official

represent those organisations' interests). The

organisation is equivalent to another

A few weeks ago I attended Hope Skin Cancer Clinic in Tuncurry to have a small lesion inspected on my cheek (no problem there).

While there the doctor suggested he view my back and observed 3 melanoma moles 2 of

I consider myself very lucky as I did not go to the clinic initially to have my back examined. By T. Smith - Tuncurry.

Below: 'Vote No' supporters at John Holland Park, Forster, on the



4 October 2023

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imited to 250 words.

This newspaper intends to provide an

The author's name and town are required, unless specifically requested otherwise.

info@forsterfortnightly.com.au

Previous Letter to Editor incorrect

of the Myall Lakes electorate.

Editor's note: We wish to apologise to the Mary Yule - Editor of Forster Fortnightly.

After receiving a Pathology Report he removed them successfully and stated if they hadn't been removed we would be having a different conversation in approximately 10-12 months.

24th September, 2023. Photo supplied.



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Public Notices

Annual General Meeting

AGM of Great Lakes Historical Co-operative Society will be held at the Museum, Capel Street, Tuncurry, at 10 a.m. on Tuesday, 7th November, 2023. All Welcome



Annual General Meeting

Call Dave-0422 787 552

CWA Foster Branch Notice is hereby given that the Annual General Meeting will be held on Friday 20th October 2023 at 1.30pm at the CWA rooms Little Street,



CHIEF EXECUTIVE OFFICER POSITION

Forster Local Aboriginal Land Council (FLALC) is seeking a CEO who practices purpose-led leadership to achieve the social, culture, economic and environmental aspirations of the FLALC aboriginal community. The CEO is responsible in ensuring the statutory functions of the NSW Aboriginal Land Rights Act 1983 (ALRA) are met, reporting to the board, managing the day-to day operations and administration of FLALC, achieving outcomes through the FLALC community land and business plan and applying best practice principles to the functions of FLALC.

The CEO will develop and maintain strong respectful relationship with current and emerging partners to ensure the continuation of current FLALC programs, and identify and deliver new opportunities. The salary range is 80k-100k based on qualifcations, plus superannuation.

This is a targeted position open to aboriginal applicants only. Applications from non-aboriginal applications will not progress to the next stage of recruitment. This is in accordance with sections 14 and 21 of the Anti-Discrimination Act 1977 and under clause 26 of the Government Sector Employment (general rules 2014;).

> For further information or to obtain a copy of the position description please email your request to: ceo@forsterlalc.org.au or call: 02 6555 5411.

Notice of a non-claimant application for determination of native title in New South Wales Notification day: 18 October 2023

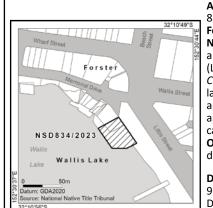


A 'non-claimant' application has been made to the Federal Court of Australia (Federal Court) seeking a determination that native title does not exist in the area described below. The Applicar has a non-native title interest in the area, which is set out in their application and summarised

Under the Native Title Act 1993 (Cth), there can be only one determination of native title for an area. Unless there is a relevant native title claim, as defined in section 24FE, over the area described below on or before 17 January 2024, the area may be subject to protection under section 24FA and acts may be done which extinguish or otherwise affect native title. A person who claims to hold native title rights and interests in this area may wish to file a native

title claimant application or become a party to this non-claimant application. These may be the only opportunities to have those rights and interests taken into account in the Federal Court's letermination. Any other person may also wish to become a party.

f you want to become a party to this application, you must file a Form 5 (Notice of Intention to become a Party) with the Federal Court, on or before 17 January 2024. Further information regarding how to file a Form 5 is available from www.fedcourt.gov.au. After 17 January 2024, you will need to seek leave from the Federal Court to become a party.



Applicant's name: Red Spot Jetty Pty Ltd ABN 47 291

Federal Court File No: NSD834/2023 Non-native title interest: The applicant is the holder of a term lease (Lease No. RX 601678) and two licences (Licence Nos. PO 145900 & RN 641314) pursuant to the Crown Land Management Act 2016 (NSW) over Crown land and waterways covered by this application. The applicant wishes to obtain a new term lease over the application area for business purposes in relation to a café, bar, boat shed, jetty, wharf and restaurant Order sought by Applicant: The applicant seeks a determination that native title does not exist

Description: The application area covers about 968 sq m over Lot 274 of DP753168 and Lot 507 of DP1118197 and is located on the bank and waters of Wallis Lake Forster Relevant LGA: MidCoast Council

For assistance and further information about this application, call Megan Harris on 07 3052 4921 or visit www.nntt.gov.au.

Community News

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 Meet 7am Mondays at the Rock Pool,

Tuncurry. BBQ/soup once a month.

Contact Steve Rogers 0407 200 615

Great Lakes Evening VIEW Club will hold 4th Monday of the month meetings with dinner. 6pm at Sporties. 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 6555 7219

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 6554 9120

Great Lakes Vietnam Veterans Association Sub-Branch meet at Unit 3/80 Kularoo Drive, Forster, between 10am to 1pm Email: vvaglforster@gmail.com

1st Forster Tuncurry Scout Group Cub Section Scout Hall Cnr Lake & McIntosh Sts Forster. Mondays 5 - 6.30pm for 8 - 11 years. Enquiries: leanne.richardson@nsw.scouts.com.au

Mixed Social Tennis

Monday 9 - 11am at Tuncurry Sporties courts, Beach St, Tuncurry. Contact Phil 0406 714 380

Tuesdays

Forster Shores Combined Probus Meeting

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

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

Pacific Palms Probus Club

Meets second Tuesday each month at 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

Hallidays Point Surfing Mums

Meet every Tuesday 10:30am at Black Head Beach near surf club. Enquiries: Vanessa on 0452 247 440

1st Forster Tuncurry Scout Group Venturer

Section, Cnr Lake & McIntosh Sts Forster, Tues 6.30 - 8.30pm for 14 to 18 yrs. Enquiries: leanne.richardson@nsw.scouts.com.au

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

Tuncurry. Enquiries: Ruth 0434 234 511

Forster Tuncurry Evening View Club Meet Second Wednesday of each month 6.00pm for 6.30pm Club Forster Contact Lorraine Tilley 0408 055 109

Great Lakes Knit and Spin

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

Great Lakes Suicide Prevention Network Meet third Wednesday of every month at 6pm

Tuncurry Beach Bowling Club & on zoo. Email 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

One Mile Beach Dunecare

Every Wednesday, 8am Carpark at Collendina Park, Beach end of Strand Street Contact Mark Linton 0402 045 718

Hallidays Point Men's Shed

Meet 9am to 2pm in premises behind Community Church, 27 Diamond Beach Rd. Enquiries: Stephen Cox 0418 146 067

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 vou 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 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

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

Great Lakes Vietnam Veterans Association Sub-Branch meet at Unit 3/80 Kularoo Drive, Forster, between 10am to 1pm

Email: vvaglforster@gmail.com

1st Forster Tuncurry Scout Group Joey Section Scout Hall Cnr Lake & McIntosh Sts Forster. Thursdays 5 - 6 pm for 5 to 8 years. Enquiries: leanne.richardson@nsw.scouts.com.au

1st Forster Tuncurry Scout Group Scout Section Scout Hall Cnr Lake & McIntosh Sts

Forster, Thursdays 6.30 - 8.30pm for 11 - 14 years. Enquiries: leanne.richardson@nsw. scouts.com.au

Thursday 9-11am at Tuncurry Sporties, Beach St, Tuncurry. Contact Phil 0406 714 380.

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 6505 2686

Forster Tuncurry Red Cross 1st Friday of the month at 9:30am Please contact Judy on 0403 400 875 to find out new venue.

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

Tuncurry Beach Dunecare

Every Friday, 8am Barry Stonham Park, Rockpool Road, adjacent to new playground Contact Mark Linton 0402 045 718

Ladies Social Tennis

Fridays 9 -11am at Sporties Tennis Club, Enquiries: Yvonne on 0418 422 392

Saturdays



Forster parkrun community 5km run/walk Pebbly Beach Playground off Head St 7:45am for 8am start every Saturday

Club Forster Table Tennis

facebook.com/Forsterparkrun

Each week new players welcomed. 1:15 - 3:30pm Contact Phil 6555 4774

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

Great Lakes Orchid Society Meeting Meets second Saturday of the month

2pm Forster Public School, Head Street.

of the month. Enquiries: 0418 650 694

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

Every Saturday 12.30pm - 4pm Mixed

Organised Social, Forster Tennis Club, Lake

Lake St, Forster 1300 222 222 Tennis Forster

Street. Enquiries: Jaime 6554 9120

National Parks Association Saturday walks in national reserves and parks. Contact Sue on 0416 074 026

Sundays

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

Forster Tuncurry Dolphin Dancers Meet every Sunday 2pm to 5pm at Senior Citizens Hall Breeze Parade Forster Contact Bev 0421 333 483

FORSTER FORTNIGHTLY

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Weekly Diary 2

The 'Weekly Diary' 2 is FREE to promote inity group info that changes Max 4 lines. It is the responsibilty of the organisation to keep their information current

October

Manning Great Lakes Birdwatchers

- Thursday 5th October. Starting 7.30am at Cattai Wetlands. Enquiries: 0431 878 395
- Sunday 15th Sunday 22nd October. Starting 7.30am. Camp at Griffiths/Leeton. Enquiries: 0431 878 395

Right: The Australasian Figbird lives in rainforests and wet sclerophyll forests, but is often found in urban parks and gardens, particularly those with figs and other fruitproducing trees. The male birds have a very red skin patch around the eye when breeding.



Photographed at Harrington by Brian McCauley.

Forster Library - free programs



PLEASE NOTE: ALL PROGRAMS ARE SUSPENDED UNTIL THE NEW FORSTER LIBRARY OPENS 9 OCTOBER AT THE NEW FORSTER CIVIC PRECINCT - 4 LAKES STREET, FORSTER.

1. The Better Reading Better Communities program - Volunteer Literacy Tutors (see photo above) are available to support members of the community (children & adults) with improving reading, writing and learning English as a

second language. Contact Meredith Campbell on 7955 7421 for more information

2. Homework Help - Wednesday 3 - 5pm during the school term. Tutor support for primary and high school students. Free printing/copying and afternoon tea provided. No bookings necessary.

3. Storytime - stories, songs & craft for 3 to 5 years of age, 10:30 - 11:30am Wednesdays during school term. Younger siblings welcome No bookings required.

4. Baby Rhyme Time - music, songs & books

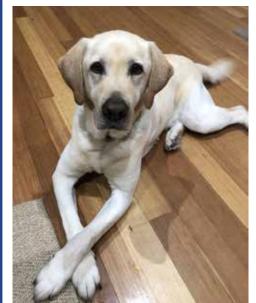
for new born to 2 years of age. 10:30 - 11am

Tuesdays during school term. No bookings

or email yhistory@gmail.com

5. Family History Advisory Group provides support with family history research. Volunteers will be available Tuesday & Thursday 10 – 12pm and Wednesday & Friday 2 - 4pm.

Star Pet



Age: 9 years old

Breed: Labrador Retriever

Likes: I like going to the beach and interacting with other dogs. My favourite thing to do is retrieve all the food I can off my family.

Dislikes: Bald men and the hose.

Claim to Fame: Most people think I'm just a puppy at first sight but I'm really 9 years old. My secret is being happy to see everyone.

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

Meals & pantry items available

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

Enquiries: Volunteer Coordinator Michelle Robinson on 0447184917 OR the Catholic Care Office on 6539 5900.

Forster Community Kitchen | Forster Tuncurry Church of Christ 'Community Pantry'

All are welcome to our Community 'Brunch' Mondays at 9:30am at 14 Douglas Avenue Tuncurry. Pantry doors open 10 - 11:30am with pantry essentials, some fresh produce and cleaning & hygiene items. Open during school terms. Donations welcome.

"Bring what you can – take what you need." Enquiries: Tamara Clarke 0412 962 144 or Bret Clarke 0407 483 070 or see our Facebook



Register for 2023's Garage Sale Trail

Make sure you register for this vear's massive Garage Sale Trail event and turn your stash into cold hard

Registrations are

big weekends of

now open for two

sales - 11 & 12 and 18 & 19 November. Register for free at: www.garagesaletrail.

Upon signing up participants will receive a listing on the national sales map viewed by over 200,000 bargain hunters, a downloadable pack of promo resources and a how to guide, tips and support from the garage sale experts.

money and allows others to pick up a bargain but it also helps the environment and runs in conjunction with National Recycling Week. Last year's event saw 84,252 kilograms of

items reused locally, instead of filling the

area's waste management facilities.

Not only does the Garage Sale Trail provide

residents with the chance to earn pocket

MidCoast Council's Waste Manager, David Rees is expecting another bumper year of second-hand sales.

"We love supporting this initiative. The Garage Sale Trail gives people the opportunity to purchase quality second hand goods at a reasonable price reducing the amount of waste going to landfill and creating positive economic activity within the MidCoast, delivering positive social, environmental and economic outcomes for the community", he said.





Community News

4 October 2023

Community News

Book Review

KNOWING

WHAT WE

KNOW

Knowing What We Know

Knowing What We Know by Simon Winchester starts with a discourse on what is knowledge? and uses Plato's definition "as justified true belief". It then proceeds through the ages to cover the development of records (that go beyond memory, myth or ritual) such as clay tablets used to record transactions, hieroglyphs and scenes that record victories or important personages, to manuscripts on vellum or parchment or paper that define religious works, and finally to printing, first in China, and then the Gutenberg press, proceeding first with books but soon to include pamphlets and

One might consider whether such records convey knowledge, or simply information, and indeed misrepresentation. Nevertheless, Winchester emphasises the importance of education, whether to be a Mandarin in China. or a philosopher/scientist in Europe, the former oriented to government, the latter to enquiry.

Libraries, repositories of knowledge, appeared early whether of stacks of clay tablets, rolls of parchment, or books providing the continuing social memory. The underlying theme: how can we be sure about what is presented, emerges in chapter four (Annals of Manipulation). It is especially prevalent when mixing politics and power-oriented newspaper magnates. The arrival of social media, the internet and its control in China for example makes even more cogent the issue of what to believe. Winchester does value Wikipedia where conspiracies lacking or distorting evidence, or mischiefmaking can be, and are, jumped on.

But, he says, with the ready availability of Google making memory unnecessary, (and indeed impossible given the everincreasing volume of information that even encyclopaedias have given up trying to keep up to date), of the Global Positioning System of satellites making basic arithmetic, or trigonometry outdated, and artificial intelligence and GPT3 able to write essays, is the human race now open to losing the capacity to think, to deduce, and to create?

Winchester, having raised this prospect, ultimately on the last page concludes that with

would have the benefit

> This reader is not so confident, and I do not think that Winchester has made his case. One needs memory of information that can be

correlated

in order to think, to draw conclusions, and to create. How often does the relaxed mind overnight provide the solution that was not evident the day before – a very human trait. His definition of wisdom starts with being human, but I wonder whether machines might not be so too. (And we judge our little dog, within his doggy world, to be wise). Consider HAL, the intelligent computer in A Space Odyssey that switches off the humans. On the other hand, consider RoboDebt. Useful as Google and navigational systems undoubtedly are (I still prefer a map), I go back to Plato and his justified true belief, based on evidence, and for that one needs critical thinking, not simply material that Google has served up based on the most linked pages in its database. Whether on the farm, at home, or in the office, one needs informed judgement pertinent to the context, and for that one needs education.

By John King - Librarian

Pacific Palms Community Library

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



3 Favourites

We are inviting ALL AGES to share up to 3 favourite TV shows, movies, podcasts or other media with us. Please include a title, platform, and 2/3 sentences on what it is about and who should watch it (plus your name and suburb). Send your reviews to info@forsterfortnightly.com.au

NETFLIX 'Gems'

1 'Down For Love' - A captivating fivepart documentary which follows a series of young folk living with Down Syndrome on their quest to find 'love'. One of the best 'hidden Gems' on Netflix this year! Each episode will leave you both inspired and 'in awe' of these amazing individuals. Incredible achievers such as Carlos, an award-winning photographer who speaks no less than five languages! Brayden, a 'stand out' whose charismatic personality and positivity will stay with you long after you finished watching this most uplifting series.



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2. 'Taking Care of Maya' – Only to be watched by those brave enough to see how a family can be destroyed by a hospital system and its staff whose interests dangerously outgrow the facts of the matter and enter a 'battle of wills' to take control over a young child. Set in Florida, USA, 'Maya' remains literally locked up and sitting alone in a hospital bed for months on end as the case ensues - the strain becoming sadly too much for her mother. Compelling viewing and heart wrenching to the end - a 'must see' which excels in highlighting the catastrophic consequences of misplaced authority.

3. 'Alias Grace' - Perhaps the best 'hidden Gem' to be found on Netflix in recent times. Based on the 1843 murders of a landlord and his house keeper in West Canada, this six part mini-series told through the psychiatric assessments of the central character 'Grace' will captivate you from the beginning to end. Given one of the best ratings by 'Rotton Tomatoes' to date, the greatest mystery is why this amazing series has not met with greater fanfare!

By Harriet Kelly - North Epping.



Did you know?

PIONEERS: THE BRECKENRIDGE **FAMILY**

John Wylie Breckenridge first came to Forster in 1869 to have a look at the area. He is known as one of the founders of Forster. He made an agreement with Joseph Barling to begin sawmilling operations. Joseph Barling had already leased land on the shores of Wallis

John Breckenridge and Joseph Barling arrived back in the area in 1870 with their team of workers and set about to build the sawmill.

BUILDING COMMENCED

Homes for the workers, a sawmill and a shop (which was to include a Post Office) were built to provide for their needs, John's brother Hugh Breckenridge, an accountant, ran the shop and Post Office for some time before he left the

EARLY LIFE

John Wylie Breckenridge (Snr.) was born 24th April, 1818, at Carluke Scotland. He was the son of John and Marion (Cassells) Breckenridge.

John married Lillias Reid on 22nd May, 1846 and emigrated to Australia about 1858 with their two children, John Wylie (Jnr.) and Agnes Key. They joined John's brothers at their mill at Pumpkin Point, Karuah, Port Stephens.

John and Lillias had six more children - Marion Cassells, Lillias Reid, Robert Reid, twins Hugh and Amelia, and James (who died aged 3 days).

John's wife Lillias died a month after the birth of James in 1870. Two years later John married Maria Croker and they had seven more children - Thomas, Mary, twins Willliam and Arthur, Maria Jane, Grace and Stanley.

LIFE IN FORSTER

John, along with the other parents, applied for and eventually arranged for a teacher to open a school in a building they provided Pilot Hill. The teacher, Mr. Underwood, Cambridge

graduate.

John applied for the land which was originally leased by George G.

George Godwin Above: John Breckenridge had let his

lease lapse and had moved his family to Wamwarra on Smiths Lake, south of Forster. John built a large two storied home "Forster House".

John was essentially a mill man, but transport was needed, so flat-bottomed punts were made to bring the timber from the Lake and its Rivers. Later when steam became available, they made paddle wheel punts and their size increased. They were used to bring the logs to the mill and supplies to the timber workers and

The paddle steamer; "Forster" was the workhorse of the Breckenridge fleet. She was built at Forster by John Breckenridge in 1877 and was described as a 37 ton dual side paddle wheel cutter. She had a shallow draft and so was able to tow the sailing ships from Tuncurry to the mill at Failford and then complete the return journey with a fully laden vessel. The "Forster" was destroyed by fire in 1906. Ships were needed to take the sawn timber to market, so John built many ships. The "Hoolet", at 31 tons, was built in 1875, then reconstructed by William Piper at Piper's Bay



Above: The Breckenridge Family.

1921 and was not rebuilt.

INVOLVEMENT IN SHIP BUILDING



The Breckenridge family members had built

vessels, including log punts, paddlewhee steamers, sailing ketches and schooners which plied the rivers, lake and oceans. Some of the ships include: the 'Active'; the 'Ability'; the 'Favourite'; the 'Forster'; the 'Commonwealth' the 'King Edward' (known at 'The



John Breckenridge's mill was burnt down in

a variety of

Below: The Breckenridge Store, on Little Street, Forster. King') and the 'Dauntless'.

The Breckenridge

BRECKENRIDGE

FAMILY - ALWAYS

name will always be emembered as they played a big part of Forster and ailford, and in the

f you are interested history and would come along to he Great Lakes Museum on Cape Street Tuncurry on a Tuesday o (10am to 1pm) Have a cuppa and a

chat with the volunteers on duty, or phone 6554 6275. Also opened Sunday (1 to 3pm).

Anne Masters Director/Volunteer at Great Lakes Museum

Local Legend - Steph Mansfield

"You've gotta nourish in order to flourish." This is Steph Mansfield's motto.

Steph firmly believes happiness starts with healthy foods. Steph enjoys making, baking and sharing delicious wholesome food to nourish and fuel our bodies so much so she has turned this passion into a business. Her incredible recipes can be found on her Instagram or webpage 'Nourish Body Flourish.'

31 year old Steph grew up and went to school in the NSW Snowy Mountains. then moved to Canberra where she spent a few years studying makeup artistry, spa and beauty therapy. The next few years Steph spent in the industry working and living in the Northern Suburbs of Wollongong.

Steph met her partner, Maty, in the Snowy Mountains through mutual friends. When it was time for Maty, and her deciding where to buy, build a house and settle, It was suggested to check out Pacific Palms where immediately they fell in love with the area and Steph said to her partner straight away, "yep I could live

Being a country girl at heart, she loved the idea of living a slow paced, healthy lifestyle by the beach and surrounded by our beautiful

Over the last 8 years, Steph and Maty have built a successful property maintenance business and owner built a house in the Palms. Their home became one of the biggest challenges Steph has had to face. It was a steep block and Steph was developing and running her business, learning so much along the way.

During this time, Maty became unwell and was experiencing strange symptoms like fatigue, brain fog, digestive problems and anxiety. After multiple appointments he was diagnosed with adrenal fatigue and was suggested to take a food intolerance test which came back with intolerances to multiple foods including gluten, dairy, cane sugar and The list goes on.

Even though they were always interested and lived what they thought was quite a healthy

lifestyle, Steph also had stomach problems and bloating very regularly. This is when she started cooking specifically to Maty's and her dietary requirements & to make their bodies feel their

Throughout this journey, Steph found her passion for making healthy, gluten-free food and started sharing her love of creating wholesome treats on her instagram page @ nourishbodyflourish

Steph has now started a website where she is sharing her recipes. She also released her first ebook on wholesome sweets and treats which is available through her website & instagram

The things she loves to do in her spare time is walk her dogs throughout this beautiful area, relax by the beach, spend time gardening and growing her own organic produce, attend the local markets and hunt down the best gluten free food in our local cafés & restaurants

One of Steph's favourite quotes would have to be "You've gotta nourish in order to flourish'

Steph can be found typically sharing glutenfree, dairy-free & refined sugar-free recipes made with simple, whole food ingredients



She says "Lets ditch those inflammatory, processed foods and instead start to create healthier eating habits for a happy gut and even happier taste buds."

Steph describes herself as a health foodie & passionate home cook who developed a love for making & baking healthy recipes which are gluten-free, refined sugar-free, dairy-free and

Her happy place & her creative outlet is making yummy healthy food in her kitchen, it's where she finds joy while testing & perfecting recipes before sharing her love of making food with

Her kitchen is a place where you'll find simple delicious recipes tailored to specific dietary requirements and just real wholesome food that fits Steph's definition of healthy balanced

Steph believes life is all about balance and that you should do what works for you personally.

Steph doesn't follow a particular diet, she just does her best to use organic whole foods that will nourish our bodies and make us feel our

Luckily Steph doesn't suffer from any significant food intolerances, although she does notice a difference in her bloating, gut health and digestion if she consumes too much gluten, refined sugars, or particular dairy products.

Throughout her recipes, you will see a range of dairy-free options as well as recipes that include organic grass-fed dairy.

Steph has a MASSIVE sweet tooth and her favourite meal has always been dessert. She also just really enjoys creating snacks and desserts using natural wholesome ingredients to make into yummy healthy goodies!

This is why generally, a lot of the recipes she shares are mostly treats. You'll find her 80% of the time in the kitchen, whipping up sweets or making healthier spin-offs to her favourite

By Vanda Gooley. Photo supplied.

OPENING IN SPRING 2023

Pacific Cape Lodge Kularoo Drive Forster

88 Bed Residential Aged Care Facility

All suites air-conditioned with individual ensuites and room sizes 28.5sm - 31.3sm

Another GLAICA Ltd facility

hours M- F 9:30am till 4pm (02) 6554 5521

For further information please contact GLAICA House Tuncurry during business

GLAICA AGED CARE FACILITY



BOOK TODAY WWW.TRAVELWISE.NET.AU CALL 6552 9114

Scent dogs used to locate koala habitat on the MidCoast



Above: MidCoast Council's Caitlin Orr with Tate Animals' Claire Chiotti and Dash the koala detection dog

MidCoast Council are turning the tables and using man's best friend as an important tool to study, and ultimately increase, koala numbers

Teams are using koala detection dogs to locate koalas by sniffing out their excrement providing researchers with more accurate figures and allowing them to document habitat locations.

MidCoast Council's Acting Manager – Natural Systems Prue Tucker said scent dogs have become an integral part of the overall Koala

"Koala detection dogs are great for this work because they are much guicker and better

able to locate koala even highly trained ecologists," Ms Tucker

"The dogs are trained to run through bushland and use their superior scent to locate koalas and their scats.

"This means thev can find evidence of koalas even when they are present in low densities or in dense grass cover which would more than likely be missed by

The information we get from the help of the

The dogs used for the operation are often working Springer Spaniels (like Dash, the koala detection dog pictured) or Cocker

Spaniels, but other breeds are used.

Council has engaged detection dog teams from two companies, Canines for Wildlife and Tate Animals. These companies have many dogs in their teams and the dogs are trained across a wide range of scents, including koalas, foxes and even weeds and threatened orchids.

When Dash sniffs out some koala poo she lets her handler know by dropping to the ground and "pointing" her chin to the scat she has found. If Lucy smells a koala in a tree above, she sits with her noise pointing up.

"The reward Dash gets from finding a koala or a koala scat is a few throws of a tennis ball so

she can chase it. She really looks like she loves what she does," Ms Tucker said.

But all the K9 sniffing power in the world won't help unless the dogs and their handlers can access land where the information on koala presence is valuable and these are often on

This is where MidCoast residents come in.

Council is calling on landowners to allow them access to their properties for the sole purpose of detecting koalas

"To help Council manage our local koala population we are seeking help from landholders to gain current data on the distribution of koalas within the MidCoast area," Ms Tucker said.

"We are asking property owners to get involved by providing access to their properties "This involves allowing a dog handler, their

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specialist trained koala detection dog and a botanist to access a small part of your property to conduct a koala habitat survey.

"This can benefit landowners too because they receive a report on the findings for their

The Koala Strategy including the use of the detection dogs is provided under funding from

To contact Council to discuss possible koala habitats please go to the MidCoast Council website and complete a Koala Safe Spaces expression of interest form at www.midcoast. nsw.gov.au/koalasafespaces



Above: A fever of sting rays spotted from the Forster Tuncurry Bridge last week. Photo by Vanda Gooley.

The green energy surge still isn't enough for 1.5 degrees. We'll have to overshoot, adapt and soak up carbon dioxide

It was a rare bit of good news on climate. The International Energy Agency this week released its latest net zero roadmap (1), showing it was still just possible to hold global heating to 1.5 degrees.

In the last two years, we've seen major global investment in clean energy, spurred on by energy independence concerns raised by the war in Ukraine, as well as intensifying extreme weather.

Even so, it's unlikely to actually keep us under 1.5 degrees, the globally agreed target to avoid the worst impacts of climate

Why? Because emissions are still rising even as many countries make their energy

Why is it so hard?

In part, because we've left our run very late. The Intergovernmental Panel on Climate Change released its first assessment in 1990. Since then, the world has emitted one trillion tonnes of carbon dioxide, which is two-thirds of the carbon budget. That is, the amount of permissible emissions that would feasibly allow us to limit global warming to 1.5 degrees above the pre-industrial temperature

At the beginning of this year, the world had just 380 billion tonnes of carbon dioxide left in the carbon budget. Global emissions have been about 40 billion tonnes a year over the past few years with no sign of decline. At that rate, we'll hit 1.5 degrees in about nine years, and 2 degrees in 30 years.

We are not moving fast enough, on enough fronts, to wean ourselves off fossil fuels.

For instance, even though the use of electric vehicles is growing fast, it's off a low base. The world still has an estimated 1.4 billion internal combustion engine cars, which run on petrol, diesel or gas.

Emissions from all forms of transport are increasing. Fossil gas use is surging. Coal use was thought to have peaked in 2013. But it's back at even higher levels over the past two years, as nations scramble to shore up energy supplies due to the war in Ukraine.



Above: China's renewable build is accelerating.

Clean alternatives haven't yet replaced fossil fuels at sufficient scale. It doesn't matter how many solar panels are installed unless they also substitute the power that fossil fuels provide. And on a global scale, that's not happening quickly enough to prevent us hitting 1.5

But the good news is we're finally seeing something that seemed all but impossible just 10 years ago – nation after nation finally getting serious on climate change.

Renewables are so cheap they're getting built because they make money – at the expense of old fossil fuel plants. Electric vehicles are here, and will make life better, from cutting running costs to radically improving air quality in our cities. Many nations will achieve energy

We are making rapid progress in greening the electric grid, with China building even more renewables than its government targets. On the streets of Shanghai and Oslo, electric vehicles are a common sight.

These trends need to spread worldwide, and fast.

Economic sectors that produce large volumes of emissions, such as concrete and steel making, are difficult to decarbonise and will take longer. Likewise for the aviation and food system sectors, where emissions keep rising.

end. The goal is to rapidly reduce the use of fossil fuels, with any unavoidable emissions captured and permanently

Until now, the very best we've done is to meet the growth in global demand for energy with non-fossil fuel sources – not to actually cut emissions. To actually slash emissions means transformational

Why the positive forecast?

Our best climate projections, the rate we're using our remaining carbon budget, and current climate policies in place all consistently lead us to temperatures well past 1.5 degrees by the end of the century.

So why is the International Energy Agency still floating the possibility of stabilising the climate at 1.5 degrees?

If you read the report (2), it becomes clear. Achieving net zero at this late stage will mean overshooting 1.5 degrees – and then using trees and negative emissions technologies at a very large scale to bring us back to that level.

This will take the creation of a whole new industry of atmospheric greenhouse gas removal and decades of effort.

So even as the world accelerates climate action, the claim that we can avoid climate change from reaching and passing 1.5 degrees is out of

What does this mean?

If humanity blows past the target of 1.5 degrees and keeps warming the planet, it doesn't mean we just give up. Every decimal of a degree

We're only at 1.2 degrees now, and extreme weather, fire activity and other damage from climate change is coming thick and fast.

But there are clear risks in relying too much on the potential of removing large quantities of greenhouse gases from the atmosphere while also bringing down emissions as close to zero



Above: New York floods from record breaking rainfall on 29.9.2023, with more downpours expected. www.abc.net.au

Overshooting 1.5 degrees has another important implication. For years, climate action - cutting emissions - has been at the forefront of global efforts. But we have been too slow. Now we have to adapt to the rapidly evolving climate, with new policies, investment and

This is not a story of unavoidable catastrophe. Climate scientists, on the whole, are optimists All the work being done means we're finally seeing positive change. But the numbers don't lie. We must get those emissions down.

(1) www.iea.org/reports/net-zero-roadmapa-global-pathway-to-keep-the-15-0c-goal-in-

(2) www.iea.blob.core.windows.net/ assets/4d93d947-c78a-47a9-b223-603e6c3fc7d8/NetZeroRoadmap_AGlobalPath waytoKeepthe1.5CGoalinReach-2023Update.

By Pep Canadell – Australian Chief Research Scientist, Climate Science Centre, CSIRO Oceans and Atmosphere; Executive Director, Global Carbon Project, CSIRO. Published: 28.9.2023

www.theconversation.com

Our Local wildlife



Channel-Billed Cuckoos

One of the more raucous and unmistakeable signs of Spring in our area is the arrival of the Channel-Billed Cuckoos (Scythrops novaehollandiae) with their loud prolonged calls of 'kawk' followed by softer, rapid 'awkawk-awk' when in flight and during the night. Including, at times, all night long!

These birds, also sometimes known as the storm or rain bird because their arrival heralds the start of the North Australian rainy season, are the world's largest cuckoo. Often hard to see except in flight, they are big, measuring between 56 to 70 cm long with a wingspan up to 107 cm and a weight between 560 -935 grams. Channel-billed cuckoos are grey in colouring and the tail is long and striped with darker grey bars. Particularly distinctive are their massive pale grey to straw-coloured tipped down-curved beaks or bills. Females have a slightly smaller bill and paler, more barred undersides. Males and females pair bond, at least during the breeding season, with courting behaviours of loudly calling to each other and the male giving the female gifts of

As the name suggests, they are brood parasites or cuckoos, laying their eggs in the nests of other birds, typically magpies, currawongs, butcherbirds, ravens and crows.

To be able to outwit some of our smartest avian locals is evidence of their intelligence. The pair work together to distract the nest owners, with the male flying over the targeted nest to provoke a defensive mobbing response allowing the female to quietly slip in and lay her egg. At other times the pair will bully an incubating bird off of the nest to allow the female to sneak her egg in. They are able to change the colouration of their eggs to be better camouflaged with the target species eggs with colour variations from reddish to yellowish brown to pale white. This is sometimes less successful with crows and ravens however whose eggs tend to be pale green splotched with brown and darker green.

Once hatched the channel-billed cuckoo does not eject the other eggs or nestlings, but rather outcompetes its foster siblings for food and attention, with the result that the parent birds' own chicks frequently starve to death. Once fully fledged, usually after four weeks, the chicks will clamber about branches and will continue to be attended and feed by the foster parent birds for several more weeks.

Channel-billed cuckoos are mostly fruit eaters, with a preference for native figs, but will also take insects and the nestlings and eggs of other birds, including noisy miners and magpie-larks. Consequently, these birds will often give away the Channel-billed cuckoos hiding places by aggressively mobbing them

Channel-billed cuckoos migrate to Australia from New Guinea and Indonesia between



August and October each year and then leave Australia in February or March. These migrations can either be as single individuals or in small groupings. Indeed, a trio of Channelbilled cuckoos that were raised together in FAWNA's care, (two of which are pictured) have continued to migrate together each year for 5

and there will also be an opportunity for

conditions based on risk inside and out of that

Dr Tracey said the department would make

management zones. The strips kill the varroa

Beekeepers across NSW will still be required to

continue conducting alcohol washes every 16

The Australian Honey Bee Industry Council

(AHBIC) had been calling for a transition to

Chief executive Danny Le Feuvre said

the industry was looking for a balanced

"We need to find a way to minimise the

impacts varroa mite's going to have [and]

figure out a way of lifting the skill base of our

beekeepers, educating them around the best

management practice for managing varroa,

miticide strips available to beekeepers in

mite without impacting bees.

weeks and reporting the results.

management in recent weeks

management plan.

movement under permit with certain

years back to the same area. How the young birds know to navigate back to their winter territories is a mystery

By Kym Kilpatrick FAWNA member - Hallidays Photo by Gail Whitwell.

Australia abandons efforts to eradicate deadly parasite varroa mite after 15 months



Above: Varroa mite emergency zone map - former Hunter, Central Coast and Kempsey red eradication zones become orange "management" zones. The green area is the suppression zone. (Supplied: NSW DPI)

Australia will cease efforts to eradicate varroa mite and transition to management of the deadly bee parasite.

About 30,000 hives have been euthanised by authorities since varroa mite was detected 15 months ago in sentinel hives at the Port of

The \$132 million varroa response plan was the largest biosecurity outbreak in the country's history, and until now, Australia had been the last continent to remain free of the parasitic

The decision was made by the National Management Group, 19 September, that it was no longer technically feasible to eradicate varroa mite and had entered a transition to management

The decision was made following reports of non-compliance on hive movement and testing and a spike in new detections across large areas.

The management group said NSW would operate under an interim strategy to limit the impacts and slow the spread of varroa mite while a revised response plan was being developed by the Consultative Committee on Emergency Plant Pests.

Varroa destructor is a small mite that attaches to bees and eats their "fat body". The fat bodies of honey bees are the insect equivalent of a liver. Varroa weakens bees, reduces their life span and increases the spread of deadly viruses.

Major changes

NSW Department of Primary Industries of biosecurity and food safety, John Tracey, said the transition to management would focus on an immediate stand down of mandatory eradication.

"It will establish programs to manage the movement and spread of varroa and will include some zones," he said.

The current red eradication zones in the Hunter, Central Coast and Kempsey will become management zones. He said while the mandatory euthanasia of hives would cease, beekeepers in red zones could opt for voluntary euthansia and be eligible for compensation.

"There will be a focus on management solutions for mites in hives and for industry to build resilience and to support pollination services," he said.

"There will be free movement allowed Mr Le Feuvre said the AHIBC would be within the management zones, there will be advocating for a recovery package to be built movement allowed between those existing into any transition plan. management zones under secure conditions Mr Le Feuvre said it would be up to other state

> He said the mite was unlikely to spread quickly and that monitoring would be a key part of the

and territory jurisdictions whether border

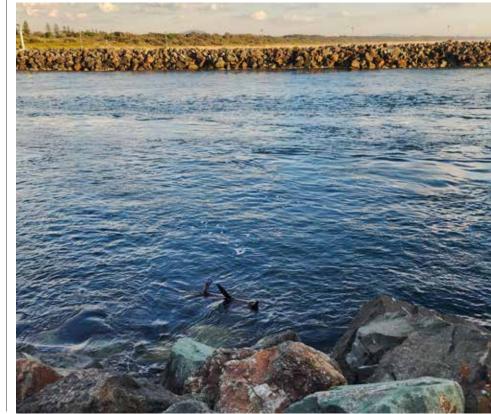
"We're not expecting it to move like wildfire across the landscape, we have got time, we're not expecting that beekeepers are going to have to start implementing treatment strategies immediately — it will move slowly, Mr Le Feuvre said.

"So we need to make sure that we take our time to make sure that any plans that are put in place are sensible and practical ... to make sure that our beekeepers can manage the mites moving forward."

By Kim Honan and Tina Quinn (edited). Published 20.9.2023 www.abc.net.au/news

Formore information go to: www.dpi.nsw.gov. au/emergencies/biosecurity/current-situation/ varroa-mite-emergency-response

Below: Young seal playing in the Forster Tuncurry Channel last week. Photo by Patricia Macvean.



Sport

Page 26

FORSTER FORTNIGHTLY

in conjunction

with the Lower

North Coast SLS

Black Head Club

President, Suz

Gerrish, welcomed

over 100 visitors

and Coffs Harbour

from Cooks Hill

whom this event

of the season has become a regular

She also expressed

her gratitude to nembers of her club for acting

on the first day

Surf Clubs for

Flag' at Black Head

'Raising of the

Forster Men's Bowling Major Pairs Championship

On Sunday, 24 September, the final of the Forster men's Bowling Major pairs was held between Jeff Moyes and Trevor Jackson, and Erin Smith and Kevin Robinson. The match started in brilliant sunshine and many spectators were present.

Erin and Kevin got off to a flying start and at the end 10th round were leading 15 to 2. On the 11th end, things started to change with Jeff and Trevor picking up 4 points. This mainly continued up until the 17th end when Erin and Kevin went on to score, winning the match

By Allan Hughes. Photo supplied.

Right: Winner's Erin Smith and Kevin Robinson.



Tuncurry Beach Women's Major Singles Championship

The final of the Women's Major Singles Championship was held on Wednesday 20th

t was a lovely sunny day and a good number of ladies, past and present, plus male bowlers turned up to cheer the participants on.

The competition was between Sue Thomas and Di Smith. It was a game full of sportsmanship and good bowls. However, there can only be one winner, and on this occasion, it was Di. Congratulations to both ladies.

By Carol Prentice - Publicity officer for TBWBC.

Right: Runner-up Sue Thomas and Winner Di



Sporties Tuncurry's Mixed Triples Club Championship

Sporties Tuncurry Men's Bowling Club played their Mixed Triples Club Championship on Thursday 7 September at Sporties.

The final was between two great teams - Marty Brown, Denis Curry and Julie Curry against Tony Gorrie, Maz Gorrie and Col Campbell.

Tony's team shot to an early lead in very tricky winds. By the 9th end. Marty's team was trailing by 4 shots. Over the next 8 ends, Marty's team fought back with some great draw shots. On the 17th end, it was anyone's game to win. Both teams levelled on 14 points, with 8 ends to go.

It was very exciting to watch. Marty's team dug deep and played some brilliant draw bowls in extremely windy conditions. Congratulations go to Marty Brown, Denis and Julie Curry who were the eventual winners, 21 to 18. Both teams should be congratulated on their ability to play superb bowls in very difficult conditions. By Frank Partridge - Hon Bowls Secretary.



Above: Winner's Marty Brown, Julie Curry and Denis Curry. Photo supplied.

Sporties Tuncurry Women's Major Pairs Championship

Our 2023-24 Major Pairs Championship commenced on 14th September and after some very close and exciting matches in the early rounds, the Semi-Finals were played on

In the first Semi-Final, Julie Curry and Karen Carlton defeated Val Feuersanger (sub for Judy Lawrenson) and Lynette McVicar 23-22 in a thrilling last end. In the second Semi-Final Sue Ryan and Nancy Shaw defeated Kay Negus and lackie Houston 23-13.

The Final of the Major Pairs Championship played on 23rd September was a terrific game to watch with so many good bowls played. Julie and Karen got off to a good start by winning the first 2 ends. Sue and Nancy won 2 of the next 3 ends, and by end 5 it was 4-all. Julie and Karen consolidated by winning the next 7 ends to have a handy lead of 13-5. Sue and Nancy won 3 of the next 5 ends, but by end 17 it was 16-7, in favour of Julie and Karen. However, as hard



Above: Runners Up Sue Ryan, Nancy Shaw, and Winner's Karen Carlton and Julie Curry

as Sue and Nancy tried, it was Julie and Karen who won the remaining ends to win the 2023 24 Major Pairs Championship

By Sue Ryan - Communications Officer.

Below: NSW Rugby Union Youth Sevens tournament at, Tuncurry 23 -25 September 2023. Photos by Aaron Dodds. See page 28.







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

Mini-surf carnival held at Black Head Surf Club



Above & below: Youth Nippers training at the Black Head mini-surf carnival.

Black Head SLS Club held a mini-surf carnival and 2-day camp for Nippers and Youth

acting as water

helpers in catering and organising evening and 24 September, social events.

> Ian Marshall, Director of Surf Sports at Black Head, said that, on Saturday, it was excitement overload as the multitude of younger people benefitted through pre-competition training provided to all participants by experts such as Marty Cowper OAM, Black Head chief coach and other experienced instructing personnel. He added that this coaching was put to the test

activities including beach sprints, board paddling and ocean swimming. While Black Head held the first mini-surf

carnival on the Lower North Coast, the first

on Sunday in a range of graded competitive

will be published in the next Forster Fortnightly

Story and photos by Annie Evans.

major carnival on the SLS NSW calendar was

and Sunday of the 2023 October Labour Day

hosted at Forster Main Beach on the Saturday

Entries for 2023 included previous multi-winner

surf club, Umina, along with Manly, Newport,

Queenscliff, Bronte, Soldiers Beach, Terrigal,

Swansea-Belmont and all clubs from the Lower

A full report of the Forster Main Beach carnival

South Maroubra, Wanda, Shelley Beach,

North Coast Branch.

Below: Official party at the Lower North Coast SLS Branch 2023 'Raising of the Flags.







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Mid North Coast U11s boys 3rd in NSW Rugby Union Sevens

From 23rd to 25th September, hundreds of young rugby players and their families turned up at the Forster-Tuncurry Dolphins Rugby Club in Tuncurry to play in the 3-day NSW Rugby Union Youth Sevens (seven aside) in the Under 11s and U13s boy and girl age groups.

"All teams were learning and playing a game of contact sport that's fast, evasive and exciting to watch. It's played all around the world, including at the Olympics," said Aaron Dodds, Fortser Tuncurry Dolphin's Junior Development Officer.

On the first day the boy's U11s Mid North Coast team (from Forster and Taree) played 4 games and were undefeated and ranked 2nd by the end of day.

The Southern Eagles Mid North Coast team were so excited and proud of these local youth. The Southern Eagles were also proud of the local girls who were called upon to help the West Harbour Juniors Rugby U13s and Western Plains Juniors Rugby U13s. Local players included Ruby Dodds, Gracie Pollock-Diggs and Azayah Williams.

On the second day MNC U11s boys were ranked 4th after 1 win, 1 draw and 2 losses. In the girls, Azayah, playing with West Harbour, had 2 from 3 wins. Ruby, playing with

Western Plains, had nil wins but showed a huge growth in this team.

On the Finals Day, after a huge effort, the local MNC U11s boys came 3rd in the State. Final rankings stood at 1. Southern Baa Baas 2.



Above: Mid North Coast team with coaches Melissa Pitfield and Steve Richardson. Players (L to R) - Oliver hill, Zac Pitfield, Eli Pitfield, Boyce Bissett, Mitch Hayne, Eli Lea, Felix Richardson, Hugo Travis, Jack Mellor, Taz Smith, Lennox Twentyman and Jasper Richardson in the front. Photo by Aaron Dodds.

Mosman 3. Mid North Coast 4. Norths Pirates 5. Merewether 6. Maitland 7. West Juniors 8. Western Plains 9. Norwest Bulls 10. Scone Quirindi

A signed NSW Waratahs Jersey was given to the Mid North Coast team to vote for the

'player's player.' This is given to a player who has shown leadership, respect, inclusion for all on and off the field, a player who has lifted the team when the team have moments of hardship, a player who digs deep, in big contact tackles, huge runs, great communication and

most importantly someone who has grown the most throughout the tournament. Zac Te Raki-Pitfield was voted by all peers as the player's player. All players signed two jerseys and presented them to coaches Steve Richardson and Melissa Pitfield, as a sign of respect.

The team that Ruby Dodd supported ended up 7th overall. She was a prominent player for the team with her strong defence and ability to score tries from anywhere on the paddock. Azayah improved so much during the tournament. The coach of the West Habour team rang after the event to offer her an opportunity to play again in the future.

Amazing work from the Forster Tuncurry Dolphins who kept the ground immaculate, were organised and prepared for each day, provided good food and drinks for all teams and their families throughout the competition.

Awesome work also by Luke, Junior, and Hilly from NSW Rugby and Alex with his refereeing team.

On the 7th, 8th and 9th October the NSW Junior Rugby Sevens is back in Tuncurry for the U15s and U17s boys and girls. Noah Dodds is the only player from the Lower Mid North Coast in the tournament and will be playing with the Hunter Wildfires team.

Aaron Dodds was interviewed by Mary Yule. More photos on page 26.

