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MIDCOAST  
FESTIVAL OF  
STORIES  
11 - 26 MAY

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Star Pet  
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# Forster Fortnightly

Your local independent community newspaper distributed to  
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Wednesday 1 May 2024

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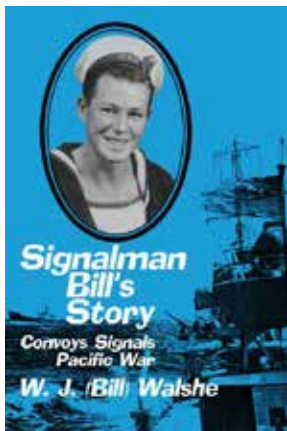
This remarkable story of local resident Bill Walshe was written and completed by his son, Trevor Walshe, the night before they marched together on ANZAC Day in Tuncurry, 25 April 2024. Bill served in the Royal Australian Navy as a Signalman during WW2.

### Signalman Bill Walshe RAN 1941 – 1945

Bill was born 22nd January 1925. He is now 99 years old. Despite the ravages of memory loss, recollection of his war service and that of his parents and brothers remains clear.

Bill always referred to his family as a family affected by war. He held a deep, abiding sense that the mothers and wives - those left behind, suffered as much as those they farewelled when the call to duty was sounded. He spoke often and with sadness of his mother (in his own words): "...who died a sick and broken woman, prematurely aged - a victim of war if ever there was one and yet she never heard a shot fired or a bomb explode. She suffered when her husband, just months after their marriage embarked for Gallipoli then the Western front, away from his young bride for four long years only to return a different person, wounded and permanently sick from the effects of mustard gas. Then, twenty years later suffered again when her three sons enlisted in the Second World War". Bill, perennially modest, countenances no comparison of his experience of war to that of his parents or his big brother's four years as a POW in Japan".

Bill joined the Navy six months after his 17th birthday. He was one of 30 new recruits designated to become Convoy Signalman after a three month crash course in visual signals at Flinders Naval Depot. These youngsters, many others as young as Bill and only a couple older than nineteen were destined to work on convoy merchant ships plying the dangerous waters of the Atlantic with much needed supplies for the UK and Russia. This was during



## ANZAC March 2024

Above: ANZAC Day March in Tuncurry, 25 April 2024. Bill Walshe can be seen in his wheelchair middle right. Insert: Bill with his son Trevor Walshe and family. Photos by Geordie Yule.

See pages 10, 11 & 12 for full coverage of local Anzac Day Services

the peak of the U-boat peril when the life expectancy of sailors in that theatre was at times as low as 30 days.

When Japan entered the war late in 1941 everything changed. The bombing of Darwin made real the threat of invasion from the north so Prime Minister Curtin defiantly brought the troops home to defend Australia. As was the case for Britain, our sea lanes had to be kept open and our country transformed into a vast base from which Allied forces could mount a defence. To succeed in this strategy merchant ships became the vital link as the carriers of troops, military equipment, food and raw materials, indeed everything required for an island nation's survival. This is the theatre into which Bill and his mates were thrust.

In his book titled 'Signalman Bill's Story: Convoys Signals Pacific War' (see book cover on left) he explains the need for convoys

and the role they played to supply a world at war (and I quote): To put large numbers of vessels together on the high seas is unavoidably hazardous. They must keep in station relative to each other, must maintain uniform speeds, must alter course together, must share current weather conditions and be kept fully informed of imminent or potential dangers like submarine or air attack, and must know precisely what to do in the event of such attack. In effect, they must be in constant communication with each other and with their naval escorts. But there was a problem. Wireless telegraphy was not permitted as that could be intercepted by a vigilant enemy on the prowl and listening for any and all ship movement. So the only means of communication available to a convoy was visual signals: morse code using lights and semaphore in the form of masthead and hand held flags. Which created another problem. The

escort vessels – the fighting ships, all had the requisite number of highly trained signalmen as part of their complement. The merchant ships were the opposite - with no personnel trained in naval communication, let alone with an understanding of convoy procedures.

So it was that Bill and his 29 fellow recruits spent their war service as RAN personnel aboard merchant ships. Bill was sent on untold assignments, joining convoys wherever dangers were deemed most likely to occur. Frequently on one ship for just days, the next a week, at times a month before being whisked away for yet another convoy with a different destination. He was aboard 40 to 60 ships in those frantic years between 1941 and 1945,

Continued on page 12.




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• When submitting stories, please note - around 300 words is best with high resolution photos sent separately (in largest size). Please include names for photos left to right and your contact details.

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Photo of Dawn Service by Patricia Macvean.

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**Candlelight Vigil - 1st May**

Great Lakes Women's Shelter (GLWS), supported by Lakeside Tavern, are presenting a candlelight Vigil to remember all the victims of domestic homicide, this year.

Wednesday 1st May marks the beginning of Domestic Violence Awareness month.

Please join us: Field next to Lakeside Tavern at 89 The Lakesway Forster. 5pm - 6pm on Wednesday 1st May.

Bring your Mozzie spray, and a rug or chair to sit on if you wish.

Please help spread the word.  
 Great Lakes Women's Shelter



**Where to next for improved local healthcare services?**

On Wednesday 17th April, at a Midcoast Council Public Forum, a representative from the Manning Great Lakes Community Health Action Support Group (MGLCHAG) spoke in support of a motion put forward by Cr Kathryn Bell - which sought to support the petition, signed by 11,750 people, or 13% of the population of Myall Lakes Electorate. The motion is lengthy, as is the presentation to Council by our representative, so what follows is a summary of the main points.



Above: Volunteers collecting signatures for the Petition that will be presented to NSW Parliament on 9 May.

**The motion called for Council:**

- To acknowledge that our health services are in crisis.
- To recognised that financial responsibility for health services lay with the State Government.
- Acknowledge their role to support and advocate on behalf of the community.
- To strongly support the contents of the petition.
- To write to all State Government stakeholders, including but not limited to, The Premier, Minister for Health, MidCoast Council's four State Members advising them of Councils resolution.

**The presentation by our representative stated:**

- That only \$40 million of the \$140 million allocated in 2018 had been spent.
- As a result of a 30% increase in construction costs Stage 2 could not be completed as per the initial plan and we will be left with a scaled down version and still have no idea what will be included and what will be omitted.
- Manning Base Hospital (MBH) has less than 140 beds but, using the government's own formula, should have 250.
- That the Emergency Department (ED) must compete with elective surgical patients as well as ICU/HDU/CCU for ward beds leaving patients stranded in ED well beyond the target of 4 hours, sometimes 24 hours or more.
- That as a result of the above, beds were often unavailable for new patients arriving in ED which leads to lengthy waiting times and ambulance ramping.
- That the hospital is in a disgraceful state with mould and damp on some walls and ceilings.

- That MBH is under-resourced in comparison to its peer hospital. As an example, Tamworth Hospital which is a higher peer group and saw only an extra 17 patients per day, has 35 nursing shifts per day and had 1200 more ambulance arrivals in 2023.
- That a lack of emergency services in Forster/Tuncurry and Bulahdelah impact on the ED at MBH further increasing workload and that we need a Multipurpose Service in Bulahdelah and an Urgent Care Centre and public beds in Forster/Tuncurry.

The motion was supported by a number of Councilors at the Council meeting later that day and was passed unanimously.

Some interesting statistics were presented by Cr Sandilands: Coffs Harbour, with a population of 80,000 has 350 beds, Port Macquarie, with a population of 86,000 has 228 beds whilst, as previously mentioned MBH has less than 140 beds for a population of 96,000.

The forces for good are gathering, slowly yes, but inexorably. The petition to complete Manning Base Hospital upgrades will be presented to our local state representative, Tanya Thompson at Parliament House on May 9th and debated in Parliament in June.

May the force be with us!

For those who wish to hear the full presentation and debate, audio recordings of both the Public Forum and the subsequent Council meeting can be found on Midcoast Council website at 19 minutes 45 secs and 56 minutes 24 secs respectively at: [www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes](http://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes)

By MGLCHAG.  
[www.facebook.com/ManningGreatLakesCHAG](http://www.facebook.com/ManningGreatLakesCHAG)

The Forster Fortnightly will be publicising Reconciliation Week (27 May - 3 June) on 15th May. All relevant submissions to be in by 8th May.



**Youth engagement by Manning - Great Lakes Police**

Dear Readers,

This fortnight I will share with you great results from investigations into a serious crime at Wallabi Point and some examples of fantastic youth engagement by local police:

On 27/02, an 83-year-old man was asleep in his residence at Wallabi Point when a number of offenders broke into his home. The man was struck by one of the offenders, resulting in him receiving a large laceration to his head. Stolen during the break in was jewellery and the man's motor vehicle. This month, following investigations under Strikeforce Helman, local detectives arrested and took action against a 20-year-old man, a 16 year old boy, a 14 year old boy and a 20 year old female in relation to the matter - with the 20 year old male charged and bail refused. An Arrest Warrant has been issued for another male involved in the offence.

**Kicking goals for youth mental health across the Manning Great Lakes Police District:**

NSW Police attached to Manning Great Lakes Police District joined the NRL State of Mind team to deliver a series of youth mental health and wellbeing workshops from 8 April to 11 April 2024.

The four-day tour of schools was funded by the NSW Government



Right & far right: local Police District Aboriginal Community Liaison Officer Sara-Jain with local kids for Surf Day at One Mile.

and NRL at Taree, Tuncurry and Forster. The schools attended were Chatham High School, Taree High School, Tuncurry High School, and Forster High School.

NRL State of Mind uses players as ambassadors to help remove the stigma surrounding mental illness and inspire help-seeking behaviours. These workshops were conducted by former NRL players, Joel Thompson and Ben Roberts.

Former NRL player Joel Thompson, who grew up in Ivanhoe, told students about his own experience of going to bed hungry and how he encountered obstacles at school.

Local officer, Inspector Paul Quigg, stated, "The program was well attended and well received by the youth that were involved. It's important that we get the message out there that the kids can have a goal and make the right choices in life."

The Manning Great Lakes Police District would like to thank the NRL, Chatham High School, Taree High School, Tuncurry High School, Forster High School, CatholicCare, Tuncurry Beach Bowling Club, Club Forster, Biripi Aboriginal Corporation Medical Centre and Tobwabba Aboriginal Medical Service.

On 17/04, local Police District Aboriginal Community Liaison Officers Sara-Jain and Coen



Above: Former NRL players Ben Roberts (far left) and Joel Thompson (far right) with local High School students.

were involved in Youth Week engagement in collaboration with Tobwabba Aboriginal Medical Service and Homebase Services. Sara-Jain and Coen entertained 26 kids at Surf Day at One Mile Beach, Forster, followed by a great lunch. A great day was had by all.

**Tip of the fortnight:**

Having a night out with friends? What happens if you are refused entry or asked to leave a venue?

You will be refused entry or asked to leave a venue if you are:

- Intoxicated

- Disorderly
- Violent
- Quarrelsome
- Smoking in a smoke-free area
- Selling, using or in possession of prohibited drugs

If you are asked to leave or refused entry, you MUST leave the vicinity of the premises and stay at least 50 metres from the venue for a minimum of 6 hours.

You cannot re-enter the premises for at least 24 hours.

If you don't comply you are committing a crime. A \$550 on the spot penalty applies.

Please be kind to each other and don't forget to say "G'day!" to your local police.

Chief Inspector Timothy Bayly - OIC Forster Police Station.



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## Items of interest - 17 April Council meeting

### Mayoral minutes

Several Mayoral Minutes were presented. The first called on Council to adopt a principle of ensuring all operations are efficient, effective and lean and that priority areas be identified for service reviews in the Deliver Program and Operation Plan (DPOP) for 2024-25.

The Mayoral Minute also requires the General Manager to undertake a review that benchmarks corporate services against other local NSW Councils to provide a comparison and identify improvement opportunities for consideration in future service reviews.

The second called for endorsement of regional motions developed through the Hunter Joint Organisation for lodging to the National General Assembly of Local Government to be held in Canberra from 2-4 July.

### Notice of motions from Councillors

• Councillor Paul Sandilands motion to waive all cemetery fees for stillborn infants up to the age of six years of age was supported by Councillors.

• Councillor Dheera Smith moved a motion to employ more rangers to police 4WDs on beaches. An amended motion was supported by Councillors to workshop the issue.

• Councillor Kathryn Bell's motion for Council to support a petition from the community (fighting for improved services at the Manning Rural Referral Hospital) was supported by all Councillors.

• A motion calling for Council to complete a disability parking review from Councillor Kathryn Stinson was supported by all Councillors.

### Management of aquatic centres and pools

Council will now enter into negotiations with prospective operators for the management of the Taree and Forster Aquatic Centres following the closing of tenders. [See summary of agenda for Council Meeting on 1 May at the end.]

While the meeting formally rejected the tenders, approval has been given to enter into negotiations with tenderers to come to an agreement to operate the two centres.

The successful tenderer will take over management of the sites directly from the YMCA. Any prepaid memberships or Learn-to-swim lessons will continue to be honoured.

The meeting also resolved to open tenders from private operators, community groups or small operators for the management of the Wingham Memorial Swimming Pool and Tea Gardens Swimming Pool.

The running of the Wingham and Tea Gardens Pools by small operators or community groups has the potential to provide a reduced management fee and improve the level of service and customised approach to the unique requirements of each community.

As a back-up option, Council will receive optional prices from operators tendering for the Manning and Great Lakes sites providing an option should a small operator or community group not be found.

### NAIDOC funding

Four applicants will benefit from the recent round of NAIDOC funding.

Gloucester Worimi First Peoples Aboriginal Corporation, Purfleet Taree Local Aboriginal Land Council, Forster Local Aboriginal Land Council and Tea Gardens, Hawks Nest Aboriginal Reference Group in conjunction with Worimi Local Aboriginal Land Council/Murrook Cultural Centre will all receive \$4000 towards their events.

### Water and systems monthly performance report

Councillors accepted the report which highlighted the continued high performance of the department. Compliance remains at 99.7% with no new exceedances. Wastewater compliance sits at 100%.

Water supply conditions remain favourable with predictions of median autumn rainfall and little risk that water restrictions will be needed prior to summer.

The team received 311 customer requests for the month with 99% complete within the customer service standards.

The second round of leak detection is now complete with over 500 km of mains surveyed. A total of 158 leaks were found within Council's network. Rectifying these leaks will save 7.4 million litres of water weekly.

For full details of all reports please visit: [www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes](http://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes)

### Council meeting Wednesday 1 May

Council's next meeting will be live-streamed from 2pm on Wednesday 1 May. The swimming pools operations review report will be presented. [See key points from agenda point 16.4 below.]

View the agenda and watch the meeting live online at: [www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes](http://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes)

### 16.4 MANAGEMENT OF MIDCOAST COUNCIL'S AQUATIC CENTRES

#### RECOMMENDATION

That Council:

1. Offer the contract for the management of the Manning Aquatic Leisure Centre and the Great Lakes Aquatic Centre to Belgravia Leisure for a period of 3 years commencing 1 July 2024, with options for 2 additional 1 year extensions.
2. Authorise the General Manager to execute the contract.



### DISCUSSION

Council looks to outsource the management of our aquatic centres given that they present specific complexities and risks beyond what are apparent at our smaller community pools. Management of the aquatic centres requires specialised operating systems, processes and risk management procedures beyond Councils general capabilities. Outsourcing the management of our aquatic centres needs to result in less risk exposure to Council compared to managing them ourselves.

Belgravia Leisure is a world-class aquatics provider, managing more than 160 swimming pools across Australia and New Zealand. With an International Organisation for Standardisation (ISO) accredited Management and Work, Health and Safety (WHS) system, Quality Management system and Environmental system.

Additionally, they have a well-developed corporate Risk Management policy and procedures and demonstrated financial viability. The financial proposal tendered is considered to represent value for money and therefore, we are confident that Belgravia Leisure are a suitable organisation to partner with MidCoast Council to maximise opportunities for our community to utilise the aquatic centre spaces, programs and activities.

## HOPE SKIN CANCER & GP CLINIC

Hope Skin Cancer & GP Clinic is delighted to welcome Dr Farzad Parvizian to the practice.

Farzad has relocated from overseas.

"I am a 45-year-old Doctor with more than 20 years of experience. I have moved to Forster, with my young family, to work as a GP in this beautiful town. I am here to help with the high demand for doctors in regional areas.

I have left my home country of Iran, where I was a Double Board-Certified Plastic Surgeon, to come to Australia to live and work. I believe that Australia is the best country in the world.

I am passionate about delivering high quality care to my patients and providing the most up-to-date, advanced therapies and treatments for all their health needs.

Currently, I am training in Skin Cancer Diagnosis and Management as it is my ultimate goal to become a Skin Cancer Doctor.

Being new to this local area, I have completely open books and will be happy to see any patient that needs my help."

Farzad will be working full time - Monday to Friday - as a GP at the practice. New patients welcome.

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### Extra service fees in Aged Care needs reviewing



A motion put forward by MidCoast Council Deputy Mayor Cr Alan Tickle, at the April 17th Council Meeting, calls for the non-regulated "extra services fees" imposed by many aged

care facilities to be on the national agenda at the July 4th Australian Local Government Conference. The motion from Cr Tickle was unanimously supported by MidCoast Councillors.

The motion calls for a review by the Government on the practice of many aged care facilities charging non-regulated additional service fees, and draws attention to the complexity of the assessment of means tested fees and the conflicting method of assessment for aged pension.

Cr Tickle, who is a Financial Planner by profession and an accredited Aged Care Financial Adviser, said that if a person of low

means was forced to pay the basic care fee of \$61.96 per day plus an additional service fee of \$25 per day, which is not uncommon in our local government area, then the amount that the resident is called upon to pay often exceeds the single rate pension and may result in financial hardship.

The basic fee and the additional services fee, is on top of other potential fees such as means tested fees and daily accommodation payments.

"I can understand why aged care facilities have had to cover increases in their operation costs and have resorted to applying compulsory non-regulated fees, but I can't condone refusing to un-pack those fees so that only additional services required are paid for."

"For example, I suggest that a person with dementia paying for pay TV when they can't operate a remote control or have no interest in watching TV is totally unacceptable. That is a common complaint I am hearing, and it is widespread."

Cr Tickle also called out the differences in assessment between aged care and aged pension when it comes to the treatment of the family home, which adds to the confusion.

"At a time when there is a shortage or rental accommodation, the current assessment of the family home does not encourage the home of a person entering aged care being offered for rental accommodation."

"This is because the two year asset exemption applied to a vacated home with respect to the aged pension and the lifetime asset value of \$201,231.20 applied to the home for aged care means test, often means that leaving the home vacant, when there is no surviving spouse or carer in the home, can result in the retention of aged pension benefits and reduction in means tested aged care fees, rather than selling or renting the home and having the full asset value counted," Cr Tickle explained.

"I have personally taken up the issues related to aged care and aged pension assessments with our Lyne MP David Gillespie and have also engaged with the Duty Senator for the Lyne Electorate, Senator Deborah O'Neill."

"I'm hopeful that a response from the Australian Local Government Association will add to the pressure on the Australian Government for a review," he said.

### Defib available at Forster Lifeline Shop

A new defib (AED) at the Forster Lifeline Shop is available for the general public to use. The shop is open from 9 to 4pm Monday to Friday and 9 to 1pm Saturday, on the corner of Breese Parade and Boundary Street, Forster.



"It is not just for the shop but for anyone who urgently needs access to a defib," said Jane Kennewell, Shop Manager at Forster Lifeline. "We have a general public sign on the front door to remind people."

All donated items sold at Forster Lifeline Shop support the local Lifeline Crisis and Suicide Prevention Services.



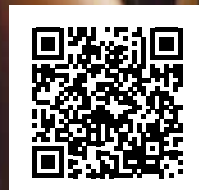
Above: Jane Kennewell in front of the newly installed Defib. Jane recently finished up her role as Shop Manager at Forster Lifeline.

"I have loved it here but I'm looking forward to the next stage of life and plan to see more of Australia with my husband."

"I'm going to miss it. It's not just a job but my Lifeline family. I love them all. The volunteers here are just amazing."

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### Locals form Independent Lyne



Above: Independent Lyne will be holding their first meeting at Club Taree.

Inspired by the impact of community independents in Federal Parliament, a group of locals have banded together to form Independent Lyne and will be holding its first event on Saturday 4th May.

"For too long, politicians of major political parties have taken their seats for granted," said one of the founding members, Gillian Calvert. "We are keen to see better representation of the interests of our community."

The FREE one-off event on Saturday 4th May, at Club Taree, will feature local recording artist and activist Holly Rankin (best known for her music project, Jack River). Holly worked on the campaign for Senator David Pocock and was Creative Director of the Uluru Dialogues during the Referendum Campaign.

Holly will be joined on stage by Phil Haines, co-founder of Voices for Indi. The Victorian rural seat of Indi made history when the community developed a model for doing politics differently, leading to a win by an independent for 4 elections in a row, in a

share our experience with the community in Lyne" said Phil Haines.

The organisers have chosen Taree as a central location in the electorate and encourage people from Wauchope to Hawks Nest to make the trip for this inspiring session.

"Our electorate is diverse and spread out, but we know that whether you live in Dungog, Gloucester, Port Stephens, the Hastings, Great Lakes, Maitland or Taree, we will all be better off if our voice in Canberra focuses on our community first when making decisions," said Gillian Calvert.

The free event will be held on Sat 4th May, from 3pm - 4.30pm (registration opens at 2.30pm), at Club Taree, 121 Wingham Rd, Taree.

Tickets are free but registration is essential at: [www.events.humanitix.com/inside-the-community-independent-movement-politics-done-differently](http://www.events.humanitix.com/inside-the-community-independent-movement-politics-done-differently)

### Dan Aldridge Memorial Day

In December 2023, we lost a great man, Dan Aldridge. In his honour every Ratz rugby union jersey this year has 'DA #8' written on the chest, and both our men's and women's number 8 jersey has 'ALDO' written on the back.

Together with this, we will be holding a Dan Aldridge Memorial Day at Tarre Rugby Park from 1:45pm on 4 May against the Wallamba Bulls. On this day we will be raising funds for the Mark Hughes Foundation in memory of Dan.

Donations can be made prior to this day by the following link: [www.hostyourown.markhughesfoundation.com.au/page/DanielAldridgeMemorialDay](http://www.hostyourown.markhughesfoundation.com.au/page/DanielAldridgeMemorialDay)

We will also be holding a raffle on the day with amazing prizes such as a 2024 signed Newcastle Knights Jersey, signed 2005 retro NSW State of Origin jersey and a Mark Hughes Foundation merch pack. Be there on the day to get your tickets to win!!!



Above: Reece Slaven (on left) and Dan Aldridge from their time together with the Ratz. Photos supplied.

"We plan to make the Dan Aldridge Memorial Day an annual event to honour his legacy." [www.facebook.com/Manningriverratzrugby](http://www.facebook.com/Manningriverratzrugby) Interview by Mary Yule.

Steve Rees, President of the Manning Ratz, said, "This Dan Aldridge Memorial Day is a joint initiative from the Manning Ratz and the Wallamba Bulls. "Aldo was a massive part of both rugby union clubs and won Premierships with each."

"Every Ratz player will be wearing a club shirt with Dan's number 8 on the front to honour him. We plan to wear it all year to help inspire us with the 2024 Premiership."



## We've had our COVID-19 vaccination

COVID-19 vaccination is your best protection against serious illness

If you are an adult at higher risk of severe illness or are 65 years and over, a free COVID-19 vaccine is recommended for you every 6 to 12 months.

Speak to your doctor or pharmacist about what is best for you.



For more information on getting your free COVID vaccination, including how to book, visit [nsw.gov.au/vaccination](http://nsw.gov.au/vaccination)





## More 'fast & ultra-fast' EV charging bays for Forster

Customers and tenants at Forster Stockland will soon have access to more 'fast and ultra-fast' electric vehicle charging bays that will allow drivers to fully charge their cars in about 60 minutes or less.

Stockland recently announced a long-term strategic partnership with Ampol, to roll out one of the biggest Australian shopping centre networks of AmpCharge fast and ultra-fast electric vehicle (EV) charging infrastructure.

The EV charging infrastructure will be installed across 16 of Stockland's town centres (including Forster) over the coming 18 months, with the number of charging bays per centre ranging from six to 12 based on current customer demand. Each AmpCharge charger can service two cars, providing one car up to 150kW or two cars up to 75kW when charging simultaneously.

In 2023, EV purchases in Australia more than doubled from 2022, with the total number of



EVs on Australia's roads exceeding 180,000. Together, Ampol and Stockland will continue to look at opportunities to meet the evolving needs of Stockland's customers.

## Let's hear your story

The MidCoast Festival of Stories is the perfect opportunity for storytellers of all ages to share their tales and even learn new skills and techniques.

The two-week extravaganza runs between 11 and 26 May and includes a variety of different attractions.

Express your creativity through song writing, illustration, dance and poetry workshops and join local authors and industry creatives to hear stories of inspiration and gain insights into the writing scene, including headline events from the prestigious Sydney Writers Festival.

MidCoast Council's Manager Libraries, Community and Cultural Services, Alex Mills, said workshops and events are completely free of charge, allowing all participants to

unleash their creativity.

"We'll be in schools, libraries and campuses all around the region, and the Tales, Twists and Turns day at Forster Civic Centre on the 18 May is sure to be a highlight," he said.

For more information and a detailed list of all the events go to [library.midcoast.nsw.gov.au/mcfs](http://library.midcoast.nsw.gov.au/mcfs) or call 7955 7001.



## EV charging grants extended

An electric vehicle (EV) charger can get your business on the map... literally. More and more drivers are switching to EVs and they're planning their trips around EV charging locations.

The closing date for businesses to apply for a grant to help fund an EV destination charger

has been extended until Friday 2 August. Don't miss out.

[www.energy.nsw.gov.au/business-and-industry/programs-grants-and-schemes/electric-vehicles/electric-vehicle-destination](http://www.energy.nsw.gov.au/business-and-industry/programs-grants-and-schemes/electric-vehicles/electric-vehicle-destination)

## Bulky Waste pickup 2024

The following is a schedule for local Bulky Waste collections still to come in 2024. Place your waste out the weekend before your collection period.

**13 - 21 May:** All of Forster

**22 - 28 May:** Darrawank (properties to the south of Failford Road and Ton O Fun Road) and all of Tuncurry

**29 May - 4 June:** Blueys Beach, Boomerang Beach, Booti Booti, Charlotte Bay, Coomba Bay, Coomba Park, Elizabeth Beach, Green Point, Shallow Bay, Smiths Lake, Tarbuck Bay and Tiona.

**5 - 13 June:** Nabiac (properties south of the overpass) and Seals Rock.

### Guidelines for Bulky Waste

• Sort the items you're intending to place out for collection into two separate piles where you place your red and yellow bins:

1. Metal and whitegoods (doors removed) – these items will be recycled and diverted from landfill.

2. General and electronic waste - items in this pile will be sent to landfill so consider other disposal options first, especially if in reasonable condition/working order.

• Your total load must fit into a standard 7' x 4' box trailer (around 2.1m x 1.2m in area). Individual items must be manageable for our collection crews and cannot weigh more than 30kg.

• Do not place wire-spring mattresses and bed bases in the pickup. Two wire spring mattresses or 1 mattress and bed base (per household) can be dropped off for free at your nearest Waste Management Centre (Resource Recovery Australia, Midge Orchid Road at Tuncurry) while bulky waste collections are happening in your neighbourhood.

• Do not place the following in the pickup - asbestos, chemicals or medicines/fuel or oil (or items containing fuel or oil)/ batteries or gas bottles/smoke detectors or fire extinguishers. These 'problem waste' items are not allowed in your kerbside bins but can be dropped off for free all year at your nearest Waste Management Centre.

To find out your collection date and for more information, please visit: [www.midcoast.nsw.gov.au/Services/Waste-and-recycling/Bulky-Waste/Bulky-Waste-collection-dates](http://www.midcoast.nsw.gov.au/Services/Waste-and-recycling/Bulky-Waste/Bulky-Waste-collection-dates)



## Local School Chaplaincy



Great Lakes Education Christian Care Association (GLECCA) has been a provider of chaplaincy services to Great Lakes College for close to 20 years. It is a committee of representatives from local churches and operates under the oversight of the Ministers' Association of Forster Tuncurry.

The chaplain is an integral member of the College welfare team, providing pastoral care services to meet a very wide range of student needs. Chaplains working in schools are required to be trained in a number of areas including mental health and referral. They assist students in class, are available for individual or group support, and are a friendly face during the day for students who may be dealing with home, school, relationship and a host of other issues that affect young people.

All student contact with chaplains is strictly on a voluntary basis.

The successful breakfast program at Forster Campus was established by the Welfare Staff and GLECCA, who jointly secured the NAB funding that established the program on a secure financial footing. It was largely run by the chaplains for some time.

GLECCA has worked very closely with the College over the years. Its Secretary, Jan Long, is Vice President of the College P & C Association.

The position currently being advertised is locally funded. The role was established

originally when representatives of Club Forster approached the Ministers' Association with a proposal to employ a pastoral care worker to support the College after a series of tragic incidents. Funding is provided by local churches, generous individuals, community groups, and particularly by local Clubs through the ClubGRANTS scheme. Club Forster has been a major supporter of the program for many years and the Forster Bowling Club has also provided very welcome financial support.

The program complements the Federal Government scheme established by Prime Minister Howard but pre-dates it by several years.

GLECCA

### HIGH SCHOOL PASTORAL CARE WORKER/CHAPLAIN

Great Lakes Education Christian Care Association requires a motivated youth worker to support welfare programs for high school students at Great Lakes College, Forster-Tuncurry.

This is a part time position commencing Term 2 in 2024.

For further information contact Jan Long on 0409 070 311 or email [bimjan@bigpond.com](mailto:bimjan@bigpond.com)

Closing date: 17 May 2024



## Welcome to Term 2 at Forster Tuncurry U3A



The Forster Tuncurry University of the Third Age (U3A) offers a relaxed yet informative program of courses and events for retired and semi-retired people over 50.

We have a variety of classes presented by our members, such as History, Art, Travel, as well as Philosophy, Media discussions,

Writers and a new "Singing for Health" class starting this term. We also have gentle exercise classes and a walking group.

As well as classes, we enjoy social events such as morning teas at local cafes and a once a month luncheon at different venues in the area.

Come along to our Welcome Morning on Monday 6th May 10 - 12pm at our beautiful venue, Cape Hawke Surf Lifesaving Club at One Mile Beach, to meet our friendly members.

**U3A Term 2 Dates**  
Monday 6th May to Friday 28th of June.

Enrol Now  
[forstuncurry.u3a.net.org.au](http://forstuncurry.u3a.net.org.au)

It's never too late to Live, Laugh and Learn



## Have a say on Smiths Lake Park

Have your say on the draft master plan for the Smiths Lake Recreation Park before 29 May.

Once adopted, the plan will be used to attract grant funding for the features within the plan which includes - a new pump track, a community sculptured garden, a fences off-leash dog area and a new picnic & BBQ area.

See the Draft Master Plan and have your say at: [www.haveyoursay.midcoast.nsw.gov.au/smiths-lake-recreation-park-draft-master-plan](http://www.haveyoursay.midcoast.nsw.gov.au/smiths-lake-recreation-park-draft-master-plan)



## COMING SOON: New region-wide planning controls



We've developed a draft MidCoast Local Environmental Plan, where almost all our zones are changing in some way.

Find out what this means for your property and have your say by 14 July 2024.

### Three ways to get involved:

**In person** - drop in to talk to our town planners when they visit your area (see below)

**Online** - scan the QR code to visit our website and search your zone

**By phone** - call us on 7955 7777 to arrange a phone appointment

### Find out more

Scan for more information and for a full schedule of drop-in locations.



### Drop-in sessions

**May** 23-25 Taree | 28 Gloucester | 30-31 Forster  
**June** 1 Forster | 3 Harrington | 5 Hallidays Point | 7 Old Bar | 11 Bulahdelah | 13 Hawks Nest | 14 Pacific Palms | 15 Taree | 17 Wingham | 19 Stroud | 29 Nabiac

[midcoast.nsw.gov.au/LEP](http://midcoast.nsw.gov.au/LEP)



## LOOKING FORWARD TO OPENING IN 2024

### Pacific Cape Lodge

Kularoo Drive Forster



*Pacific Cape Lodge*  
**GLAICA House**  
AGED CARE FACILITY

GLAICA Ltd is very excited to announce that Pacific Cape Lodge will be opening very soon!

We are now seeking experienced Registered Nurses and Personal Care Workers as we build the team at Pacific Cape Lodge to lead us to our vision.

To find out more about this exciting opportunity please contact our friendly team at GLAICA House Tuncurry on 02 6554 5521 between 8.30am to 5.00pm Monday to Friday.

## MidCoast WEEKLY EDITION



### COMING SOON: NEW REGION-WIDE PLANNING CONTROLS

We've developed a draft MidCoast Local Environmental Plan, where almost all our zones are changing in some way.

Find out what this means for your property and have your say before 14 July 2024:

**In person:** Drop in at a location near you and talk to our town planners

**Online:** Scan the QR code below to visit our website and search your zone

**By phone:** Call us on 7955 7777 to arrange a phone appointment with our town planners

Head online for more information, for the schedule of drop-in sessions, and to provide your feedback.

[midcoast.nsw.gov.au/LEP](http://midcoast.nsw.gov.au/LEP)



### MAKE TIME FOR A CONVERSATION

Our Community Conversations program is underway, visiting 15 different local communities across the region.

It's a great opportunity to be updated on what's happening in your neighbourhood and further afield, and for us to better understand the things that matter to you and your community.

Join the conversation near you - for details of locations and dates, visit [midcoast.nsw.gov.au/conversations](http://midcoast.nsw.gov.au/conversations)

### SMITHS LAKE RECREATION PARK

We're currently asking for your feedback on a draft master plan that has been developed for the recreation area at Smiths Lake. Once adopted the plan will assist us to seek funding for proposed features such as pump track, sculpture garden, off-leash dog area, and new picnic/barbeque shelter.

Find out more and have your say by Wednesday 29 May.

### BULKY WASTE - GET READY FORSTER

Our Bulky Waste collection crews are finishing up in the Manning and heading to Gloucester next week, but they'll soon be visiting the Great Lakes region.

Collections will commence for all of Forster on Monday 13 May, so waste should be placed out the weekend prior. Crews will continue through other zones within the Great Lakes until the end of June.

It's important to check the collection dates for your zone and place rubbish out no earlier than the weekend before or you could be fined.

Visit [midcoast.nsw.gov.au/bulkywaste](http://midcoast.nsw.gov.au/bulkywaste) for further information and to find out when it's your turn.



[www.midcoast.nsw.gov.au](http://www.midcoast.nsw.gov.au)

### HAVE YOUR SAY

Visit our website to provide feedback on:

- Community Strategic Plan review
- Draft Koala Conservation Strategy
- MidCoast Recreational Boating Infrastructure Plan
- Draft MidCoast Local Environmental Plan
- Smiths Lake Recreation Park Draft Master Plan
- Old Bar Park Draft Master Plan
- Draft Recycled Water Policy
- Draft Commemorative Plaques in Public Places Policy

### Development Proposals

- DA2024/0102 - Bundabah Road, Pindimar - Private Road and Watercourse Crossing
- DA2024/0112 - 4-12 Breeze Parade, Forster - Torrens Title Subdivision (2 lots)
- DA2024/0124 - 426 Bulahdelah Way, Bulahdelah - Change of use - Doctors Surgery & Residence
- DA2024/0184 - 75 Forest Lane, Old Bar - Subdivision 87 lots
- DA2024/0192 - Ferry Road, Oxley Island - Earthworks - mound
- DA2024/0236 - 43 Head Street, Forster - Demolition of Existing Buildings, Residential Flat Building (26 Dwellings)

### CAREERS AT COUNCIL

Visit our website to view all of our current vacancies - some of them include:

- Development Planner
- Heavy Vehicle Mechanic - Taree
- Labourer Cemetery
- Senior Event Attraction and Development Officer
- Specialist Operator (Civil Construction) - Tuncurry
- Water Planning & Assets Business Facilitation Officer



# ANZAC Day - Thursday 25th April 2024

## Hallidays Point ANZAC Dawn Service



The Hallidays Point ANZAC Dawn Service was held at Black Head Ocean Pool by the Hallidays Point Lions Club and Hallidays Point Anzac Day Committee event.

Photos by Matilda and Ian Yule.

Left: (L to R) MC – Rev Peter Hester, John Lucas (speaker), Wing Commander David Lavicka, Halliday Point School Leaders Ella McDonald and Adam Pursch, and Warwick Butler.



## Pacific Palms ANZAC Dawn Service

The Pacific Palms ANZAC Dawn Service was held at the Pacific Palms Community Hall by the Pacific Palms Community Association.

Photos by Mary Yule.

Right: (L to R) Organisers Kate Sweeny, Angus Begg, Doug Whitton and Peter Debnam (speaker).

Below: Representatives of Pacific Palms School Leadership Team – Caitlin Cooke and Lailani Miller.



Right: Peter and Cate Diddams, parents of Sergeant Blaine Diddams - Special Air Service Regiment (SAS) KIA Afghanistan on his 7th tour, 2 July, 2012. Peter served in Afghanistan in 1968.



## Coomba Park Anzac Service

The Coomba Park ANZAC Service was held at Memorial Hill by the Coomba Memorial Hill Anzac Committee.

Photos by Mary Yule.



Above: President John Price and Vice President Peter Felton from Coomba Aquatic Club laying a wreath.

Right: (L to R) Ellie and Vicki Johnstone, Evelyn Roberts (Royal Australian Army Nurse Corps - 6th Company), Cohen Gray and Lyndi Roberts.



Above: Front row (L to R) Cliver Manners (one of the original organisers of Coomba Anzac Service), Lynda Neslen and John Coles (Coomba Park Memorial Hill Committee since 2010), Michael (speaker) and Barbara Siddle.

Back row: Julie Brady, (acknowledgement) and Felicity Carter (speaker).

## Seal Rocks Anzac Dawn Service

An ANZAC Dawn Service was held at Seal Rocks by Reflection Park Managers Katie and Dan Toney.

Right: Karyn and Emma each rode a horse on the Number One Beach with Karyn holding an Aboriginal flag and Emma an Australian flag.

Photo by Carly Ravenscroft.

(See story on remembering soldiers & brothers Tok Simon and Bob Simon on page 12.)



## Lodge Forster Anzac Commemoration Service

An ANZAC Commemoration Service was held by Lodge Forster Great Lakes United (No.994) on 18 April.

Right: (L to R) Ron Woodward, Chris Woolley, Paul Holbrook, Walter Schellenberg, Doug Machin, Bill Hennen, Danny Ord-Dixson, Bob Mackinnon, Warren Warner, Les Cawthorne and Keith Martin.

Photo by Georgie Yule.



# ANZAC Day - Thursday 25th April 2024

## Commemorative Medallions for WWII Veterans



Above: WWII Veterans with their families and Commemorative Medals. (L to R in front row) Herbert Bennett, Jack Thomas and Rudyard Purtle. Photo by Georgie Yule.

On ANZAC Day, six members of the The Forster Tuncurry RSL sub-Branch were presented with WWII Commemorative Medallions from the Department of Veterans Affairs. They were 99 year old Herbert Bennett (Airforce), 97 year old

Douglas Dowling (Army), 97 year old Ronald Hanson (Airforce), 95 year old Keith McManus (Army), 100 year old Jack Thomas (Airforce) and 98 year old Rudyard Purtle (Army). The Forster Tuncurry RSL sub-Branch has 154 members.

## ANZAC Address by Padre Daryll Moran

"Today, along with all Australians and New Zealanders and allies, we gather to remember, honour, and give thanks to those who fought and fell and to those who made it home after serving Australia in times of conflict and in times of peace.

We thank you for leaving the safety of our shores to defend trenches, jungles, swamps, ranges, oceans, and airspace of our allies, that halted enemies' progress to our homeland.

Today we remember with gratitude the men and women in our Armed and Supporting Services who have given and are still giving, in order that the world may be a better place in which to live.

May our time together give us a deeper faith, hope, and understanding of what it means to be an Aussie and those who were prepared to fight to preserve the generation to come.

Let's not forget.  
(Edited)



Above: (L to R) Terry Davis (VP of Forster Tuncurry RSL Sub - Branch), Ces Miller (President) and Padre Daryll Moran.



## Tuncurry Anzac Dawn Service, March & Main Service



The ANZAC Dawn and Main Service were held at the Lone Pine Memorial Park Tuncurry by the Forster Tuncurry RSL sub-Branch.

Photos by Patricia Macvean and Georgie Yule.



Members of the 28 Army Cadet Unit from Taree.

Thank you for your service to our nation. Thank you for honouring the Anzac legacy.



HON. DR DAVID GILLESPIE MP  
Federal Member for Lyne  
Wauchope: P. 6586 4462  
Taree: P. 6557 8910  
E. david.gillespie.mp@aph.gov.au  
W. davidgillespie.com.au

Authorised by Hon. Dr David Gillespie MP,  
The Nationals, 144 Victoria St, Taree NSW 2430.







# YOUR FORTNIGHTLY TV GUIDE

## May 1-7

	ABCTV	SBS	SEVEN	NBN	TEN
<b>WEDNESDAY</b>	6.00 Morning Programs. 1.35 Media Watch. 1.55 Brush With Fame. 2.30 Back Roads. 3.00 Myster Dogs. 3.55 Long Lost Family. 4.10 Grand Designs. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30. 8.00. 8.00. 8.00. 8.30 The Weekly. 9.05 White Fever. 9.30 QI. 10.00 Planet America. 10.35 News. 10.50 The Business. 11.05 The Luminaries. 12.00 Superwog. 12.25 Grand Designs. 1.15 Long Lost Family. 2.00 Rage. 4.25 Rage Closer. 4.30 Landline. 5.00 Art Works. 5.30. 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 Destination Flavour: Singapore Bitesize. 3.40 The Cook Up. 4.10 The Great Fire Of London. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.35 Swift Street. 9.40 Putin And The West: The Next Chapter. 10.40 SBS News. 11.15 You Shall Not Lie. 12.10 Hidden Assets. 1.10 Hidden Assets. 2.05 Hidden Assets. 3.05 Employable Me (USA) 3.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 Farmer Wants A Wife. 1.30 Surveillance Oz. 2.00 Beat The Chasers UK. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unbelievable Moments Caught On Camera. (PG) 10.30 The Latest: Seven News. 11.00 Talking Footy. 12.00 Parenthood. 1.00 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 LEGO Masters Aust Vs World. 1.15 Ageless. 1.45 Garden Gurus Moments. 2.00 Pointless. 3.00 Tipping Point. 4.00 News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 RBT. 8.30 The Texas Cheerleader Murder Plot. 10.30 9News Late. 11.00 See No Evil. 12.00 The Equalizer. 12.50 Tipping Point. 1.40 Pointless. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 Ent. Tonight. 8.30 Neighbours. 9.00 Bold. 9.30 Deal Or No Deal. 10.00 GCBC. 10.30 Judge Judy. 11.00 Dr Phil. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.20 Judge Judy. 1.50 To Be Advised. 3.00 GCBC. 3.30 10 News First: Afternoon. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Aust. 8.45 FBI: International. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
<b>THURSDAY</b>	6.00 Morning Programs. 1.00 This Is Going To Be Big. 1.55 Brush With Fame. 2.25 QI. 2.55 Myster Dogs. 3.55 Long Lost Family. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30. 8.00. 8.00 Foreign Correspondent. 8.30 Martin Clunes: Islands Of Australia. 9.20 Antiques Roadshow. 10.20 Dream Gardens. 10.50 News. 11.05 The Business. 11.20 Love On The Spectrum. 12.15 Grand Designs. 1.05 Long Lost Family. 1.55 Rage. 4.25 Late Programs.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Alone Australia. 3.00 Mastermind Aust. 3.35 Destination Flavour China Bitesize. 3.40 The Cook Up. 4.10 The Great Fire Of London. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Treasures Of Arabia. 8.30 Betty White Hughes Treasures Western Turkey. 9.25 Blue Lights. 10.30 SBS News. 11.00 Illegals. 12.00 Miniseries: The Long Call. 1.30 The Queen's Mother In Law. 2.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: A Family's Secret. (2022) 2.00 Beat The Chasers UK. 3.00 The Chase. 4.00 News. 5.00 The Great Fire Of London. 6.30 News Local. 7.30 News At 6.30. 7.30 Dogs Behaving (Very) Badly. (PG) 8.30 America's Got Talent: Fantasy League. (PG) 10.30 The Latest: Seven News. 11.00 The Amazing Race. (PG) 12.30 Fortitude. 1.30 Medical Emergency. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 2.00 Pointless. 3.00 Tipping Point. 4.00 News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 9. South Sydney Rabbitohs Vs Penrith Panthers. 9.45 Thursday Night Knock Off. 10.30 9News Late. 11.00 Law & Order: Organized Crime. 11.50 The First 48. 12.40 Tipping Point. 1.35 Pointless. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 Bold. 9.30 Deal Or No Deal. 10.00 GCBC. 10.30 Judge Judy. 11.00 Dr Phil. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.15 Judge Judy. 1.45 To Be Advised. 3.00 GCBC. 3.30 10 News First: Afternoon. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Jamie's Air-Fryer Meals. 8.30 Law & Order: SVU. 9.30 To Be Advised. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
<b>FRIDAY</b>	6.00 News. 9.00 News. 10.00 Planet America. 10.30 That Pacific Sports Show. 11.00 Antiques Roadshow. 12.00 News. 1.00 Silent Witness. 2.00 Queen Of Oz. 2.25 White Fever. 2.55 Myster Dogs. 3.55 Long Lost Family. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.35 Gardening Australia. 8.35 Silent Witness. (M) 9.30 Hard Quiz. (PG) 10.10 The Weekly. 10.40 White Fever. (M) 11.10 News. 11.25 Grand Designs. 12.15 Long Lost Family. 1.00 Traces. 1.45 Rage. 5.00 Rage.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Mastermind Aust. 2.30 Mastermind Nula. 3.30 NITV News. Nula. 3.30 Destination Flavour: Singapore Bitesize. 3.40 The Cook Up. 4.10 The Great Fire Of London. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Paul O'Grady's Great Elephant Adventure. 9.25 Secrets Of The Lost Linnets. 10.15 SBS News. 10.50 A French Kiss. 11.50 L'Opéra. 12.35 Employable Me (USA) 1.30 News World's Most Extraordinary Homes. 4.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Killer Condo. (2022) 2.00 House Of Wellness. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 7.30 News At 6.30. 7.30 Better Homes And Gardens. 8.30 MOVIE: Last Vegas. (2013) (M) Robert De Niro, Morgan Freeman, Michael Douglas. 10.40 To Be Advised. 11.40 Autopsy USA. (M) 12.40 Celebrity Obsessed. (MA15+) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: A Honeymoon To Remember. (2021) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 9. Brisbane Broncos Vs Sydney Roosters. 9.55 Golden Point. 10.40 MOVIE: No Escape. (2015) (MA15+) 12.40 Tipping Point. 1.35 Pointless. 2.30 Destination WA. 3.30 TV Shop. 4.00 Postcards. 4.30 Global Shop. 5.00 TV Shop. 5.30 Skippy.	6.00 Morning Programs. 8.00 Ent. Tonight. 8.30 Neighbours. 9.00 Bold. 9.30 Deal Or No Deal. 10.00 GCBC. 10.30 Judge Judy. 11.00 Dr Phil. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 Ready Steady Cook. 3.00 GCBC. 3.30 10 News First: Afternoon. 4.00 Everyday Gourmet. 4.30 Deal Or No Deal. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Jamie's Air-Fryer Meals. 8.30 Law & Order: SVU. 9.30 To Be Advised. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping.
<b>SATURDAY</b>	6.00 Rage. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Call The Midwife. 1.30 Father Brown. (M) 3.00 George Clarke's Amazing Spaces. 3.00 This Is Going To Be Big. (PG) 4.55 Creative Types With Virginia Trioli. (M) 5.25 Landline. 5.55 Australian Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Father Brown. (PG) 8.20 Midsomer Murders. (M) 9.50 After The Party. (M) 10.35 Shetland. (M) 11.35 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Gymnastics. FIG Rhythmic World Cup Series. Highlights. 1.00 Wonders Of Scotland. 1.40 Roman Megastructures. 5.30 Untold Arctic Wars. 6.30 News. 7.30 Charlie III: The Coronation Year. 9.15 Miniseries: The Boleyns: A Scandalous Family. 10.25 Secrets Of The Royal Palaces. 11.15 Everything You Love. 12.15 While The Men Are Away. 1.20 Erotic Stories. 3.25 No Distinguishing Features. 4.55 Destination Flavour Bitesize. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Hawkesbury Cup Day. Caulfield Members' Day. Guineas Day. South Derby Day. 1.30 Football. (M) 2.00 Sydney vs GWS Giants. 4.30 Border Security: Int. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: 2012. (2009) (M) 10.40 MOVIE: Gurus. 2.00 The Incredible Journey. 2.30 Getaway. 3.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 10.00 Today Extra: Saturday. 12.00 Cybershack. 12.30 Explore TV. 1.00 Ageless. 1.30 The Pet Rescuers. 2.00 After Impact. 3.15 LEGO Masters Aust Vs World. 4.30 Garden Gurus. 5.00 News First At Five. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Jeopardy! Australia. 8.30 MOVIE: The Equalizer. (2014) 11.00 MOVIE: City Of Lies. (2018) 1.05 Cybershack. 1.35 Garden Gurus. 2.00 The Incredible Journey. 2.30 Getaway. 3.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 8.00 Charming China. 8.30 Farm To Fork. 9.00 Exploring Off The Grid. 9.30 Food Trail: South Africa. 10.00 Ready Steady Cook. 11.00 Buy To Build. 2.30 Everyday Gourmet. 3.00 What's Up Down Under. 3.30 GCBC. 4.00 Ready Steady Cook. 5.00 News. 6.00 The Dog House. 8.00 Ambulance UK. 10.30 To Be Advised. 11.30 Fire Country. 12.30 So Help Me Todd. 1.30 Shopping. 5.00 Hour Of Power.
<b>SUNDAY</b>	6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Monty Don's French Gardens. 3.30 Forever Summer With Nigella. 3.55 Martin Clunes: Islands Of Australia. 4.40 George Clarke's Amazing Spaces. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Call The Midwife. 8.30 After The Party. 9.20 The Luminaries. 10.10 Shetland. 11.10 Savage River. 12.05 The Messenger. 1.00 Rage Vault. 4.00 Landline. 4.30 Art Works. 5.00 Insiders.	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 1.00 Cycling. National Road Series. Grafton to Inverell. Highlights. 1.30 Motorcycle Racing. ProMX Australian Championship. Round 3. 4.30 Cycling. UCI World Tour. Giro d'Italia. Stage 1. Highlights. 5.30 Untold Arctic Wars. 6.30 News. 7.30 Invasion: The Normans. 9.30 King Tut: Allies And Enemies. 10.30 Yorkshire Ripper: The Secret Murders. 11.25 Citizen Jane Fonda. 12.30 Secrets Of Playboy. 1.20 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 House Of Wellness. 1.00 The Salvation Army. Red Shield Appeal. 1.30 To Be Advised. 4.30 Border Security. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 Farmer Wants A Wife. (PG) 8.45 7NEWS Spotlight. 9.45 The Latest: Seven News. 10.15 Code 1: Minute By Minute. (M) 11.15 Quantum Leap. (PG) 12.15 Emerald City. 1.15 Travel Oz. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Fish Forever. 1.30 Drive TV. 2.00 David Attenborough's Green Planet. 3.00 Rugby League. NRL. Round 9. Cronulla Sharks vs St George Illawarra Dragons. 6.00 NBN News. 7.00 LEGO Masters Aust Vs World. 8.40 60 Minutes. 9.40 9News Late. 10.10 The First 48. 11.10 Transplant. 12.00 David Attenborough's Green Planet. 1.00 World's Greatest Natural Icons. 2.00 Australia's Top Ten Of Everything. 3.00 TV Shop. 4.00 Late Programs.	6.00 Morning Programs. 8.00 Everyday Gourmet. 8.30 Freshly Picked. 9.00 Pooches At Play. 9.30 Buy To Build. 10.00 Healthy Homes. 10.30 Farm To Fork. 11.00 4x4 Adventures. 12.00 To Be Advised. 1.00 My Market Kitchen. 1.30 Cook With Luke. 2.00 Destination Dessert. 2.30 Hungry. 3.00 Taste Of Aust. 3.30 Farm To Fork. 4.00 Everyday Gourmet. 4.30 GCBC. 5.00 News. 6.30 The Sunday Project. 7.30 MasterChef Aust. 9.00 FBI. 12.00 The Sunday Project. 1.00 Shopping. 4.30 CBS Morning.
<b>MONDAY</b>	6.00 Morning Programs. 11.00 Antiques Roadshow. 12.00 News. 1.00 Midsomer Murders. 2.30 Back Roads. 3.00 Myster Dogs. 3.55 Long Lost Family. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30. 8.00. 8.00. 8.30 The Weekly. 9.05 White Fever. 9.30 QI. 10.00 Planet America. 10.35 News. 10.50 The Business. 11.10 The Luminaries. 12.00 Superwog. 12.25 Grand Designs. 1.15 Long Lost Family. 2.40 Rage. 4.30 Landline. 5.00 Art Works. 5.30. 7.30.	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Destination Flavour: Singapore Bitesize. 2.15 Heritage Rescue. 3.05 Mastermind Aust. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 2. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Tony Robinson's Marvellous Machines. 8.25 Secrets Of The Tower Of London. 9.20 24 Hours In Emergency. 10.15 SBS News. 10.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.55 Beat The Chasers UK. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News At 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 8.10 9-11. (M) 10.10 S.W.A.T. (M) 11.10 The Latest: Seven News. 11.40 Police Custody USA. (M) 12.40 Emerald City. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 LEGO Masters Aust Vs World. 1.45 Explore. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 LEGO Masters Aust Vs World. 8.45 Paramedics. (M) 9.45 100% Footy. 10.45 9News Late. 11.15 La Brea. 12.15 Tipping Point. 1.00 Pointless. 2.00 Hello SA. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 The Yes Experiment. 9.00 Bold. 9.30 Deal Or No Deal. 10.00 GCBC. 10.30 Judge Judy. 11.00 Dr Phil. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 To Be Advised. 3.00 GCBC. 3.30 10 News First: Afternoon. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Aust. 8.40 FBI: Most Wanted. 9.35 FBI: Most Wanted. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
<b>TUESDAY</b>	6.00 Morning Programs. 1.00 After The Party. 2.00 Brush With Fame. 2.30 Back Roads. 2.55 Myster Dogs. 3.55 Long Lost Family. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30. 8.00. 8.00 This Is Going To Be Big. 9.00 Creative Types With Virginia Trioli. 9.30 The Whiteley Art Scandal. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.50 Q+A. 12.50 Media Watch. 1.05 Grand Designs. 1.55 Long Lost Family. 2.40 Rage. 4.30 Landline. 5.00 Art Works. 5.30. 7.30.	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Destination Flavour: Singapore Bitesize. 2.10 Heritage Rescue. 3.05 Living Black. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 3. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Living Black. 11.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.45 Surveillance Oz. 2.00 Beat The Chasers UK. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 News. 7.30 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 8.10 9-11. (M) 10.10 S.W.A.T. (M) 11.10 The Latest: Seven News. 11.40 Police Custody USA. (M) 12.40 Emerald City. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 Getaway. 1.45 Talking Honey. 2.00 Pointless. 3.00 Tipping Point. 4.00 News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 LEGO Masters Aust Vs World. 9.00 Clarkson's Farm. 10.00 Opal Hunters: Red Dirt Road Trip. 11.00 9News Late. 11.30 Chicago Med. 12.15 Tipping Point. 1.10 Pointless. 2.05 Australia's Top Ten Of Everything. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 Neighbours. 9.00 Bold. 9.30 Deal Or No Deal. 10.00 GCBC. 10.30 Judge Judy. 11.00 Dr Phil. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.20 Judge Judy. 1.50 To Be Advised. 3.00 GCBC. 3.30 10 News First: Afternoon. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Aust. 8.40 The Cheap Seats. 9.40 NCIS. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

## May 8-14

	ABCTV	SBS	SEVEN	NBN	TEN
<b>WEDNESDAY</b>	6.00 Morning Programs. 1.35 Media Watch. 2.00 Brush With Fame. 2.25 Back Roads. 2.55 Nigaloo Nyngulu. 3.55 Long Lost Family. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30. 8.00. 8.00. 8.00. 8.30 The Weekly. 9.05 White Fever. 9.30 QI. 10.00 Planet America. 10.35 News. 10.50 The Business. 11.05 The Luminaries. 12.00 Superwog. 12.25 Grand Designs. 1.10 Long Lost Family. 2.00 Rage. 4.30 Landline. 5.00 Art Works. 5.30. 7.30.	8.10 WorldWatch. 12.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 Destination Flavour: Singapore Bitesize. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 News Local. 4.30 News. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 4. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.30 Swift Street. 9.30 Concorde: The Race For Supersonic. 10.30 SBS News. 11.00 You Shall Not Lie. 11.50 Hidden Assets. 12.45 Hidden Asset. 1.45 Hidden Assets. 2.45 Lat Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.45 Surveillance Oz. 2.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unbelievable Moments Caught On Camera. (PG) 10.30 The Latest: Seven News. 11.00 Talking Footy. 12.00 Parenthood. (M) 1.00 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 LEGO Masters Aust Vs World. 1.30 Ageless. 2.00 Pointless. 3.00 Tipping Point. 4.00 News 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 10. Dolphins Vs Manly Sea Eagles. 9.45 Thursday Night Knock Off. 10.30 9News Late. 11.00 Law & Order: Organized Crime. 11.50 The First 48. 12.40 Tipping Point. 1.35 Pointless. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Bold. 9.30 Deal Or No Deal. 10.00 GCBC. 10.30 Judge Judy. 11.00 Dr Phil. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.20 Judge Judy. 1.50 To Be Advised. 3.00 GCBC. 3.30 10 News First: Afternoon. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Jamie's Air-Fryer Meals. 8.30 Law & Order: SVU. 9.30 To Be Advised. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
<b>THURSDAY</b>	6.00 Morning Programs. 1.00 This Is Going To Be Big. 1.55 Brush With Fame. 2.30 QI. 3.00 Nigaloo Nyngulu. 3.55 Long Lost Family. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30. 8.00. 8.00 Foreign Correspondent. 8.30 Martin Clunes: Islands Of Australia. 9.20 Antiques Roadshow. 10.20 Dream Gardens. 10.50 News. 11.05 The Business. 11.20 Love On The Spectrum. 12.15 Grand Designs. 1.05 Long Lost Family. 1.55 Rage. 4.25 Late Programs.	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 Alone Australia. 3.00 Mastermind Aust. 3.30 Destination Flavour: Singapore Bitesize. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 5. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 ABBA And The Secrets Of Swedish Pop. 8.50 Our Law. 9.25 Our Law. 10.05 Blue Lights. 11.10 SBS News. 11.40 Illegals. 12.30 The Responder. 1.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: A Jealous Friendship. (2021) 2.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.35 Paul O'Grady's Great Elephant Adventure. 9.25 Secrets Of The Lost Linnets. 10.15 SBS News. 10.50 A French Kiss. 11.50 L'Opéra. 12.35 Employable Me (USA) 1.30 News World's Most Extraordinary Homes. 4.40 Late Programs.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Romance At The Vineyard. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 10. Parramatta Eels Vs Brisbane Broncos. 9.55 Golden Point. 10.40 MOVIE: The Foreigner. (2017) (MA15+) 12.40 Tipping Point. (PG) 1.35 Pointless. (PG) 2.30 Destination WA. 3.30 TV Shop. 4.00 Postcards. 4.30 Global Shop. 5.00 TV Shop. 5.30 Skippy.	6.00 Morning Programs. 8.00 Ent. Tonight. 8.30 Neighbours. 9.00 Bold. 9.30 Deal Or No Deal. 10.00 GCBC. 10.30 Judge Judy. 11.00 Dr Phil. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 Ready Steady Cook. 3.00 GCBC. 3.30 10 News First: Afternoon. 4.00 Everyday Gourmet. 4.30 Deal Or No Deal. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Jamie's Air-Fryer Meals. 8.30 Law & Order: SVU. 9.30 To Be Advised. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping.
<b>FRIDAY</b>	6.00 News. 9.00 News. 10.00 Planet America. 10.30 That Pacific Sports Show. 11.00 Antiques Roadshow. 12.00 News. 1.00 Silent Witness. 2.00 Queen Of Oz. 2.25 White Fever. 2.55 Myster Dogs. 3.55 Long Lost Family. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.35 Gardening Australia. 8.35 Silent Witness. (M) 9.30 Hard Quiz. (PG) 10.10 The Weekly. 10.40 White Fever. (M) 11.10 News. 11.25 Grand Designs. 12.15 Long Lost Family. 1.00 Traces. 1.45 Rage. 5.00 Rage.	8.10 WorldWatch. 12.00 WorldWatch. 2.00 Mastermind Aust. 3.00 NITV News. Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 6. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Eurovision Song Contest Semi-Final. 10.00 ABBA In Concert. 11.05 9.30 Hard Quiz. 1.00 Long Lost Family. 2.00 White Fever. 3.00 World's Most Luxurious Holidays. 4.15 Railway Vietnam. 4.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Fatal Flatline. (2020) 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.35 Paul O'Grady's Great Elephant Adventure. 9.25 Secrets Of The Lost Linnets. 10.15 SBS News. 10.50 A French Kiss. 11.50 L'Opéra. 12.35 Employable Me (USA) 1.30 News World's Most Extraordinary Homes. 4.40 Late Programs.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Romance At The Vineyard. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 10. Parramatta Eels Vs Brisbane Broncos. 9.55 Golden Point. 10.40 MOVIE: The Foreigner. (2017) (MA15+) 12.40 Tipping Point. (PG) 1.35 Pointless. (PG) 2.30 Destination WA. 3.30 TV Shop. 4.00 Postcards. 4.30 Global Shop. 5.00 TV Shop. 5.30 Skippy.	6.00 Morning Programs. 8.00 Ent. Tonight. 8.30 Neighbours. 9.00 Bold. 9.30 Deal Or No Deal. 10.00 GCBC. 10.30 Judge Judy. 11.00 Dr Phil. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 Ready Steady Cook. 3.00 GCBC. 3.30 10 News First: Afternoon. 4.00 Everyday Gourmet. 4.30 Deal Or No Deal. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Jamie's Air-Fryer Meals. 8.30 Law & Order: SVU. 9.30 To Be Advised. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping.
<b>SATURDAY</b>	6.00 Rage. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Call The Midwife. 1.30 Father Brown. (M) 3.00 George Clarke's Amazing Spaces. 3.00 This Is Going To Be Big. (PG) 4.55 Creative Types With Virginia Trioli. (M) 5.25 Landline. 5.55 Australian Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Father Brown. (PG) 8.20 Midsomer Murders. (M) 9.50 After The Party. (M) 10.35 Shetland. (M) 11.35 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 Sailing. SailGP. Round 10. Highlights. 3.00 Portillo's Greatest Railway Journeys. 4.00 Sports Woman. 4.30 Cycling. UCI World Tour. Giro d'Italia. Stage 7. Highlights. 5.30 War Gamers. 6.30 News. 7.30 Eurovision Song Contest Semi-Final. 10.00 Rock Legends: ABBA. 10.55 Secrets Of The Royal Palaces. 11.45 Everything You Love. 12.45 While The Men Are Away. 1.15 While The Men Are Away. 1.45 Erotic Stories. 3.55 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. The Coast Race Day, Caulfield Race Day, Hollidine Stakes Day and Goodwood Day. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: The Day After Tomorrow. (2004) (M) 10.00 MOVIE: Midnight Run. (1988) (M) 12.50 Celebrity Obsessed. (MA15+) 2.00 Shopping. 4.00 Mystic. 4.30 Tales Of Aluna. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 10.00 Today Extra: Saturday. 12.00 Surfing Australia TV. 12.30 Explore TV. 1.00 Ageless. 1.30 The Pet Rescuers. 2.00 LEGO Masters Aust Vs World. 3.30 To Be Advised. 4.30 Garden Gurus. 5.00 News First At Five. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Jeopardy! Australia. 8.30 MOVIE: Bohemian Rhapsody. (2018) 11.15 MOVIE: Song To Song. (2017) 1.30 Garden Gurus. 2.00 The Incredible Journey. 2.30 Getaway. 3.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 8.00 Charming China. 8.30 Farm To Fork. 9.00 Exploring Off The Grid. 9.30 Food Trail: South Africa. 10.00 Ready Steady Cook. 11.00 Buy To Build. 2.30 Everyday Gourmet. 3.00 What's Up Down Under. 3.30 GCBC. 4.00 Ready Ste



Local Calendar

Your 'Local Calendar' lists free events.

May

**May - Art Exhibition of Local Artists** Forster Gallery, 34 Lake St, Forster. 10am - 4pm every day.



**Sun 4 May - Meet the Makers** (see above) 9am to 4pm at the Forster Arts & Crafts Centre 12 Breese Parade. Demonstrations of many arts and crafts by local makers. Enquiries: 6554 6900

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

**Sun 5 May - Car Boot Sale** 7am to 12pm Hallidays Point Shopping Village Enquiries: Peter Bickerstaff 0493 054 916

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

**Sun 12 May - Tallwoods Village Market** 8am - 1pm at 61 The Blvd, Tallwoods Village Opposite the Tallwoods Golf Club Contact Caileen 0488 508 846

What's on around town & beyond!

2024 Pacific Palms Art Festival

The long running annual Pacific Palms Art Festival, now in its 31st year, is getting set once again to showcase incredible artworks from our local and regional artists across all ages.

The Pacific Palms Art Festival takes place over the first 2 weekends of June in the Pacific Palms Public School Hall, Boomerang Drive, Boomerang Beach. It is a major fundraising event, raising funds for creative arts programmes at Pacific Palms Public School. The Festival has contributed funds to drama, music, creative writing and art programmes for our Primary School students over the years.

**Entries are now open for both the Youth Art and the Main Exhibition & Sale. All entries close Friday 24 May**

**1. The Youth Art Exhibition is open to all children aged 5-16 years. and is on the first weekend of June.**

Each year it keeps on growing with a total of 251 entries from 162 children last year.

- There are 3 age categories for entries: 5-8 years, 9-12 years and 13-16yrs (limit of 3 entries per child.)

- The 5 sections are: Oil or Acrylic, Watercolour/Pastels, Mixed Media, Photography and Pen/Pencil/Ink.

- The Major Prize for the overall Youth Art winner is to showcase their winning artwork in the One Square Gallery, the outdoor street art space in the Pacific Palms shopping village courtesy of #onesquaregallery, Barrington Coast Publishing and Pacific Palms Real Estate. Prizes are also awarded to 1st, 2nd & 3rd placings in each section for each age category and the People's Choice Winner.

- Awards will be presented at 2.30pm on Saturday 1st June. All Youth Art award winners will also be displayed the following weekend at the main Exhibition & Sale.

- Youth Art entry forms can be downloaded or submitted online. Youth Art Entry Packs with all the details are available on the Pacific Palms Arts Inc website: www.pacificpalmsartsinc.org.au/youth-art

**2. The June Long Weekend commences with the Opening Night of the Pacific Palms Art Festival Exhibition & Sale on Friday 7th June.**

This is a must for all those art lovers wishing to purchase unique artworks. Here you can mingle among artists, buyers and sponsors of this wonderful event, enjoy a glass of wine or two with your supper, be the first to hear the announcements of the awards, and have the first opportunity to purchase award winning works. With the food & drinks sponsored by Brokenwood Wines, Blueys Cellars, Kembali Café & Nadine the Cake Queen, the evening promises to be a deliciously cultural event!

- Opening Night tickets are \$50/person (sorry - no children). Early bird tickets available until 24th May. Tickets include drinks & supper and can be purchased from the Pacific Palms Arts Inc website: www.pacificpalmsartsinc.org.au

- The major \$3000 Pacific Palms Art Prize is open to all work on exhibition, and a further \$4500 is awarded in prizes across 6 Sections: Oil or Acrylic, Watercolour/Pastels, Open - includes mixed media, Photography, Pen/Pencil/Ink - includes charcoal and Environmental 'Our Fragile Planet.'

The People's Choice Award will be announced on Monday 10th June.

- Artist entry forms can be downloaded or submitted online. Artist Entry Packs with all the



Above: 2023 Pacific Palms Art Prize Winner Tracy Reardon with 'Not Going Without Me.'

details are available on the Pacific Palms Arts Inc website: www.pacificpalmsartsinc.org.au/pacific-palms-art-festival

**Exhibitions are open to the public the first 2 weekends of June.**

- Youth Art: Saturday 1st June 2pm - 4pm (Awards announced 2.30pm). Sunday 2nd June 10am - 4pm. Entry \$2/adult, children free.

- Exhibition & Sale: Friday 7th June 7pm - 10pm (tickets \$50). Saturday 8th June 10am - 4pm Sunday 9th June 10am - 4pm

For all enquiries please contact Cath Bennett - President & Treasurer of the Pacific Palms Art Festival Committee on 0434 678 381 or email palmsartfestival@gmail.com

What's on around town & beyond!

Open Day - 11 May for Forster Fire & Rescue Station



Come down to your local station from 10am to 2pm on 11 May to chat to your Forster Fires and check out all the cool equipment and trucks we use on jobs! We are on the corner of Macintosh and Lake St, Forster.

On the day we will have a range of free activities including firefighting demonstrations, station tours and safety presentations. We will also have free giveaways including stickers and kids recycled plastic fire helmets. The Local Scout group will be selling sausage sandwiches and cold drinks during our Open Day (bring cash - no eftpos).

So, bring the family down!!!

Fire & Rescue NSW Acting Captain Stephen Howard said Open Day was an opportunity for firefighters to educate the community about the importance of having a working smoke alarm, especially in the lead-up to winter.

"This year, we want you to prepare your homes early for winter. We see a 10% increase in the number of home fires during the cooler months, with more fires starting in bedrooms and lounge-rooms due to things like heaters and electric blankets.

"Now is the time to replace your smoke alarm if it is more than 10 years old. Remember, only working smoke alarms save lives."

Captain Howard said firefighters would also provide advice on lithium-ion batteries at Open Day.

"Lithium-ion batteries can be found in many portable electronic devices such as mobile phones, e-bikes and e-scooters and although these devices make our lives easier, they have the potential to put us at risk," Captain Howard said.

"Lithium-ion batteries are the fastest growing fire risk in NSW so it is important for people to understand how to charge devices safely and what they can do if they catch fire."

www.fire.nsw.gov.au

Records set & winners announced

Forster Gallery's 42nd Annual Open exhibition has come to a close but not before setting new records for the number of artworks sold (50) and the number of visitors (over 1,100).

On Sunday 21 April Mayor Claire Pontin visited the Gallery to award the People's Choice prize and to draw the raffle. As always, we are grateful for the Mayor's support of local arts and artists.

- The Packing Room prize donated by Jill Woods-Edworthy was awarded to Sarah Spencer for her work No 527 "Still Life ... Hare".

- The People's Choice prize donated by MidCoast Council was awarded to Julia Davis for her work No 716 "Crowdy Head".

- The raffle was won by Tina Jones.

The Great Lakes Art Society Committee would like to thank our sponsors, our members (it takes a lot to mount a major exhibition) and all the locals who visited the gallery and voted for their People's Choice.



Above: Mayor Claire Pontin (on right) presents People's Choice Award to Julia Davis for 'Crowdy Head.'

Left: Packing Room Prize Winner 'Still Life ... Hare' by Sarah Spencer.

**The Gallery is now exhibiting a new collection of work by our Members - well worth another look.**

We are open 10 - 4pm Saturdays and Sundays, or whenever the 'flags are flying'. Don't be a stranger, come and be amazed!

(See advertisement below.)

**Thrift Shop to Catwalk**  
CHARITY FUNDRAISING COMMUNITY EVENT  
Preloved Fashion Show Cuddled up with Delicious Soup & Home Made Piel  
DRESS THEME: WINTER WOOLLIES WONDERLAND!  
SATURDAY JUNE 15th 2024  
3pm - 5pm  
\$55ea / Bookings Essential  
glws.org.au/events  
PRESENTED BY  
TheWhiteHouseNookCafe  
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ecothreadscollective

**June Long Weekend**  
Saturday 8th & Sunday 9th June  
at Pacific Palms Public School  
Art EXHIBITION & SALE  
Opening Night  
Friday 7th June 7pm  
at Pacific Palms Public School  
A deliciously cultural event showcasing artworks by local & regional artists  
Open Sat & Sun 10am - 4pm  
Entry \$2 adults - children free  
Buy Opening Night Tickets online now at: www.pacificpalmsartsinc.org.au  
Tickets \$50/ adult includes food & drinks (sorry - no children)  
Funds raised go towards creative arts programmes at Pacific Palms Public School

**"Watercolour Impressions"**  
with Chan Dissanayake  
2 Day Workshop - 1 & 2 June 2024 - Forster Gallery  
34 Lake Street, Forster  
Members \$240 - non-Members \$280  
Bookings: classesandworkshops@forstergallery.org or phone 0401 761 812  
Join this multi award winning watercolour artist and be guided through a variety of subjects to produce two paintings a day. Suitable for those who have some knowledge of watercolour and would like to improve their skills.

FORSTER GALLERY  
Great Lakes Art Society  
**Art Exhibition Forster Gallery**  
Now showing: a variety of works by local artists  
34 Lake Street - Free entry - Open 10am - 4pm, Saturdays and Sundays and other days when the 'flags are flying'  
www.forstergallery.org

**Monday** Schnitty Toppers \$19  
**Tuesday** Happy Hour 3pm to 5pm  
Members Swipe Draw at 5:30pm  
Pizzas L \$20 / S \$15  
\$15 Seniors Lunch Deal  
**Wednesday** Raffles from 6pm  
Club Super Draw from 6pm  
Pasta \$15  
**Thursday** Multi Bowls & Raffle from 1pm  
Happy Hour 3pm to 5pm  
Darts from 7pm  
220gr Porterhouse \$20  
**Friday** Raffles from 6pm  
Super 100 Draw after Raffles  
Tradies Lunch \$20 w/Beer  
Live Music Every Friday 8pm  
**There's always something happening at the Palms!**  
**Saturday** Fishing Club Raffle 3pm  
Happy Hour 3pm to 5pm  
Kids Meals \$5  
**Sunday** Raffles from 1pm  
Kids Meals \$5pm  
**Pacific Palms Bowling Club**  
Your local Bowling Club  
**Open 7 Days 11:00 till Late**  
Lunch 12pm & Dinner 5:30pm  
Courtesy Bus from 4pm  
8 Paradise Drive, Smiths Lake  
Ph: 6554 4333  
www.pacificpalmsbowlingclub.com.au  
Follow us on Facebook, Instagram and Twitter.  
Glen Mead Fri 3 May  
Richie Gudgeon Fri 10 May

**Forster Arts & Crafts Centre**  
**Meet the Makers 4th May**  
Unique handmade items on display and for sale  
12 Breese Parade Forster (02) 6554 6900  
Open 7 days 10am - 4pm  
www.forsterartsandcrafts.weebly.com



# Mixed bag and Feedback

## Letters to the Editor

'Letter to the Editor' is the place for our community to share their thoughts and feedback. Maximum 250 words unless prior arrangement. Material that is offensive, defamatory or overtly political will not be published. This newspaper intends to provide an opportunity of reply for any person/organisation involved before publication. The author's name and town are required, unless specifically requested otherwise. Send your letters to [info@forsterfortnightly.com.au](mailto:info@forsterfortnightly.com.au)

### Boomerang Bag Open Day Success

Our first ever Boomerang Bag Open Day on 8th of April was a great success. Feedback has been so good with the question being asked 'when will we do another?'

We set up our square tables and chairs and created a comfortable cafe look that had everyone sitting with tea & coffee. Our wonderful 'bag ladies' baked delicious cakes and slices which were thoroughly enjoyed by all.

Thank you to everyone who came and purchased one of our bags. We made \$770.50 in bag sales (a little of that money was from gold coin donations for the morning tea). The money will be donated to the Tuncurry Memorial Hall.

Leonie Dowell - Coordinator of Boomerang Bags in Tuncurry.

### Community metal detecting service

Thank you for the published article in relation to the ring we recovered from the Bullring Pool for Graham and Margaret Gardner a few weeks ago (Forster Fortnightly Edition 94 published 17 April).

We started Great Lakes Metal Detecting about 13 years ago, but we have been around doing that kind of thing for many years before that. Publicity like this is priceless and helps us a great deal as many people don't know that the equipment exists and that the people who operate it are around in our community.

The service we provide is free of charge for our local community (Port Stephens up to Port Macquarie) and we love and are very effective doing what we do.

Many thanks for the Forster Fortnightly. I look forward to every issue.

Nick Richards - Hallidays Point.

(Search Great Lakes Metal Detecting on Facebook.)

### Land development at Bluey's Beach area

I find it wrong that the developer [subdivision at 238 Boomerang Drive, Blueys Beach - published 17 April] was basically forced to sacrifice 72 hectares for the right to develop 10.2 hectares for urgently needed housing instead of another grab by National Parks.

Why couldn't the developer be allowed to subdivide the 72 hectares into say 2 and 5-hectare blocks, with minimum clearing only to allow for a home, sheds and boundary firebreaks? This would allow for future development as the need for further home sites arises.

Graeme Edwards - Forster.

### Response from MidCoast Council

Planning agreements are reasonably common with developers and particularly when some of the land involved is environmentally sensitive. A planning agreement is generally a good outcome all round - the developer gets consent to develop what they feel is economically viable and the community gets sensitive environmental land protected.

### No one should have to face dementia alone

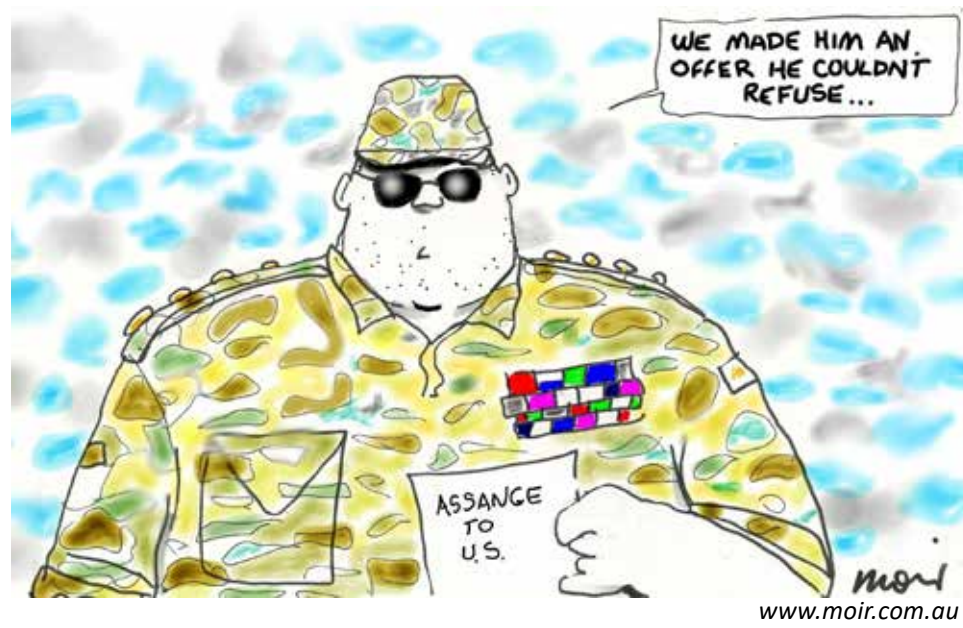
Research commissioned by Dementia Australia and undertaken by the Australian Institute of Health and Welfare in 2023 shows the number of Australians living with dementia is expected to nearly double by 2054.

In 2024 it is estimated there are more than 138,200 people living with all forms of dementia in New South Wales. This figure is projected to increase to almost 252,800 by 2054.

No one should have to face dementia alone.

Dementia Australia is here 24 hours a day, seven days a week, 365 days a year. If you or a loved one have a diagnosis of dementia, or mild cognitive impairment, or you're concerned about changes to your cognition or that of a loved one, call the National Dementia Helpline on 1800 100 500.

Maree McCabe AM - CEO Dementia Australia.



## 3 Favourites

We are inviting ALL AGES to share 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 & who should watch it (plus your name & suburb).

### TV shows reviews by Leon Batman - Tuncurry

#### 1. The Gilded Age: 2022 - 2023 Seasons 1 & 2 (Season 3 in production.) Amazon Prime

Set in the boom years of the 1880s in New York City, the series follows the rigid social scene in the city especially the clashes between old money verses new money families.

The extravagance of the lifestyles in this age is incredible as is the conflicts faced by the African American class and domestic workers as they attend to the needs of the upper-class society. The story lines are very interesting, and the sets and costumes used are fantastic. Well worth the watch for a different look at high society.



#### 2. Estonia: TV Series 2023, 8 Episodes. SBS (Finnish with subtitles)

A Finnish eight-part drama/documentary about the sinking of the MS Estonia which sunk in the Baltic Sea during a storm in 1994. Based on the actual investigation reports on the ferry, it's sinking and the rescue efforts. Three countries were involved in the investigation, Finland (the ferry sunk in Finnish waters and a Finnish company previously had made modifications to the vessel). Estonia (A Swedish company was operating the ferry, and the ferry was registered in Estonia). Sweden (A Swedish company were part owners of the ferry, and the ferry was bound for Stockholm together with a largest number of deaths on the ferry were Swedish citizens). Another country involved outside of the investigation was Germany, the country that built the vessel.

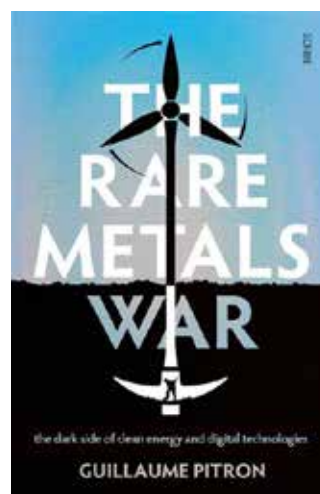
Throughout the enquiry each of the four countries tries to blame each other and this political intrigue, along with the storylines of the survivors, makes for an interesting series.

#### 3. Babylon Berlin: 2017 - present 4 seasons. SBS (German with subtitles)

The series is set in Berlin from 1929 and mainly centres around Gereon Rath a young police inspector and Charlotte Ritter who works in the police head office. The storyline involving history, crime and violence tracking through the dark and violent times of Berlin which has become the epicentre of political and social changes in the Golden Twenties. Babylon Berlin is a lavishly produced series - in fact it is the most expensive non-English-speaking series ever made and definitely worth watching.



mining and processing into our countries - which strategic security as well as the capabilities, jobs of the future, and tax revenues demand, will press us to do just that while also cleaning up our act - communities will require



it. The US, EU, France and Germany are acting now as evidenced by the US in its 2022 Inflation Reduction Act - primarily a re-shoring of manufacturing and supply, and the EU presenting its Critical Raw Materials Act - a plan to revive their extraction, refining and recycling on European soil. Australia has now stated its intention to revive critical manufacturing and has updated its critical minerals list. Maybe there is hope yet.

By John King - Librarian

Pacific Palms Community Library

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

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**Forster Library Free programs**

- Mahjong games afternoon** - Mondays 2 - 4pm.
- Table top games** - Wednesdays 10am - 12pm.
- Scrabble** - Every Thursday from 2 to 4pm. Come along and have some fun with Petra. Boards and refreshments provided. No need to book, just show up.
- Family History Advisory Group** - provides support with family history research. Volunteers will be available Monday (new session), Tuesday & Thursday 10 - 12pm and Wednesday & Friday 2 - 4pm, in the Genealogy room on the first floor of the library. Or email [familyhistory@gmail.com](mailto:familyhistory@gmail.com)
- The Better Reading Better Communities program** - Volunteer Literacy Tutors are available to support members of the community (children & adults) with improving reading, writing and learning English as a second language.  
 Contact Meredith Campbell on 7955 7421 for more information.

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**Public Notice**

**Annual General Meeting**  
 The Forster Tuncurry Athletic Club's Annual General Meeting will be held at 7pm on Wednesday 8th May at Tuncurry Beach Bowling Club, Tuncurry.  
 All are welcome.

**We encourage you to support our local advertisers who help make this paper FREE to pick up each fortnight!**

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## Weekly Diary

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

### Mondays

#### Green Bikes Community Workshop

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

#### Great Lakes Ladies Probus Club

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

#### Forster Hospital Pink Ladies

Meetings held the 2nd Monday of each month Forster Palms Motel at 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 President Sue Newton 0418 607 292

#### 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. Contact Danny 0409 549 799

### Tuesdays

#### Forster Shores Combined Probus Meeting

Held 3rd Tuesday of the month, 2pm Sporties  
Club, Tuncurry. To attend contact Peter Dreise  
on 0407 842 905

#### Great Lakes Prostate Cancer Support Group.

Fourth Tuesday of every month  
7pm Club Forster.  
Email: jipatchwood@gmail.com

#### Pacific Palms Probus Club

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

#### Rotary Club of Lower Midcoast

Meet 6pm on first and third Tuesday of each  
month at Sporties, Tuncurry.  
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 Moorooaba Rd, Coomba Park.  
Contact Warren Arnold 0407 721 604

#### 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 5pm 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

#### Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm  
Contact Bruce 0466 153 616

### 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.  
Contact Lorraine 0410588736.

#### 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 Harold 5591 7133 or Bruce  
0414 532 496

#### Westpac Rescue Helicopter Service

Forster Tuncurry Group  
First Wednesday of the month, 3pm Sporties  
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,  
Forster Civic Centre, Wallambah room.  
Enquiries Kayleen 0416 184 684.

#### Great Lakes Suicide Prevention Network

Meet third Wednesday of every month at 6pm  
Tuncurry Beach Bowling Club & on zoo. Email  
greatlakespn2428@gmail.com for details.

#### Forster Digital Photographic Club (FDPC)

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

#### 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, 8:30am 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

#### Dementia Infomation drop in at Forster Library

1st Wed. of the month 9.30 - 11.30am. Speak  
with local Dementia Alliance representative on  
local services. Contact Christine 0408 548 698.

### Thursdays

#### Coomba Mens Shed

Open every Thursday 8.30am-12pm.  
86 Moorooaba Rd, Coomba Park.  
Contact Warren Arnold 0407 721 604

#### Codependents Anonymous

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

#### Great Lakes & Manning Stroke Recovery Club

We meet every 2nd & 4th Thursday of month.  
New members and visitors are most welcome.  
Contact can be made by ringing 1300 650 594.

#### Al-Anon Family Groups

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

#### Forster District Combined Probus Club

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

#### Knit and Knatter

1st Thursday of the month 1-3pm, Tuncurry  
Community of Christ, 4 Manning Street  
Tuncurry. Contact Wendy Ballard 0411 036 171

#### Forster Keys Progress Association

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

#### Lodge Forster Great Lakes United

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

#### Tennis Forster

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

#### Mens Social Tennis

Thursday 9 - 11am at Tuncurry Sporties courts,  
Beach St. Contact Danny 0409 549 799

#### Great Lakes Concert Band

Rehearses Thursdays 5-7pm at Club Forster in  
Cape Hawke Room. New players very welcome.  
Enquiries: Lynne 0488 146 915

### Fridays

#### Forster Country Women's Association (CWA)

3rd Friday of the Month, 10.30am  
Coolongolook Room at Forster Civic Centre,  
Lake Street. Contact: Annette 0411 028 857  
**Wallis Lake History Group**  
1st Friday of the Month, 1.30pm Great Lakes  
Room, Club Forster, Strand Street, Forster.  
World History by Members.  
Please call Jim Peters on 0418 201 167

#### Forster Tuncurry Seniors

Breeze Parade Forster  
Carpet Bowls 9:15 - 12pm & Games 1pm - 4pm  
Contact 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 at 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, 8:30am 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,  
Beach St Tuncurry.  
Enquiries: Yvonne on 0418 422 392

### Saturdays

#### Forster parkrun community 5km run/walk

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

#### Club Forster Table Tennis

Each week new players welcomed.  
12:45 - 3pm. Contact Harold 5591 7133 or  
Bruce 0414 532 496

#### Forster Country Women's Association (CWA)

Meet 9am at CWA Rooms. Scones & tea for  
Farmer's Market on Little St, 3rd Saturday of  
month. Contact Annette Fischer 0411 028 857

#### Great Lakes Rural Australians for Refugees

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

#### Great Lakes Orchid Society Meeting

Meets second Saturday of the month  
2pm Forster Public School, Head Street.  
Enquiries: John 0408 034 633

#### Dragon Boating

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

#### Over 55s Forster/Tuncurry Social Group

Weekend meals at a local club or restaurant,  
or a location about an hour's drive from town.  
Contact Heather Yates 0414 507 781

#### Alcoholics Anonymous

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

#### Tennis Forster

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

#### National Parks Association

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

#### Pickleball Tuncurry

5pm at tennis courts behind Sporties.  
Enquiries: Sonia Rockley 0427 309 032

#### Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm  
Contact Bruce 0466 153 616

### 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 Tuncurry Mudcrabs

Winter Swimming Club  
8.30am May till September  
Contact Mark Linton 0402 045 718

## Pets of the Fortnight



#### This little sweetheart is still waiting for a home.

Tiki is 11 weeks old and a typical kitten. Crazy, fun, and cute. Desexed, microchipped and vaccinated. Ready right now. Adoption fee is \$150 which goes

towards his vet work. Call or text our Cat Welfare Officer on 0490 262 827.

NSW AWL Rehoming organisation number R251000222

#### Beautiful Hattie is still waiting for a home.

She is the best little buddy you could have. She is happy to find a cosy safe place to nap if you are out and will welcome you home with a purr and a smile in her beautiful green eyes. She would love a quiet house with a single owner or couple.

Hattie is desexed, microchipped and vaccinated, and her adoption fee is just



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

### May Manning Great Lakes Birdwatchers.

Thurs 2 May - 8am Brown's Creek, Taree.  
Enquiries: 0431 878 395.

Sat 18 May - 8am Neranie Head.

### Great Lakes Prostate Cancer Support Group

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

#### Next meeting 28 April

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

Contact Phil Rodham 6557 6812 or email greatlakespcsg@gmail.com



Proudly sponsored by the Prostate Cancer Foundation of Australia.



**Tanya's Community Update**

I have attended some fantastic events in the Myall Lakes recently:  
**A WALK IN THE PARK**  
 I participated in 10,000 step walk around Forster-Tuncurry to raise awareness and funds for Parkinson's disease. Walking alongside locals, we joined together to support family members and individuals battling Parkinson's.



**TAREE RESCUE SQUAD**  
 Taree Rescue Squad, alongside VRA Rescue NSW, hosted an open day in Taree to display their impressive capabilities and announce the launch of their Heavy Rescue fundraising campaign. Taree Rescue Squad plays a significant role, providing primary and specialist rescue services in both our coastal and rural areas.

**ANZAC DAY COMMEMORATIONS**  
 It was great to see such a multitude of ANZAC services across our electorate. I thank our RSL Sub-branches, ANZAC Committees, schools & groups for organising such meaningful tributes, ensuring that the sacrifices of our servicemen and women are never forgotten.

**SOUND NSW TOURING AND TRAVEL FUND**  
 The \$2 million Touring and Travel Fund is now open, offering touring artists grants of up to \$2,500 per person for domestic touring, and \$7,500 per person for international touring. This is an opportunity for our artists to get the experience they need to thrive! For more information, please visit the Sound NSW website or scan the QR code below.

Tanya Thompson MP  
 If you have any questions or concerns, please get in touch on 6555 4099 or email myalllakes@parliament.nsw.gov.au

**Graham & April's Birthday 4WD Bash**



Above: Graham and April McKay. Photo supplied.

How many people get to drop everything and go on a real outback road adventure for days at a time?

Local resident Graham McKay has raced and volunteered in many charity car rallies with his mates over the years. This year is different. To celebrate his and his daughter's birthdays, the pair are joining a 4WD adventure that will travel through an extremely remote area in the Simpson Desert on the border of NSW and Queensland. Graham wants to show April some amazing places that only a few people get to see.

This 10 day adventure involves around 30 people in a convoy of up to 15 4WDs. It has been organised by David Metcalf who was asked to run something different in 2024 by previous competitors of the Kidney Kar Rally (which stopped operating in 2023). Although it is an off-road challenge, the adventurers will enjoy more relaxed starts than the official car rallies and plan to be on the road by 8am most mornings. Any money raised on the trip will be given to Angel Flight Australia whose volunteers organise remote flights for people living in the outback to specialised medical treatments. In the past these drivers have raised money with raffle nights at towns along the way.

The 4WD convoy begins at Birdsville after a 'start dinner' that happens to be on Graham's birthday, the 28th of April. From there, they will

travel the 500km on the French Line to camp one night at the Delhousie Springs Campground in the Witjira National Park where there are hot natural artesian springs to soak in after this challenging route.

There are 12,000 red sand dunes between Birdsville and Delhousie Springs. Every 4WD must have a 2.5 metre sand flag on the roof. This is for vehicles to see each other when driving over a sand dune from opposite directions. The first driver then radios back to say 'all clear' for the drivers behind. Some sand dunes are quite steep and the flags are essential

From Delhousie Springs they will drive to a roadhouse nearby at Mt Dare, which is the last place to stock up and refuel before following the less-travelled Madigan Line (named after Dr Cecil Madigan who made this journey by camel on a scientific expedition in 1939). The 4WD convoy plans to drive around 80 to 100km a day on this part of the journey, and Graham and April will be 'swagging it' under the stars every night. The Madigan Line is a 920 km long loop back to Birdsville and extremely remote with no towns along the way. They will only see the occasional camel or donkey.

The 4WD convoy hope to get back to Birdsville on the 8th or 9th May for a 'finish dinner'.

Graham then wants to show April the famous Waltzing Matilda Centre in Winton, 740km from Birdsville, which houses a museum, exhibition spaces and an art gallery. Winton is also known as the 'Australia's Dinosaur Capital' and the pair will spend time exploring gigantic dinosaur footprints at the Lark Park Conservation Quarry, 115km southwest of Winton. These are huge distances, but Graham said they may never get back there again and really wants to make the most of this special trip with his daughter.

Graham said all the 4WDs are prepared. In their group they have a technician, paramedic, ex-military, as well as people experienced in

navigation and motor mechanics. Graham believes the weather should be good with daily temperatures of 29 to 34 degrees and cold nights (he is taking thermal underwear!) He has packed baked beans for breakfast, canned fish and bread for lunch, and Cryovac packed steaks for dinner. He said they will be hungry for greens by the end of it.

Graham and April left on Anzac Day (after April's recent birthday) to meet the rest of the crew at Birdsville, which is around 1000km from Forster. They plan to drive 400 to 600km a day to reach this designated start of their 4WD Birthday Bash.

By Mary Yule.

**Support at the Races**



The Jockey Club Tuncurry Forster held their Race Meeting in Tuncurry on Thursday 18th April with a nice crowd of folks and children on school holidays. They were assisted by the great volunteer team of the Westpac Rescue Helicopter Support Group (WRHSG) helping with ticket sales and raffles.

Winner of the raffle was Steve Cross from the Blue Mountains and the 100 Club winner was Mick Summers who generously donated his win back to the Westpac Rescue Helicopter Service. Thank you to Mick.

By Judi Wilkinson - WHRS

**Local Legend - Katie Tuck**

*Katie Tuck (34) is a true local - born and bred in Tuncurry. Katie has built up a very successful business, Forster Tuncurry Rehabilitation, from scratch. She is an accredited Exercise Physiologist who specialises in the assessment, treatment, and management of people with or who are at risk of developing chronic disease. She and her team assess people of all ages and exercise capabilities and work closely with doctors, specialists and other health professionals.*

Interview by Vanda Gooley.

Katie is the owner and Director of Forster Tuncurry Rehabilitation; she has a Bachelor Degree of Sport and Exercise Science and a Master's Degree in Clinical Exercise Physiology. Her passion is helping members of our community improve their quality of life. Katie has over 10 years' experience working as an Exercise Physiologist in Forster Tuncurry and enjoys working with the ageing population to delay the process of ageing to maintain independence and has a strong interest in all areas of women's health.

Katie Grew up surrounded by family (mum, dad - Ray and Lesley Tuck, brother-Blake Tuck, sister - Amy, nan, pop, great nans and great pops, aunts and uncles) all living in Forster Tuncurry. Her dream was to always become an Exercise Physiologist, move back home after university, purchase a house, run her own business, and start a family. She has certainly made her dream become a reality through hard work, commitment and dedication. She owns and manages two businesses: Forster Tuncurry Rehabilitation which has been established for over 11 years now. She has a great team of 6 Exercise Physiologists. And she now also owns and runs Forster's Newest Reformer Pilates Studio - Reform Motion.

10 years ago, Katie purchased her first home which is now her family home where she lives with her husband and their 3 daughters.

Katie attended Tuncurry Public School, followed by Great Lakes College then Southern Cross

University Lismore. She achieved a Bachelor of Sport and Exercise Science and a Master's Degree in Clinical Exercise Physiology.

Katie believes her greatest achievement is owning and managing Forster Tuncurry Rehabilitation. "When I started my business in 2013, I never envisioned that I would ever need to employ any team members. But year by year it continued to grow through word of mouth, and of course the support of all our local Doctors."

Katie's business now has 6 Exercise Physiologists, a Myotherapist/Allied Health Assistant, a full-time receptionist, who happens to be my sister, and we rent a room to a Sports Podiatrist and Specialist Physiotherapist. Forster Tuncurry Rehabilitation is a fully commercially equipped gym facility. It is the only facility in the region that offers ongoing continued care for clients. Katie's team of Exercise Physiologists provide thorough assessments, create specifically tailored programs to complete within the gym facility, then offer their clients to stay onboard as part of the community to continue to self-manage their conditions in their gym or participate in their specialised exercise classes. "We pride ourselves on being the only gym run by university qualified Accredited Exercise Physiologists. I am beyond proud of myself and my team with the safe and supportive environment we have created for our local community and the friendships that have been formed are lifelong." Katie considers herself lucky to have the best team of Exercise Physiologists and Pilates Instructors who work with her.

They hold social events every few months and at their last Christmas Luncheon they had 100 clients attend. "We really have created a little community."

Katie's proudest moment is being a mum to 3 beautiful girls (Elke Ray, Coco June and Rudi Blue).

Katie's current projects have meant a very busy year. 2023 saw her celebrate 10 years in business, start a new business and she fell



pregnant with their third child. For 2024 - the plan is to just sit back and enjoy her girls. Her eldest, Elke is in her last year at home before she starts kindergarten, so being present with her 3 girls is where Katie is focusing her energy. Also, Katie's husband is just about to launch a canned water company 'Born Dry', so now it's Katie's turn to support his venture as he has with her spontaneous ideas and growth over the past 4 years.

Asked what Katie's main challenges are - she said that being self-employed and running two businesses demanded some 'work life balance'. Also trying to spend quality time every day with her girls. 'I absolutely love being an Exercise Physiologist and Reformer Pilates Instructor and enjoy every minute when I'm at work. But the mum guilt is very real. Katie considers herself lucky that she does not have to rely on daycare as her husband, Simon,

is also self-employed and her parents are retired ('which I believe was to look after their granddaughters haha'). So when Katie is called into work she knows her girls are happy and beautifully cared for. "They are only little for a short while; work will always be there for me to return to when they are all in school."

Asked what she loves about Forster Tuncurry Katie said, "growing up here I have a lot of childhood memories created here with my siblings and parents, and now being able to relive these memories with my husband and girls is pretty special."

Arthur David Chapman (PhD RSL NSW Sports & Recreation Coordinator Lower North Coast) had this to say about Katie...

"As a military veteran, I cannot express enough gratitude for the incredible support and care from Katie's business, Forster Tuncurry Rehabilitation. After serving our country, many veterans like myself, face unique challenges, both physically and mentally. Katie's team understands these challenges and goes above and beyond to help us heal and thrive.

The team at Forster Tuncurry Rehabilitation is not only highly skilled and experienced, but also deeply compassionate and understanding of the sacrifices we have made. They created a customised rehabilitation program that addressed not just my physical injuries, but also my emotional well-being, by providing a holistic approach to my recovery.

Thanks to their unwavering support and dedication, I and other local veterans have been able to regain our strength, mobility and confidence. Forster Tuncurry Rehabilitation has truly been a lifeline for me and my fellow veterans, helping us transition back to civilian life with grace and resilience. I am forever grateful for their commitment to serving those who have served our country.

Thank you Kate, for being a beacon of hope and healing for military veterans like myself."

# Tanya THOMPSON MP

Member for Myall Lakes

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02 6555 4099

TanyaThompsonForMyallLakes

tanyathompson.com.au

Authorised by Tanya Thompson MP, 1-9 Manning Street, Tuncurry NSW 2428, funded using Parliamentary Entitlements April 2024.

Celebrate

## Mother's Day

at Sporties Tuncurry

Sunday 12 May 2024 • Lunch from 12pm

*Terms & Conditions apply. See website for details.*

**Sporties TUNCURRY**

65 Beach Street, Tuncurry NSW 2428 • 02 6554 9270

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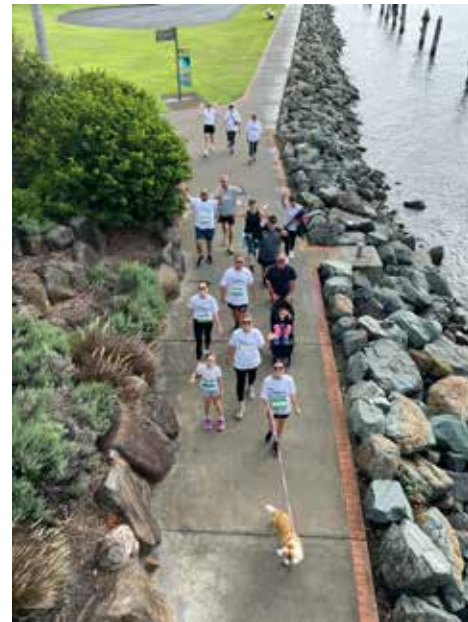
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## Walk in The Park to Fight Parkinsons



Last Sunday 21 April a small group of approximately 30 people from Taree, Forster and Tuncurry walked 10,000 steps around the Forster Tuncurry area to raise awareness for Parkinsons Disease. This is the third year that this event has occurred, and while still small the organiser is hoping that next year there will be more people that will join them in their journey.

A big thank you to Chris, who has Parkinsons herself, who walked with her daughter and to the family from Hogan's Plumbing Taree and to the friends and family members of the Maher family. Parkinsons Disease does not discriminate and is not something only older folk get. Funds raised go into researching this debilitating condition. Also, many thanks to Tanya Thompson (our local member for Myall Lakes) who promoted the walk through her newsletters and walked with the group.

By Liz Maher.



## Forster Post Office



Above: The Breckenridge PO Store, Forster - 1872.

Extract from 'Wallis Lake - Its Rivers & Villages' by Dawn McMaster 1993.

### Mail Service

There has been a postal service in Forster since 1st October, 1872. It was not a complete service for when John Wylie Breckenridge applied for the postal facilities he was granted a minimum service which drew an annual salary of 20 pounds (\$40). The office was conducted in Breckenridge's Post Office Store under the name of John Wylie Breckenridge and opened on 1st October, 1872. Henry Miles, house carpenter and William Baird ships carpenter, both of Forster, stood as sureties for the Post Office. Mail was delivered weekly by Charles Dee Jr. of Myall River who rode horseback between Myall River and Forster via McRae's Mill, Burraduc and Bungwahl Flat, a distance of 8 kilometers for an annual fee of 120 pounds (\$240).

The residents of Forster and North Forster (Tuncurry) used the post office at Forster until

### Telegraph Service

The need for rapid transmission of messages was most important to those engaged in the shipping business, thus sufficient traffic of such nature warranted the erection of a telegraph line between Bungwahl Flats (later Bungwahl) and Forster.

The single line was completed in 1882, the total line was 34.4 km and cost 1,558 pounds (\$3,116). Telegraphy required a trained operator with experience in the use of Morse Code and so on 1st May, 1882, Pelham Henry Ellar Aldrich was appointed telegraphist to the new telegraph station at Forster. When Pelham Aldrich on 1st May, 1882 sent the first telegram, it was from a separate office from the Post Office. This office was situated in what was previously the residence of David White, Shipbuilder. When Mr. White died, his widow rented the building to the Postal Authority, and it was in this building the postal business was amalgamated with the Telegraph business and began operating as a Post Office on 1st June, 1882.

Up to this date postal services had been handled through Breckenridge Post Office Store with Hugh Breckenridge as Postmaster. The authorities decided to combine both post and telegraph facilities and on 1st June, 1882 this became Forster's Post Office and Telegraph Office under the direction of Aldrich.

During the year Pelham handled 5,520 letters posted out, 827 telegraph messages, 117 money orders issued and 27 money orders paid. The total revenue for the year amounted to 252 pounds (\$504).

The postmaster was paid 58 pounds (\$116) for postal work and 150 pounds (\$300) for the telegraph duties. He continued as postmaster until 1906 when he was transferred to Werris Creek.

A new office on Lot 1, Section 2, corner Beach and Wallis Streets resumed from J. Breckenridge was built by Albert von Ehlefeldt for 838 pounds (\$1,676) and was completed in April 1902.

It was not until 19th June, 1949 that it became a full time service and became an official post office.



Mick Constable's sketch of Forster Post Office in 1885.

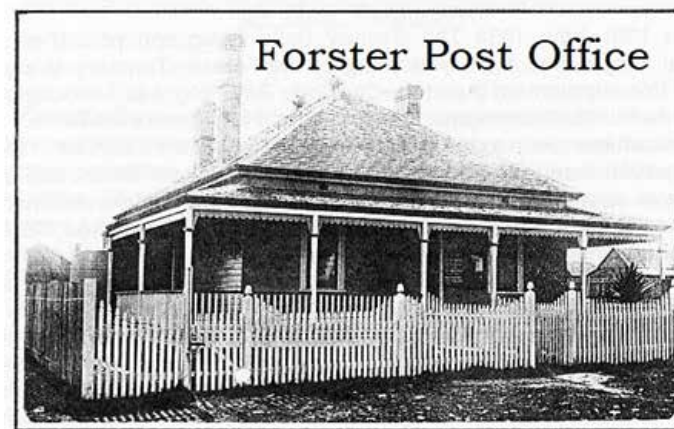
### Telephone Service

Eventually the telephone took over the transmission of telegrams and the services of a telegraphist were no longer needed.

On 8th June, 1910, a telephone exchange was opened with R.R. Breckenridge, C Bowers, Albert von Ehlefeldt and Sons as subscribers.

The Great Lakes Museum on Capel Street Tuncurry is open Tuesdays and Wednesdays (10am - 1pm) and Sundays (1 - 3pm).

Anne Masters - Director/Volunteer.



Left: Forster Post Office was built in 1902 (Ehlefeldt).

## Biomedical Sports Podiatry

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## Lowering of the flags



Above: Forster SLS Patrol 4 about to go into recess. Photo supplied.

The NSW surf season officially ends next weekend on Sunday, 28 April 2024, following which there will not be life savers watching over beach goers on weekends and public holidays. Some major cities may still employ life guards.

The difference between lifesavers and lifeguards is that lifesavers are volunteers who are part of surf lifesaving clubs. Lifeguards are paid professionals who work for the Australian Lifeguard Service, local council or an alternate service provider.

The six Lower North Coast Surf Life Saving Branch (LNCSLSB) clubs - Crowdy Head, Taree-Old Bar, Black Head, Forster, Cape Hawke and Pacific Palms - will each mark the end of the surf season with a 'Newcastle Permanent Lowering of the Flags' ceremony. Some clubs will also conclude the season with frivolity such as the Forster Surf Club's Formal Run-Swim-Run in ball gowns and suits.

No club in the LNCSLSB is meeting the average number of proficient patrolling members and all clubs are in need of recruits. In fact, there is concern regarding a serious lack of patrolling personnel in many clubs on the coastline north of Newcastle - Brunswick Heads, Minnie Water-Wooli, Red Rock-Corindi, Bellinger Valley-North

Despite the challenges that the shortages imposes, all of our local branch clubs have still managed to meet their patrol commitments but this has entailed significant sacrifices for club members and their families.

Joining a NSW Surf Life Saving Club offers a multitude of benefits beyond just enjoying the surf. Firstly, it provides a sense of belonging to a community bonded by a shared passion for ocean safety and enjoyment. These clubs foster camaraderie, friendships, and a supportive environment where members can grow personally and socially.

There is a role for everyone in the water and on the shore - rescuing swimmers in distress, patrol captains, junior surf lifesavers, trainers and assessors, first aid officers, advanced resuscitation officers, spinal and emergency care, radio operators, observation drone pilots, administration and support staff, education and community outreach, equipment maintenance, event management, search and rescue teams, youth leaders and fundraisers.

A check of our local club's Facebook page or website, or even a chat with current club members will provide information."

By Annie Evans.

Beach, Nambucca Heads, Haven, Tea Gardens-Hawks Nest, and our LNCSLSB clubs Crowdy Head, Taree-Old Bar and Pacific Palms.

These clubs are all listed on the SLS NSW Patrol Support Program which is a register on which individuals or groups from other surf clubs volunteer to travel to provide respite to overworked fellow 'clubbies'.

comment was, "I am not surprised that Karmen has already finished - she's a machine."

Meanwhile, the final finisher to complete all 28 km did so in 8 hours - with breaks to attend to the needs of her young children who were being driven as a 'support team' by her husband.

For the past two years, the Belic's have said "No more!" However, enheartened by the success of this year's event, Brian has already relented somewhat by saying that a 2025 Big Heart Hike might have a different route. He also mentioned now that Forster club members were aware of what support the event requires, it will mean less preparation on his part.

## Big Heart Hike supports Forster Surf Club

Now in its eighth year, a total of 150 online entries were received for the Big Heart fundraiser conducted by Brian and Lori Belic. This total is 30 more than the previous record.

This was the first year from which funds have been directed to the Forster Surf Life Saving Club as the previous years have been in support of the Forster Volunteer Marine Rescue's successful purchase of a new boat.

This 2024 event will result in about \$6,000 being added to the Forster Surf Club Building Committee coffers which are being accumulated in order to fund the interior fitout of the new structure.

Participants this year, with the first 100 nominations dressed in yellow T-shirts, could walk or run and could complete all or any sections of the course. Encouragement from passers-by, car horn honking and calls of "Go the yellow Wiggles", were common.

Idyllic weather saw participants facing the starters 'gun' from Black Head Surf Club at sunrise 6 am on Sunday, April 14. Their journey traversed the length of Tuncurry's Nine Mile Beach before a barbecue breakfast on Forster Main Beach. From there the walk continued along the Bicentennial Walkway to Bennetts Head, down the sand dune onto One Mile Beach and on to the Cape Hawke Surf Club. The final out-leg went past Burgess Beach, through the challenging Booti Booti National Park track and up to the Cape Hawke Lookout.

From atop the lookout tower, there were voices of amazement when participants viewed how far they had come from Black Head. This left a 7.5 km walk back to Cape Hawke Surf Club for refreshments and re-hydration.

The first participant to complete the entire course, Karmen Reardon, did so in under 4 hours. Fast walkers, on their first passing through the Cape Hawke Surf Club check point were amazed to see Karmen finishing. One

comment was, "I am not surprised that Karmen has already finished - she's a machine."

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Forster Surf Club President, John Quinn, expressed his gratitude to the Belic's for offering the proceeds of the day to the club. A large number of entrants expressed their excitement in merely having completed the course, with the seascapes and landscapes they had past, the support provided and that they would be back with more friends next year.

By Annie Evans.

Right: Photo by Peter Mooney - FSLS.



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## Palm's Open Gala Day



Above: Winners Terry Tremain, Doug Whitton, Moya Whitton and Peter Harris. Photo supplied.

Our club held its Open Gala Day on Monday 8th April 2024. After a weekend of washed out Open Pennant games due to the adverse weather conditions all the bowlers attending were eager to get onto the green and bowl! Sunny skies prevailed with a slight cooling breeze thereby ensuring that enjoyable bowling conditions would be the order of the day.

The programme for the day consisted of 2 games of 2 bowl 4's, and 2 games of 3 bowl pairs, all games consisting of 12 ends. Lunch was held between the games of pairs.

Round 1 of the 4's saw some very tight bowling with close results ensuing. Round 2 which

## Two gold at National Age Championship

but was close in the 100 freestyle. He came second in the B final, and 12th overall, in the 100 m butterfly. Later in the week he came 12th in the timed 50 butterfly.

After the championships, Grant said they stayed around for the Australian Open Championships. Joel swam a faster time in the 50 butterfly and was in the top 40 for the 50m freestyle. This was more of an experience for Joel as he got to swim with athletes vying for Olympic spots.

Grant said two other athletes from Forster also competed at the National Age Championships at the Gold Coast. Sophie Scislo competed in the 14 years 50m and 100m butterfly, while Ryan Brown (competing in his first National Aged Championships) raced in the 15 years 50m breaststroke. Grant said they are all good mates and swim at the Great Lakes Y under Pete Sanders.

**Pete Sanders**, Head Coach at Great Lakes Y said, "I'm very proud of the three of them. They went extremely well. They dug and dug, and I couldn't ask for more. This is truly elite swimming. You must be in the top 30 to 40 in Australia or almost do a personal best just to qualify."

"I've never seen Joel so tuned in and focused on the 50m freestyle. [Pete was in the Coach's box next to the pool] He certainly excelled with a gold medal. And Sophie and Ryan were close to their personal bests."

"It was noted at the Age Champs how remarkable country kids were swimming. We need to thank the Great Lakes Y for the quality program they offer, from the Learn to Swim through to the Squad Training. Through their organisation, our local kids are getting the best opportunity to perform as well as they do."

On 24 April, Pete was able to share that Joel had been picked that morning to represent Australian Juniors (a 40 strong team) at the 2024 Junior Pan Pacific Swimming Championships at Canberra in August. The team go into a training week on the Gold Coast prior to this.

**Joel Fleming** said, "Yeah, I've been chosen to be in the Junior Dolphin Team for the Pan Pacs Games. I've met a couple of people who will be going there too."

When asked about his recent title at the National Age Championship games, Joel said, "I don't really have game objectives but goal times to reach, and in reaching those it helped

the team skippered by Peter Harris winning the day with a result of 4 wins and a +40 margin. Congratulations to the team of Peter Harris, Moya Whitton, Doug Whitton and Terry Tremain on a splendid result.

A big thank-you to all the bowlers from Buladelah BC, Forster BC, Halliday's Sports, Tuncurry Sporties, Tuncurry Beach, and Pacific Palms who took part in our Open Gala Day making it a great success.

By Michael Collins – Men's Bowls President Pacific Palms BC.



Above: (L to R) Ryan Brown Joel Fleming and Sophie Scislo at the Championship.

me win a title. I did a 23.06 which is a personal best in the 50 m freestyle by 0.2 of a second. This is the best result I've had at the Age Championships."

Joel said he has been to the Age Champs a couple of times now. The first time was as 15 years old in 2022 at Adelaide. He said he had some setbacks at previous Age Champs but has come back better with a lot of work.

"Most of the hard work was done in the 10 month preparation to this. As we come toward a competition, we taper off a bit but there is still lots of training. Generally, I train around 6 days a week. Sometimes up to 3 session a day, which includes two swim sessions and a gym session."

Joel said his next event is the Olympic Trials in June

"I don't think I will be super competitive. This is just for my own experience as it is an open Olympic qualifier. I will be swimming the 50 m and 100 m freestyle, and the 100m butterfly. My favourite stroke is freestyle."

When asked if his teachers look out for him (Joel is in Year 12 at the Great Lakes Senior College), Joel said, "I think so, I hope so!", he said with a laugh. "It's a lot of time out of the classroom to do this sort of sport. Thank you to everyone for their support."

By Mary Yule.

## Fishing Competition Forster vs Newcastle

Club Forster Blue Water Fishing Club (CFBWFC) held another successful competition with the Newcastle Blue Water Fishing Club, known as the Rowley Kay shield, held each year at Easter. The competition has been running for the past 30 years approximately, with Newcastle winning the majority of time. This year Forster came close with only 469.03 points between the clubs.

Sea conditions were great on both days and plenty of fish were caught. Between the two clubs 388 fish were caught over the two days. Newcastle fished in 8 boats whilst Forster had 5 boats, so it came down to the best 5 from each club.

On Friday, most points went to Jamie Richards, Newcastle, Heaviest Flathead Alan McAlpine, Newcastle, Snapper, Sam Marlow Forster, Teraglin Logan Harvey, Newcastle and largest other species Barry Haworth, Newcastle.

On Saturday, most points, Martyn Barry, Forster, Heaviest Flathead, Joe Bujalski, Forster, Snapper, Sam Marlow, Forster, Teraglin Jamie Richards, Newcastle, largest other species Joe Bujalski, Forster.

Over all Most Points for Junior went to Max Harvey, Newcastle, Female Trish Harvey, Newcastle, Male, Martyn Barry, Forster and most boat points overall went to Martyn Barry, Forster.



Above: Trish Harvey from Newcastle. Photo supplied.

It was another successful outing culminating with a luncheon/presentation held at Club Forster on Sunday 31st March 2024.

By Frank Harshman - CFBWF

## Triathlon NSW is back in Forster!

The iconic NSW Triathlon Club Championships has long been the 'end of season' trip where members get to race 'with' their fellow club members, as opposed to "against" them. Set in the idyllic seaside town of Forster on Saturday 25 May at Main Beach, the event is exciting, beautiful, challenging and 'a blast' all at once!

Club pride and bragging rights are up for grabs, so get your entries in and help your club to be crowned Champions of NSW in 2024!

Earn a point for you club and volunteer at: [www.crowdcatcher.co/e/volunteer-registration-triathlon-nsw-club-championships-2024-tickets-TZthmQ8wH](http://www.crowdcatcher.co/e/volunteer-registration-triathlon-nsw-club-championships-2024-tickets-TZthmQ8wH)

- Junior Distance (12-13 yrs) 250m Swim | 7km Cycle | 2km Run
- Sub Juniors (7-11 yrs) 150m Swim | 2km Cycle | 1km Run

### Location:

Most of the action will be around Main Beach and surrounding streets from 5:30am to 1pm.

(See advertisement below to enter.)

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**NSW TRIATHLON Club Championships Saturday 25 May Forster Main Beach**

[www.hevents.com.au/events/](http://www.hevents.com.au/events/)



Above: Photo of Forster Tri Club members at the 2023 Club Champs by Patricia Macvean.

## Evan reaches 100 Parkruns!



Left: (L to R) Debbie Milligan, Evan Milligan and Ash Birks at Forster Parkrun. Photos supplied.

Deb and Ash love to travel and generally do a Parkrun every Saturday wherever they are. As a family they have completed Parkrun courses at Weipa in Qld, Queen's Domain in Tasmania and many many places in between.

Deb said Evan's goal now is to complete 250 Parkruns so he can get the full set of coloured Park Run shirts.

Run Director Kay thanked all the volunteers who helped on the day (held during the school holidays) and said they had 166 people walk and run the 5km course with many visitors from out of town.

"Congratulations to 6-year-old Evan Milligan for completing his 100th parkrun with a time of 29:55!", said Kay Worley, Run Director on Saturday 10 April. "It's good to see the number of children completing the 3-loop course. Many of them run the whole way."

Deb Milligan, Evan's mother, said, "Ash Birks and I would like to thank the Forster Parkrun Community for all the support and encouragement they have given our Evan. We are very proud of him."

Deb said Evan has been a part of Parkrun since he was a baby when she used to push him along in the pram. In the early days he would often fall asleep but as he grew he could often be heard saying, "Go faster Mum." As a toddler, Evan started walking parts of the course until he could eventually do the whole 5kms. It was an exciting day when he turned 4, and could register as an individual and complete runs in his own right. Since then he has done a Park Run almost every weekend and has a PB of 27.51 mins at Forster. (Except for the two seasons when his soccer games were on at the same time).

Forster parkrun is a great way to have fun while keeping fit at any age. This free community 5km run/walk takes place at 8am every Saturday at the Pebbly Beach playground off Head Street, Forster. Newcomers are encouraged to arrive at 7:45am for an event briefing.

By Mary Yule.

Register for free (and bring your printed parkrun ID) at [www.parkrun.com.au](http://www.parkrun.com.au)



Right: A younger Evan being pushed around the Forster parkrun course by Debbie.

## Club Fours Championship

Our Tuncurry Forster Sports WBC Club Fours Championship for 2023-24 were played during April.

The Semi-Finals were played on 11th April and they were both thrilling encounters with both games being decided in the last End. In one Vicki Piper, Robyn McDonnell, Val Feuersanger and Gae Re defeated Lesley Morrison, Julie Middleton, Marilyn Fitzgerald and Jackie Houston 24-21. In the other Julie Curry, Sharyn Newcombe, Karen Mudford and Donna Hampson defeated Helen Campbell, Terrie Bowman, June Kilpatrick and Maz Gorrie 22-18.

The Final was played on 12th April between Vicki Piper, Robyn McDonnell, Val Feuersanger, Gae Re and Julie Curry, Sharyn Newcombe, Karen Mudford, Donna Hampson. It was a very good game played in good sportsmanship between two competitive teams. Both teams had a steady start with Donna's team leading after 7 Ends 6-5. Donna's team then won the next 3 ends to have a handy lead 12-6 and after 15 Ends were leading 14-10.

Donna's team won 4 of the next 5 ends to be in front 22-11 after 20 Ends and the last End



(L to R) Runners Up – Vicki Piper, Gae Re, Robyn McDonnell and Val Feuersanger. Winners – Donna Hampson, Karen Mudford, Julie Curry and Sharyn Newcombe. Photo supplied.

was not required to be played. All 8 Finalists are to be congratulated on the good bowls they played throughout the Championship.

Congratulations to Julie Curry, Sharyn Newcombe, Karen Mudford and Donna Hampson on their tremendous achievement of winning their third consecutive Club Fours Championship 22-11. Congratulations also to Vicki Piper, Robyn McDonnell, Val Feuersanger and Gae Re on their achievement on reaching the Final and being Runner Up.

By Sue Ryan - Tuncurry Forster Sports WBC.

## Inter Resort Golf Event



Left: (L to R) Phil Stokes winner (Forster Lakes) presented by Warren Arnold (Forster Lakes).

The weather was perfect for the day and all the golfers enjoyed the challenging course.

Fern Bay was the winning resort on the day followed by Tea Gardens with Forster Lakes coming in third.

The individual winner was Phil Stokes from Forster Lakes with 37 stableford points with Richard Campbell from Fern Bay second on 35pts and Richard Fisk from Forster Lakes also on 35pts.

The golf was followed by lunch at Sinny's Cafe in the clubhouse at Tuncurry where the days events were discussed in the lovely surrounds of the clubhouse.

All in all a very enjoyable day was had by everyone.

By Warren Arnold - Forster Lakes.

## Cedar Bat Croquet Competiton



Left: (L to R) Norma Bogan, Steve Wallace and Jennifer Boulit (winner). Photo supplied.

the 8th April, with 9 players entering on handicaps 7 to 10. This was a keenly contested competition with the eventual winner not being decided until the last game. Each player played 8 games under the Advantage Handicapping system.

The eventual winner was Jennifer Boulit with 6 wins. She also reduced her handicap from 8 to 7. Runner-up was Steve Wallace on a handicap of 10 with 5 wins and third place getter was Norma Bogan, also on a handicap of 10 with 5 wins, but was beaten by Steve on a countback.

This was the first of our club events for the year with the Club Championships to follow.

By Helen Cooper - Golf Croquet Captain.

Forster Croquet Club held their Golf Croquet Cedar Bat Competition over three days from

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## Two gold at Australian Age Championships

"He did well. He wanted it - it was his goal," said Grant Fleming, father of 17-year-old Joel Fleming who won two gold medals at the recent National Age Championships in the Gold Coast.

"I had a feeling he would do well in the 50m freestyle final and I actually ordered professional photos, for the first time, before Joel's final!"

Grant said they had a relaxing time leading up to the Championships and Joel was feeling confident after his first gold medal in the relay.

"We camped nice and close to the Aquatic Centre on the Gold Coast. Swimming NSW looked after him well and provided him with some physio when Joel felt something in his back. On the Monday (8 April), Joel swam for NSW in the 16 to 17 year-old 4 by 50m relay. He swam the second leg and moved the team from second place to first place. They stayed in

first position and got the gold medal. This was the same team as two years ago, which is remarkable as you need to have one of the four fastest times in NSW to make the team. They are really good friends and enjoyed swimming together again."

"This win was important for Joel and the other swimmers in the NSW team. It gave them



Left: Joel Fleming with Coach Pete Sanders. Photos by Grant Fleming.

Right: Joel spots his Dad in the stand after winning the 50m. Photo - nsw.swimming.org.au

confidence that they could swim fast. On the Wednesday (10 April), all 4 boys from the relay qualified for the individual 50m freestyle. Joel qualified second fastest and went straight to the final, which was a really special night held under the lights."

"I watched his final from a good position in the stand and, although it was close, I was pretty confident he touched first. Joel took a while to see the board and he was pretty pleased when he saw where he placed."



Grant said Joel also raced in the 100m freestyle and the 50 and 100m butterfly. He didn't medal

Continued on page 26.



Local swimmer Chris Sefton (pictured above) only took up swimming at age 41. Thirteen years later she is regularly competing at Aussie Masters and winning medals. On April 13 and 14 this year, she won a gold medal for the 50m (41:52) and 100m (1:33:89) breaststroke in the 50 to 54 age group at the Masters Swimming NSW Long Course Championships held in Sydney.

## Two gold at NSW Aussie Masters

"With Aussie Masters, it's a nice surprise to find out how you place after everyone has swum in the same event," said Chris. "They move through the different swimming races quickly. It is very well organised."

Chris explains that Aussie Master swim meets are held around Australia and anyone over 18 can compete for their club at interclub, state and national events. There are so many swimmers competing that you are grouped into races based on your submitted times. This means you are swimming with people who have the same time as you but can be women and men of different ages. Placings in each age group are determined by ranked times after everyone has swum in that event. Most Aussie Masters meets have around 12-16 different race events.

Aussie Masters has the motto 'Fitness, Friendship and Fun!' Their website says, 'it's about staying in shape, meeting like-minded fitness buddies and enjoying the experience.'

Chris said, "Competitors compete against themselves really. When I first started, I was worried how I would go against other swimmers, but everyone only worries about themselves in the races. It's really friendly with a wide range of abilities. There are people racing in their 90s."

Chris belongs to the Myall Masters Swimming Club, based in Tea Gardens, who were the closest club when she started. She can't get there very often but trains regularly in her hometown of Forster.

"When I first started swimming, Peter Sanders was the adult coach at the Great Lakes Y and taught me how to swim breaststroke. In the last few years, I have been coached by Ged

Crowe. They have both been great support. I'm lucky also to have had wonderful support and help from the Myall Masters club coaches, in particular Leon Bobako."

Pete Sander, Head Coach at Great Lakes Y said, "Christine is a beautiful breaststroker. I helped her out with her diving and swimming skills for a few years. It's great to see her keep up training and do so well at Aussie Masters."

Chris said, "My next swimming event is the Masters Swimming National Championship in Darwin, coming up soon in May. I'm in the 50m, 100m and 200m breaststroke and the 50m freestyle. That way I will have a race on every day of the 4-day pool competition."

"I hope to do as well as I can. After the races my family is having a camping holiday at Kakadu. We've never been there. This is why I was keen to race in Darwin."

By Mary Yule.

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