Locals excell in sport p22, 23 & 24

Local Idendities Ellie & Harry p21



Forster Fortnightly

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

Wednesday 24 July 2024

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.101

Naidoc Week Celebrations

Above: The NAIDOC Community March along Wharf Street in Forster was well attended.

Above right: The Aboriginal Flag Raising Ceremony at Forster Police Station. Photos by Mary Yule.

Subscribe now for free online Forster Fortnightly news service

Did you know you can now subscribe to our online free Forster Fortnightly news service and have EACH EDITION SENT TO YOU every fortnight? Subscribers will also be sent LOCAL NEWS ALERTS and COMMUNITY INFORMATION UPDATES.

To subscribe, please visit our website at www.forsterfortnightly.com.au

NAIDOC Community March in Forster



To celebrate NAIDOC Week, many people joined the NAIDOC Community March in Forster on Monday 6 July. Shop keepers and residents came out along the way to enjoy the morning's event.

The March started at 9am from the Forster Town Clock on Wharf Street and ended with an Aboriginal flag raising ceremony at the Forster Police Station on Lake Street. Aunty Lyn gave the Welcome to Country and spoke about music and heritage. She then wished everyone a 'Happy NAIDOC Week' before the gathering was invited to share a morning tea together.

The theme for NAIDOC Week, 7 -14 July 2024, was 'Keep the Fire Burning! Blak, Loud & Proud.' The theme honours the enduring strength and vitality of First Nations culture – with fire a symbol of connection to Country, to each other, and to the rich tapestry of traditions that define Aboriginal and Torres Strait Islander peoples.

www.naidoc.org.au

By Mary Yule.

See pages 2 and 4 for more photos from the NAIDOC Community Day and Community March.



24 July 2024

Community News

Forster Fortnightly

NEXT DEADLINE WEDNESDAY 31 JULY TO PUBLISH WEDNESDAY 7 AUGUST

We welcome your stories, photos & letters

- Send to info@forsterfortnightly.com.au or contact Editor Mary Yule 0413 410 492
- For advertising enquiries contact Sales Manager Geordie Yule 0403 586 342 or email sales@forsterfortnightly.com.au
- Business Hours are 9:30am to 5pm (Mon - Fri).
- 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.
- The Forster Fortnightly is on the Council for Country Press NSW and is a member of Country Press Australia and Regional Media Connect.



We may publish promotional information based on our assessment of the level of genuine news content. Any material which is clearly advertorial in nature is best promoted as paid advertising. Support the paper that supports the town!

General Disclaimer: By contributing to this publication, you agree that the material is to the best of your knowledge accurate, and is neither deceptive nor misleading, in breach of copyright, or in breach of any other laws and regulations. The information provided within the contents of this publication is the view of the individuals who submit the details. These views are not necessarily those of the Editor. Whilst every care is taken, Forster Fortnightly takes no responsibility for errors or omissions

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

Great advertising value!

GUARANTEED 7,000 free Forster Fortnightly newspapers delivered to over 40 outlets & free digital access at www.forsterfortnightly.com.au Ring Geordie 0403 586 342

Where to pick up your Forster Fortnightly

Rainbow Flat

Access Fuels Service Stn

Hallidays Point Foodworks Hallidays Point Tallwoods Country Club

Tuncurry

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

Forster

Beach Bums Tulls News Forster Information Centre Little Mart Pearl Energy Service Stn Pearl Energy South Forster Farmers Patch Great Lakes Y Ampol Station

Tradies Takeaway Coles Service Stn Forster Library

Forster Bowling Club

Lifeline Forster

Lakes & Oceans

Pacific Palms

Blueys Supamart

Coomba Park Pollards General store Woolworths Coomba Aquatic Centre Stockland Customer Desk Forster Keys Mini Mart Bungwahl Club Forster Bungwahl Fuel & Liquor

Seal Rocks

Charlotte Bay

Smiths Lake

Good Food Store

Foodworks Charlotte Bay

Pacific Palms Bowling Club

Smiths Friendly Grocer

Seal Rocks General Store

NAIDOC Community Fun Day





24 July 2024

Page 2



www.forsterfortnightly.com.au

The NAIDOC Community Fun Day was held at the Flats on MacIntosh Street Forster on 10 July 2024 and was hosted by the local NAIDOC organising committee and supporters. Photos by Mary Yule.

Right: Baraya Wakulda



Supreme Court matter - Cr Epov

On 2 July 2024 the Supreme Court of NSW finalised proceedings that were commenced by Councillor Peter Epov against MidCoast Council and an external conduct reviewer in relation to a report prepared in May 2024 into a Code of

All parties agreed to the consent orders made by the Court. The orders invalidated the report provided to Council, which means Council can deal with the complaint afresh.

By agreeing to the consent orders the matter was finalised quickly, minimising Council's costs. Cr Epov's costs are being paid for by the

At the time Cr Epov started court proceedings, Council had not made any decisions in respect of the reviewer's May report, and undertook not to do so once the proceedings were

As such, media reports indicating that Cr Epov has been 'censured' by Council are completely

Although no evidence or submissions were prepared for the purpose of the proceedings, given the early stage at which they were resolved, Council agreed to making a concession in the orders that the conduct reviewer's May Report was affected by a 'reasonable apprehension of bias', due to a redural matter being that th reviewer had determined a separate complaint about Cr Epov previously without notifying Cr

Procedures Administration

MIDCOAST

Code of Conduct explain that a reasonable apprehension of bias arises 'where a fairminded lay observer might reasonably apprehend that the conduct reviewer might not bring an impartial and unprejudiced mind to the matter referred to the conduct reviewer' The Procedures require a reviewer not to accept a referral where such an apprehension

There is no suggestion that there was any actual bias on the part of the conduct reviewer as a result of the acceptance of the referral or in the content of the conduct reviewer's May

In response to statements in the media that more than 300 staff members resigned in a 12 month period', Council has also clarified that

During 2022 a total of 221 staff left Council employment. This figure includes resignations, retirements, terminations, etc. During 2023 the number was 185.

www.midcoast.nsw.gov.au

Expanding Forster Fortnightly News Service

SUBSCRIBE to our free Forster Fortnightly website and have each edition sent to you every fortnight. Subscribers will also be sent local news alerts and community updates.



If you would like to support this free news service for your community, please see the **DONATE** tab on our website. Thank you.

www.forsterfortnightly.com.au

Improvements to Pacific Palms **Community Centre**



Above: MP Dr David Gillespie inspects improvements at the Pacific Palms Community Centre with a MidCoast Council representative.

Work on the upgrade of the Pacific Palms Community Centre is nearing completion.

Over \$500,000 in funding was announced under the former Federal Coalition Government towards the project through the Local Roads & Community Infrastructure program.

Federal Member for Lyne Dr David Gillespie inspected the new upgraded facilities at the Centre with representatives from MidCoast

"This is an important community facility that caters for so many uses and I'm delighted works in the Centre are now complete," Dr Gillespie

'MidCoast Council has been working with the various local groups who use the Centre to undertake this upgrade and develop a longterm plan to improve the facilities.

"I'd like to take this opportunity to again congratulate the volunteers at the Pacific Palms Community Centre and MidCoast Council and their work to complete this important local upgrade," Dr Gillespie said.

The works completed to date include:

- Clearing of all debris/foliage from War Memorial and North (Tennis) carpark.
- Planting of Native Flora to brighten war memorial, paving of the front area and stepping stones to flag poles, laid bark, trimmed down all trees and foliage.
- Removal of Sand and Pouring of a Softfall for the Playground area, adding a rocker
- Painted all internal skirts/archs, main hall, fover, kitchen, stores, amenities
- Replacement of all Toilet Seats and Cisterns in
- The Pergola has been extended and gutter guarding installed
- The Kitchen has been replaced and Store Room Flooring installed

the Hall and Tennis facility

• New furniture has been purchased to support event hire (markets, wedding hire etc) – chairs and tables that are collapsible and light.

Mid Coast Council's Senior Project Manager Scott Trotter said the remaining works around the centre soon to be undertaken as part of phase two of the project, including:

- Asphalting and widening the road
- Sealing of the carparks
- Additional stormwater and drainage works

NSW Local Council Elections

• Monday 5 to Wednesday 14 August Lodgement of nominations and registration of • Saturday 7 to Friday 13 September

Every four years the community gets the opportunity to vote for the Councillors that will represent them and make decisions on their behalf for a four-year term

The next NSW Local Government Elections will be held on 14 September 2024.

Voting at these elections is compulsory.

Make sure you are enrolled to vote and that your details are up to date. You must be enrolled by 6pm on 5 August 2024. All you need to enrol is a driver's licence or similar identification document or you can have someone who is already enrolled confirm you

You can find out all about the Local Government elections, including how to enrol to vote and where to get assistance, at: www.elections.nsw.gov.au/elections/ local-government-elections/2024-nsw-localgovernment-elections

Or by calling 1300 135 736.

MidCoast Council

At the local MidCoast election you will be asked to vote on which 11 candidates should become a Councillor for the next term. The new Council appoints the Mayor and Deputy Mayor

In the last Mid-Coast Election, 25 October 2021, there were 76,170 residential and

non-residential electors enrolled in this area. 11 Councillors were elected from 80 candidates. What are the key dates?

candidates and groups is open. Tuesday 6 August Lodgement of postal vote applications open

• Monday 19 August

Postal pack distribution begins

Pre-poll voting period is open

8am – 6pm: Election Day

 Monday 9 September 5pm: Postal vote applications close

• Saturday 14 September

• Friday 27 September

6pm: End of postal vote returns

Tuesday 1 October

Start of progressive declaration of results www.elections.nsw.gov.au

www.midcoast.nsw.gov.au/Your-Council/ About-MidCoast-Council/About-us/ Council-elections

Local Candidate Feature

The Forster Fortnightly newspaper will be publishing a Local Candidates Feature for our readers on the 4 September in Edition 104. An invitation will go out to candidates on 7 August in Edition 102.





www.coombaaquatic.club

WELCOME LIFT FOR BEACHES INTERNATIONAL Many people drive through the heart of Forster



corner of The Lakes Way and Beach Street, Forster, just behind the new Forster Surf Club and Beach Bums on Main Beach Beaches has been operating since 1999 and contains 23, 2 and 3 bedroom self contained holiday apartments available over 9 levels.

every day and wouldn't realise the hive of activity

taking place at Beaches International, the blue and

cream 10 storey holiday apartments located at the

Proprietors, Greg and Tammy Randall, have a long history in the tourism and hospitality industry and have managed Beaches for 23 years, making them amongst the longest serving tourism operators in

Apartments take advantage of the incredible views

Greg says, 'We are always working to maintain the Photo: Greg and Tammy Randall celebrating the high standard customers expect and looking at opening of the new lift at Beaches International. ways to improve our offering.

It is with great excitement that we have just replaced our lift just in time for the Winter school holidays.'With the lowest rates available and a special August promotion on offer, it's the perfect time for locals to consider a staycation or to invite friends and family to visit.

'We feel incredibly fortunate to live and work in such a beautiful area and we just love promoting Forster Tuncurry and the wider Barrington Coast and sharing that experience with our guests.,' said Greg



1 - 31 August Direct bookings only

02 6554 5160 BEACHES INTERNATIONAL Holiday Apartments

Forster Main Beach



24 July 2024

Manning - Great Lakes Police District update



Dear Reader

It has been a very busy fortnight for local police – with ongoing focus on preventing, disrupting, and responding to crime, whilst also happily finding time to attend many of the NAIDOC Week events across the Police District.

• About 5.10am on Wed 10 July, local police were conducting patrols on bicycles in Bent Street, Tuncurry, in response to an increase in bicycle theft in Forster-Tuncurry during this holiday period. At this time, police observed a 20-year-old man riding a bicycle in a southerly direction towards Bramble Parade. Police stopped and spoke to the man after observing the bicycle he was riding was a small size Fluid Nitro brand lady's mountain bike - with police suspecting the bicycle was stolen. The man was cautioned and questioned regarding the bicycle. During this interaction the man attempted to flee from police. A violent struggle ensued, with the man biting one of the police officers on the leg. After he was restrained and searched it was discovered the man was in possession of other items suspected of being stolen: a new Crane Sports Hydration brand backpack, a Uniden brand power pack and a chisel set (see earlier post on this page for photos of these items). The man was conveyed to Forster Police Station where he was charged with Goods in custody suspected of being stolen: Assault police officer in execution of duty cause actual bodily harm and Resist police officer in the execution of duty. The man was refused bail.

• On Wed 10 July and Thurs 11 July, local police conducted Operation BRAP - an operation

targeting unlawful and unsafe trail bike activity in Taree and Forster. The operation involved local police with support from the NSW Police Force Aviation Command (POLAIR) and local officers attached to the Traffic and Highway Patrol Command. Two motorcycles were seized by police during the operation (with one to be the subject of a forfeiture application to the Local Court) with 230 random breath tests conducted, 23 roadside drug tests - five of which were positive to a prohibited drug – and numerous charges laid, including Mid-Range PCA, Special Range PCA, Possess Prohibited Drug (x2)

Police Pursuit - drive dangerously and Abandon Child. Local police will continue to target unlawful and unsafe trail bike activity in Taree and Forster, and I would encourage any person with information relating to such activity to contact CrimeStoppers on 1800 333 000.

• About 3.30pm on Wed 10 July, local police were patrolling Taree when they attempted to stop a vehicle which was allegedly being driven in a dangerous manner on Barton Street near Bushland Drive. When the vehicle failed to stop, police initiated a pursuit. It was terminated a short time later due to safety concerns. After monitoring the vehicle, police successfully deployed road spikes on the northbound lanes of the Pacific Highway, north of Cundletown. The vehicle did a U-turn and came to a stop in the southbound lanes, where the female driver allegedly ran from the vehicle. She was arrested nearby following a short foot pursuit. Four children – aged 15, 10 and two children aged two - and a dog, were located uninjured in the abandoned vehicle. The 34-year-old woman was taken to Taree Police Station, where she was subjected to alcohol and drug tests, which allegedly returned a positive result for methamphetamine. This will undergo further analysis. The woman was charged with police pursuit - not stop - drive dangerously, abandon etc child under 7 cause danger serious injury (DV), and learner not accompanied by driver/ police officer/tester. The woman was refused



Above and right: The NAIDOC Community March gathering at the Forster Police Station. Photos by Mary Yule.

NAIDOC Week celebrations

Local police also found time to attend many NAIDOC Week celebrations across the Police District, including the Biripi Community NAIDOC Event, the Gloucester NAIDOC Family Fun Day, the Biripi Youth Disco at Taree PCYC and the Community Fun Day held at Tobwabba Reserve in Forster — all great events! Local police also assisted organisers in ensuring celebratory NAIDOC marches in Taree and Forster went off without a hitch.

Please be kind to each other and don't forget to say "G'day!" to your local police.
Chief Inspector Timothy Bayly - OIC Forster



I WANT A CLOSED CASKET FUNERAL

However, towards the end, get the organist to play 'pop goes the weasel' until everyone is staring at my coffin with mute anticipation

Pre-arrange with Allan Pearse

6554 5433

118 Manning Street, Tuncurry www.allanpearsefunerals.com.au



Have your say on walk, cycle, trails

and trail-based activity strategy that will guide the development of our walk and cycle networks for the next 10 years.

Check out the interactive map online to see the proposed actions that have been developed using feedback from the Open Spaces and Recreation Strategy community consultation

Provide feedback online by 25 August, or come and chat with us at a pop-up on:

Have your say on the MidCoast walking, cycling

• Wednesday 31 July from 8.30am to 10.30am near the Tuncurry Breakwall

 Wednesday 31 July from 12pm to 2pm near Drift Cafe at Pacific Palms

www.midcoast.nsw.gov.au/Your-Council/Our-news/News-releases/ Have-your-say-on-walk-cycle-trails-strategy

RESTORING YOUR HEALTH

DR RACHEL COELHO

& Rui coelho A Scientist, General Practitioner, Herbalist & Lifestyle Medicing Consultant. As a Health Educator, she is passionate about sharing healthy lifestyle advice & natural remedies for common ailments & chronic disease.

A University Lecturer, an Executive, an International Speaker & Evangelist, who loves to share evidence for Bible Certainty & Prophetic Interpretation. His deep conviction is evidenced in his powerful presentations.

FRIDAY AUGUST 2

6PM AMAZING ANTIOXIDANTS
7PM OUR SEARCH FOR MEANING & VALUE
SATURDAY AUGUST 3

10AM THE CASE FOR ABSOLUTE CERTAINTY
11AM THE CUP AND THE CURSE
3PM CONFRONTING CANCER
6PM AMAZING ANTIOXIDANTS

Venue: SDA CHURCH HALL 29 NORTH STREET TUNCURRY NSW 2428

For More Information Contact: GRAHAM STEWART 0447 444 424

Diane Brookes Podiatry

- Nail Cutting
- Skin problems, callus and corns
- Ingrown nails
- Nail surgery
- Plantar warts
- Diabetic foot checks
- Wound assessment and treatment
- Peripheral and neurological testing
- Doppler

Referrals not required EPC PLANS ACCEPTED 111 Macintosh Street, Forster



ENQUIRE TODAY
Forster Health Solutions
02 6555 4062



Page 6

Dying to Know Day - What to know before you go

We are all impacted by death in our lives. It might be for the people we love, or it might be

Dying to Know Day is a public campaign with a day of recognition held each year on the 8th August. Each year the theme is changed, and this year the emphasis is on personalising final arrangements and building community.

Our mission is to help all Australians to feel supported and inspired by their own wishes for their final arrangements. Together we can break down the stigma and sense of awkwardness associated with conversations about death, dving and grief. This event is supported by interested individuals and community organisations from across the nation, raising awareness of the importance of planning ahead regarding end-of-life care.

Each year Great Lakes Palliative Care Support (GLPCS) hold a free community awareness session to encourage folk to think about their end-of-life care and to find out the how to put in place the things that are needed to make it not only easier for themselves but for those

close to them when death does occur. Whether we want to think about it, death does touch each of us, it's unavoidable. "What do you need to know before you go?"

GLPCS cordially invites all interested folk to a free seminar at Club Forster on Thursday 8th August 10am to 12 noon. Morning tea will be

We will have some interesting speakers covering various aspects of end-of-life care and planning. Speakers will include Dr Arron Veltre, Palliative Medicine Specialist and Conjoint Senior Lectionary, School of Medicine and Public Health University of Newcastle. Emma McLeod, Clinical Nurse Specialist in Palliative Care and Oncology, Forster and Mayo Private Hospitals. Representatives from legal and funeral services will also be involved.

Resources will be available and the opportunity to ask questions will be possible

For further information please contact Deidre GLPCS on 0437 830 818.



Free Community Awareness Seminar Club Forster Strand St Forster 2423 Thursday 8th August+10am to 12:30pm

Morning tea Provided Speakers include:

- Dr Arron Veltre Palliative Medicine Specialist
- Emma McLeod Clinical Nurse Consultant Oncology and Palliative Care - Forster and Mayo Hospitals
- Legal and funeral planning representatives

Further details contact GLPCS 0437 330 318

'Cars under the Stars Forster'

On Saturday 6th July, 'Cars under the Stars Forster' had the first Show and Shine in the paddock at Sporties in Tuncurry for car and motorbike enthusiasts to show off their wonderful cars and bikes.

Around 20 cars and 4 bike owners braved the cold weather. It was great to see the various cars and bikes, meet new friends and being in the running for a trophy.

My own 1969 soft top Mustang "Letty" managed to snag one for Best Ford Muscle. I was pretty stoked at that!

MIDCOAST

Trophies were decided by our wonderful sponsors on the day, who included Automotive Services Forster, A.G. STONE Bricklaying, Beach Bums Café, Taree Wesleyan Methodist Church and Forster Christian Life Centre. By Ingrid Cunliffe.

Right: The first 'Cars under the Stars Forster' in the paddock at Sporties in Tuncurry. Photo



Got a problem? Tell us about it.

We know things don't always go to plan.

With over 10,000km² to cover, delivering your every day services like roadworks, water, and bin collections, can sometimes be challenging.

That's why we need your input, to tell us about the things in your neighbourhood we may not already know about.





Your work in progress



GLAICA Ltd is excited to announce that Pacific Cape Lodge is now open and taking new admissions! If you are interested in a private viewing, please contact Pacific Cape Lodge on 5502 6555.

We now have openings for experienced Registered Nurses who can make best use of their skills and knowledge in a new and exciting environment where you can help shape and establish the future of our care services.

If this is you then please contact us on 6555 5521 Monday to Friday 8.30am to 4.30pm.

What is a friend?



Above: The well-attended Company of Voices concert at the Tuncurry Memorial Hall in 2023.

Someone who supports you? Who is there when you need them?

Well, our Historic Tuncurry WW1 Memorial Hall is in need of friends.

This has led to the idea of forming a Friends of the Hall group. Because the hall is owned by the Crown and administered by a small management committee of volunteers appointed by the State Minister, (and receives no external funding, apart from grant applications) we are hoping to involve more community members to support these

Those of us already involved in Tuncurry Memorial Hall, believe that a strong community is built on shared interests, skills, and a deep appreciation for our local heritage. Our Friends of the Hall program is not about monetary contributions but rather about harnessing the diverse talents and skills of our community

Joining the Friends of the Hall program is as easy as 1-2-3

Step 1: Express Your Interest

Let us know that you're interested in becoming a Friend of the Hall! Simply send us a message on our Facebook page or through our newly updated website at: www. tuncurrymemorialhall.com.au with your email and or telephone details and we'll reach out to vou with more details.

Step 2: Share Your Skills

Tell us about the skills and expertise you're eager to contribute. Are you an expert in graphic design? Fundraising? A wordsmith with a passion for writing? (Or making grant applications!) A social media maven? Or simply happy to help set up chairs or organise afternoon teas or do bar duty. We want to know how you can help us

Step 3: Get Involved

Once you've joined the Friends of the Hall community, you'll have the opportunity to collaborate with like-minded individuals, and help shape the future of Tuncurry Memorial Hall. Together, we can create remarkable experiences and events that celebrate our local history and enrich our community.

Keen for more concerts

The huge and enthusiastic crowd who turned out to be part of Company of Voices performance 'Songs of Love and War ... And a Piano!' last year in our Tuncurry WW1 Memorial highlighted the need for a Friends support group.

"It was truly a vindication of live music making in our area and confirmed our view that people are really keen to have more creative performances in our wonderful historic hall," said CoV founder and Director Leigh Vaughan

The fact that we now have a beautiful digital grand piano securely stored in the hall means we are now able to invite other performers to come and give concerts here. Stay tuned for live performances coming in August and October this year.

"We are already in negotiation with several chamber groups and some jazz enthusiasts for next year, so we will be open to all styles and genres," said booking agent Nyaree Donnelly. Tuncurry WW1 Memorial Hall Face Book

Forster Tuncurry U3A - Term 3



Hello to all the retired or semi-retired over 50's! U3A (University of the Third Age) is a world wide not for profit organisation run by members. Life experiences are drawn on and shared, creating a relaxed atmosphere of learning and keeping mind and body healthy

We offer a variety of classes such as General topics of interest, History, Art, Travel, Singing, Writers, Collectors "road shows", Philosophy Media Discussions and Book Clubs. We regularly have guest speakers on a variety of subjects such as CPR explained and Westpac Rescue Helicopter Service, which were held this We also hold social outings, for morning teas or lunch. Our walking group and gentle exercise classes are very popular

24 July 2024

U3A truely has something for everyone! Our half yearly membership for terms 3 and 4 is only \$30. This entitles you to attend as many classes as you like Monday to Friday at our beautiful venue of Cape Hawke Surf Lifesaving Club, One Mile Beach, Forster.

Come and join us for Welcome Morning Tea on Monday 29th July 10-12 and meet our friendly

More information is available on our website at: forstuncurryu3anet.org.au

U3A Term 3 Dates **Monday 29th July** to Friday 20th of September 2024.



Regional Heywire Competition

Heywire is a lived experience storytelling competition from the ABC, calling for stories from young people aged between 16-22 in regional, rural and remote Australia

Heywire is about giving Australia a window on your life and/or your community. You are unique and the place where you live is unique, and that makes your story fascinating. Personal stories are the most compelling.

Entries must be a true story about an aspect of your life. Stories can be in any format: text (400 words), video (2 to 4 minutes), photos (10 images) or audio (2 to 4 minutes) - whatever form suits you best!

There are tips for a great story and samples of past winners on the website.

What can I win?

1. Work with ABC producers to have your story featured on the ABC. Be heard across Australia and internationally

2. A trip to the Heywire Summit! Winners get an all expenses paid trip to the Heywire Summit in Canberra, to develop ideas to make regional Australia a better place for young people.



Ready to enter?

Great! Entries are now open for our 2025 Competition and will close on September 1

The easiest way to enter is by filling out the form at: www.abc.net.au/hevwire/competition



www.forsterfortnightly.com.au

Tanya's

Community Update

24 July 2024

Community News

www.forsterfortnightly.com.au

GLWS Inaugural Ball – Black Tie Biker's Ball

'Sisters on Steel' (SOS) Social Motorcycle Club (SMC) - Hunter Region Chapter, alongside Great Lakes Womens Shelter (GLWS) Manager Carly Ravenscroft, proudly organised their first Ball-Black Tie Bikers Ball on 6 July at Club Forster.

This event was to raise much needed funds for the women and children of our local facility who have been affected by domestic violence in their lives. Every week and we are hearing of more homicides and domestic fuelled violence in all states of our country, which is just heart breaking as it's the innocent ones and their

Saturday was a fantastic night for everyone who participated and contributed to raising money for the GLWS. Everyone put their best frocks on and best suits, enjoyed a delicious meal at Club Forster. Throughout the night there were speeches, raffles, and some auctions, raising \$5000 for GLWS. It was a real pleasure also to have Annabelle Daniel, CEO of Women's Community Shelters send a video on our special night thanking and recognising Sisters on Steel SMC and congratulating our Great Lakes Womens Shelter and Community. We would like to acknowledge Sallianne McClelland for the wonderful job she did as our MC for the

Homelessness in our Mid Coast LGA

In our Local Mid Coast Government Area,

the 2021 Census estimated 300 people were

(Table 6.1- Estimating homelessness: Census

2021). According to this data from the 2021

has slightly decreased in NSW but has

homeless and another 301 in marginal housing

Census and Homelessness NSW, homelessness

increased in regional areas. The Hunter Valley

(excluding Newcastle) recorded a 32.5% jump,

and the Mid-North Coast experienced a 25.9%

Note that these are estimates and are likely to

be an undercount because of the temporary

nature of such accommodation and the fact

night, and the amazing team of volunteers the "Hallidays Helpers' The Sisters of Steel are an allwomen social motorcycle club

Great Lakes Womens Shelter

who are all year-round raising

awareness and much needed

domestic violence.

funds for women and children of

Right: SOS Helen Dare, MC Sallianne McClelland and SOS Gina Ferguson. Photo supplied.

fill out forms or are not counted.



24 July 2024

Page 8

Homelessness issues in our community

What is the definition of homelessness?

The Australian Bureau of Statistics (ABS) defines homelessness, for the purposes of the Census of Population and Housing, as the lack of one or more elements that represent 'home'.

The ABS statistical definition of homelessness is 'when a person does not have suitable accommodation alternatives, they are considered homeless if their current living

- is in a dwelling that is inadequate;
- has no tenure, or if their initial tenure is short and not extendable; or
- does not allow them to have control of, and access to space for social relations' (ABS 2012).

So, homelessness is not just about people who sleep in the streets, under bridges, in. shop fronts, on park benches. These are the visible ones. It also includes people living in improvised dwellings, temporarily in supported accommodation, lodgings, and boarding houses and in severely overcrowded dwellings.

On any given night we know that there are around 122,500 who are without a home in With the rising cost of living and rents,

more people including those who are not traditionally thought of to be homeless are experiencing housing stress and homelessness. There are a number of people and families living in cars or temporarily in holiday accommodation that come to the local Community Kitchens as well as those who sleep around the various parks, etc.

are sometimes hard to find or are not able to

The Taree Community Kitchen crew will often serve over 200 meals on a Monday with an average of 100 meals a day, while the Forster kitchen has also had an increase - with Monday numbers often close to 100 and many days averaging 60 meals served (pictured left).

While programs such as these are invaluable and well needed, they do not fix the issue of homelessness, the causes of which can be guite complex. But we do know that without social affordable housing the issue won't go away and people continue to live rough or in unsuitable and unsafe structures

We live in an area that has plenty of vacant places. My own block of units would have for instance 10 places which are largely vacant. However, these are not available for people

to rent as reasonable rates. Midcoast Council recently sent out a letter asking people to put their places on the long-term rental. This is a step in the right direction but still does not address the need for low-cost housing for our marginalised in our community.

There are several great organisations in our community helping our homeless. These includes Vinnies, Salvation Army, Catholic Care, Church of Christ, Great Lakes Youth Homeless Service, etc, and during our coming meetings I hope we can hear their perspective to help

Forster Social Justice Group

Our Group is a social justice group so we are involved with bigger picture thinking and doing. Rather than raise money or participate in charitable works, a social justice group works for systemic change by raising awareness in the community and lobbying and advocating for

By Judy Woolstencroft – FSJG.

Forster Social Justice Group is facilitated by the Forster Tuncurry Uniting Church and anyone is welcome. The meetings are held on the third Wednesday of the month at 5pm in the Uniting Church, corner of McIntosh and Lake Street, Forster. Contact Judy 0408 051 203.



Art Wall at Hallidays Point

"Each artwork has been a thrill to get up on the wall and everyone is enjoying them," said Alana Perkins, member of Black Head Bazaar

Community News

Like their recent Focal Point Photo Prize Competition (see article in the previous Forster Fortnightly, 10 July), the committee are passionate about bringing the arts to Hallidays Point and have created an Art Wall on the park side of the Hallidays Point Library. Since the beginning of 2024, they have progressively installed large photos of artwork from local artists along the outside wall.

After discussing several creative ideas for the wall space, including a mural, Alana came up with the idea of an Art Wall. The committee thought this would be relatively easy to do as they could ask their local artist friends for permission to use their work, as well as using local artwork that was hanging in the homes of

"The artists were grateful and happy to go through the process when we asked for permission. Some waived the \$200 fee we offered so it was like a donation," said Alana. "We like to offer a fee to be fair to artists. They need to be paid properly."

Alana said the project was also easy to achieve as the wall is on private land. Jim Dickson is the owner of the shopping complex and was very

Local photographer Julie Slaven visited the homes and took high resolution photos so the artwork could be enlarged onto metal. ready to

display. Yvette Hugill. All the art is

by local artists, except for the 'Platypus' which was designed by an artist in Tasmania who

As my tour comes to an end, I would like to thank everyone who took the time to meet with me. I have loved connecting with both new and familiar faces and I appreciate you sharing your concerns. systems that can no longer be supported.

July is my favourite

time of the year,

it's Parliament's

winter break.

allowing me a

full month at

back-and-forth

to Sydney. So, I

make the most

of this time to

Electorate Tour.

engage with the

home without the

Your firsthand knowledge of your own community is so important. This tour is an opportunity for me to gather direct feedback and gain a greater understanding of our local issues, from the people that live

Myall Lakes community through my annua

While each community has it's unique challenges, common concerns across our electorate include road conditions, healthcare, affordable housing and the rising cost of living.

I am committed to addressing the issues that were brought to my attention and I will continue to advocate for better infrastructure, improved healthcare services, and measures to ease the financial urden on our residents

If you were unable to attend my tour and would still like to share your thoughts, please contact my office on 02 6555 4099 or myalllakes@parliament.nsw.gov.au Tanya Thompson MP

Timely tech upgrade for Marine Rescue

vessels and water conditions

Local MP Tanya Thompson

said, "Our Forster Tuncurry

are saving lives on the water

enhance their ability to train

volunteers and coordinate

'I congratulate the entire

Marine Rescue team on

their successful funding

communication upgrades

will make a huge difference

Marine Rescue volunteers

every day. I am pleased

that this investment will

rescue operations

application. These

to the entire team."



Marine Rescue Forster Tuncurry have received a \$12,000 grant from the Community Building Partnership Program to upgrade their old

our six 10-year-old laptops used for training marine

rescue volunteers and ongoing education purposes, have reached the

The training replicates actual procedures in an operational scenario to not only Log boaters' time at sea but also co-ordinate and assist search procedures in non-operational "The remaining funds will cover the upgrade of equipment and Monitors in the Radio Room used by our volunteers to monitor and interact

with the boating public to log and monitor their safety at sea. Two large curved and 2 flat screen monitors will replace the existing 6 screens to not only provide better clarity and definition of the information displayed but to free up important desk space," stated Geoff. Rodney Percival, Marine Rescue member and IT specialist, explained, "Having 2 large screens for the radio tower upstairs means we can

monitor all sites for Marine Rescue on the one

screen instead of switching between. This will Geoff Anderson, Unit make it much easier for us to do our job." Commander stated, "This grant comes at a time when Rodney said all new computers will be purchased and installed in the coming weeks. If you would like to get involved and be part of Marine Rescue visit.

www.marine-rescue.com.au/volunteer



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

Community News

The Grin Bin

Community Resources announces launch of RENEW Project

Community Resources is excited to announce the RENEW Project – 'Rejuvenating Employment, Nurturing and Empowering Women' - a new program that will benefit local women in the Mid North Coast region experiencing barriers to entering or re-entering the workforce. The program has been made possible through funding from the NSW

What does this mean for people in our community?

The RENEW Project will address the needs of women experiencing complex and persistent barriers to employment, supporting them to increase work readiness and confidence and gain employment. The project engages with Aboriginal and Torres Strait Islander women in the Forster-Tuncurry and Taree areas through a flexible and culturally safe program that includes training, employment and mentoring.



Over 12 months, five local Aboriginal or Torres Strait Islander women will receive wrap-around support to achieve qualifications and lasting

NSW Minister for Women says, "The NSW Government s pleased to fund Community esources Limited's RENEW oject as part of our Return Work Pathways Program

The RENEW Project will support Aboriginal women in the Forster-Tuncurry region to gain confidence and build on-the-job skills, helping them transition smoothly back to the workplace. I look forward to seeing the results of this project.

"Our government is committed to the economic advancement and empowerment of women and girls in our state. This grant

intersecting barriers to workforce participation to become job-ready and secure sustainable

24 July 2024

Page 10

Lisa Berry, General Manager, says, "We were delighted to receive this much-needed funding, which will enable us to employ five women across our community services: Homebase Youth Services, Helping Hands and Great Lakes and Manning Youth Homelessness Services".

"There is just nothing else like this program in our area. Traineeships in community services are limited. This program has the potential to be life-changing for the women in this

Local Aboriginal or Torres Strait Islander women are strongly encouraged to find out more and apply today through Seek: www.seek.com.au/job/76970210

Art Wall at Hallidays Point

Continued from page 9.

Alana met on her travels. She loved his work, and like most of the artists, he was thrilled and thanked her for asking.

Alana wanted each of the artworks to portray a different style. There are 8 installations running from left to right on the Art Wall.

1. A photographic image of a shark using an electron microscope to depict texture and detail by Kim Hamilton from the Barrington

2. An Australian bush landscape painting in oils by Rod Spicer from Tinonee.

3. A contemporary Aboriginal symbolic painting by Mandee Davis, Birrbay artist, from Forster.

4. A 'cartoon style' character pencil drawing by Robbie Crane from Wingham.

5. An abstract pastel drawing of flowers and fruit by Yvette Hugill from Wingham.

6. An environmental statement painting by Alison Higgs

7. A black and white linocut of a platypus by John Osborne from Tasmania.

8. Photo of carved and painted wooden

shields made by Andy Snelgar, Ngemba people,

by John Osborne.

Above: Linocut of Platypus

The Art Wall is now completed, and Alana said the committee would love more wall space perhaps to put up some photos from their

recent Photo Prize

"Art Walls are something other areas could do," suggested Alana, and not super expensive. Each artwork cost us between \$400 to \$700 to have the photo enlarged onto metal. The Black Head Bazaar footed this bill with proceeds from the market."

Above: Figurative drawing By Mary Yule. by Robbie Crane.

information on the artists, please visit: www. hallidayspointinfo.com/art-wall-black-head

Right: David Coyle installing the Art Wall behind Hallidays Point Library. Photos supplied.









Doodley Squat

Sudoku

Focus

* No swear words

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

6

9

An All Australian

Word Game

* Each word must contain the centre 'Focus'

* Each word must be four letters or more

* Find at least one nine letter word

TODAY'S Good: 8 words

* No verb forms or plurals ending in 's'

* No proper nouns and no hyphenated words

Very good: 14 words

Excellent: 24 words

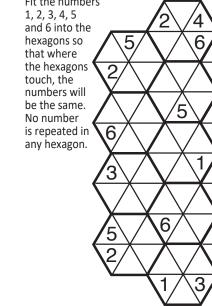
letter and each letter may be used only once

5

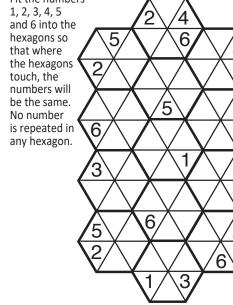
can only appear once in each row, column and 3x3 block.



8



Ouick Workout Fit the numbers

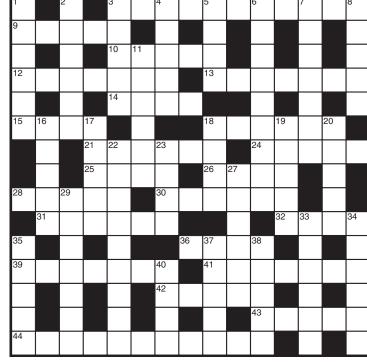


Crossword

Swamp

Bushy Tales

LOOKS LIKE ANOTHER



44 Agreeable

2 Obstruct

3 Henhouse

4 Glisten

7 Closest

8 Den

16 Glorv

19 Vestibule

20 Singer

5 Monkeys

6 Know agair

17 Frighten from

18 Decorative plant

11 Whirling movement

DOWN

SCROAK

MERCI, MONSIEUR DOUG. EET EES CALLED 'BUREAUCRACY AT WORK'

ACROSS 3 Eating places

9 Speed and rhythm 10 Sheep-like

12 Treachery 13 Cleansed by hard rubbing

14 Migrate 18 Of highest grade

21 Come forth 24 Bury

25 Mode of transport 26 Remainder 28 Heavenly body

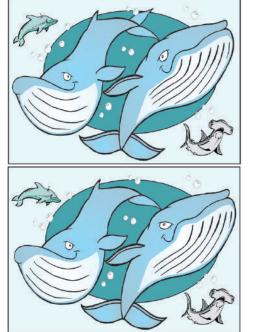
30 Meal **31** Sea nymphs **32** Measure of length 36 Of the ear

39 Urgent desire **41** Upholder of a heresy 42 Ooze out 27 Desired with rivalry 43 Courtyard 29 Wonder

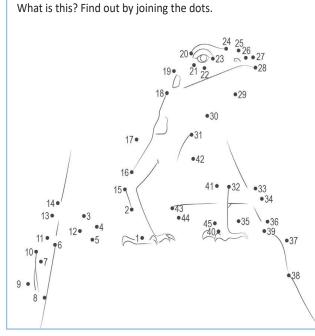
> 33 Shrewd 34 Physician 35 Exclusive story

1 Sculptured likeness 37 Digit 38 Pancake 40 Equipment

Spot the 5 Differences



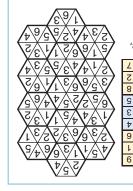
Join the Dots



Reference: Macquarie Concise Dictionary

22 Fabrics 23 Disencumber

Solutions Puzzles and pagination supplied by Auspac Media



ling lying mingle mingy seeing seeming SEEMINGLY siege sign singe singly sling snig FOCUS: elegy eyeing eying gene genie glee glen ingle liege

part of whale tail missing, missing ridge on whale chin SPOT THE 5 DIFFERENCES: Dolphin moved, missing bubble



Forster Fortnightly

Designs. **12.45** Bill Bailey's Wild West Australia. 1.30 Rage. 3.15 Parkinson Ir Australia. 4.30 Late Programs. **6.00** News. **9.00** News. **10.00** Planet 6.00 WorldWatch. 12.00 WorldWatch. America. **10.30** That Pacific Sports Show. **11.00** Antiques Roadshow. **12.00** 2.00 Such Was Life. 2.05 Animal Einsteins, 3.00 NITV News: Nula, 3.30 News. **1.00** Troppo. **2.00** The Split. **3.00** The Point: Road To Referendum History Restoration Australia. 3.55 Bill Bailey's Bites. 3.35 Destination Flavour. 3.45 The Wild West Australia. 4.45 Grand Designs. Cook Up. **4.15** Tony Robinson: Britain's **5.30** Antiques Roadshow. **6.30** Hard Greatest River. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Freddie Mercury: Ouiz. 7.00 News. 7.30 Love Your Garden 8.20 Troppo. (M) 9.15 Fisk. (M) 9.45 Fisk. The Great Pretender. 9.05 MOVIE: Duran (PG) **10.15** Austin. **10.45** News. **11.00** Duran: A Hollywood High. (2022) **10.25** SBS News. **10.55** The Shelter. **12.35** My Grand Designs. 11.50 Bill Bailey's Wild West Australia. 12.40 We Hunt Together. **1.25** Rage New Music. **5.00** Rage.

6.00 Rage Charts. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Ladies In Black, 1.15 Sister Boniface Mysteries. 2.05 Books That Made Us. 3.00 Spicks And Specks. 3.30 Capturing Cricket: Steve Waugh In India. 4.30 Maggie Beer's Big Mission, 5.30 Landline 5.55 Stuff The British Stole. (PG) 6.30 I Was Actually There. (PG) 7.00 ABC News **7.30** Sister Boniface Mysteries. (PG) **8.20** Van Der Valk. (M) 9.50 Ladies In Black. (M) **10.40** Shetland. (M) **11.35** Rage. (MA15+) **5.00** Rage. (PG)

3.00 Restoration Australia. **3.55** Bill

Bailey's Wild West Australia. 4.45 Grand

Designs. **5.30** Antiques Roadshow. **6.30**

Hard Quiz. **7.00** News. **7.30** 7.30. **8.00**

Designs: The Streets. 9.20 Troppo. 10.20

Art Of., 11.20 Talking Heads, 11.55 Grand

Foreign Correspondent. **8.30** Grand

News. **10.35** The Business. **10.50** The

6.00 Morning Programs. 12.00 News. 12.30 Landline. 1.30 Love Your Garden 2.20 Grand Designs: The Streets. 3.10 **4.00** Portillo's Greatest Railway Simply Nigella. **3.40** Extraordinary Escapes, 4.30 Julia Zemiro's Home Delivery. 5.00 Restoration Australia. 6.00 Antiques Roadshow. 7.00 News 7.30 Spicks And Specks, 8.00 Austin. 8.30 Fifteen-Love. 9.20 Unforgotten 10.10 The Beast Must Die. 10.55 Annika 11.45 Fraved. 12.30 Noughts + Crosses. Landline. 4.30 Art Works. 5.00 Insiders. Peer. 5.00 Late Programs.

6.00 Morning Programs. 2.25 I Was Actually There. **2.55** Restoration Australia. 3.55 Griff's Great Australian Rail Trip. **4.40** Grand Designs. **5.30** Back Roads. 5.55 Hard Quiz. 6.30 Monday's Experts. 7.00 News. 7.30 7.30, 8.00 Stuff he British Stole. 8.30 Four Corners. 9.15 Media Watch. 9.35 Monday's Experts. **10.05** You Can't Ask That. **10.40** News. 10.55 The Business. 11.10 Planet America. **11.40** You Can't Ask That. **12.15** Grand Designs. **1.05** Griff's Great Australian Rail Trip. 1.50 Rage. 3.10 Late Programs.

6.00 Morning Programs. 1.00 The Newsreader, 1.55 Brush With Fame, 2.25 Back Roads. 2.55 Restoration Australia. 3.55 Griff's Great Australian Rail Trip. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 I Was Actually There. 8.30 Freeman. 9.30 Tall Poppy: A Skater's Story. **11.00** News. **11.15** The Business. 11.30 Four Corners. 12.15 Monday's Experts. 12.50 Media Watch. 1.05 Grand signs. 1.55 Griff's Great Australian Rail Peer To Peer. 4.30 Late Programs. Trip. 2.45 Rage. 3.10 Late Programs.

2.00 Such Was Life. 2.10 Animal insteins. **3.05** The Point: Road To ferendum History Bites. 3.10 The Cook Up. 3.40 Magic In The Mountains, 5.05 leopardy! **5.30** Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Chernobyl: The Lost Tapes. 9.20 Rise And News. 11.25 The Head. 12.25 The Head. **1.20** Blanca. **4.20** Peer To Peer. **4.50** Destination Flavour. **5.00** Late Programs.

Brilliant Friend. 1.35 Late Programs.

6.00 WorldWatch, 12.00 WorldWatch. **2.00** Motorcycle Racing. FIM Superbike World Championship. Round 6. Highlights, 3.00 Sailing, SailGP, Round 13. lighlights. **4.00** Motor Racing. Extreme Championship. Rounds 3 and 4. Hydro (Prix. Highlights. **5.00** Sailing. New York /endée. Highlights. From New York City to Les Sables-d'Olonne, France, 5.30 The Abyss: The Rise And Fall Of The Nazis. **6.30** News. **7.30** Amazing Railwa Adventures, 8.25 Princess Anne: The Plot To Kidnap A Royal. **9.20** Late Programs.

6.00 WorldWatch. **12.00** WorldWatch. 1.00 Speedweek, 3.00 Sports Woman. lourneys. 4.55 Grand Tours Of Scotland's Rivers. 5.30 The Abyss: The Rise And Fall Of The Nazis. 6.30 News. 7.30 Mayhem: Secret Lives Of Georgian Kings. **9.20** Lost Treasure Tombs Of The Ancient Maya. **11.05** Attila's Forbidden Tomb. **12.40** 24 Hours In Emergency. **1.35** 8 Out Of 10 Cats. **2.25** Hell On Earth: WWII. **3.20** The oman Who Wasn't There. 4.30 Peer To

5.00 Sunrise 5am News. 5.30 Sunrise 6.00 WorldWatch. 12.10 WorldWatch. **6.00** Sunrise. **9.00** The Morning Show. **2.00** Destination Flavour. **2.20** Animal Einsteins. **3.15** Trail Towns. **3.45** The Cook 11.30 News. 12.00 MOVIE: All For Her. (2021) 2.00 Catch Phrase. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. River. **5.05** Jeopardy! **5.30** Letters And **6.00** 7News Local. **6.30** 7News @ 6:30. Numbers. 6.00 Mastermind Aust. 6.30 7.00 Home And Away. (PG) 7.30 Border Security: Australia's Front Escapes. **8.40** Into The Gobi Desert Line. (PG) 8.30 Alert: Missing Persons Unit. (M) With Nick Knowles. 9.30 24 Hours In mergency. **10.25** SBS News. **11.00** Fore 10.30 S.W.A.T. (M) 12.30 The Event. (M) 1.30 Harry's Practice. 2.00 Shopping. Of The Missing. **1.00** Tokyo Vice. **3.00**

The Autistic Gardener. 3.55 Make Me A Dealer. 4.40 Bamay. 5.00 Late Program 6.00 WorldWatch. 12.00 WorldWatch. **2.00** Destination Flavour. **2.10** The Point: Road To Referendum History Bites. 2.15 Animal Einsteins. 3.10 Trail Towns. **3.45** The Cook Up. **4.15** Tony Robinson: Britain's Greatest River. **5.05** leopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Railway Journeys UK. 8.30 Insight. 9.30 Dateline. **10.00** SBS News. **10.30** The Point: Road Trip. **11.30** The Man Who Died. 1.15 Christian. 3.00 Christian. 4.00 11.30 News, 12.00 MOVIE: Her Last Will. (2016) 2.00 Motorbike Cops. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 8.30 Starstruck. (PG) 9.45 ABBA Forever. **10.45** Air Crash Investigations. (PG) **12.45** The Goldbergs. (PG) 2.00 Shopping.

4.00 Million Dollar Minute. 5.00 Sunrise 5am News. 5.30 Sunrise. 6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: The Disappeared. (2017) **2.00** House Of Wellness. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30.

7.00 Better Homes And Gardens. 8.30 MOVIE: Fifty Shades Of Grey. (2015) (MA15+) Dakota Johnson, Jamie Dornan, Jennifer Ehle 11 05 To Re Advised 110 Boy To Man (PG) 2.30 Shopping. 4.00 Million Dollar

Minute. 5.00 My Greek Odyssey. (PG)

6.00 Better Homes, 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Industry Celebration Day. Caulfield Season Finale and Doomben Raceday. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 Border Security: Australia's Front Line (PG) 7.30 MOVIE: Sister Act. (1992) (PG) 9.35 MOVIE: Sleepless In Seattle. (1993) (PG) **11.50** Autopsy USA. (MA15+) **12.50** minal Confessions. (M) 2.00 Shopping. 4.00 Drop Dead Weird. 5.00 House Of

6.00 Better Homes. 7.00 Weekend

House Of Wellness. (PG) 1.00 To Be

(PG) **5.00** News. **5.30** Weekender.

6.00 Seven News. 7.00 Dancing With The Stars. (PG)

9.00 Miniseries: Malpractice. (M)

11.00 Air Crash Investigations. (PG) **12.00** Lipstick Jungle. (M) **2.00** Home

Shopping. 3.30 Million Dollar Minute.

4.00 Million Dollar Minute. **5.00** Sunrise

6.00 Sunrise. 9.00 The Morning Show.

11.30 News. 12.00 MOVIE: Chris Watts:

Motorbike Cops. 2.15 Catch Phrase. 3.00

The Chase, 4.00 News, 5.00 The Chase

Aust. 6.00 7News Local. 6.30 7News @

11.35 Extended Family. (PG) 12.35 MOVIE:

4.00 Million Dollar Minute. **5.00** Sunrise

Slam. (2018) (MA15+) **3.00** Shopping.

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

7.30 Britain's Got Talent. (PG) 9.30 First Dates UK. (M)

5am News 5.30 Sunrise

5am News. 5.30 Sunrise.

Sunrise. 10.00 Morning Show. 12.00

Advised. 3.00 Beach Cops. (PG) 3.30

Better Homes. 4.30 Border Security: Int

2024. Day 1: Early morning. 6.00 Olympic Games Paris 2024. Day 1: Early morning. 7.00 Today In Paris. 11.00 9News. 12.00 Olympic Games Paris 2024: Encore. 3.30 Rugby League. NRL. Round 21. Dolphins v Gold Coast Titans. 6.00 NBN News. 7.00 Olympic Games Paris 2024. Day 2: Night. 10.30 Olympic Games Paris 2024, Day 2: Late night. **12.00** Olympic Games Paris 2024. Day 2: Post midnight. **3.00** Olympic Games Paris 2024. Day 2: Overnight. **5.00** Olympic Games Paris 2024. Day 2: Early

Tipping Point Australia. 6.00 NBN

League, NRL Women's Premiership

Round 1. Newcastle Knights v Sydney

Roosters. 9.45 Olympic Games Paris

2024. Men's Rugby Sevens. Includes:

moa v Australia, Australia v Argentina

12.00 Olympic Games Paris 2024. Men's

Rugby Sevens. Includes: South Africa v

6.00 Morning Programs. **3.00** Tipping

News. **7.00** A Current Affair. **7.30** Rugby

Point. 10.30 Olympic Games Paris 2024.

Replay. 12.30 Olympic Games Paris 2024.

Colombia. Men's Rugby Sevens. Quarter-

final. Replay. 3.00 Olympic Games: Pre-

Ceremony Cont. 7.15 Opening Ceremony

Post Show, 8.00 Weekend Today, 10.00

Beyond The Dream. 11.00 Beyond The

Games Opening Ceremony. **6.00** NBN News. **7.00** Olympic Games Paris 2024.

Day 1: Night. 10.30 Olympic Games Paris

iames Paris 2024. Day 1: Post midnight

2024. Day 1: Late night. **12.00** Olympic

3.00 Olympic Games Paris 2024. Day 1:

Overnight. **5.00** Olympic Games Paris

Dream. 12.00 9News. 1.00 Olympic

Show. 3.30 Late Programs.

6.00 Olympic Games Opening

Women's Soccer, Australia v Germany

Nomen's Soccer. Includes: France v

Point. 4.00 9News Afternoon. 5.00

Tipping Point Australia. 6.00 NBN

League. NRL. Round 21. Parramatta Eels v Melbourne Storm. **9.55** Golden

Programs.

Japan, New Zealand v Ireland. 1.00 Late

lews. **7.00** A Current Affair. **7.30** Rugby

6.00 Olympic Games Paris 2024. Day 2: Early morning. **7.00** Today In Paris. **11.00** 9News Morning. **12.00** Olympic Games Paris 2024: Encore. 3.00 Ólympic Games Paris 2024. Day 3: Afternoon. **6.00** NBN News. **7.00** Olympic Games Paris 2024. Day 3: Night. 10.30 Olympic Games Paris 2024. Day 3: Late night. 12.00 Olympic Games Paris 2024. Day 3: Post midnight 3.00 Olympic Games Paris 2024. Day 3: Overnight. 5.00 Olympic Games Paris 2024. Day 3: Early morning.

6.00 Olympic Games Paris 2024. Day 3: Early morning. 7.00 Today In Paris. 11.00 News Morning. **12.00** Olympic Games Paris 2024: Encore. 3.00 Olympic Games Paris 2024. Dav 4: Afternoon. **6.00** NBN ews. 7.00 Olympic Games Paris 2024. Day 4: Night, 10.30 Olympic Games Paris 2024. Day 4: Late night. **12.00** Olympic iames Paris 2024. Day 4: Post midnight **3.00** Olympic Games Paris 2024. Day 4: Overnight. **5.00** Olympic Games Paris 2024. Day 4: Early morning.

10.00 Everyday Gourmet. 10.30 Deal Or No Deal. 11.00 The Drew Barrymore Show. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 To Be Advised. **3.00** Everyday Gourmet **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 Bondi Rescue. 8.30 FBI: International 9.30 NCIS. 10.30 10's Late News. 10.55 The Project. **12.00** Stephen Colbert. **1.00**

6.00 Morning Programs. **10.30** Deal Or No Deal 11.00 The Drew Barrymore Show. **12.00** 10 News First: Midday. **1.00** Ent. Tonight. **1.30** Judge Judy. **2.00** Taskmaster Australia. 3.00 Everyday Gourmet. 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** Taskmaster Australia. **8.40** Law & Order: S.V.U. 9.40 Law & Order: S.V.U. 10.40 10's Late News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. **4.30** CBS Morning.

6.00 Morning Programs. **10.30** Deal Or No Deal. 11.00 The Drew Barrymore Show. 12.00 10 News First: Midday. 1.00 Ent. Tonight. **1.30** Judge Judy. **2.00** Ready Steady Cook. **3.00** Everyday Gourmet. **3.30** 10 News First: Afternoon 4.00 My Market Kitchen. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project, 7.30 Have You Been Paying ntion? 8.30 The Graham Norton Show. **9.30** The Cheap Seats. **10.30** 10's Late News. **10.55** The Project. **12.00** Stephen Colbert. 1.00 Shopping.

6.00 Morning Programs, 8.00 | Fish. 8.30 My Market Kitchen. 9.00 To Be Advised. 10.00 Ready Steady Cook 11.00 Healthy Homes. 11.30 The Drew Barrymore Show. **1.00** My Market Kitchen. 1.30 Farm To Fork. 2.00 Pooches At Play. 2.30 Everyday Gourmet. 3.00 What's Up Down Únder. **3.30** Big Bang 4.30 Deal Or No Deal, 5.00 News, 6.00 Bondi Rescue. **7.00** The Dog House. **8.00** To Be Advised. 9.00 Ambulance UK. 11.30 The Cheap Seats. 12.30 Shopping.

6.00 Morning Programs. 7.30 GCBC. 8.00 Everyday Gourmet, 8.30 Freshly Picked. **9.00** Taste Of Australia: BBQ. **9.30** The Drew Barrymore Show. **11.00** To Be Advised. 12.00 Taskmaster Australia. **1.00** My Market Kitchen. **1.30** GCBC. 2.00 Everyday Gourmet. 2.30 Food Trail: South Africa. 3.00 Hungry. 3.30 Big Bang. 4.30 Deal Or No Deal. 5.00 News. **6.30** The Sunday Project. **7.30** MOVIE: Jack Reacher: Never Go Back. (2016) 9.55 FBI. **10.50** The Sunday Project. **12.00** Shopping. 4.30 CBS Morning.

6.00 Morning Programs. 10.30 Deal Or No Deal. 11.00 The Drew Barrymore Show. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 To Be Advised. **3.00** Everyday Gourmet **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** Deal Or No Deal: Celebrity Jackpot. **8.30** Have You Been Paying Attention? 9.30 Ghosts. 10.25 10's Late News. 10.50 The Proiect. 11.55 Stephen Colbert. 1.00 Shopping. **4.30** CBS Morning.

6.00 Morning Programs, 10.30 Deal Or No Deal, 11.00 The Drew Barrymore Show. **12.00** 10 News First: Midday. **1.00** Ent. Tonight. 1.30 Judge Judy. 2.00 Dea Or No Deal: Celebrity Jackpot. 3.00 Everyday Gourmet. 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** Dogs Behaving (Very) Radly Australia 8 30 The Chean Seats 9.30 NCIS. 10.30 10's Late News. 10.55 The Project. **12.00** Stephen Colbert. **1.00** Shopping, 4.30 CBS Morning.





Fully-funded

government

approved

home care

provider

24/7 On-site nursing care

and 2 bedrooy



Pet friendly exit fees may apply



July 31 - August 6

6.00 Months plangum 130 Verlag 6.00 Months plangum 130 Verlag	ABCIV	303	SEVEN	NDN	IEN
Subject (1987) and the control of th	Watch. 1.55 Brush With Fame. 2.25 Back Roads. 2.55 Restoration Australia. 3.55 Griff's Great Australian Rail Trip. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Ql. 8.30 Ql. 9.00 Austin. 9.35 Spicks And Specks. 10.05 Planet America. 10.35 News. 10.50 The Business. 11.05 Interview With The Vampire. 11.55 Grand Designs. 12.45 Griff's Great Australian Rail Trip. 1.35 Grantchester. 2.20 Rage.	2.00 Dateline. 2.30 Insight. 3.30 The Point: Road To Referendum History Bites. 3.35 Destination Flavour. 3.45 The Cook Up. 4.15 Tony Robinson: Britain's Greatest River. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Stormy. 9.30 DI Ray. 10.25 SBS News. 10.55 Headhunters. 11.45 Headhunters. 12.35 Faking Hitler. 3.20 Grayson Perry's Big American Road Trip. 4.15 Bamay. 4.50 Destination Flavour.	11.30 News. 12.00 MOVIE: A Daughter's Deception. (2019) 2.00 Motorbike Cops. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Kitchen Nightmares Australia. (MA15+) 10.45 Autopsy USA. (M) 11.45 Air Crash Investigations. 12.45 Holey Moley Australia. 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 Sunrise	Early morning. 7.00 Today In Paris. 11.00 9News Morning. 12.00 Olympic Games Paris 2024: Encore. 3.00 Olympic Games Paris 2024. Day 5: Afternoon. 6.00 NBN News. 7.00 Olympic Games Paris 2024. Day 5: Night. 10.30 Olympic Games Paris 2024. Day 5: Early morning. 12.00 Olympic Games Paris 2024. Day 5: Post midnight. 3.00 Olympic Games Paris 2024. Day 5: Overnight. 5.00 Olympic	Gourmet. 10.30 Deal Or No Deal. 11.00 The Drew Barrymore Show. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 To Be Advised. 3.00 Everyday Gourmet. 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 Bondi Rescue. 8.30 Ambulance Australia. 9.30 FBI: International. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00
10.00 Fines Panis 20.20 L 99.7 Atternoon. 10.23 Rectionation Australia. 33 Griffs Comment 10.35 Total Scientification Australia. 35 Griffs Comment 10.35 Total Scientification Panis Advanced Comment 10.35 Total Scientification Australia. 35 Griffs Comment 10.35 Total Scientification Panis Advanced Comment 10.35 Comment 1	Wild Odyssey. 1.55 Brush With Fame. 2.25 Back Roads. 2.55 Restoration Australia. 3.55 Griff's Great Australian Rail Trip. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Grand Designs: The Streets. 9.20 Troppo. 10.15 News. 10.30 The Business. 10.45 Talking Heads. 11.15 Grand Designs. 12.05 Griff's Great Australian Rail Trip. 12.50 Rage. 3.10 Parkinson In Australia.	2.00 Destination Flavour. 2.10 The Point: Road To Referendum History Bites. 2.15 Animal Einsteins. 3.10 Trail Towns. 3.45 The Cook Up. 4.15 Tony Robinson: Britain's Greatest River. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Sue Perkins: Lost In Thailand. 8.25 Junior Doctors Down Under. 9.20 Treasures Of India With Bettany Hughes. 10.15 SBS News. 10.45 The Head. 12.25 Blanca. 1.20	11.30 News. 12.00 MOVIE: Hidden Intentions. (2018) 2.00 Surveillance Oz. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 Home And Away. 8.30 Starstruck. (PG) 9.45 ABBA: The Missing 40 Years. (PG) 10.50 Air Crash Investigations. (PG) 12.50 The Goldbergs. (PG) 2.00 Shopping. 4.00 Million Dollar Minute.	Games Paris 2024. Day 6: Afternoon. 6.00 NBN News. 7.00 Olympic Games Paris 2024. Day 6: Night. 7.50 Rugby League. NRL. Round 22. Wests Tigers v North Queensland Cowboys. 9.45 Olympic Games Paris 2024. Day 6: Night. 10.30 Olympic Games Paris 2024. Day 6: Late night. 12.00 Olympic Games Paris 2024. Day 6: Post midnight. 3.00 Olympic Games Paris 2024. Day 6: Overnight. 5.00 Olympic Games Paris	9.00 Dr Phil. 10.00 Everyday Gourmet. 10.30 Deal Or No Deal. 11.00 The Drew Barrymore Show. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 Taskmaster Australia. 3.00 Everyday Gourmet. 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 Dog House Aust. 8.40 Law & Order: S.V.U. 10.35 10's Late News. 11.00 The Project. 12.00 Stephen Colbert.
2.0 Destination Flavour. 230 The Point. Each Time Stands Roman. Each Time Stands Roman. Each Time Stands Roman. 3.00 Spacks And Specks. 3.10 Gardening 3.00 Spacks. 3.00 Gardening 3.00 Spacks. And Specks. 3.10 Gardening 3.00 Spacks. 3.00 Space 1.00 February Stands Roman. 3.00 Landino. 3.00 Space 1.00 February Stands Roman. 3.00 Landino. 3.00 Space 1.00 February Stands. 3.00 February Stands.	10.00 Planet America. 10.30 That Pacific Sports Show. 11.00 Antiques Roadshow. 12.00 News. 1.00 Troppo. 1.55 Ql. 2.25 Ql. 2.55 Restoration Australia. 3.50 Griff's Great Australian Rail Trip. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.35 Love Your Garden. 8.25 Troppo. 9.20 Fisk. 10.15 Austin. 10.45 News. 11.05 Grand Designs. 11.55 Griff's Great Australian Rail Trip. 12.40 We Hunt Together. 1.30 Rage	2.00 Animal Einsteins. 3.00 NITV News: Nula. 3.30 The Cook Up. 4.00 Garma Festival 2024. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Great British Landmark Fixers. 8.30 Ancient Superstructures. 9.30 The Airport: Back In The Skies. 10.25 SBS News. 10.55 The Shelter. 11.40 The Shelter. 12.30 My Brilliant Friend. 3.30 Grayson Perry's Big American Road Trip. 4.25 Bamay. 5.00 NHK World English	11.30 News. 12.00 MOVIE: Heaven. (2019) 2.00 Surveillance Oz. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Better Homes And Gardens. 8.30 MOVIE: Fifty Shades Darker. (2016) (MA15+) Dakota Johnson, Jamie Dornan, Kim Basinger. 11.00 To Be Advised. 1.00 Criminal Confessions. (MA15+) 2.00 Shopping. 4.00 Million Dollar Minute.	Games Paris 2024. Day 7: Afternoon. 6.00 NBN News. 7.00 Olympic Games Paris 2024. Day 7: Night. 8.00 Rugby League. NRL. Round 22. Dolphins v Sydney Roosters. 9.55 Olympic Games Paris 2024. Day 7: Night. 10.30 Olympic Games Paris 2024. Day 7: Late night. 12.00 Olympic Games Paris 2024. Day 7: Post midnight. 3.00 Olympic Games Paris 2024. Day 7: Overnight. 5.00 Olympic Games Paris 2024. Day 7: Early	Gourmet. 10.30 Deal Or No Deal. 11.00 The Drew Barrymore Show. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 Dr Phil. 3.00 Everyday Gourmet. 3.30 10 News First: Afternoon. 4.00 My Market Kitchen. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Have You Been Paying Attention? 8.30 The Graham Norton Show. 9.30 The Cheap Seats. 10.30 10's Late News. 10.55 The Project.
13.00 Fraise 12.00 News 12.30 Landline. 13.00 Love Your Garden 2.20 Grant San Carden 2.30 Grant San Carden 2.3	Breakfast. 9.00 Rage. 12.00 News. 12.30 Unforgotten. 1.15 Sister Boniface Mysteries. 2.05 Books That Made Us. 3.00 Spicks And Specks. 3.30 Gardening Australia: My Garden Path. 3.35 David Attenborough's Galapagos. 4.30 Freeman. 5.30 Landline. 6.00 Stuff The British Stole. 6.30 I Was Actually There. 7.00 News. 7.30 Sister Boniface Mysteries. (M) 8.15 Van Der Valk. (M) 9.50 Fifteen-Love. (M) 10.40 The Beast Must	2.00 Destination Flavour. 2.10 The Point: Road To Referendum History Bites. 2.15 Portillo's Greatest Railway Journeys. 4.05 Ireland In Music: Sclimpini. 4.35 Britain's Scenic Railways. 5.30 A Hollywood Spy Against The Nazis. 6.30 News. 7.30 Amazing Railway Adventures. 8.25 Malta: The Jewel Of The Mediterranean. 9.20 Westminster Abbey: Behind Closed Doors. 10.10 Scotland's Extreme Medics. 11.10 Ralph And Katie. 11.40 Ralph And	Sunrise. 10.00 Morning Show. 12.00 Horse Racing. VRC Season Premiere Race Day, Rosehill Gardens Raceday and Teddy Bears Picnic at the Races. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 Football. AFL. Round 21. Port Adelaide v Sydney. 10.30 To Be Advised. 12.30 Boy To Man. (PG) 1.30 Travel Oz. (PG) 2.00 Shopping. 4.00 Drop Dead Weird. 5.00 House Of	7: Early morning. 7.00 Today In Paris. 11.00 9News. 12.00 Olympic Games Paris 2024: Encore. 3.00 Olympic Games Paris 2024. Day 8: Afternoon. 6.00 NBN News. 7.00 Olympic Games Paris 2024. Day 8: Night. 10.30 Olympic Games Paris 2024. Day 8: Late night. 12.00 Olympic Games Paris 2024. Day 8: Post midnight. 3.00 Olympic Games Paris 2024. Day 8: Overnight. 5.00 Olympic Games Paris	Fishing. 9.00 My Market Kitchen. 9.30 Freshly Picked. 10.00 Deal Or No Deal: Celebrity Jackpot. 11.00 Healthy Homes. 11.30 The Drew Barrymore Show. 1.00 GCBC. 1.30 Farm To Fork. 2.00 Pooches At Play. 2.30 Everyday Gourmet. 3.00 My Market Kitchen. 3.30 Big Bang. 4.30 Deal Or No Deal. 5.00 News. 6.00 Bondi Rescue. 7.00 The Dog House. 8.00 To Be Advised. 9.00 Ambulance UK. 11.30 The Cheap Seats. 12.30 Shopping. 5.00 Hour
Valk 2.30 I Wās Actually There 2.55 (Restoration Australia 3.55 offiff's Great Australia And Framerica 1.40 (Part More) (Part	11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Love Your Garden. 2.20 Grand Designs: The Streets. 3.05 Dream Gardens. 3.40 Extraordinary Escapes. 4.30 Julia Zemiro's Home Delivery. 5.00 Restoration Australia. 6.00 Antiques Roadshow. 7.00 News. 7.30 Vera. 9.00 Fifteen-Love. 9.50 Unforgotten. 10.40 The Beast Must Die. 11.25 Annika. 12.10 Frayed. 1.00 Noughts + Crosses. 1.55 Rage. 3.05 Classic Countdown. 4.00	1.00 Speedweek. 3.00 Woven Threads Stories From Within. 3.10 Portillo's Greatest Railway Journeys. 4.05 Ireland In Music: Sclimpini. 4.35 Britain's Scenic Railways. 5.30 The Books He Didn't Burn. 6.30 News. 7.30 Mayhem: Secret Lives Of Georgian Kings. 8.25 Mayhem: Secret Lives Of Georgian Kings. 9.20 Raising The Mary Rose: The Lost Tapes. 10.15 Ukraine: Life Under Attack. 11.10 Billy Graham. 1.15 24 Hours In Emergency. 2.10	Sunrise. 10.00 Morning Show. 12.00 Jabba's Movies. 12.30 Border Security: Int. (PG) 1.00 Football. AFL. Round 21. GWS Giants v Hawthorn. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00 Dancing With The Stars. (PG) 9.25 Miniseries: Malpractice. (M) 11.30 Born To Kill? (M) 12.30 Lipstick Jungle. (M) 1.30 Harry's Practice. 2.00 Shopping. 3.30 Million Dollar Minute.	8: Early morning. 7.00 Today In Paris. 11.00 9News. 12.00 Olympic Games Paris 2024: Encore. 3.30 Rugby League. NRL. Round 24. Canterbury Bulldogs v Canberra Raiders. 6.00 9News Sunday. 7.00 Olympic Games Paris 2024. Day 9: Night. 10.30 Olympic Games Paris 2024. Day 9: Late night. 12.00 Olympic Games Paris 2024. Day 9: Post midnight. 3.00 Olympic Games Paris 2024. Day 9: Overnight. 5.00 Olympic Games Paris	Picked. 9.00 Taste Of Australia: BBQ. 9.30 The Drew Barrymore Show. 11.00 To Be Advised. 12.00 Farm To Fork. 12.30 Cook With Luke. 1.00 My Market Kitchen. 1.30 GCBC. 2.00 Everyday Gourmet. 2.30 Food Trail: South Africa. 3.00 Hungry. 3.30 Big Bang. 4.30 Deal Or No Deal. 5.00 News. 6.30 The Sunday Project. 7.30 MOVIE: Mission: Impossible - Fallout. (2018) 10.10 FBI. 11.00 The Sunday Project. 12.00 Shopping. 4.30
Newsreader 1.55 Brush With Fame. 2.25 Back Roads 2.55 Restoration Australia. 3.50 Griff's Great Kiwi Road Trip. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 I Was Actually There. 8.30 Rose Gold. 10.00 Brush With Fame. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.50 Monday's Experts. 12.20 Media Watch. 12.40 Grand Designs. 1.25 Griff's Great Kiwi Road Trip. 2.15 Rage. 3.45 Late Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 Wurundjeri Baggarrok. 2.25 The Toys That Built The World. 3.15 Railway Vietnam. 3.45 The Cook Up. 4.15 Tony Robinson: Britain's Greatest River. 5.05 Jeopardyl 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Railway Journeys UK. 8.30 Insight. 9.30 Datelline. 10.00 SBS News. 10.30 The Point: Road Trip. 11.30 The Man Who Died. 1.15 Late Programs. 20.00 The Point: Road To Referendum History Bites. 2.05 Wurundjeri Saggarrok. 2.25 The Toys That Built The World. 3.15 Railway Vietnam. 3.45 The Cook Up. 4.15 Tony Robinson: Britain's Greatest River. 5.05 Jeopardyl 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Railway Journeys UK. 8.30 Insight. 9.30 Datelline. 10.00 SBS News. 10.30 The Point: Road Trip. 11.35 Extended Family. (PG) 12.35 Holey Moley Australia. (PG) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 Sunrise 3.30 The Cheap Seats. 9.30 NCIS. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	Valk. 2.30 I Was Actually There. 2.55 Restoration Australia. 3.55 Griff's Great Australian Rail Trip. 4.40 Grand Designs. 5.30 Back Roads. 6.00 Hard Quiz. 6.25 Monday's Experts. 7.00 News. 7.30 7.30. 8.00 Stuff The British Stole. 8.30 Four Corners. 9.15 Media Watch. 9.35 Monday's Experts. 10.05 You Can't Ask That. 10.40 News. 10.55 The Business. 11.10 Planet America. 11.40 Vera. 1.10 Grand Designs. 2.00 Griff's Great	2.00 Woven Threads Stories From Within. 2.10 The Great Separation. 3.40 The Cook Up. 4.10 Jeopardy! 5.00 Letters And Numbers. 5.30 Mastermind Aust. 6.00 Garma Festival 2024. 6.30 News. 7.30 Robson Green's Weekend Escapes. 8.40 Into The Gobi Desert With Nick Knowles. 9.30 24 Hours In Emergency. 10.30 SBS News. 11.00 Forest Of The Missing. 12.40 A French Case. 2.40 Planet Sex With Cara Delevingne. 4.25	11.30 News. 12.00 MOVIE: Deadly Mom Retreat. (2021) 2.00 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 Border Security: Australia's Front Line. (PG) 8.30 Alert: Missing Persons Unit. (M) 10.30 S.W.A.T. (M) 12.30 The Event. (M) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 Sunrise 5am News. 5.30	Early morning. 7.00 Today In Paris. 11.00 9News Morning. 12.00 Olympic Games Paris 2024: Encore. 3.00 Olympic Games Paris 2024. Day 10: Afternoon. 6.00 9News. 7.00 Olympic Games Paris 2024. Day 10: Night. 10.30 Olympic Games Paris 2024. Day 10: Late night. 12.00 Olympic Games Paris 2024. Day 10: Post midnight. 3.00 Olympic Games Paris 2024. Day 10: Overnight. 5.00 Olympic	Or No Deal. 11.00 The Drew Barrymore Show. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 To Be Advised. 3.00 Everyday Gourmet. 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 Deal Or No Deal: Celebrity Jackpot. 8.30 Have You Been Paying Attention? 9.30 Ghosts. 10.25 10's Late News. 10.50 The Project. 11.55 Stephen Colbert. 1.00
	Newsreader. 1.55 Brush With Fame. 2.25 Back Roads. 2.55 Restoration Australia. 3.50 Griff's Great Kiwi Road Trip. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 I Was Actually There. 8.30 Rose Gold. 10.00 Brush With Fame. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.50 Monday's Experts. 12.20 Media Watch. 12.40 Grand Designs. 1.25 Griff's Great Kiwi Road Trip. 2.15 Rage.	2.00 The Point: Road To Referendum History Bites. 2.05 Wurundjeri Baggarrok. 2.25 The Toys That Built The World. 3.15 Railway Vietnam. 3.45 The Cook Up. 4.15 Tony Robinson: Britain's Greatest River. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Railway Journeys UK. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 The Point: Road Trip. 11.30 The Man Who Died. 1.15 Late	11.30 News. 12.00 MOVIE: An Organized Killer. (2021) 2.00 Surveillance Oz. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 Britain's Got Talent. (PG) 9.30 First Dates UK. (M) 11.35 Extended Family. (PG) 12.35 Holey Moley Australia. (PG) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 Sunrise	Early morning. 7.00 Today In Paris. 11.00 9News Morning. 12.00 Olympic Games Paris 2024: Encore. 3.00 Olympic Games Paris 2024. Day 11: Afternoon. 6.00 9News. 7.00 Olympic Games Paris 2024. Day 11: Night. 10.30 Olympic Games Paris 2024. Day 11: Late night. 12.00 Olympic Games Paris 2024. Day 11: Post midnight. 3.00 Olympic Games Paris 2024. Day 11: Overnight. 5.00 Olympic Games Paris	Or No Deal. 11.00 The Drew Barrymore Show. 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Judge Judy. 2.00 To Be Advised. 3.00 Everyday Gourmet. 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 Dogs Behaving (Very) Badly Australia. 8.30 The Cheap Seats. 9.30 NCIS. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30

SEVEN **6.00** Sunrise. **9.00** The Morning Show.

ABCTV

Members Swipe Draw at 5:30pm Club Super Draw from 6pm Happy Hour 3pm to 5pm Super 100 Draw after Raffles Bingo From 10:30am

Pizza's L \$20 / S \$15 \$15 Seniors Lunch Deal

220gr Porterhouse w/Chips & Salad \$20

Mexican \$15

Lunch Burger 'n' Beer \$20

Live Music Every Friday 8pm

There's always something happening at the Palms!

Saturday

Fishing Club Raffle starts at 3pm & 4pm Happy Hour 3pm to 5pm **Lunch & Dinner**

Kids Meals \$5 (16y)

Sunday Chook Run Bowls from 10:30am Raffles from 1pm

Lunch & Dinner Kids Meals \$5 (16y)

Pacific Palms Bowling Club Your local Bowling Club

Courtesy Bus from 4pm

8 Paradise Drive, Smiths Lake Ph: 6554 4333 www.pacificpalmsbowlingclub.com.au Follow us on Facebook, Instagram and Twitter.

Open 7 Days

11:00 till Late

Lunch 12pm & Dinner 5:30pm



Fri 26 Jul



Darren Jack Fri 2 Aug

Call us on 02 5528 5001 sunrisesupportedlivingtuncurry.com.au

Community News

www.forsterfortnightly.com.au

Community News

www.forsterfortnightly.com.au

Max 4 lines. It is the responsibilty of the

Local Calendar

July

Sat 27 July - Tuncurry Market 8am to 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

Sun 30 July - Pacific Palms Market 9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall. Enquiries: Jennifer Doyle 0401 968 516

August

Sun 4 August - Hallidays Point Car Boot Sale 7am to 12pm Hallidays Point Shopping Village Enquiries: Peter Bickerstaff 0493 054 916



Sun 11 August - Forster Town Market 8am to 1pm, Town Park, Oyster Pde Forster. Search Forster Town Park Market on Facebook.

Sun 11 August - Tallwoods Village Market 8am - 1pm at 61 The Blvd, Tallwoods Village Opposite the Tallwoods Golf Club Contact Caileen 0488 508 846

Sat 17 August - Forster Farmers Market 8am to 12pm Forster Info Centre, Little St. Enquiries: Linda 0421 347 273

What's on around town & beyond!

Enjoy 'Strictly Social' dancing!

Whether you're a beginner or want to expand your dance repertoire, the Strictly Social Dance Club is about the enjoyment of dancing to great music in the company of likeminded people.

During the year Formal Evenings are organised to celebrate particular themes. Recently we held a wonderful 1940s Ball.

Wonderful 1940s Ball

Dancers from up and down the coast joined locals as we took a step back in time attending our "1940s Ball" on Friday 28th June. The 1940s theme for the décor and the fashions of the era contributed to a wonderful atmosphere as everyone enjoyed this "Strictly Social" event.

Music from the 1940s had everyone on the dance floor celebrating the moves and grooves of this inspiring decade of challenge and

Our grateful thanks, for their continued assistance and support to Club Forster Management and Staff, who provided the venue and catering services, and to our own dance club members and visitors who attended ensuring the success and enjoyment of the

Come and try our Tuesday night Social Dancing. Enquires Kay on 0412 314 449.

Right: The 1940s Ball in June 2024.



TUNCURRY MARKETS

John Wright Park **Saturday 27 July** 8am - 1pm

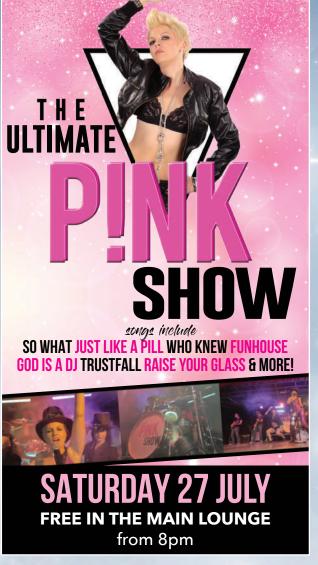
Bookings Essential Enquiries C 0417 400 994

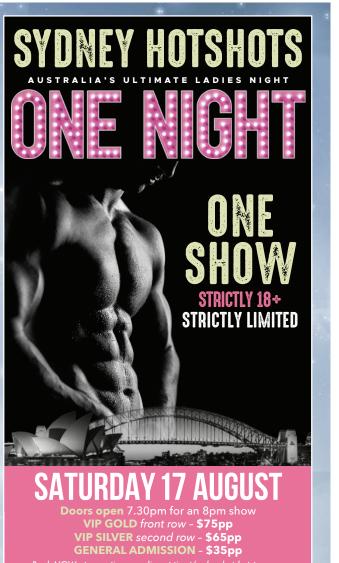
















24 July 2024

Page 14

What's on around town & beyond!

Mad Hatters Tea Party & Preloved Fashion Show

Thrift Shop to Catwalk - Charity **Fundraising** Community Event

Kick off the Spring season in style! This event celebrates preloved fashion. fabulous food, and fundraising for a great cause. Dress to impress in your finest Springtime Elegance attire and join us at our upcycled Mad Hatters Tea Party

Above: Co-hosts El (top) and Liz at their Winter Woolies Fashion event on June 2024.

"Your ticket nurchase supports the Great Lakes Women's Shelter and helps raise awareness for Pink Up Forster Tuncurry to help fund breast care nurses in the Mid Coast region. We can't wait to see all the amazing upcycled hats and stylish outfits our quests come up with. Let's celebrate spring with elegance and a touch of pink!" Co-host Liz Cole from The Whitehouse Nook & Café.

Save the date: Saturday 31 August, 3-5pm

Dress theme: Springtime Elegance

Event Highlights:

• Best Dressed Prizes: Show off your stunning outfits and compete for the best-dressed awards (Tip: Add a splash of pink!)

• Best Upcycled Mad Hatters Prizes

Announcement: Get creative with upcycled hats for a chance to win (Tip: Reimagine waste

- Preloved Fashion Show: Marvel at stylish
- Savoury & Sweet Items Served: Enjoy delicious treats, including bubbles, fruit punch, filtered coffee & tea.
- Preloved Stylist Fashion Guru Guest Speakers: Gain insights and tips from fashion experts to embrace your own unique style.

"We are thrilled to host our third Thrift Shop to Catwalk event that not only showcases beautiful, preloved fashion but also supports our community and promotes sustainable practices. Thank you for joining us to reimagine waste, normalising preloved fashion, and giving second-hand clothes a second chance to reduce landfill." Co-host El Rattray - Eco Threads

Each Friday this August:

- Head to The Nook Opshop to Pimp Up & Pink Up Your Mad Hatters Hat for a chance to win at the upcoming event!
- And/or Decorate your hat 10am 3pm at The White House Nook and Café on Failford Road. Darawank, \$10 fee applies

Tickets: \$50

www.glws.org.au/events www.events.humanitix.com/thrift-shop-tocatwalk-sprinatime-elegance-mad-hatters-tea-

Premiere Movie Night Fundraiser - 8 August



Wonderful community fundraising effort pays off

The Committee would like to thank our community for supporting the fundraising for The Rehabilitation Services of Forster Private Hospital with various events in 2023.

This is the third year our committee has provided some exciting fundraising events.

With the money raised from 2023 we have upgraded nineteen televisions for the patients staving in the hospital and using the rehabilitation services. A one-armed walker and weight chair was also recently purchased and

For 2024 we have two events organised

1. A Premiere Movie Night.

Thursday 8th August promises to be a great night with drinks and pizza. A lucky door prize and raffles are always fun with our community generously donating these prizes.

'It Ends With Us' at Great Lakes Cinema Tuncurry at 5 pm promises to be a great movie so contact a friend or a few and purchase your

24 July 2024

Page 15

Tickets will be available until sold out or Monday 5th August at the four places listed on the advertisement below

2. Save the date - Cocktail and Auction

Our second and last event for 2024 will be a wonderful Cocktail and Auction Event with music, raffles etc at 33 Degrees Tuncurry on Friday 20th September

The committee of Fran Hanson, Susie Lee, Marg LeRougetel, Carol Barclay, Julie Anderson, Julie Henry, Deb Lawson, Kristie Peterson, Tracey Sullivan and Julie Wilcox thank you all and hope to see you at the Movie Night on August 8th and the Cocktail event on September 20th.

Thank you for your ongoing support of the Rehabilitation Services of Forster Private Hospital. These improvements are supported by your generous donations.











Movie Premiere IT ENDS **FENDS** Staring Blake Lively NITH based on a novel by Colleen Hoover **Great Lakes Cinema** MOTORY PRIVATE STARRING BLAKE LIVELY

THURSDAY 8 AUGUST - 5:00PM

FUNDRAISING FOR REHABILITATION SERVICES AT FORSTER PRIVATE HOSPITAL

JOIN US FOR A FUNDRAISING MOVIE NIGHT WITH WINE & PIZZA

\$25.00 Per Person

LUCKY DOOR PRIZES & RAFFLES

TICKETS AVAILABLE AT MANNING SHOE STORE | IN HOUSE FORSTER | COASTING HOME | FORSTER PRIVATE HOSPITAL

Page 17

24 July 2024

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

Labor totally unaware of Bikie infiltration at Unions, says Anthony 'Mad-Dog' Albanese



Political Satire: Suggestions that the Labor Party had any knowledge of bikie gang infiltration at the construction union the CFMEU is ridiculous, according to Prime Minister Anthony Albanese, who says he wants to be referred to as Tony 'Mad-Dog' Albanese

In a heated media conference, a leather-clad Albanese strongly rejected claims of any knowledge of untoward behaviour, saying he had full confidence in his team, and Victorian Premier Jacinta 'The Hammer' Allan.

"I have a long association with the union novement but, as I said to my Chief of Staff Joe Knuckles this morning, we can't be expected to know what they're up to at any given moment," Mad-Dog said.

He said he was confident Labor members would support his version of events, reminding them that a Labor membership was 'for life'

Albanese said he was keen to move on from the issue and refocus attention on the Government's new tax incentives for 1500 cc motorcycles.

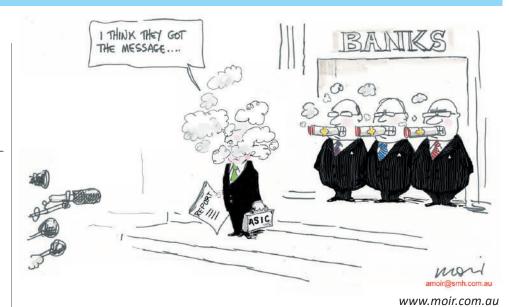
www.theshovel.com.au

Screen Reviews

TV Show Reviews by Leon Batman - Tuncurry

2. Bosch - Prime, February 2014 -

A binge worthy American police



Book Review



PAUL

HEROU>

BURMA

Burma Sahib

Burma Sahib by Paul Theroux is a semibiographical account of Eric Blair's five years as a policeman in Burma in the 1920s when he was nineteen and fresh out of Eton. Blair is perhaps better known by his nom-de-plume of George Orwell. Theroux emphasises that this is a work of fiction as he lacked the sources for a

The British Empire is waning; there are the left-behind colonials; some who married locals are shunned from the best clubs, undoubtedly where business was done. The Burmese hate the Indians, the Indians despise the Burmese, and both hate the British. There is incipient insurrection especially among the monks; there is banditry, dacoits, bride-burning when the expected dowry is not paid, murder, theft and

In many ways, it is quite invidious (likely to arouse resentment) for foreign colonials to try to keep law and order; the point is made that previous royalty had eliminated all rivals and governed by fear. Yet, the image of colonialism is stark: monkeys when speaking of the Burmese, the cane used for beatings or the fists, servants and whorehouses, while the local subordinate police, Indian and Burmese, do the

Blair is a misfit and is recognised as such by hard-bitten senior police and ex-first world war military, many scarred from the trenches. He is pushed to do things abhorrent to him. Indeed, Blair is ordered to make an example of the young monks, children. They are to fear British authority as a defence against insurrection. He has some sympathy for the locals even while carrying out required orders and that makes him a failure. That he has learnt to speak mese and Hindi raises suspicions even more - don't talk to them, just discipline them. He is by reading rather than clubbing.

Theroux paints a strong and disturbing picture of the times, of the country, of colonial society and of the locals Blair starts at the police college in Mandalay, is posted to the delta area, then Rangoon, Insein Moulmein, The fact that he has

relations there who have married locals and had children with them is a shameful secret for him since, were it known, his loyalty to the system would be questioned even more

Could it have been different? Theroux does not say. The most he says in the words of an Indian merchant whom Blair befriended: is there any hope for Burma? Blair, himself, returns to England on medical grounds after dengue fever, and resigns. He is a soul riven by acting against his nature and convictions. A disturbing book

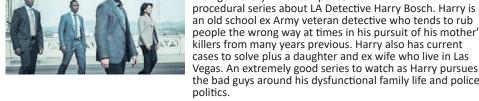
For insight into Burma's 2,500 year history and events up to 1994, go to Insight Guides – Myanmar Burma which has also many superb

By John King - Librarian

Pacific Palms Community Library

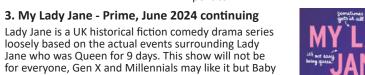
Tuesday to Saturday 10am to noon and Pacific Palms Market Sundays (last Sunday of month)

people the wrong way at times in his pursuit of his mother's killers from many years previous. Harry also has current cases to solve plus a daughter and ex wife who live in Las legas. An extremely good series to watch as Harry pursues the bad guys around his dysfunctional family life and police



whether to watch

thinking to the end who the villain is



1. Above Suspicion - Britbox, January 2009 - January 2012, 4 Seasons

Another excellent UK crime drama written by Lynda La Plant follows the work

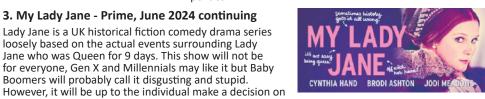
never uses her sexuality to advance herself. Excellent police drama having you

of rookie detective Anna Travis in a male dominated police station helping

solve a string of grisly murders. Anna is not your typical female detective

normal slacks and flat shoes. This does bring her undone at times but she

preferring to wear tight skirts and high heels at work in lieu of the more





April & Grahame McKay's 4WD bush bash

to meet with 16 other 4WD thrill seekers at Birdsville to cross the Simpson Desert and the Madigan Line in Grahame's 1995 80 Series

It took 3 days to get to Birdsville from Forster. We travelled through Uralla, Mitchell and Betoota, Betoota - What a town! What a pub! Grahame says Betoota used to be on the main road, but now it is bypassed. But that doesn't stop the visitors. Hard to resist the \$5 can of beer after a visit and a look around at the memorabilia. One last stretch of 180km to

April hadn't been to Birdsville, so we had a good look around. Got our desert pass and a delicious pie at the bakery. The Birdsville pub shouted Grahame and April a birthday beer and small birthday cake after the start dinner.

We left Birdsville on 29 April at 9am for the start of the Simpson Desert double crossing. One of the vehicles had to return to Birdsville due to a cracked chassis. Temporary repairs with straps and steel zip ties enabled the return to Birdsville and back home. First overnight stop is Poeppel Corner. We topped up with 70 litres water, 200 litres of fuel and supplies at Mt Dare, ready to follow the Madigan Line for

From Poeppel Corner we drove to Purnie Bore for our next overnight stop. What a day! Massive sand dunes as high as telegraph poles. April found the right gear, low range in third, to conquer these dunes. Full noise, 4000 revs and

Onto Eyre Creek, and thankfully no water to drive through. Purnie Bore was a sight to see. Came in late then made camp in swags and had a makeshift dinner. Next morning we inspected the artesian water at the bore. At 99.9 degrees this water helps to keep the wild animals and

Then onto Dalhousie Springs for an overnight stop. It has a massive artesian spring that is a permanently 36-39 degrees. The next morning. we had a visit to the Dalhousie ruins where people used to live and keep cattle and sheep How tough they were, but now the homestead and other buildings are ruins.

Next, onto Mount Dare Roadhouse. Last fuel for near 700-800 kms. Enjoyed lunch, refuelled and got some supplies - \$120 litres of fuel at \$3.15 per litre and \$8 for a loaf of bread. Then onto Old Andado homestead. A property that was once owned by a lady called Molly Clarke. Her old homestead is a site to see with old stove, jars, tins, crockery collection and beds. Molly is buried at the homestead. There were facilities available which were very welcome.

After Old Andado we began the Madigan Line. A quick visit to Mac Clarke Conservation reserve (Molly Clarke's late husband) where there are around 1000 Waddywood trees (Acacia peuce) that are protected. These are

Continued on page 20.

Community News

www.forsterfortnightly.com.au

Decks/Pergolas

Passive Homes

Call Andrew

0431173111

Quadriobuildingservices.com.au

Find us on 🔞 📵 🛅 🏥 pages

WINDOW CLEANING

A1 MIDCOAST

PROFESSIONAL

AFFORDABLE

RELIABLE

QUADRIO

Trades & Services

OLDER DRIVING ASSESSOR

Automatic & Manual Assessor & Instructor RMS Accredited * 010743

Retain your unrestricted Class C License

0431 376 983

BD APPLIANCE REPAIRS

SPEEDY SERVICE

Call Dave **0422 787 552**

In home service

Pensioner discount

· Credit card facility

Washing machines -

Dishwashers - Dryers

Free call with all repairs



NEED A HANDYMAN?

0428 961 606

• Garden maintenance Gutters cleaned Rubbish removed & more

No job too big or small. **Excellent pensioner disounts!** 35 Years Local Experience

Call me on 0477 916 167

Gutter Snipes SOLAR PANELS, ROOF GUTTERS & **DOWNPIPES CLEANING**

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



GREEN HANDS LAWN & GARDEN CARE



SUPPORT SERVICES **CALL US FOR A FREE QUOTE**

0483 206 532



Precise Paint & Repair

Residential Exterior & **Interior Painting** Drywall & Plaster Repair

No job too big or small. Excellent pensioner disounts!



Call us on 0477 916 167



Foxtel Services

0423 528 649

For Trades & Services, Public Notices, Classifieds, Funeral Notices & in Memoriam - *Call Geordie Yule on 0403 586 342*

Biomedical Sports Podiatry

Dr. Haralumboss (Harry) Stivactas

Podiatric Biomechanical Practitioner

Treated Conditions

Lower Limb pain

PAINTING

Local & Professional **QUICK OBLIGATION FREE QUOTES**

0449 612 132 LICENSED, INSURED & TRUSTWORTHY

Licence # 319841C

"Tell them you saw it in the Forster Fortnightly

We encourage you to support our local advertisers who help make this paper FREE to pick up & read each fortnight.

Small granny flat in Forster

for a non-smoker and sober mature gent. No pets. Power and water included. Fully urnished. 田田田

Call 0412 829 319.

Seeking Tenant

One bedroom, fully furnished. Suitable

\$320 per week.

Services Gait Analysis Biomedical Assessment

Orthotic Therapy Dry Needling Prolotherapy Neural Therapy

Knee Pain Heel Pain Ankle Pain **Growing Pain** Hip Pain Toe Walking Pigeon Toed **Knocked Knees** Bow Legs

© 0466 - 691 - 935

info@biomedicalsportspodiatry.com

www.biomedicalsportspodiatry.com



1a Trades Ct Forster, **NSW 2428**

6519 4713

85 The Lakes Way,

Forster





greatlakesfunerals.com.au Personalised Burial, Cremation and **Memorial Services**



Page 18

www.forsterfortnightly.com.au

24 July 2024

Community News

Weekly Diary

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

Mondays

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

Great Lakes Ladies Probus Club 4th Monday of the Month

10am Forster Bowling Club Contact Sandra 0478 609 258

Forster Hospital Pink Ladies Meetings held the 2nd Monday of each month Forster 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 Meetings held 4th Monday of the month with

12pm lunch at Sporties. Phone Pat 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

Club Forster, Lunch 12,30pm

Quota Club of Forster Tuncurry

Meeting 1.30pm, Enquiries 6555 7219 Al-Anon Family Groups

Meets 1st and 3rd Monday each month

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

Coomba Fitness Group

9am - 10am, in the Coomba Aquatic Club Gazebo. All levels of fitness welcome. Contact Lindy on 0415 392 554

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

www.forsterfortnightly.com.au

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

Pacific Palms Probus Club

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

Rotary Club of Lower Midcoast 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 Moorooba 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. Enguiries: Kav 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 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. Enguiries Kayleen 0416 184 684.

Great Lakes Suicide Prevention Network

Meet third Wednesday of every month at 6pm Tuncurry Beach Bowling Club & on zoom. Email greatlakesspn2428@gmail.com for details.

Great Lakes Prostate Cancer Support Group. 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

Coomba Fitness Group

9am - 10am, in the Coomba Aquatic Club Gazebo. All levels of fitness welcome. Contact Lindy on 0415 392 554

Thursdays

Coomba Mens Shed

Open every Thursday 8.30am-12pm. 86 Moorooba 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

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.

Beach St. Contact Danny 0409 549 799

scouts.com.au Mens Social Tennis Thursday 9 - 11am at Tuncurry Sporties courts,

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, 10am 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 St. World History by Members. Call Jim Peters on 0418 201 167

Forster Tuncurry Seniors

Breese Parade Forste 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

Ladies Social Tennis

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

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

Coomba Fitness Group 9am - 10am, in the Coomba Aquatic Club Gazebo. All levels of fitness welcome. Contact Lindy on 0415 392 554

Saturdays

Forster parkrun community 5km run/walk Pebbly Beach Playground off Head St

7:45am for 8am start every Saturday facebook.com/Forsterparkrur

12:45 - 3pm. Contact Harold 5591 7133 or

Club Forster Table Tennis Each week new players welcomed.

Bruce 0414 532 496 **Forster Country Women's Association** CWA are serving Devonshire teas, 3rd Saturday of month 9 - 11.30am, Coolongolook Rm,

Forster Civic Centre. Enquiries: 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

Contact Janis 0420 235 987

Dragon Boating Come paddle with us on Wallis Lake 7.15am for 7.30am start

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

Organised Social, Forster Tennis Club, Lake Street. Contact: Jaime 6554 9120

Contact Sue on 0416 074 026

Tuncurry Racecourse Lake - 1pm

Contact Bruce 0466 153 616

Every Saturday 12.30pm - 4pm Mixed

National Parks Association Saturday walks in national reserves and parks.

Pickleball Tuncurry

5pm at tennis courts behind Sporties. Enquiries: Sonia Rockley 0427 309 032 Forster Tuncurry Radio Sailing Club

Sundays

Forster Tuncurry Dolphin Dancers Meet every Sunday 2pm to 5pm at Senior Citizens Hall Breeze Parade Forster

Community Meals & Pantry

Tuncurry Community Brunch

All are welcome to our sit-down Community 'Brunch' Mondays 9:15 - 9:45am. Pantry doors are open 9:45 - 11am with pantry essentials, fresh produce and cleaning & hygiene items. Open during school terms at FORSTER TUNCURRY CHURCH OF CHRIST, 14 Douglas Ave

uncurry. Donations welcome.

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

Enquiries: Tamara Clarke 0412 962 144 or Bret Clarke 0407 483 070 or see our Facebook.

Tuncurry Community

Morning Tea & Lunch **Every Friday the TUNCURRY SALVATION**

CHURCH at 7 South Street is serving:

10:30am - Morning Tea 11:30am to 1pm - Community Lunch 11:30am to 1pm - Produce Market, \$5 bag of staples & meal ingredients are available

Enquiries: Pastors Nicole & Tony Bezzina on

6554 6101. www.facebook.com/Forstersalvos/

Forster Community Lunches

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

People can also bring a bag and choose which

food items they would like to take home from the produce tables. Enquiries: Volunteer Coordinator Meg Loring

on 0409 840 054 or the CatholicCare Office on 6539 5900.



FORSTER FORTNIGHTLY

Community News

Meet every Sunday 2pm to 5pm at Senior

Forster Tuncurry Dolphin Dancers

Citizens Hall Breeze Parade Forster

Contact Mark Linton 0402 045 718

Thurs 1 Aug - Manning Great Lakes

station. Coolongolook.

Ton O Fun Road.

Enquiries: 0431 878 395

Weekly Diary 2

The 'Weekly Diary' 2 is FREE to promote

community group info that changes monthly

August

Birdwatchers. 8am start at Locketts Crossing/

Sat 17 August - 8am start at Ton O Fun Road

Above: Gull-billed Tern photographed at

Farquhar Inlet, Old Bar, by Brian McCauley. It

near salt or freshwater marshes, Lakes, dams

stocky build, is a common visitor to our area.

has an extremely large range and is often found

and beaches. This Tern, with its Gull-like bill and

Firetrail/ Darawank. Meet at Corrigans Road, off

Brushy Creek. Meet behind Ampol service

Contact Bev 0421 333 483

Forster Tuncurry Mudcrabs

Winter Swimming Club

8.30am May till September

If you are passionate about your business and local community and want to make them more

dementia friendly, then this session is for you. You will understand the impact of dementia and the many ways people can live well with dementia every day. You will learn what a dementia-friendly business is and how it

benefits the whole community. You will learn how to support and communicate with people living with dementia.

Customer service skills, responsiveness and sensitivity to customer's needs will grow.

continue to participate in the local community. When & Where: Tuesday, 13 August from 12:30pm - 1:30pm at the Lakes & Oceans Hotel,

Booking is essential at: www.midcoast. nsw.gov.au/Get-involved/Whats-on/ Dementia-Australia-It-Starts-with-Your-Business

This workshop is supported by MidCoast

10 Little St Forster

Council.

Your Heritage Book an appointment with one of our specialists today. **< 65512333** www.yhfp.com.au Alan Tickle (AR 309339) Jonathon Tickle (AR 428644) Authorised Representatives Alliance Wealth AFSL 449221 ABN 93161647007

Star Pet



Name: Jerry Boy from Rainbow Flat Breed: Collie

Age: 8 years old

Likes: Sunbaking and eating in the company of his best friend - another dog named Meli

Claim to Fame: Who says a disability slows

Jerry was born with a crooked spine and quickly learnt to walk forward by turning in circles supported by his weak back legs. Then an adventure across the road, in search of sheep bones, lead to a car accident which hit him on his backside. A short recovery saw him learning to 'pogo stick' his way, again in circles, this time using both back legs together

If you would like to see your beloved pet featured in Star Pet please submit a HIGH RESOLUTION PHOTO & answers to info@forsterfortnightly.com.au

Forster Library Free programs

- Mahjong games afternoon Mondays
- Table top games Wednesdays 10am

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 Family History room on Level One of the Library. Or

email familyhistory@gmail.com



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

Pet of the Fortnight



Gentle Smokey

Smokey is approximately 1 year old. He is a gentle soul who loves a pat and a cuddle. He likes to a find nice warm spot to snuggle up and sleep. He gets along well with other cats as he's a quiet boy. A little shy at first but will soon become your little shadow. He wants so much to be loved.

Smokey is desexed, flea and worm treated and costs \$100. If you would like to meet Smokey, please contact our Cat Welfare Officer on 0490 262 827.

NSW AWL Rehoming organisation number R251000222

ANIMAL HOSPITAL where care comes naturally

the Fortnight' - finding homes for animals in need. CALL US: 02 6557 2273

4 SOUTH STREET, TUNCURRY

Proud to sponsor 'Pet of

Community News

Community News

24 July 2024

We, at the Museum, realise that many of you who are here today would know that the Worimi people lived in this area before the Europeans settled here; that George Garlick and Mary Anne Godwin were the first white settlers in Forster; that John Wylie Breckenridge is known as the founder of Forster and John Wright, the founder of Tuncurry, so we have decided to tell you about some aspects of our history that you may not be familiar with.



Above: Court House Hotel in Bungwahl.

To do this, we begin in Bungwahl which was known as Bungwahl Flat and was quite a different village in its heyday to what it is now There were 2 villages, Neranie and Bungwahl and there was great competition between the 2, however, we are concentrating just on Bungwahl. It was a great timber town and the mills were the life of the place. Timber was very much needed in Sydney not only for houses and furniture but for corduroying the streets, that is putting log upon log to mkae a solid road surface. Bridges and wharves were also being built. As travelling overland was so difficult the waterways became the highways for transporting the timber and this is why all the timber towns such as Bungwahl, Forster and Tuncurry were built near water.

Alexander Croll, John Wright and John Rodgers established the first timber mill in Bungwahl and even though John Wright moved to Tuncurry and John Rodgers to Laurieton, Alex Croll remained in Bungwahl and built the church and the first school. The school was situated behind the church and had 3 rooms 2 of which were for the teacher, his wife and 5 children and the third room was the classroom. It was eventually destroyed by white ants. Mr. Croll was also responsible for the Community Hall and the Bungwahl General Store.

Bungwahl also had a police station which faded out in the 1920s and 2 hotels, the Caledonia and Donnelly's Court House Hotel. The Caledonia was known to be a wild place, especially on Saturday nights. The police station was just down the Seal Rocks Road and the policeman was constantly in attendance. Great practical jokes were played on people at the pub and there were dog fights. The hotel was also a changing house – you could ride up from Forster, change or feed your horse and then ride through to Bulahdelah.

The Donnelly Court House Hotel was another great watering hole where many people got put into the lock up for the night, especially old Mr. Woodward - it was like his second home. He was once kept in jail for 3 days as he had been heard by a policeman saying: "Bugger the

Bungwahl even had a race course and Robert John Godwin ran feral horses and cattle on it

a dance in the School

Leaving Bungwahl we head north towards Smiths Lake and jump ahead to World War II. In early 1942, after the bombing of Pearl Harbour, Australia was forced to take many precautions to better defend herself if the Japanese successfully invaded our shores.



www.forsterfortnightly.com.au

Croll was one the 3 founders of Bungwahl's Sawmill.

In the Smiths Lake area this

included sinking any boats that were not being used by local fishermen. The Wallis Lake boats were to be taken to Nabiac, while those from Smiths Lake and Myall Lakes were sent to Nerong if the Japanese anded. Any livestock that could not be moved upon the Japanese arrival were to be killed. A Military formation called the Volunteer Defence Corps (VDC) was also created. It was for men too old or too oung to enlist in the army.

owever, the main defence against the Japanese advance was a tank trap complex located at Wamwarra Bay, part of Smiths Lake. This complex is situated 700 metres north of Sugar Creek Road turnoff and 5 km south of the Smiths Lake turn off from the Lakes Way. It is on Crown

The tank trap defensive complex consists of:

Reserve land and is not sign posted.

First of all - A man-made tunnel with a chamber under the road that was designed to be packed with explosives (B. Bramble). The road to be blocked was apparently the only access to the interior from the coast in the area. Blocking this road would have prevented the Japanese from reaching Newcastle and its harbour. This was the assumed target by people in this area (G. Godwin)

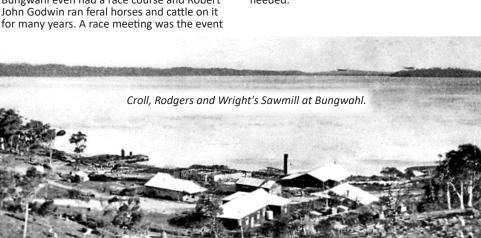
Secondly three rows of roughly forty sturdy There are twelve left standing, all in extremely condition considering The holes of the missing



downhill, to the water's edge. Perhaps this means that the posts were taken away, they didn't decompose.

And lastly - There were thirteen concrete tetrahedrons (triangular pyramids), often called 'Dragons Teeth' due to their appearance, which stretch out a little way into the water of Smiths Lake. This was done to prevent the movement of Japanese armour around the road demolition site via the water's edge.

Fortunately, none of these precautions were needed.



Our Local wildlife



24 July 2024



Rakali - Australia's answer to the otter

I wonder how many people have heard of Rakali, Australia's answer to the otter, and indeed how many people might have seen them although they are almost certainly living around our waterways?

Like otters, Rakali (Hydromys chrsyogaster), once known as water rats, are semi-aquatic with webbed back feet and thick waterproof fur. They have a body length of between 23 and 37 centimetres and a long thick white tipped tail between 24 and 34 centimetres long which acts as a rudder when swimming. Similar again to otters their bodies are stream-lined but their head is large, flat and elongated with a blunt nose, small ears and eyes and long whiskers. Their fur is coloured black to brown with orange to white bellies.

Rakali are found in permanent water systems throughout Australia, from freshwater streams, brackish lakes and rivers, estuaries and even secluded bays on coastlines. Here they are top predators, hunting prey that includes crustaceans, shellfish, fish, small birds, eggs, mammals, frogs and reptiles. They are one of the very few Australian native animals that have found a way to successfully prey on cane-toads, flipping them over, avoiding their toxic glands and essentially peeling back the skin to get at the internal organs. Rakali are also known to prey on other introduced pest species such as carp and mice and can hunt on both land and in water. Unlike platypus, but like otters they hunt by sight underwater (platypus use their bills to detect electrical signals from their prey) as well as using their long whiskers.

Like platypus their preferred hunting time is dawn or dusk although they will hunt

during both the night and day depending on conditions. Although waterproof their fur is not well insulated and they cannot maintain their body temperature below 15 degrees and risk hyperthermia in temperatures above 35 degrees. As such they are vulnerable to both cold and extreme heat and this in turn will determine when they hunt. In hot summers they will shelter in burrows during the day and hunt at night, in winter they may forage more on land then in the water

Once captured they bring prey to shore on a favoured log or platform to eat. One of the indicators of these relatively unknown and shy animals are messy piles of shells or remains on a favourite eating platform

Rakali are territorial and except during the breeding season, solitary. It is possible that one male will have overlapping territories with a number of females. Mating occurs during late winter to early spring with young born from September to February and more than one litter might be produced each season. depending on conditions. Two to four young are born after 34 days and are suckled and protected in nursery burrows for another four weeks. Between 2 to 3 months later the young develop their waterproof fur. As adults they wil continue to have periods of moult in Autumn

Rakali reach sexual maturity at around one years of age and have a life expectancy of three

In decades past Rakali were hunted for the fur-trade. Now a protected species there is still a lot to understand about Australia's relatively elusive answer to the otter. Their presence is of course indicative of a healthy watersystem, including good bank vegetation, and as such they are vulnerable to displacement and starvation when waterways are disturbed or polluted. It is also known that they can become victims of fox and feral cat attacks. Some have been caught in crab and vabbie nets and consequently drowned. Of course, their vulnerability to extremes of temperature is

Because they are still not fully understood, researchers are asking members of the public to report any sightings of Rakali, particularly if accompanied by images, on the iNaturalist Australia site: at www.ala.org.au

By Kym Kilpatrick – FAWNA member Hallidavs

Photo by Cory Young.

April & Grahame McKay's 4WD bash

Continued from page 16.

Australia's rarest trees and the only other places they are found are in Birdsville and Boulia, QLD. Waddywood is one of the hardest timbers ever found. Madigan's first camp is also located at Mac Clarke reserve and the start of following the journey of his expedition.

An overnight stop at Camp 8, and then followed the line until Camp 16 where we had another overnight stop. Flood waters, that had come down Eyre Creek while we were crossing the desert, stopped us from following the rest of the Madigan line through camps 17-24. We followed a detour south on the Hay River track until we met with the QAA line again (which runs from Birdsville to the west of the NT boarder) and the Eyre Creek crossing. When we crossed it a week ago it was dry, but now there was no way we could cross again. A by-pass track was our only chance to cross, which added an extra 70kms to the trip. The Evre Creek by-pass crossing had over a meter of water, just over the bonnet while April drove across. Then we were back on the main track to Birdsville and met Big Red, the largest sand dune. We had several attempts at getting over but we had too much weight and not enough power. Missed out only by inches! There is a side track we had to take.

Back to Birdsville and pumped up tyres for the sealed roads. Tyre pressure for the desert was 16-17 PSI in the front, and 18-32 in the rear. Back on the tar to Boulia for the night, the home of the Min Min lights, and then onto a motel in Winton for 3 nights where we had the finish dinner at the Tatts Hotel. The next day everyone went their own way.

Whilst in Winton we visited the historic Open Air Movies, dinosaur footprint at Lark Quarry,



the Age of the Dinosaurs and the Waltzing

Next, we headed to Longreach to visit the Stockman's Hall of Fame and enjoyed a sunse cruise on the Thompson River followed by a 3 course camp oven meal with some live music.

We then hit the long drive home. We happened to have an overnight stop at Blackall when a show was on and we watched the speed sheep shearing competition. We watched this young fella shear a sheep in 20 seconds, that's no bull!

An overnight at St George, then Glen Innes and back to Forster to smell the salt air again crossing over the bridge. We had a big hug over what we have achieved. No problem with the old 95/80 series

Landcruiser. Just a blown fuse and an exhaust breakage which we strapped up with zip ties so it sounded like a truck for the rest of the trip but I'm sure I will be able to repair it.

I look forward to next year's Victorian High Country adventure. Round trip of about

By April and Grahame McKay. Photos supplied.

Local Identities-Ellie & Harry

www.forsterfortnightly.com.au

Interviews by Vanda Gooley. Two very talented young locals, Ellie Johnston and Harry Edwards are forging ahead with their athletic careers. Both Ellie and Harry believe they have yet to achieve their full potential. Their skills, commitment, hard work and sacrifices are inspirational.

Ellie Johnston, 23, is a part time professional athlete, living in Cronulla and currently playing for the Cronulla Sharks

Ellie was born in Manning Base Hospital, Taree and grew up in Coomba Park, where her parents have lived for forty years. Her mum (Vicki) is a chef and runs her own restaurant in Coomba called "On the Lake Bistro." Her dad (Mark) is the local water delivery man. Ellie has two older sisters, Markala, a primary school teacher and Katie, a finance manager.



Above: The three sisters (L to R) Markala, Ellie and Katie. Photos supplied.

Ellie has always been involved in sporting activities, starting with Nippers, horse riding (she's a self-described cowgirl with a penchant for rodeos) and netball, which she excelled in. She was selected to play at the Junior Indoor Netball World Series in South Africa. She then started playing rugby league in 2019 and

quickly made a name for herself. She represented NSW Country at the National Championships, with the team making it all the way to the Grand Final. Ellie then made her National Women's Rugby league (NRLW) debut in 2020 for the St George Dragons. In 2021-22 she played for the Parramatta Eels and currently 'the powerhouse prop' has re-signed with the Sharks from 2023-2026. Ellie said 'I have now found my home at the Cronulla Sharks. I love the area and the club. It reminds me of

Ellie attended Pacific Palms Public School, then Forster High to Year 12, completing her HSC. She then studied for a diploma in Community

Ellie has been rewarded with a few achievements. In 2020, she was awarded the Women's' Player of the Year for a steller season. In 2023, she was Cronulla Sharks' highest try scorer. Also, in 2023, she was nominated for Dally M Prop of the Year.

Services and Cert 3 & 4 in PersonalTtraining.

Despite these achievements, Ellie said, "My greatest achievement will be debuting for NSW in the women's State of Origin."

Ellie also said that being a rugby league athlete has challenges every day. "That's all part of it and I will take the challenges and put them st positive way. I think my biggest challenge would be living away from mum, dad and home. I'm such a home body and love my life back home.'

Below: Ellie, bBarrel racing in a rodeo on



Ellie is a disability support worker and loves being out in the community supporting individuals and helping them reach their goals. She also did a trip visiting children with the Starlight Foundation and she absolutely loved it, "I love doing what I can to give back to the

Apart from her league career, Ellie considers herself to be, "A massive water baby and I love to go swimming and surfing or even behind dad's boat wakeboarding.' She also loves her horses and competes with them during the footy off season.

Ellie considers her nan (Evelyn Roberts) to be her biggest inspiration. "I have never met someone that has inspired me so much. She had a tough up bringing and didn't grow up with much, but that didn't stop her from being the most courageous and selfless women.

Ellie said, 'Our area has the best beaches and water.' Her favourite saying is "Things happen

Markala, Ellie's sister said this about

"As Ellie Johnston's sister I have had the unique privilege of witnessing her journey both on and off the field. Ellie is not only an exceptional NRLW football player for the Cronulla Sharks, but she is also an incredible sister and role model to all those that surround her.



Above: Playing for the Cronulla Sharks against the Raiders in NRLW.

From a young age, Ellie displayed an extraordinary passion and talent for all sports she participated in. Her dedication has always heen unwavering I've seen her nut in countless hours of hard work, pushing herself to the limit in training and always striving to improve. Her commitment to excellence is truly inspiring and has been a driving force behind her success. Ellie's performance on the field speaks for itself. You may have seen her and understand what position she plays, but what you don't see is the compassionate, supportive, and bubbly at times, one might even say ditsy—person that she is, without a uniform on. Over the years, our family has enjoyed introducing new nicknames for the three of us Johnston girls, with the current ones being Dumb, Dumber, and Dumbest. I will leave the 'who is who' to your imagination.

Ellie was raised as the mediator between me and our older sister. She would be the person we both went to when disapproval arose. She would negotiate and support both our needs, while getting to the bottom of things by saying, "Just get over it." She has always been someone to tell you it straight when needed, and for some reason, everyone listens to her. She is our

Fllie is wise beyond her years—or maybe I am immature—she has shown me what it means to pursue one's dreams with relentless passion and integrity. She is not just an outstanding athlete: she is a remarkable person whose dedication, strength, and kindness touches everyone she meets. I am honoured to be her sister and to have the opportunity to share in her incredible journey."



Above: Ellie Johnston and Harry Edwards both receiving Sports Awards in Year 6 at Pacific Palms Primary School.

Harry Edwards is a 23-year-old local 'lad.' Through his skills and commitment, he has carved out a career as a professional rugby league player who plays as Lock, Second Row and Prop Forward for the North Queensland Cowboys in the National Rugby League (NRL). He played his junior rugby league for the Forster Tuncurry Hawkes



Above: Harry with his family.

Harry was born in Penrith and raised in the Mid North Coast town of Pacific Palms. His parents are Joel and Angela Edwards, Joel Edwards is a carpenter and runs his own business Pacific Palms Building and design. Angela Edwards works for the department of education

Harry has two younger sisters, Ellie and Gabrielle Edwards

Harry attended Grose View Public School (in the Grose Valley) from Kindergarten to Year two when the family moved north. He attended Pacific Palms Primary then Forster High and eventually Tuncurry Campus. He is currently Studying a Bachelo of Education at Southern Cross University.

> In 2018, Harry was 19 years old. He had finished his HSC and moved down to Sydney where he began his career in rugby league playing for the Sydney Roosters under 20's in the Jersey Flegg Cup. He would then play in the NSW Cup for North Sydney Bears, making 7 appearances during the 2021 season, before moving to Canterbury-Bankstown Bulldogs.

> Harry made his first-grade debut from the bench in Canterbury's 42-10 victory over the Newcastle Knights in round 20 of the 2022 NRL season. In April 2024, after playing 17 NRL matches with the club, Harry was released by the Canterbury Club, immediately signing a long-term contract with the North Queensland Cowboys for 2024, 2025 and 2026.

> To date, Harry considers his greatest achievement is his NRL debut. "However, I don't feel like I have reached anything or near

achieve as of yet in my career.'

Harry's career path has come with a lot of challenges and he acknowledges the effort his parents have endured to make his career possible. There is the huge amount of travel required, and the challenges of moving from a small town to the big city and meeting new people.



Above: Young Harry playing touch for Forster Tuncurry

When Harry finishes his career in NRL, and during his time as a player, he hopes he can influence rugby league in the local community He would like to show the young kids coming through the area that there is a pathway and opportunity to be an NRL player. Harry would like to be a great role model and inspiration for

When he is not training or playing with his club, Harry Loves surfing, fishing, diving and golf. 'I enjoy my American sports and just enjoy the

Asked about role models, Harry said "I've always swapped and changed role models as I've grown up - however a constant has always been my parents."

Harry moved to this area with his parents. He said, "I really do believe if I didn't grow up in this awesome community, I wouldn't be doing the things I'm doing now, and I owe a lot to the many coaches and people that influenced me in my junior years in the community."

Harry loves the community he lives in "I love the people and how close and connected they are. The beaches, water and lifestyle are the best I've ever experienced.

Harry's motto is "Prepare to win and have no regrets." And "Be the best you can be."

Matt Hill – former coach said this of Harry...

I have known Harrison and the Edwards family for almost 10 years through the Forste Tuncurry Hawks Rugby League Football Club, originally as coaching staff for his junior team. In that time, I have always seen Harry as an example of what it means to be a good person His genuine nature and selfless attitude not only make him a great teammate, but a friend



I had the opportunity to be a (minor) part of his development in Rugby League, and early on it was evident that Harry had a significant amount of potential in the sport. Whilst generally a quiet and reserved person, Harry is an extremely dedicated and hardworking individual, always giving 100% to the betterment of the people around him. He presents himself with the utmost of respect towards his coaches, peers, and friends valuing their feedback and guidance, always striving to

I am privileged to watch Harry develop into the man he is today. If relentless determination drive, and effort is a measure of any success. I am extremely confident that Harry has even more success awaiting him in the future. All the 24 July 2024

Page 22



Above: (L to R) Joel Fleming, Nash Wilkes, Ryan Brown and Hamish Carmichael. Photos supplied.

Forster Aquatic Swimming Club (FASC) has had such an exciting last month, 5 - 7 July, culminating in the 2024 NSW Country Championships at Sydney Olympic Park and our little club placing 21st in the state out of 81 clubs and swimming in 55 events and achieving a massive 45 personal bests.

The athletes had such amazing achievements during the 3-day event in Sydney including a massive highlight achieved by Nash Wilkes who placed 1st and broke a NSW Country Record in 17 & Over 100m men's breaststroke Nash also recorded 1st places in the 100m individual medley, 200m breaststroke and 50m

Peter Sanders, Head Coach said, "There was great camaraderie within the club during the event, the Club Captains Tanna Davey and Riley Brown and older kids in the team motivated the voungers. It was a great weekend of

achievement, resilience and

loel Fleming, who is looking orward to attending the Junior Pan Pacific Games in Canberra n August 2024 and recently placed first in Nationals for 17 & Over 50m freestyle, was in fighting form, achieving 1st place in the 50m freestyle, 2nd place in 100m freestyle and 3rd 50m butterfly. Brothers Ryan and Riley Brown achieved great results and participated in the NAIDOC week relays. Ryan placed 1st in both the 17 & over 4x50m reestyle relay and in the mixed 4x50m medley relay. Riley Brown chieved 2nd place in the same elay categories.

Hamish Carmichael achieved 2nd place in the 13-14 years 50m breaststroke. Top 10 finishes were recorded by Piper Bamford

Ryan Brown, Hamish Carmichael, Tanna Davey, Joel Fleming, Eva Keen, Sophie Scislo, Byron



Presentation Day and 'wow' was it special. So many up-and-coming vear awarded to Hendrix Stewart

Myles Stewart (6 years). Layla Clayton (6 years), Ky Westaway (7 years), Abbie Keegan (7 years), Lucas Lenkic (8 years), Anna Brooks (8 years), Dane Clayton (9 years), Olivia Perry (9 years). Toby Westaway (10 years). Maddie Keeghan (10 years), Liam Lenkic (11 years), Hayley Duncan (11 years), Liam Fletcher (12 years), Hamish Carmichael (13 years),

Byron Vicary will be heading to the

Junior State Short Course in August

and Piper Bamford, Ryan Brown,

Perry, Sophie Scislo off to Senior

State Short Course. As Coach Adel

Gregory says "This is a year-round

at 5:30am and working hard. They

need to be congratulated on their

effort under pressure.

FASC also recently held their

swimmers. Age Champions this

(4 years), Paisely Mutch (5 years)

determination for giving their best

sport, these kids are at the pool

Joel Fleming, Eva Keen, Kaitlin

Hamish Carmichael, Tanna Davey,

Sophie Scislo (14 years), Ryan Brown (15 years), Sophia Lee (15 years), Tanna Davey (17 years) and Joel Fleming (17 years). The nighest point scores of the year went to Hamish Carmichael and Tanna Davey and special awards were given to Toby Westaway, Murphy Ralston and Sara Westaway for encouragement Lucas Lenkic. Shav Underwood and Piper Bamford were awarded for most improved and Riley Brown and Tanna Davey

eft: Hamish Carmichael at ydney Olympic Park.



Above: Tanna Davey in the backstroke

Michael Summers, President of Forster Aquatic Swim Club for now 18 years, said, "All these amazing kids, have amazing and supportive parents and we are so lucky to have many of them on our committee which assists the coaches creating these champions."

A special thanks must go Grant Fleming (Vice President & Officials Accreditation Officer), Xanthe Vicary (Secretary & Public Officer), Wendi Davey, (Treasurer & Officials Accreditation Officer), Michelle Scislo, Rachel Lenkic (Race Secretaries), Tanna Davey (Registrar), Dave Underwood (Funding, sponsorship and catering), Emma Dodds (Member Protection Officer), Andrew Ralston (Catering Officer), Debbie Brown (Uniform

Bring on the 2024 and 2025 season. Forster Aquatic Swimming Club is looking good!

for sportsmanship. Club spirit was awarded to Sophie Scislo, and coaches awards to Liam Lenkic and Riley Brown.

By Xanthe Vicary – Forster Aquatic Swim Club.

year that you mark it on your calendar now. The Gold Coast Running Festival is extremely popular and sells out very quickly. By Dave Hughes - Forster Runners.

Far left: Bray Smith ran under the 3 hour mark in the marthon while Lindy Mcdonell (below) ran a PB. Photos supplied



Gold Coast Running Festival

Over 30,000 runners of all abilities gathered on the Gold Coast during the weekend of the 6-7th of July. It's one of the most popular events on the running calendar and encompasses several distances including 4k, 5k, 10k, half and full

Being a super flat course with practically zero elevation augurs well for fast times and personal bests. Some runners use the marathon as a qualifier for other races including the world famous Boston Marathon. The atmosphere is electric with most of the course supported by thousands of spectators, up to six and seven deep at some points.

Some of the signage held by spectators was original and hilarious eg "Don't trust a fart at 20 km", "Smile...you paid to do this", "If I see you collapse I'll pause your Garmin" and many more. Small children were handing out lollies to the passing runners and the parents were yelling out your name "Go Hayley, go Mark, you've got this...not far to go" (which seems a bit premature at the 3 km mark).

Saturday morning at 6am over 9000 runners lined up for the half marathon. The starting corral was jammed pack with excitement and last minute nerves. A lot of "sandbagging" was going on. Sandbagging is a term used for making excuses for a sub-par performance before you commence your run eg "my Achilles is a bit touchy" or "I haven't had the best

'I'll be happy just

Andy Buchanan won the male section with an extraordinary time of 62 minutes (2m 57s per km pace) whilst first female Leanne Pompeani took 69minutes to take first place.

Forster Runners notable (age category) performances (age) came from

(84 minutes, 22nd/388) and Hayley Moody (97 minutes, 41st/622). Both were personal best

On Sunday over 8000 runners participated in the gruelling marathon (42.195km). There were many themed costumes like a dinosaur. or a fairy etc. I'm sure those characters either lost a bet or thought it was a great idea after several alcoholic beverages.

Timothy Kattam won in a time of 2h 8m (Australian record is 2h 7m). The leading female was Yuki Nakamura in a time of 2h 24m (Australian Record is 2h 21m). These are world class times which would in most cases qualify the individual for selection to the Paris

Once again there were many PB's amongst the Forster Runners. Lindy Mcdonell 3h 45m, Karmen Reardon 3h 53s and Birte Richardson 1h 53m. Bray Smith managed a sub 3 hour marathon and joins an elite group of "very fast runners". A special mention to seasoned runner, 68 year old Susan Kirk who finished in iust over 6 hours. Runners all hurt the same regardless of how long it takes to complete an event. Nothing seems too much for "Captain Kirk" who has a distinguished career of several Ironman and Ultra Marathon events under her belt. A special mention must go to James Quiring who backed up his half marathon on the Saturday to accompany his wife Jenny who was running the 10 km event on the Sunday. Rumours have it that they held hands most of the way. Those two are inseparable, even in a race. It was great to see the whole Fletcher family participate in many events. Mark (half marathon), Sara, Liam and Zane (5k) and Jack (4k) all performed superbly in their chosen

Well, that's a wrap up for another superbly run event. Forster Runners is going from strength to strength and had over 20 members join in the

This is a highly sought after event and it is suggested if you are planning on attending next





5 Country Titles for Forster Tennis Club

Continued from back page.

"Everyone loves coming to Forster to play. They come for a week with their families and supporters. Local businesses tell me how busy they are with the number of tennis competitors

Jaime said the weather during the competitions was mostly fine. "We had one really wet morning and night, but we were able to use our 'super soppers' to get the courts ready again in no time. The super soppers are made in Old Bar and were originally designed for cricket but are

Jaime said this event relies on club members and volunteers. He said they did a fantastic job at running the kitchen, the BBQ and general competition duties.

Forster Tennis Club are the hosts for the Country Championships in 2025 before they need to retender. Jaimi said they have been working with Council to bring the event back. Priceline is their major sponsor, which has enabled them to be competitive in the tender

Right: Finn McDonagh (on the left) and Noah Pociask (Port Macquarie) won the 16 Boy's Doubles. Photos supplied.

Paige Hudson won the 16 Girl's Doubles with partner Jess Kelly (Swansea).

FORSTER FORTNIGHTLY 24 July 2024

Sport www.forsterfortnightly.com.au

Dragons (GLPD)

are forging swiftly

membership, the

ahead with increased

construction of a long-

equipment, increased

awaited new home

for their boats and

activity in regattas

with combined NSW

teams, whilst planning

international travel for

2025. With so much

to look forward to,

it was felt the time

was right to cast our

minds backwards to

Club has come since

inception in 2009.

appreciate how far the

and involvement

Social Golf Club game results



Our Club Forster Social Golf Club played at the Tuncurry Golf Course on 7th July. There was the threat of rain, but the course was good.

1st - Darryl Fahey with 35, 2nd - Allan Brinckley

with 33 and 3rd - Les Cawthorne with 32. Nearest to pin: 4th - Wayne Richards, 9th -

Darryl Fahey, 14th - Glenn Stewart and 16th Allan Brinckley.

Our 21st July Forster game results will be in the next edition. Our 4th August game is likely to be a team's event at the Tuncurry Course. Meet at 6.50am for a 7.20am hit off. Our proposed game on the 23rd of June was washed out.

For all enquiries contact Glenn Stewart on 0414 235 006.

By Warren Warner - CFSGC.

Dragons discover pearls of wisdom



A group of founding members came together for a lunchtime reminisce in May, where much aughter was had recalling many fun times. A lot of memories were shared and a revival of those will be reported in future GLPD Newsletters

Left: Members modelling

shirts (L to R) 2017

Boat Champs - Albury,

Dragon Boat Champs

nternational regatta

Hong Kong.

Canberra; 2016 GLPD

Wodonga; 2011 Australiar

Australian Dragon



Page 23

One of these members, Robyn McIntosh, was kind enough to loan her collection of regatta/ team shirts gathered during her representation of Great Lakes Pearl Dragons at State, Regional, international and various regattas either locally or interstate. A team of current members were delighted to model some of these on behalf of Robyn, to showcase her dedication and commitment to the Club and the sport.

If you are interested, a Learn to Paddle programme commences on 14 September. Contact 0420 235 987 or email dragons2428@ hotmail.com

Left: Members modelling NSW State Dragon Boat Racing Team shirts (various years) and 2019 NSW Dragon Boats State Championships.





Two local Athletes reaching for the stars



Above: Ella McDonald reaching for the stars.

James Turner, Daniel Lawton and Tarli Black are local names that spring to mind over the years putting Forster Tuncurry Athletics Club on the map. Representing the area at State, National and International level, these athletes have given hope to the next generation of Athletes

to aspire to athletic achievement from our small club.

For what has been a rather successful Athletics Season for the club, two athletes have caught the attention of Little Athletics NSW Talent Scouts and offered spots in Elite Athletics Programs for further development opportunities.



Above: Promising Athletes Jasmine Lette (on the left) and Ella McDonald from Forster Tuncurry Athletics Club. Photos supplied.

Jasmine Lette who competes in the 15 yrs Multi Class Division has been offered an opportunity to attend the Coles Little Athletics National Camp at the Gold Coast Performance Centre in August. This will bring together the Nations top athletes under the guidance of Olympic Gold Medallist Glynis Nunn OAM. Following in the Footsteps of our area's most successful Para Athlete James Turner who is an Australia Hall of Fame member, Olympic and World Championship Gold Medallist, Jasmine has a fantastic opportunity to make her own legacy in the para Athlete world.

Ella McDonald has excelled over the last two seasons particularly in the High Jump event with consecutive State Golds and a National Silver. Ella has been offered a place in the NSW Little Athletics Leap Program which brings the State's best 12yr old females into two camps at the NSW Institute of sport for development similar to the principles of the National Camp. Under the guidance of Dan Lawton, another well-known local high jumper, Ella has certainly jumped to the stars.

The Forster Tuncurry Athletics Club is also seeking community support to assist the families with the burgeoning costs in sending these Athletes to their respective camps. Enquiries can be directed to the Forster Tuncurry Athletics facebook page or email vpftac@gmail.com

5 Country Titles for Forster Tennis Club

"What a massive week it has been at the NSW Priceline Pharmacy Forster Country Championships! Our academy players and coaches have truly outdone themselves with some incredible results," said Jaime McDonnagh, Coach/Manager of Forster Tennis Club. "This year, our players have brought home an impressive 5 Country Titles."

"Congratulations to Laia Pasini for her victories in the Open Ladies Singles, Open ladies Doubles with Taya Powell (Tamworth), and Open Mixed Doubles with Nathan Monk. Paige Hudson won the 16 Girl's Doubles with partner Jess Kelly (Swansea), while Finn McDonagh and Noah

Pociask (Port Macquarie) dominated the 16 Boy's Doubles."

"Another great result for locals was Nathan Monk and Liam O'Neil reaching the semis in the Open Men's Doubles. Connor Johnson (Camden) was the winner of the Open Men's Singles. We are so proud of all our players."

The NSW Country Championships is the biggest regional tennis event of the year and was held in Forster for the second year in a row, from 5 to 12 July. There were 190 competitors in the Open competition and 300 in the Juniors. Most games were played at the Forster Tennis Club on Lake Street, while many earlier games

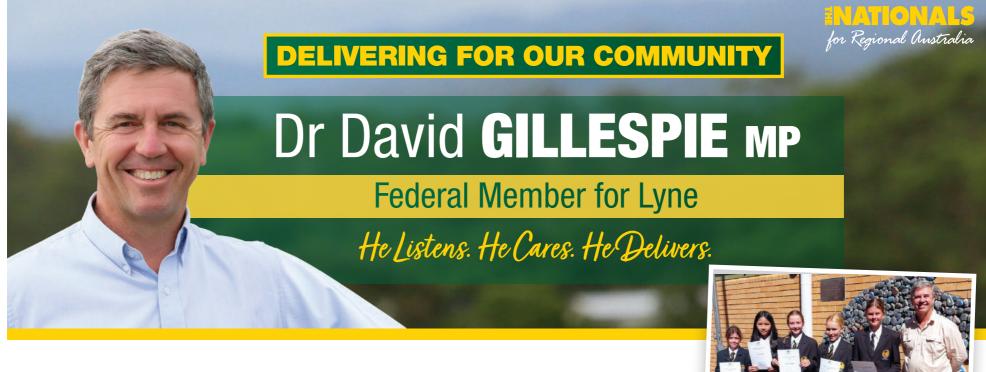
Right: Open Mixed Double winners Nathan Monks and Laia Pasini from Forster Tennis Club.

were played at Twin Town Tuncurry, Sporties Tuncurry, Old Bar and Cundletown.

Jaime said, "Many tennis clubs come to this Championships for a chance at winning a Country Title. There are no huge point scores for the players, it's the prestige of getting a State Title and their name on the perpetual trophy. There are some great player's names on these trophies."

Continued on page 22.





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

Wauchope: Shops 2&3, 43 High Street, Wauchope NSW 2446 6586 4462

Taree: 144 Victoria Street, Taree NSW 2430 6557 8910

david.gillespie.mp@aph.gov.au david.gillespie.com.au DavidGillespieMP

Authorised by Dr David Gillespie MP, National Party of Australia, 144 Victoria Street, Taree NSW 2430.

