

Invitation for Local Election 'Get to know your candidates' p5

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# 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.

FREE

Wednesday 7 August July 2024

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.102

## Big swell hits coastline!



Large waves created by the big swell at One Mile Beach Forster. Photo taken 1st of August by Mary Yule.

Last week, according to the Bureau of Meteorology, a low-pressure system over the Tasman Sea generated vigorous south to southwesterly winds and large powerful south to southeasterly swells along the NSW coast.

MidCoast Council closed Old Bar and Jimmys Beach areas on 1st August due to 'large waves, storm surges and elevated sea levels causing excess erosion, inundation and instability.'

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## Nurses rally for better pay & conditions



NSW nurses rally outside Manning Base Hospital in Taree.

A large group of NSW nurses, midwives and supporters rallied outside Manning Base Hospital on Tuesday 23 July, demanding a 15% pay rise and better working conditions.

Christine Stewart, a delegate for Taree Community Nurses, has just completed a 16 and a half hour shift as a nurse yesterday – eight and a half hours in the community and then another 8 hour shift last night at Manning Base after she was rung due to critical staff shortages. She decided to do the second shift

last night knowing that the patients urgently need the care and has seen what happens when shifts are understaffed.

"I'm tired from work and I'm over 60, but I'm willing to get up and do something about it today by joining the rally. We are doing this in our own time as we don't want to walk out and leave our patients."

"Basically, NSW nurses and midwives are being paid less than any other state. Nurses are leaving to do any other job so they can get a decent wage without the stress, burnout and violence which is a part of nursing today. Bed shortages and ambulance ramping will continue

Continued on page 4.

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## Forster Fortnightly

NEXT DEADLINE WEDNESDAY 14 AUGUST  
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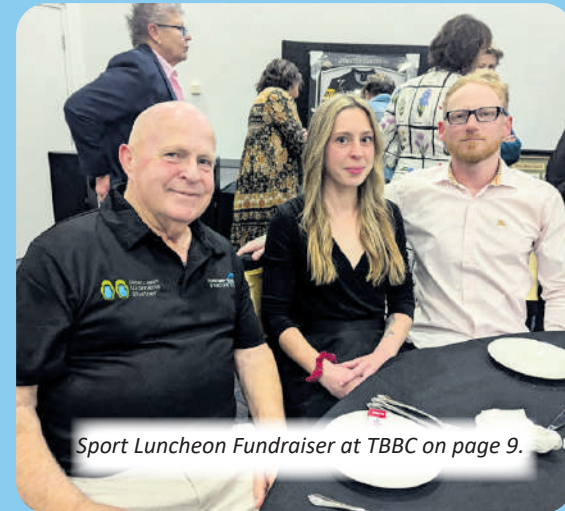
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Please include names for  
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your contact details.

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Sport Luncheon Fundraiser at TBCC on page 9.

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

## Summary of Council meeting 24 July 2024



### Forster & Tuncurry hire E-scooter trial – six-month report

Transport for NSW established an e-scooter trial program for NSW and invited councils to partner with operators and participate in a limited trial. Beam, along with Council, were successful in gaining approval for a trial in Forster and Tuncurry.

Beam started the trial on Friday 8 December 2023 with 150 scooters. Overall, the level of usage has been relatively higher than other trials with the specific circumstances of Forster-Tuncurry trial providing a strong benchmark for other areas.

- There have been a total of 43,854 trips
- Total distance travelled is 91,990 kilometres
- Total number of Beam riders was 10,701 with an average number of 4.09 trips per rider and a total ride time of 9024.93 hours



### Funding request – Forster Main Beach promenade fence

Council will look into replacing the promenade fence at Main Beach Forster before the Christmas holidays.

Historic photos indicate the fence was installed circa 1950s or earlier. Recent asset inspections indicate that the condition of the fence is deteriorating and has reached its end of life and as such a replacement is required.

### Tender for management of Tea Gardens & Wingham Memorial Swimming Pools

Contracts for the running of the Tea Gardens and Wingham Memorial Swimming Pools have been finalised with Councilors voting to award Tea Gardens to Hughes Swimming Pty Ltd and Wingham to Friends of Wingham Pool Inc.

Both contracts are for a three-year period with an option for two additional one-year extensions. Contracts will commence on 14 September 2024.

### Memorandum of understanding – Newcastle airport

Councillors endorsed the signing of a Memorandum of Understanding with Newcastle Airport. As part of the wider Hunter Airports Strategy, Newcastle Airports and MidCoast Council will look to investigate opportunities for collaboration activities to aid economic, tourism air freight and international domestic air connectivity development in the MidCoast and Greater Hunter regions.

Specifically, the two bodies will;

- Cooperate on promotion of the Taree Regional Airport as a secondary hub/reliever hub for Newcastle Airport General Aviation activities to alleviate Newcastle Airport constraints.
- Expansion of freight services at Taree Regional Airport site in conjunction with Air Freight capability development at Newcastle Airport.
- Support for an aviation training hub at Taree.
- Growing employment and economic opportunities for the MidCoast region.
- Driving visitation (including international visitors) to the Barrington Coast through cooperative marketing opportunities.
- Collaborate on in bound and out bound trade investment delegations.

### Water and systems monthly performance report

Bootawa Dam is at 90% capacity with median rainfall predicted for NSW between July and September.

### Accessibility parking space compliance review

Councillors noted the report which summarised the findings of an accessible parking spaces review. The review highlighted the non-compliance of the majority of the region's accessible parking spaces.

Of the 284 spaces in the Council area only 14 were considered compliant or near compliant to the current standards. This is not surprising as the suite of Australian Standards for accessibility underwent significant changes between 2020 and 2022. Most of the spaces were installed well before this time.

Councillors resolved to note the report and present the findings to the community Inclusion and Wellbeing Group. Council will also seek grant funding to assist in the upgrade of the non-compliance parking and a report will go back to Councilors to identify a works program to address the issues/options raised by the audit.

### Taree levee feasibility study – final report

Councillors noted a feasibility study which found the construction of a levee and pump system for the Taree CBD would not be effective or economically viable.

Council will now investigate options for an early warning system through government agencies in times of flooding risk.

### Policies Adopted after reviews

- Rezoning Application Policy
- Signs as Remote Supervision at Council Facilities Policy
- Events and Festivals Sponsorship Policy
- Climate Change Policy
- Vegetation Management Policy
- Liquid Trade Waste Regulation Policy
- Road Administration Policy
- Transport Assets - Maintenance Management Policy
- Risk Management Policy and Framework
- Surveillance Camera Policy
- Councillor Expenses and Facilities Policy

For full details of all reports please see: [www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Council-meeting-summary/Summary-Council-meeting-24-July-2024](http://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Council-meeting-summary/Summary-Council-meeting-24-July-2024)

## Funding for Mid Coast events & festivals



Are you planning to hold an event or festival in the first half of 2025 that will attract visitors to town? It's time to apply for sponsorship!

"We want to see applications from those hosting larger events that will attract visitors to the MidCoast region, encourage overnight stays and provide a significant economic boost to the area," said Tanya Lipus, Manager Economic and Destination Development."

"From music to sporting, food, cultural events and festivals, and everything in between, our

events are a celebration of what the MidCoast is all about."

Grants of up to \$10,000 are available for medium to large events and festivals scheduled for between 1 January and 30 June 2025.

Apply before 31 August 2024 for your chance to receive sponsorship from MidCoast Council. Applicants will be notified in October.

For new application guidelines and to apply, visit: [www.midcoast.nsw.gov.au/Community/Grants-and-funding](http://www.midcoast.nsw.gov.au/Community/Grants-and-funding)

## RFS Catering Brigade in Tuncurry needs your help



"We have around 7 volunteers in our Catering Brigade and urgently need more volunteers to help us organise and prepare meals for local RFS crews," said David Moore. "All volunteers need to become members with NSW RFS. Please give us a call and we can help you with this."

The Mid Coast District Catering brigade is a very important part of the NSW Rural Fire Service. Without these types of brigades, local RFS stations would not be able to keep their fire fighters on the front line for extended periods during the fire season.

During the fire season our catering crew could be preparing 3 or more meals a day to keep the fire fighters fed with high quality nutritional

food. During the off season we prepare meals for training events across the Mid Coast District.

All these meals are prepared in our purpose-built Commercial kitchen located in Grey Gum Road Tuncurry.

We are currently looking for new members to join our team of volunteers to assist us in preparing meals not only for the upcoming fire season but year-round support of our districts volunteer fire fighters.

If you would like further information please contact our Captain, John Smith on 0402 629 116 or Group Officer David Moore 0488 007 704.

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Tully's Tuncurry News  
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#### Forster

Beach Burns  
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

Coles

Woolworths

Stockland Customer Desk

Forster Keys Mini Mart

Club Forster

Forster Bowling Club

Lifeline Forster

Lakes & Oceans

**Pacific Palms**

Blueys Supamart

#### Charlotte Bay

Foodworks Charlotte Bay

#### Smiths Lake

Pacific Palms Bowling Club

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Tanya's Community Update

Organisations across the Myall Lakes region will benefit in funding through the NSW Government's Local Sport Grant and Community Building Partnership Programs.

LOCAL SPORT GRANT PROGRAM

Great Skates Roller Derby League secured \$7,900.27 to establish a skate equipment library. This will provide a range of gear that individuals can borrow, making roller derby more accessible in the region.

Mid North Coast Water Polo secured \$2,732.42 for new player uniforms and training equipment. The club will purchase flipper ball equipment to attract new, younger members to the sport.

COMMUNITY BUILDING PARTNERSHIP PROGRAM

Marine Rescue Forster Tuncurry secured \$12,000 for important communication upgrades. These improvements will enhance their ability to train volunteers and coordinate rescue operations effectively.

Nabiac & District Preschool secured \$24,000 for a fencing upgrade. The original fence and gates surrounding the preschool no longer met compliance standards, posing potential safety risks for the young children attending the facility.

It's great to see such a diverse range of groups throughout our electorate benefiting from these programs.

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

Manning Base Hospital planning steps forward

Tanya Thompson, Member for Myall Lakes, is pleased to announce that the Clinical Services Plan (CSP) for the Manning Base Hospital redevelopment is set to be reviewed at the end of August.
'A CSP review ensures that the Manning Base Hospital redevelopment can move forward and meet the healthcare needs of our growing Myall Lakes community,' said Mrs Thompson.
'This is an important plan that will shape the future of our local healthcare services.'
Mrs Thompson said the CSP review will involve consultation with stakeholders, including

healthcare professionals and community representatives.
'Their input is so important when determining what kinds of medical care, treatments, and patient services the hospital needs to offer.'
'This is great news for the Myall Lakes, we are one step closer to seeing a shovel in the ground.'
'I will continue to keep the community updated on each hospital development as they move forward,' said Mrs Thompson.



Nurses rally for better pay & conditions



Above: Natalie Fitzgerald-Forbes (in the front centre with glasses) calling for a 15% pay rise outside Manning Base Hospital. Many passing motorists tooled in support during the rally.

Continued from page 1.

unless the NSW Government starts to value our nurses and midwives.
'My brother works as a paramedic and he has received the 13% pay rise. We need to care about our nurses too. The situation is disgusting and we are losing our nurses everywhere,' said Christine.
Natalie Fitzgerald-Forbes, Manning Hospital Branch NSWNMA (Nurses & Midwives' Association) Branch President, said, 'Nurses and midwives of NSW are not going to accept anything less than a 15% pay rise. We have had a wage cap for decades. Our 2008 wages aren't keeping up with the cost of living in 2024.'
'Last year, the NSW Government spent \$2.8 million on overtime for nurses. If we could get nurses to stay we wouldn't have to pay this.'
'At the moment, nurses are typically staying at Manning Base Hospital until they complete their new graduation rotation before leaving the state to join better paid nurses in Queensland and Victoria,' concluded Natalie.

Story and photos by Mary Yule.

Forster-Tuncurry Mayoral column

I am pleased to report on two recent partnerships that will deliver positive outcomes for the community and the environment.



At the July Council meeting we endorsed entering into a memorandum of understanding with Newcastle Airport.

I first raised this with the Airport CEO last year coming out of our Economic Development work and it's great to get it this far.

This agreement will position us to capitalise on the new visitor markets that the upgrade to an international airport will bring to the Hunter and will also have positive implications for our economy. There are opportunities for our regional airport in Taree to be a secondary hub for Newcastle and this gives us a platform to potentially attract new businesses.

We will be working with Newcastle Airport on marketing to tourists and on trade investment delegations.

This is a good strategic partnership that will support economic growth in our region which has been a firm priority of Council.

We have also signed a carbon cutting agreement with Energy Company LGI Limited (LGI) at two landfill sites to deliver improved and meaningful environmental results.

The agreement involves LGI designing, installing, operating, maintaining and

upgrading landfill gas capture systems at Council's Tuncurry Waste Management Centre and Taree's Waste Management Centre.

Phase one of the project will see LGI drill gas wells to assess the quality and quantity of gas at both sites. Once confirmed, LGI will complete the drilling program and connect a network of pipes to a flare unit at each landfill site.

This partnership is at no cost to Council and adds to our other initiatives to reduce harmful emissions.

It aligns with our aim of achieving net-zero emissions and 100% renewable energy by 2040.

I would also like to draw the community's attention to our current events and sponsorship funding round, which is open until 31 August.

We are seeking applications from those hosting larger events or festivals that will attract visitors to the MidCoast region, encourage overnight stays and provide a significant economic boost to the region.

Grants of up to \$10,000 are available for medium to large events and festivals scheduled for between 1 January and 30 June 2025.

Finally, a reminder to tell us about issues you are having with services or facilities.

We have a large region and we rely on our community to share information with us. You can do this by going to our website and following the links to report and request, or by calling our customer service line on 7955 7777.

Mayor Claire Pontin

Invitation for Local Election 'Get to know your Candidates'

The Forster Fortnightly are publishing a 'Get to know your Candidates' feature on Wednesday 4 September before Pre-poll Voting opens on 7 September and before Election Day on 14 September 2024.



This invitation is open to every independent candidate and the first 2 candidates of any group registered for the MidCoast Council Local Election.

Please email info@forsterfortnightly.com.au to receive instructions and questions for this free feature.

Candidates must submit their responses by Wednesday 28 August.

Participating candidates will be published in alphabetical order by surname.

Mary Yule - Editor of Forster Fortnightly

Meet the Candidates

Local Government has a significant impact on our business community. The people responsible for those decisions are elected by you.

each candidate's stance on various issues affecting the business sector.

The Forster Tuncurry Business Chamber (FTBC) is hosting a 'Meet the Candidates' event for the MidCoast Local Council Election at Club Forster on 20 August. This is a perfect opportunity to connect and discuss ideas with the candidates, other local business professionals, and community members who share a passion for our region's future.

Registering is essential via the QR code or Forster Tuncurry Business Chamber website. Ticket price includes light refreshments and one standard drink.

During the evening, each candidate will deliver a brief presentation of their platform, key policies, and vision for the future. After the presentations, a Q&A will be held where attendees can ask candidates specific questions.

Above: Simon France, FTBC President.

This is a great opportunity to address any concerns, seek clarification, and understand

(See advertisement below.)

Advertisement for Tanya Thompson MP, Member for Myall Lakes. Features a large photo of her and three grant award photos: Marine Rescue Forster Tuncurry (\$12,000), Great Skates Roller Derby League (\$7,900.27), and Mid North Coast Water Polo (\$2,732.42). Includes contact information for her office and website.

Advertisement for MidCoast Council. Text: '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.' Includes a photo of a worker in a hard hat and a QR code.

Advertisement for 'Meet the candidates' event. Text: 'Meet the candidates MidCoast Local Council Election Business Connect 20 August 5-7 pm Club Forster, 19 Strand Street'. Includes a QR code and admission details.

Advertisement for Banks and Dade Chiropractic, Homeopathy, and Nutritionist. Text: 'Banks and Dade CHIROPRACTIC • HOMEOPATHY • NUTRITIONIST For all of your healthcare needs. Booking available online or by phone 54 The Lakes Way Forster - Ph 6557 6333 www.banksanddade.com.au'.

## Leadership Program still going strong at Forster Primary

Forster Public School are very proud of their Hadley Helper Year 5 Leadership Program which is now in its third year of operation. The program initially began in Term 3 2022 with the first group of Year 5 students being part of this program. It is about supporting the younger students, Kindergarten to Year 2 while at play. The Hadley Helpers organise games and assist with friendships and small playground challenges.

Initially the Hadley Helpers were only rostered on one lunchtime per week, but this eager group of young Year 5 leaders were very keen to extend this to recess as well. So, from last term our Hadley Helpers were rostered on twice a week.

They are also the first group of Hadley Helpers to begin their roster from the beginning of the school calendar year and they have all maintained their energy and interest in this special job.

The students and teachers value their contribution always knowing they can easily find a Hadley Helper by their bright blue playground vest.

This group will continue their special job right up to the end of the year and some will even assist the teachers in the next years training group which happens in Term 4.

In term 4 this year all Year 4 students will be involved in 2, two-hour training sessions

involving topics such as: School Expectations, Values and Rules, What is Bullying and Cyber Bullying, What is an Upstander and a Bystander, What is Conflict and Teasing, Friendship, Being a Good Leader and Ideas for Games With and Without Equipment.

We are very proud of these dedicated young leaders, their initiative and commitment and their positive role models for all the students at Forster Public School.

We look forward to training up our Year 4 students for The Hadley Helper Program for 2025.

By Elizabeth Maher, Rachel Train and Mel Moyle.



## New partnership to subsidise school visits to educational sites



The Coastline Community Foundation is providing \$10,000 to help school students attend education programs at MidCoast Council's cultural facilities, the Manning Regional Art Gallery, Manning Entertainment Centre, and Libraries.

"We are delighted to collaborate with the Coastline Community Foundation, to the benefit of schools and educational facilities throughout the MidCoast," said Mayor Claire Pontin. "Schools often have difficulty finding the funds to take students on excursions, so this program is very welcome."

Left: (L to R) Mayor Claire Pontin, Ivor Thomas from Coastline and GM Adrian Panuccio.

The funding can be used to subsidise the transport costs for excursions.

The MidCoast School Excursions Subsidies Program provides up to \$800 per educational facility towards the cost of bringing students to MidCoast Council cultural venues to experience performances, exhibitions and library programs. Schools will be able to claim the subsidy twice in a 12-month period.

Ivor Thomas, Coastline Business Relationship Manager, said, "Our board feels strongly about the link between cultural activities and strong, healthy communities."

"We believe this program will help make a difference to the lives of many children and young people by inspiring creative minds and building a lifelong interest in arts and culture."

"We have world-class cultural facilities which host renowned artists, authors and performers," said MidCoast Council General Manager, Adrian Panuccio. "This program will make it possible for more children and young people to access these facilities and take part in a variety of cultural experiences and activities."

The School Excursion Subsidies program is the first initiative to be delivered under the MidCoast Arts and Culture Sponsorship, which sees MidCoast Council partner with like-minded organisations to build cultural development across the region.

Details of the funding and cultural programs, along with application forms are available on the MidCoast Council website at: [midcoast.nsw.gov.au/Art-and-culture-sponsorship](http://midcoast.nsw.gov.au/Art-and-culture-sponsorship)

## MidCoast to 'Open Main Streets'



Our main street areas are set to become more vibrant and lively thanks to MidCoast Council securing an Open Streets program grant from Transport for NSW.

Forster, Wingham and Gloucester have been chosen to host four events scheduled to run between September and December.

Council is excited to announce that under MidCoast Mains, our main streets will come to life and residents, businesses, musicians and creatives will converge in the heart of their town centres.

MidCoast Council's Manager Economic and Destination Management, Tanya Lipus, said

"This is not just a great opportunity to add vibrancy to our main streets, bringing residents, businesses, musicians and other creative artists together, but an important initiative to help stimulate the local economy."

"A pilot of the Open Streets program in other parts of the state saw an average increase in visitation to town centres of 370% and a doubling of sales turnover for local businesses."

Keep an eye out for more information directly from each area's Chamber of Commerce and from listings on Barrington Coast's What's On page.

Photo of Wharf Street, Forster, by Mary Yule.

## Great Skates equipment library

Great Skates Roller Derby League have been successful in securing a \$7,900.27 grant under the NSW Local Sport Grant Program for a skate equipment library.

Mrs Thompson visited the Derby League, at the Great Lakes Aquatic & Leisure Centre to personally deliver the exciting news to league members.

"Great Lakes Roller Derby League will use this funding to establish a skate equipment library that will provide a range of gear that individuals can borrow," said Mrs Thompson.

Adrienne Greene, public officer for Great Skates Roller Derby League said, "This grant will allow us to offer access to essential gear to new and existing members without upfront costs. We hope this will encourage more people to join our roller derby community."



Above: Tanya Thompson MP (on the left) presenting grant cheque to Great Skates Roller Derby League players.

If you'd like to get involved please email: [greatskatesrollerderby@gmail.com](mailto:greatskatesrollerderby@gmail.com)

## Flexible Bulky Waste pickup



MidCoast Council's Bulky Waste collection services have changed, providing greater flexibility for residents.

Households will continue to receive a free Bulky Waste collection each year, however you can book it in when it suits you.

Simply organise what date works for you and head online to [midcoast.nsw.gov.au/bulkywaste](http://midcoast.nsw.gov.au/bulkywaste) and book your pickup. Phone bookings are also accepted.

Residents of properties with more than six dwellings must arrange a combined Bulky Waste collection via the strata/body corporate or managing agent.

When booking your collection you are eligible for a free mattress disposal but this must be done by dropping it off yourself at your nearest waste management centre.

The new system started on July 1.

For more information or to book your free Bulky Waste collection head to [midcoast.nsw.gov.au/bulkywaste](http://midcoast.nsw.gov.au/bulkywaste)

## Latest news from Great Lakes Palliative Care Support

We remain extremely busy with fundraising events, community education and spreading the word that palliative care is much more than just about dying, it's about living well until we die. We have had the opportunity to support our Community Palliative Care team as well as the Oncology and Nursing staff of Forster Private Hospital. We have been able to enhance the services that are offered at one of the most challenging times for the patient, families and carers of this area, as well as to outlying areas such as Gloucester, Hawks Nest and Bulahdelah.

End of Life packages are limited and we continue to provide top up domestic services and personal care through brokering to Mid Coast Assist. In the past financial year, we have provided \$37,000 of services accounting for 422 occasions of service for over 112 patients. We are currently supporting a young mum with three children in Gloucester with cleaning, sadly she is very unwell and cannot manage to do her housework. These services are provided at no cost to the family.

Our service provision does mean patients can stay at home longer or until their death if that is their wish. We are often filling the gaps until other services can be arranged but due to availability and waiting times for Aged Care packages in our local area sometimes death occurs before a package can be put in place. We have provided 3 weeks respite care for a gentleman who was unable to afford it at a cost of \$1600.

Our equipment service remains in constant use with our storage shed in Rodmoy St Tuncurry, being accessed by the nurses, occupational therapists or provided by our Equipment Officer. The equipment is loaned at no cost to the patient, we are grateful to Cape Hawke



Above: New GLPCC committee (L to R) Helen Cramp, Roz Dreise, Kay Chapman, Deidre Stokes, Harold Astle, (standing) Helen Bryan and Ian Dwyer. Absent: Sue Colditz and Helen Duggan.

Health who provide \$1500 per month to cover the costs of rental of the storage premises.

We continue to provide Social Worker assistance to those who cannot get services through usual channels. This has been so beneficial with helping patients and their families negotiate the trauma associated with changed financial circumstances, changes in employment, and housing while facing the trauma associated with a life limiting illness. Due to the increased cost of living it has

become apparent that we have more requests for financial aid. The need for food and petrol has escalated considerably. To this end we have provided food and petrol vouchers to the value of \$7000 over the past year, these vouchers are distributed by the Social Worker and nurses on an individual needs basis and are given at the time of greatest need.

We have provided financial assistance to pay the costs of pharmacy bills, nutritional supplements, utility bills, land and water rates. These requests are taken on the clinician's

advice on an individual case by case basis and we do our best to use the money wisely. We are usually the last resort when all else has failed. Our requests have increased in the past six months due to Can Assist in Taree now only able to provide food vouchers due to fundraising difficulties. 40% of requests to Can Assist come from people in the Forster Tuncurry area.

We also provide massage vouchers for stress relief for carers and patients, as well as lymphatic drainage and pain relief. Our massage therapist can visit at home if needed and currently is assisting with comfort and pain relief for two patients in Aged Care facilities.

We provide wigs to patients suffering treatment related hair loss and that has been going now for approximately 10 years.

Throughout the year, our hardworking volunteers work tirelessly to keep our community profile high and to raise the funds we need to keep our service functioning. These activities include raffles, garage sales, trivia nights, luncheons, Bunnings BBQ, barefoot bowls and many other ventures.

We are also blessed by the generosity of our local service clubs, community members and sporting bodies who donate funds to our service. The Great Lakes Historical Car Club Motorfest has supported us for the past three years, the Matt Nixon Memorial Golf Day has supported us with donations of over \$200,000 over the last 24 years. Without the hard work of our volunteers and the support of our local community we would be unable to make a difference in the lives of so many. We are indeed a compassionate community.

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

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See website below!

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Pacific Cape Lodge

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Are you curious to see what it would be like to live a state-of-the-art Aged Care facility? Then join us for morning tea and take a look at what we have to offer.

Bring your family and friends along to tour our beautiful facility and speak to some of our residents while you enjoy a cuppa and a bite to eat.

For more information, please call us on 02 5502 6555 Monday to Friday 8:30am to 4:30pm.

We look forward to seeing you there!

## Vigil for Vietnam soldiers

A Vigil for Sapper Peter John Bramble was held on the 3rd August 2024 at the Forster Cemetery by the Great Lakes Vietnam Veterans Forster Sub Branch and the Forster Tuncurry RSL Sub-Branch. Sapper Peter Bramble was killed in action on the 22nd of May 1969 when he was 21 years old.

This annual service was started last year by the Department of Veterans' Affairs to remember all 523 service members who were killed in Vietnam during the war from 1962 to 1975. *Story and photo by Geordie Yule.*



A Vietnam Veteran's Day Service will be held on the 18th of August at 11am Belton Park War Memorial, Little Street Forster, to honour all military personnel who have paid the ultimate sacrifice in South Vietnam. Everyone from the community is very welcome to attend.



Above: (L to R) FT RSL Sub-Branch President Ces Miller, GL Vietnam Veterans President Derek Hinde, Anne Cromie, Barbara Cather, Chris Bedwell and Peter McTiernan. Photo by Geordie Yule.

## Soft plastic recycling plant opens in Taree

A new Soft Plastic Engineered Commodity (SPEC) plant, built and commissioned by iQRenew, is the culmination of four years of rigorous testing, trials, investment and innovation. Its official opening marks an important step forward in the Australia's quest to find a solution to the post-consumer soft plastics recycling challenge that came into stark focus when REDcycle collapsed in November 2022.



Above: iQRenew CEO Danny Gallagher

Located in Taree, on the Mid North Coast of New South Wales, iQRenew's SPEC plant has capacity to process 15,000 tonnes of post-consumer soft plastic annually, which the company claims makes it the largest facility dedicated to dealing with 100% post-consumer soft plastic right now in Australia.

Other grades of raw material, iQRenew says, can be used for making recycled pellets for use in manufacturing plastic products such as non-food grade films, construction and agricultural products and other plastic items, or extrusion moulding such as park benches, bollards, fence posts and other moulded products.

iQRenew says the plant is the "missing link" in Australia's soft plastics recycling infrastructure. It says the processed material is transformed into high-grade raw material that can be used by chemical and mechanical processors and will enable growth of this market in Australia.

Danny Gallagher, CEO of iQRenew, said, "iQRenew is truly proud to be at the forefront

of solutions for post-consumer soft plastics in Australia. My team has worked tirelessly to make SPEC a reality. I extend my gratitude to them and our partners. Looking ahead, we hope for greater collaboration across the entire supply chain — from brand partners to government and industry bodies — so we can all work together to deliver a circular economy, fit for our future."

According to iQRenew, the SPEC facility is well positioned to support the Curby "bag-in-a-bin" program run by councils around the country and to support the future post-consumer soft plastics collection scheme being developed by industry to replace the discontinued REDcycle program.

iQRenew says it is inviting supply chain stakeholders and manufacturing partners to get in touch. The company says there are numerous opportunities for collaboration with offtake partners.

By Lindy Hughson. [www.packagingnews.com.au](http://www.packagingnews.com.au) 25/7/24



## Sporting legends support 'Sports Luncheon' Fundraiser



Above: Front Row (L to R) Dawn Hayman, Julie Dolan, Julie Brady, Terry Green and Mel Payne – Function Manager TBBC. Back Row: Carly Ravenscroft, Bernadette Flannery - President of GLWS Board, Darren Sanders – Host/Comedian, Dave Marsh – Group CEO St Johns Park, Matt Cecchin, Tanya Thompson – MP Myall Lakes and Terry Evans.

how happy they were to travel to the Luncheon in support of organisations like the GLWS.

The Sports Luncheon was part of a \$100,000 fundraising commitment by the TBBC for the next 4 years.

Terry Green, Head of Community Engagement TBBC, said, "This is something I've always wanted to help with. I know the work they do at the Great Lakes Womens Shelter



Entertainer Matt Zarb & Co.

Cary Ravenscroft, Manager GLWS, said, "I would love to thank our volunteers for all their hard work on the day, and all the donors and supporters, it was a fantastic day, and we can't wait to do it again next year!"

*Story and photos by Mary Yule.*



Sporting legends from near and far entertained over 200 guests at a special Sports Luncheon Fundraiser on 26 July, organised by the Tuncurry Beach Bowling Club (TBBC) to raise funds for the Great Lakes Womens Shelter (GLWS). Attendees also bid for sporting memorabilia and donations from local businesses in an open and silent auction.

and have been in discussion with Julie Brady (Founding President of GLWS) for 5 to 6 years. Now is the time to support their organisation after Covid and after our major renovations have been completed. We plan to organise fundraising events like this continually for the next 4 years."

MC Dave Marsh interviewed four incredible legends on the stage including Dawn Hayman, Australian Lawn Bowls Champion who has currently represented Australia 88 times, Matt Cecchin, former Rugby League Referee who officiated over 350 National Rugby League matches, Julie Dolan, a soccer trailblazer who was the first captain of the Australian Women Soccer in 1979, and well-known racing identity, Terry Evans, Horse Trainer and business owner at the Tuncurry Jockey Club.

Julie Brady, President GLWS, said, "TBBC, led by Terry Green and supported by their Sydney based parent club, St Johns Park, have supported GLWS since we opened the doors in 2016. The club's contributions have been both financial through the Clubs Grant Scheme and via a number of very welcome functions and fundraising events."

Every legend spoke of their amazing careers and challenges as well as the support they had received along the way. Each speaker then said

"The Club has now pledged \$100,000 over four years and got off to a cracking start with this Sport Luncheon."

"We are so grateful for the support and friendship of TBBC over the years and recognise their many contributions."



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GENERAL ADMISSION - \$35pp

Book NOW at reception or online at [tix.yl/sydneyhotshotstuncurry](http://tix.yl/sydneyhotshotstuncurry)  
*\*Online booking fees apply.*

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FRIDAY 30 AUGUST

Doors Open from 7.30pm for a 8pm show  
Tickets \$45 per person

Book at reception or online at [www.stickytickets.com.au](http://www.stickytickets.com.au)

## THE BON JOVI SHOW

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FREE in the Main Lounge from 8pm

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Local Calendar

Your 'Local Calendar' lists free events. Max 4 lines. It is the responsibility of the organisation to update their information.

August



**Open until 8 Sept - Abstract Art Exhibition**  
Forster Gallery, 34 Lake St, Forster.  
Open Saturday & Sunday 10am - 2pm (or when flags are flying).

**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

**Sat 24 August - Tuncurry Market**  
8am to 1pm at John Wright Park, Tuncurry.  
Enquiries: Anne 0417 400 994

**Sun 25 August - Pacific Palms Market**  
9am to 1pm Pacific Palms Community Centre.  
Community Library Stall open in hall.  
Enquiries: Jennifer Doyle 0401 968 516

September

**Sun 1 Sept - Hallidays Point Car Boot Sale**  
7am to 12pm Hallidays Point Shopping Village  
Enquiries: 0403 042 088

**GREAT LAKES Palliative Care Support**  
**Garage Sale**  
10th August 2024  
1/5 Rodmay St  
Tuncurry  
8am to 1pm

What's on around town & beyond!

Discover joy of learning with Coomba MasterClass



Art MasterClass

Over a year ago, Coomba Sustainable Living introduced Coomba MasterClass, a community initiative designed to offer a wide range of affordable courses to everyone in our community. The response has been overwhelming, with numerous skilled individuals generously volunteering their time and expertise to make this program a success.

The upcoming Coomba MasterClass in August is focused on Creative Writing. Our facilitator, Fran, is an accomplished novelist who will provide expert guidance to help you start your own short story, memoir, journal, or novel. This is a fantastic opportunity to develop your writing skills under the mentorship of an experienced writer.

The rest of the year promises an exciting lineup of classes, including; Cooking with and Growing Bush Tukker, Propagation Techniques and Seed Saving Natural Therapy.

Our last MasterClass in July, participants had the pleasure of learning how to make Risotto

and Arancini from Mimma, a Sicilian cook. The 12 enthusiastic attendees not only learned the traditional Italian recipes but also had a wonderful time cooking and sharing meals together.

Our program has featured a wide variety of classes, some of our classes already held include: Kombucha and Sauerkraut making, Auslan Sign Language, Gnocchi Making, Learn to Crochet, Making Terrariums, Ancestry and Genealogy and First Aid Refresher, just to name a few. Each session is designed to bring people together, foster learning and create a sense of community.

In March this year, our Watercolour Painting class gained so much interest that it has now evolved into a regular monthly Art MaterClass. Participants of all skill levels and genres gather to paint, learn new techniques, and inspire one another.



Kombucha & Sauerkraut Making Class

Coomba MasterClass



Discover the joy of learning from February to November.

Coomba Community Centre,  
86 Moorroba Rd

Cost: \$5 per class

Enquiries & 2024 Course Programme:  
coombasustainableliving@gmail.com

- Coomba MasterClass takes place on the 3rd Saturday of every month 2 to 4pm
- Art MasterClass is on the 1st Saturday of every month 9am to 12pm
- Cost \$5 per class
- Operating from February to November. Held at Coomba Community Centre.

We invite everyone in the community to join us in this journey of learning and creativity. Whether you want to pick up a new hobby, hone a skill or simply meet new people, Coomba MasterClass has something for you.

For course information, registration and inquiries, please contact us at: coombasustainableliving@gmail.com

Thrift Shop to Catwalk - Mad Hatters Tea Party

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: 'Mad Hatters' Hat decorating at The Nook Opshop. Thank you to Pam South and Lee Spratt for their creative hat skills.

**Hat decorating & 50% off clothes each Friday this August at The Whitehouse Nook & Cafe**

• Head to The Whitehouse Nook & Cafe (8 Failford Rd, Darawank) on any Friday in August to find your perfect hat for a chance to win at the Mad Hatters Tea Party on Saturday 31st August!

• And/or decorate your hat 10am - 3pm every Friday in August at The White House Nook & Cafe. \$10 fee applies.

**Thrift Shop to Catwalk**  
CHARITY FUNDRAISING COMMUNITY EVENT  
**MAD HATTERS TEA PARTY & PRELOVED FASHION SHOW**  
SATURDAY 31ST AUGUST 2024 - 3PM-5PM  
\$50ea DRESS THEME - SPRINGTIME ELEGANCE  
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What's on around town & beyond!

Music Inspired by Poetry



Company of Voices is delighted to present Music Inspired by Poetry.

Join Company of Voices under the baton of well-known Musical Director, Leigh Vaughan and celebrate live music in our acoustically excellent historic Tuncurry WW1 Memorial Hall.

Experience a fabulous afternoon of musical repertoire favourites and some less known choral pieces, ensemble works, and piano music, inspired by some of the world's greatest poets, transformed into musical works of enchantment by leading composers from throughout the ages.

A veritable feast of music from Purcell through to Australia's own Paul Jarman and a Mid Coast Premiere performance of The Lake Isle, by Norwegian composer, Ola Gjeilo for guitar, piano, strings and choir, set to the inspiring poetry of William Butler Yeats.

A solo performance of three songs from A Poet's Love - Robert Schumann's musical settings of the poems by Heinrich Heine, and an impassioned piano solo, by Franz Liszt - Sonetto 104 del Petrarca. will be special treats.

Afternoon Tea will be provided at interval by Forster Tuncurry Quota at a cost of \$5 to be paid on the day.

To avoid disappointment, purchase your tickets online at: www.events.humanitix.com/music-inspired-by-poetry

Limited tickets at the door  
General Admission \$25

Concession \$20

Students and Children under 16 free

Profits from this event will go to Great Lakes Women's Shelter.

First Abstract Art Exhibition

It's often said that beauty is in the eye of the beholder, and when it comes to the art world, the phrase is clearly understood. While comparisons are sometimes made between styles and genres, an evaluation between each individual piece can open the eyes to what is new and different...The term, Abstract, conjures up a variety of images in each individual.



As a 13 year old boy, Pablo Picasso had his first art exhibition in the back of an umbrella shop. Many decades later his work was displayed at the Louvre. Picasso embraced all forms of

abstract art, including cubism and surrealism. He was one of the most prolific artists in history and died a very wealthy man.

Russian born, Wassily Kandinsky, is another name associated with Abstract art. His use of veiled imagery

contributed to alternate ways to see and experience the world. Like Picasso, he spent much of his creative life in France and both men have left a unique legacy to the art world.

With this in mind, it was suggested to Forster Gallery that local artists combine their talent to put on an exhibition of abstract art – a first in the area. In keeping with the contemporary, abstract style, there will be lots of colour and thought provoking imagery. For some of our artists, it will be an opportunity to exhibit a style they have been developing for some time. For others, it will be a foray into the unknown.

Is there a Picasso or Kandinsky in our midst? Who knows. Visit the gallery and let us know.

Forster Gallery, 34 Lake St. Forster. Open Saturday and Sunday 10am-2pm (or when the flags are flying). Entry is free.

Abstract Exhibition from 31st July - 8th September.

By Roz Baker - Great Lakes Art Society.

**Company of Voices**  
**Music Inspired by Poetry**  
Sunday 18th August 2024 2pm Tuncurry WW1 Memorial Hall  
Point Rd Tuncurry  
Tickets at the door \$25 - Concession \$20  
Children and students 16 and under free  
Wheelchair accessible  
https://events.humanitix.com/music-inspired-by-poetry  
Or scan QR code  
All profits to GL Women's Shelter

**Abstract Art**  
**Forster Gallery**  
Mon 29 July - Sun 8 Sep 2024  
34 Lake Street - Free entry  
Open 10am - 2pm  
Saturday and Sunday and days when the 'flags are flying'  
www.forstergallery.org

**RAISE YOUR GLASS: PINK TRIBUTE**  
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# Mixed bag and Feedback

## Letters to the Editor

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



Road safety at Bungwahl Public School

### Road safety at Bungwahl Public School

Bungwahl Public School sits on a narrow stretch of Seal Rocks Road. The designated kiss-and-drop zone is dangerously small; it is essentially just an unmarked section of the shoulder of a 70km/h zone, on a bend. The kerbside of this area is a deep drainage ditch which is often filled with water, or completely sodden. As such, children need to enter and exit their vehicles on the roadside of the kiss and drop zone, which requires them to walk into the flow of oncoming traffic.

The issue is further exacerbated by the high number of vehicles coming and going from Seal Rocks which are often rental vehicles, motorhomes, or large vehicles towing caravans. In addition to this, our school sits in a 70km/h zone and the flashing lights on our 40 signs are often not working.

The net result is that our children are forced to walk into the flow of traffic to enter and exit their cars; traffic which consists of caravans and motorhomes travelling at speeds often well in excess of the 40km/h that school zones require.

The school's P&C Association has been in communication with council for several years regarding this issue, and council have outlined that "The current road doesn't meet the Transport for NSW standards and guidelines to install parking lane markings" but "MidCoast Council must prioritise projects and allocate funds to asset renewal and infrastructure improvements utilising available resources".

The P&C Association, and all parents of the school, are incredibly frustrated that the safety

of our children doesn't represent enough of a priority for council to allocate the funds required to cover the drainage ditch and widen the kiss-and-drop zone.

*Bungwahl Public P&C Association*

### Response from MidCoast Council Spokesperson

The road issue at Bungwahl Public School is historical in nature in that if the school was to be proposed and developed today the road would need to be widened and upgraded to provide adequate drainage, kerb and gutter and footpaths.

Unfortunately, as the school has been developed over the years there hasn't been investment in the public road infrastructure to keep up with expectations.

The cost to bring the Bus Stop and parent drop off zones up to a suitable level is more than \$100,000 and is not in Council's budget at this time.

However, we will continue to look for grant funding opportunities to improve the situation as it is also the State Government's responsibility to provide adequate infrastructure in support of educational facilities.

I encourage the school to report issues where the 40 kilometre an hour school lights are not working. Regardless of the lights, the zone is enforceable by the NSW Police and we will refer concerns raised, regarding speeding, to the Local Area Command.

### Covid Poem

First came the drought, then the fire and the rain.

Next came the covid to test us again.

And test us it has, right around the earth.

Time for our leaders to show us their worth.

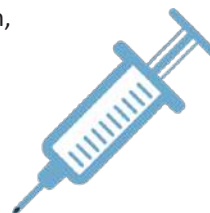
Astrazeneca, Pfizer or Moderna, whatever their name,

Medicos tell us the result is the same.

So to stop the infection,

Get the injection.

*By Dot King - Forster*



### Unusual bird behaviour

Today (21 July) I saw some very unusual bird behaviour...

Two Black Bowerbird males (Ptilonorhynchus violaceus) took turns dive-bombing my head to scare me away from our solitary beehive where the birds had been plucking off returning bees at will! They were quite vocal about it.

The bees appeared reduced in numbers, but that may have to do with the bitterly cold southerly blowing our way!

Next, we saw a figbird (Sphecotheres vielloti) with its head almost buried in the hive. (Yes, I should have reduced the entrance before the onset of winter proper.)

I quickly went up to the hive, without my face veil or gloves, and put the little board in place so only a low and narrow opening remained to protect the rest of the bees from the birds.

*Luis M Huesch - Charlotte Bay*



www.moir.com.au

### Purple motorised scooters are eyesores

We have been coming up to Forster for 25 years and I'm disappointed to see on my most recent visit the proliferation of purple scooters strewn across the roadsides, footpaths and parks

I appreciate these scooters are probably used by tourists and are an attraction and convenience in getting around the local area, however, many have been carelessly abandoned after use.

They are not only an eyesore on the natural beauty of the town but they are also a possible hazard to the elderly. Surely there needs to be some regulation to ensure they are returned safely to a central location/locations rather than be cast aside anywhere along the streets.

Council should take this matter in hand and ensure our streets remain safe.

*Paul Astley - Saratoga on the Central Coast*



### Submit cycleways ideas

I urge all cyclists and members of the tourist industry to submit ideas on the council website (see below) to construct cycleways in the Forster-Tuncurry area. We are currently the most poorly served cycling community along the NSW coast. Every second visitor to the town seems to have bicycles on their vehicle but when they get here, there is nowhere safe to ride.

The Council is currently constructing an 'Ecocentre' at the transfer station on Midge

Orchid Road in Tuncurry. It would be the ideal opportunity to link the cycleway at the back of the Tuncurry College to this site allowing access to the Centre, the volunteer-run community bike workshop (Greenbikes) and the sand mining road to Black Head. An ideal one-day ride on cycleways and a seldom used road, with lunch and a swim a Black Head!

[www.haveyoursay.midcoast.nsw.gov.au/midcoast-walking-cycling-and-trail-based-activity-strategy](http://www.haveyoursay.midcoast.nsw.gov.au/midcoast-walking-cycling-and-trail-based-activity-strategy)

*Janusz Haschek - Forster*

## Screen Reviews

Movie review by Harriet Kelly.

### The Man With 1000 Kids - Netflix

I'm always on the look out for the perfect mix of an intriguing storyline with quality production – and this is such a series! Although the plot seems 'fait accompli' at first, with hints and subtle twists carefully dropped into the first episode, all will make sense at the end. Carefully crafted and a polished piece of Netflix, this three-part series will have you glued from beginning to end.

Whilst the main player seems fairly straight forward in the first episode – a 'lad' making up his own sperm donor rules - the first concern is his interest in going further than making 'drop off' donations with women he would not naturally associate with. Behind the scenes drama plays out in the final instalment when his motivations are finally revealed.

I'd like to say the main player is a complex individual driven by the nexus of his confounded personality – but in truth the reasons seem far more basic, just an immature and self-centred young man.



### Elderly, confused man still running for President

#### Political Satire:

A 78-year-old man who believed he beat Barack Obama in a Presidential election and confused Nikki Haley with Nancy Pelosi is surprisingly still running for office, despite clear signs of cognitive decline.

Experts have expressed concern at the sharp mental deterioration of the septuagenarian, who earlier this year referred to his wife as 'Mercedes' rather than Melania, often goes on

strange rambling tangents, and fell asleep at his own criminal trial.

Last month he bragged about passing a cognitive test, then confused the name of his doctor with a member of Congress. In the past he has referred to the country Argentina as a person, said that Mexicans 'don't speak languages' and described his policy for the country's missile defence system as "Ding, ding, ding, ding, ding, ding ... Boom. OK. Missile launch. Woosh! Boom."

Most concerning, the man still believes he won the 2020 Presidential election.

[www.theshovel.com.au](http://www.theshovel.com.au)

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**School Canteen Licence**

Tenders are called for the licence of the school canteen **Great Lakes College Tuncurry 7-10 and 11-12 Senior Campus** for the school year commencing on Monday 3 February 2025 for a term of 3 years with an option to renew for 2 years. Annual school enrolments will be approximately 800 students.

General enquiries and requests for a Tender Information Package should be referred to:  
**Graeme Jennings**, College Principal  
6555 0555 or [graeme.jennings@det.nsw.edu.au](mailto:graeme.jennings@det.nsw.edu.au)

Tenders must be sent electronically and noted in the subject line "Commercial in Confidence - School Canteen Tender" and sent to:  
**Graeme Jennings**  
[graeme.jennings@det.nsw.edu.au](mailto:graeme.jennings@det.nsw.edu.au)

Tenders close at 3pm on Friday 16 August

Mandatory Criteria:  
All employees must hold a current Working with Children Check.

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**AP** ALLAN PEARSE

**School Canteen Licence**

Tenders are called for the licence of the school canteen at **Great Lakes College Forster Campus** for the school year commencing on Monday 3 February 2025 for a term of 3 years with an option to renew for 2 years. Annual school enrolments will be approximately 500 students.

General enquiries and requests for a Tender Information Package should be referred to:  
**Graeme Jennings**, College Principal  
6555 0555 or [graeme.jennings@det.nsw.edu.au](mailto:graeme.jennings@det.nsw.edu.au)

Tenders must be sent electronically and noted in the subject line "Commercial in Confidence - School Canteen Tender" and sent to:  
**Graeme Jennings**  
[graeme.jennings@det.nsw.edu.au](mailto:graeme.jennings@det.nsw.edu.au)

Tenders close at 3pm on Friday 16 August

Mandatory Criteria:  
All employees must hold a current Working with Children Check.

**Great Lakes College**

## Community News

www.forsterfortnightly.com.au

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## Weekly Diary

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

## Mondays

**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

**Quota Club of Forster Tuncurry**  
Meets 1st and 3rd Monday each month  
Club Forster. Lunch 12.30pm  
Meeting 1.30pm, Enquiries 6555 7219

**Al-Anon Family Groups**  
Does someone you love drink too much?  
7.30pm Salvation Army Hall, South St, Tuncurry.  
Contact: 1300 252 666

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

**Forster Tuncurry Lions Club**  
Meetings held 3rd Monday each month.  
Club Forster 6:30 for 7pm Dinner.  
Contact President Sue Newton 0418 607 292

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

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

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

**Mixed Social Tennis**  
Monday 9 - 11am at Tuncurry Sporties courts,  
Beach St. Contact Danny 0409 549 799

**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

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

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

**Rotary Club of Lower Midcoast**  
Meet 6pm on first and third Tuesday of each  
month at Sporties, Tuncurry.  
Call Lance Fletcher 0409 850 671.

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

**Hallidays Point Combined Probus Meeting**  
1st Tuesday of the month  
10.00am at Black Head Surf Life Saving Club  
To attend contact Ian Campbell 0417 928 791

**Wallis Lake Tourers Travel Club Inc.**  
Meet 10am 2nd Tuesday of the month  
Tuncurry Memorial Hall on Point Rd  
Enquiries Kayleen 0416 184 684.

**The Coomba Mens Shed**  
Open Every Tuesday 8.30am - 12pm  
86 Mooroooba Rd, Coomba Park.  
Contact Warren Arnold 0407 721 604

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

**Pickleball Tuncurry**  
9:30am and 5pm at tennis courts behind  
Sporties. Enquiries: Sonia 0427 309 032.

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

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

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

**1st Forster Tuncurry Scout Group Venturer  
Section,** Cnr Lake & McIntosh Sts Forster,  
Tues 6.30 - 8.30pm for 14 to 18 yrs. Enquiries:  
leanne.richardson@nsw.scouts.com.au

**Forster Tuncurry Radio Sailing Club**  
Tuncurry Racecourse Lake – 1pm  
Contact Bruce 0466 153 616

## Wednesdays

**Green Bikes Community Workshop**  
Open 12 - 3pm. Supplying parts & free help  
with bike problems. Tuncurry transfer station.  
Budding mechanics welcome. 0458 809 975

**Great Lakes Breast Cancer Support Group**  
First Wednesday of every month.  
4pm Tuncurry Beach Bowling Club.  
Contact Lorraine 0410588736.

**Seaside Heritage Quilters - all abilities**  
Meet 1st and 3rd Wednesday of the month  
10:30 - 3pm Forster Masonic Hall, Lake Street.  
Contact Diane De Wright 0491 150 910

**Club Forster Table Tennis**  
Each week new players welcomed.  
6 - 9pm. Contact Harold 5591 7133 or Bruce  
0414 532 496

**Westpac Rescue Helicopter Service**  
Forster Tuncurry Group  
First Wednesday of the month, 3pm Sporties  
Tuncurry. Enquiries: Ruth 0434 234 511

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

**Great Lakes Knit and Spin**  
Every Wednesday 10am – 12pm,  
Forster Civic Centre, Wallambah room.  
Enquiries Kayleen 0416 184 684.

**Great Lakes Suicide Prevention Network**  
Meet third Wednesday of every month at 6pm  
Tuncurry Beach Bowling Club & on zoom. Email  
greatlakesn2428@gmail.com for details.

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

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

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

**One Mile Beach Dunecare**  
Every Wednesday, 8:30am Carpark at  
Collendina Park, Beach end of Strand Street  
Contact Mark Linton 0402 045 718

**Hallidays Point Men's Shed**  
Meet 9am to 2pm in premises behind  
Community Church, 27 Diamond Beach Rd.  
Enquiries: Stephen Cox 0418 146 067

**Dementia Infomation drop in at Forster Library**  
1st Wed. of the month 9.30 - 11.30am. Speak  
with local Dementia Alliance representative on  
local services. Contact Christine 0408 548 698

**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 Mooroooba Rd, Coomba Park.  
Contact Warren Arnold 0407 721 604

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

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

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

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

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

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

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

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

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

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

**1st Forster Tuncurry Scout Group Scout  
Section** Scout Hall Cnr Lake & McIntosh Sts  
Forster, Thursdays 6.30 - 8.30pm for 11 - 14  
years. Enquiries: leanne.richardson@nsw.  
scouts.com.au

**Mens Social Tennis**  
Thursday 9 – 11am at Tuncurry Sporties courts,  
Beach St. Contact Danny 0409 549 799

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

## Fridays

**Forster Country Women's Association (CWA)**  
3rd Friday of the Month, 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**  
Breeze Parade Forster  
Carpet Bowls 9:15 - 12pm & Games 1pm - 4pm  
Contact 6505 2686

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

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

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

**Tuncurry Beach Dunecare**  
Every Friday, 8:30am Barry Stonham Park,  
Rockpool Road, adjacent to new playground  
Contact Mark Linton 0402 045 718

**Ladies Social Tennis**  
Fridays 9 -11am at Sporties Tennis Club,  
Beach St Tuncurry.  
Enquiries: Ywonne 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**  
Pebble Beach Playground off Head St  
7:45am for 8am start every Saturday  
facebook.com/Forsterparkrun

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

**Forster Country Women's Association**  
CWA 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

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

**Over 55s Forster/Tuncurry Social Group**  
Weekend meals at a local club or restaurant,  
or a location about an hour's drive from town.  
Contact Heather Yates 0414 507 781

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

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

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

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

**Forster Tuncurry Radio Sailing Club**  
Tuncurry Racecourse Lake – 1pm  
Contact Bruce 0466 153 616

## Community News

www.forsterfortnightly.com.au

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## Community Meals &amp; 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  
Tuncurry. 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.

## 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  
Street, Forster.

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.

## Tuncurry Community Morning Tea &amp; 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/



## Book Review

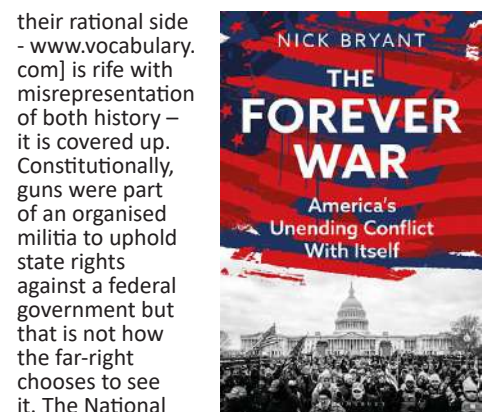
## The Forever War

From the very first, American Presidents such  
as Washington, in their inaugural addresses  
have been concerned about overcoming the  
divisions between the north, south, east, and  
west of the country. (See Official History of the  
United States by The Presidents).

Nick Bryant's The Forever War – America's  
Unending Conflict with Itself is a timely  
reminder, with the prospect of a second Trump  
presidency, of the continuing deep divisions  
in America and what Kathryn Greiner, the  
wife of a former NSW Premier called, a failed  
state. Bryant's point is that this condition is  
not new and that it has been embedded in the  
compromises to gain support for the American  
Constitution and practical politics ever since.  
His book is timely in the sense that Australia  
and the world may have to live with Trump's  
extremism. To us, that is, but not to many  
Americans.

Bryant starts with the riots on Capitol Hill and  
the trashing of Congress on 6 January 2021  
with Trump's inflammatory rhetoric about a  
stolen election. Yet from the first presidency  
on July 4th 1776, the north/south divisions  
with their underpinning of slavery have driven  
the democratic process with concessions and  
compromises to gain the southern vote. Non-  
whites were denied voting rights and even  
when they were introduced, voting was made  
difficult for them. Nor did women have the  
vote. On the one hand was a perennial fear of  
the central government overriding the state  
legislatures, on the other of popular democracy  
overriding executive power, to such an extent  
that successive presidents have extended  
their power by decree when necessary, and  
by stacking the Supreme Court enabling  
rulings in their favour. A lot of "American  
democracy" is founded on myth but strong  
presidents are welcomed as his chapter on  
American authoritarianism shows. Jefferson is  
quoted as saying that saving the country is a  
higher obligation than the rule of law. Nixon is  
credited with saying: "When the President does  
it, that means it is not illegal." (p132).

Demagoguery [an appeal to people that plays  
on their emotions and prejudices rather than



their rational side - www.vocabulary.com] is rife with  
misrepresentation of both history – it is  
covered up. Constitutionally, guns were part  
of an organised militia to uphold state rights  
against a federal government but that is not  
how the far-right chooses to see it. The  
National Rifle Association claims it is an  
individual's right and wields outsize power  
over congressmen. Likewise, the Supreme  
Court, originally regarded as the weakest of  
the three arms of government, is now with its  
two-thirds extremely conservative Trump  
appointees, regularly overriding both  
legislative intention and popular opinion; think  
rights to abortion.

Does he see the fracturing of America  
as leading to a second civil war as some  
commentators have suggested? Not in a  
purely military sense, but possibly in terms of  
guerrilla action by minorities against civilian  
organisations and individuals they deem  
antithetical – police and magistrates upholding  
the law, abortion clinics, schools who won't  
subscribe to creationism (divine creation). Yet  
he also sees an overwhelming public sanity that  
still believes in democracy, and the rule of law.  
While he quotes Trump as saying he will only  
be a dictator on his first day in office, Bryant  
does not address the possibility of Trump  
overriding constitutional safeguards especially  
given a history of Presidents saying the  
security of the state comes above everything,  
including the law. What then?

By John King - Librarian

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

## Star Pet



**Name:** Powering (Austin to his friends)  
**Breed:** Thoroughbred  
**Age:** 8 years  
**Likes:** Carrots and zooming around the cross-country course  
**Dislikes:** Not sure about liquorice

**Claim to Fame:** Powering is a former racehorse turned eventing star. He (gelding) is heading to Equimillion in Sydney this October to compete with other recently retired Thoroughbreds in the disciplines of dressing, eventing, showing and jumping.

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 2 - 4pm.

• Table top games - Wednesdays 10am - 12pm.

• 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



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

## Pet of the Fortnight

## Gentle Smokey still needs a home

Smokey is approximately 1 year old. He is a gentle soul who loves a pat and a cuddle. He likes to 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, vaccinated and microchipped. Flea and worm treated. If you would like to meet Smokey, please contact our Cat Welfare Officer on 0490 262 827.

NSW AWL  
Rehoming  
organisation  
number



**Midcoast ANIMAL HOSPITAL**  
where care comes naturally

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

CALL US: 02 6557 2273  
4 SOUTH STREET, TUNCURRY

# Moving on to Coomba

**Historical Talk Part 2: Moving onto Coomba and off to Forster - Anne Masters & Helen Duggan from the Great Lakes Museum.**

**Moving on to Coomba**

This area abounds with evidence of Aboriginal habitation in the shape of middens and sacred sites. It was the central campsite of the Wallamba Worimi people and possibly had up to 500 members before white contact was made. The middens suggest that the Worimi people had ample food and ate whelks, pipis, oysters, crabs, cockles, venus shells and prawns as well as many varieties of fish, yams and occasionally, wallabies, kangaroos, echidnas, water fowl and fruit bats.

The name Coomba is derived from an Aboriginal dialect and possible interpretations are Big Lake or High Wind or Male Baby though we have also been told it is named after indigenous man, George Simon, who was known as 'Kumba'.

With European settlement, the area was originally owned by the Australian Agricultural Company. One of the first settlers was Robert Dun. He was a timber man who one day saw a magnificent stallion which he eventually caught. He wanted to break him and train him for competitive racing but found the horse completely unmanageable. However, he met a young Aboriginal man who was an excellent horseman. He not only controlled the stallion but trained him for the race track so successfully that he rode him to victory in Newcastle, Kempsey and other district race meetings. The horse, 'White Foot', became a legend of the period.

Another early pioneer was George Ravell who was married to Hannah Blanch. They had 500 acres on which they ran sheep and cattle.

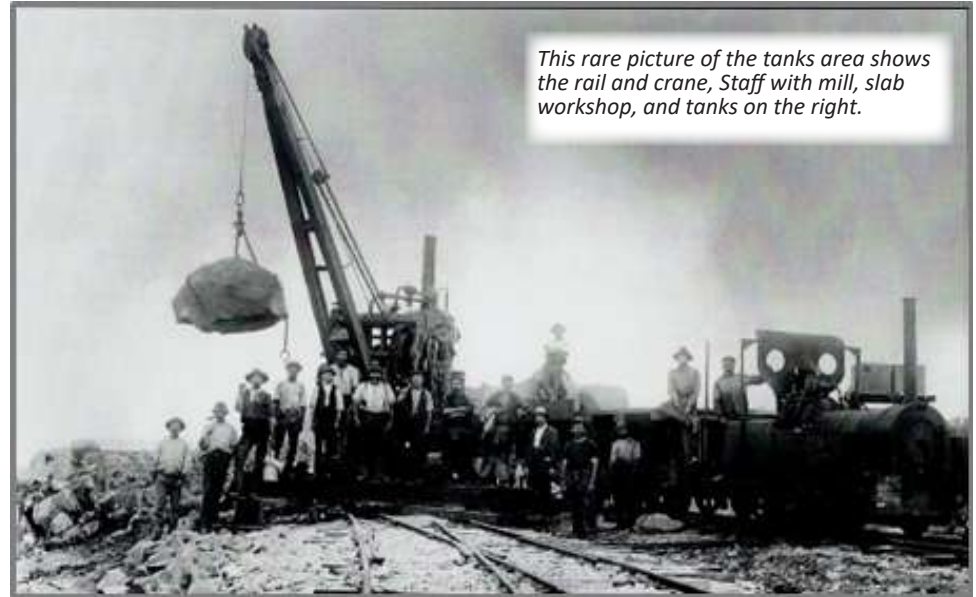
George also leased part of the lake on which to run an oyster business. They built a house and called it 'Rose Point', a name by which the area has been known ever since.

As with many other small villages, Coomba had its own school at Meeting Ridge from 1902 to 1928. The school eventually had to close as there were too few children coming down the river to attend it. The building was eventually transported to another site, possibly to be the new school at Charlotte Bay. The school building constructed on this site, in 1937, was used as the office of the State Emergency Service, Pacific Palms.

**Off to Forster - We are often asked 2 questions about this area:-**

1. Why is the area across from the Forster Primary School called the Tanks and
2. Why is the name of the town pronounced 'Foster' when it has an "r" in the spelling? To answer the first question...In the early years of settlement of Forster-Tuncurry, it was essential that the supplies could be shipped in and out and that the Bar to the entrance to Wallis Lake would be navigable at all times. During the 1890s it was decided that a breakwall, extending out to sea would be built along the Forster Shore.

In 1898, Richard Hungerford quarried rock from the western



This rare picture of the tanks area shows the rail and crane, Staff with mill, slab workshop, and tanks on the right.

side of Bennett's Head. He built a steam operated railway, using 2 small locomotives in case one broke down. The locos were shipped from Bungwahl by sailing ship and had been used by Hudson Bros for hauling logs. The railway ran for 2.4 kms along the coast from Bennetts Head, behind the Pilot Hill to the breakwall.

The line passed along the foreshores in front of the present Forster Primary School and through the area generally known as "The Tanks" where the steam engines were filled with water. The track from these ran roughly along where Head Street is now. All the tracks were built and assembled in Forster and 2 cranes were used.

The Tanks referred to a collection of 4 steel ship's tanks which were on a 3 metre high wooden stand. The tanks were 1.2 metres square and held approximately 1,820 litres (400 gallons) of water. A windmill situated beside the tanks drove the lift pump which pumped the water up into the tanks from a nearby well.

The wall took 3 years to build and in 1900 the line was dismantled and shipped to Tasmania for similar work.

No. 2: As to the reason for the town's name - the area occupied by the town of Forster was known to the natives and early settlers as Minimbah which I've been told means 'home of teachers'. After surveyor John Hall laid out his plan of the village of Minimbah, on Wallis Lake, County of Gloucester, he submitted it to the Department of Lands on 21st July, 1869. When the forms were returned, the word Minimbah was carefully crossed out and the word Forster printed in its place. Authorship of the substitution is not known. William Forster had been Premier of NSW from 1863-1865 and at this time was the Secretary for Lands. This is the man for whom Forster is named and that is how he spelt and pronounced his name.

**History Talk Part 2: Tuncurry - will be published in the next edition.**

nest, high up in an upright usually slender tree fork. Over a period of a week, she will weave a well camouflaged cup of bark and lichen bound together with spider web and lined with soft leaves and other materials. She also takes on the responsibility of incubation whilst the male brings her food.

Two and sometimes three grey-green to blue eggs with brown to purple spotting are laid. Incubation takes 15 to 16 days and the young fledge in ten to fourteen days. Chicks will be fed by both parents and sometimes helpers from the previous hatchings. Eastern Yellow Robins are protective parents and if threatened will feign injury to attract potential predators away from the nest and their young.

Eastern Yellow Robins are not considered endangered, however their reliance on mangroves, and on thick dark understories near waterways, obviously means they are impacted by land-clearing and habitat loss. Sadly, NSW continues to be a world leader in habitat loss, including of course, our coastal wetlands. More information on the importance of mangroves and coastal wetlands can be found from the Nature Conservation Council of NSW at: www.restorecoastalwetlands.nature.org.au

By Kym Kilpatrick - FAWNA, Hallidays Point. Photo by Brian Champion.

Eastern Yellow Robins are between 14.5 to 15.5 centimetres long and as the name suggests, have bright yellow breasts and bellies continuing to under the tail. Their upper bodies and heads are plain mid-grey with an olive undertone. Their wings and tails are darker grey to brown and there is a white stripe at the base of the wing feathers that becomes visible in flight. Their eyes are brown, bills black, and legs dusky grey. Adolescent birds resemble adults but are duller.

Eastern Yellow Robins are monogamous and territorial although young from previous hatchings may stay with the parent birds for a while in small family groups. During winter they will also sometimes join foraging flocks with other small birds.

As insectivores, Eastern Yellow Robins require thick bushy understory and fairly dark shaded habitat which best supports their insect prey and their ambush style of hunting known as 'perch and pounce'. Prey insects include ants, spiders, moths, grasshoppers, wasps and flies. Typically, they will flit quietly from low perch to perch, then dart quickly to ground, or to nearby foliage, to pick up their prey. Like other robins they are the true early birds, becoming active sometimes before dawn.

July to January is breeding season with sometimes up to three clutches of eggs laid in a good year. It is the female that builds the

## Our Local Wildlife



vital role that mangroves play in protecting our coastlines from storm surges, sequestering carbon (more than any other eco-system). Mangroves keep our waterways clean, as vital fish hatcheries, and, important habitat for several bird species.

Often heard before it is seen (check online for recordings), one particularly pretty small bird whose survival depends on mangroves as

well as other 'damp' areas near is the Eastern Yellow Robin (*Eopsaltria australis*).

### Eastern Yellow Robin

Friday the 26th of July was World Mangrove Day - in part to bring to awareness the

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# Local Identity - Rachael Turner

**Interview by Vanda Gooley.**

Rachael Turner is a local woman who grew up in Pacific Palms and now calls Forster home with her husband Rob and their three daughters. Rachael runs a graphic design business that caters to clients across Australia and, more recently, internationally. Having spent most of her life in this area, her passion for it runs deep. Now, at 48, she is more focused than ever on building strong communities within our region and helping businesses with their branding needs, from visual identities to logo designs, social media, and both print and digital design.

Rachael was born in Sydney, but her family relocated to Smiths Lake 40 years ago, when she was in her early primary school years. Rachael's dad, Doug Whitton, dedicated over 19 years to serving as a field officer for Booti Booti National Parks & Wildlife, until his retirement. Her mother Moya ran a holiday property cleaning business in the Pacific Palms area for over two decades. Rachael has a sister Jodene 5 years her senior and a brother, Scott 18 months older than her.

When Rachael was 27, she had the remarkable experience of meeting her half-sister, Nicolette, who was reunited with their mother after 45 years of separation during the forced adoption era. Nicolette now resides in Forster, completing the family unit in a truly special way.

Rachael's family has deep roots in the area, with her mother's side tracing back to the first pioneers in Tuncurry. "We're proud descendants of Thomas Mayers and Woromi woman Maryanne Perry. Notably, my great-great-grandmother, Jane Louisa Douglas (Nee Mayers), was part of the official party that opened the Forster/Tuncurry bridge on July 18, 1959."

Rachael and her husband Rob have been together for 18 years, having met during high school. They are proud parents to three "wonderful daughters," currently in years 7, 8, and 11. "Our girls are actively engaged in their community, holding after-school and holiday jobs with some fantastic local businesses." They all share a passion for netball, which keeps them busy and connected with their peers.

Rachael's educational journey began at Pacific Palms Primary School, where she proudly served as captain in 1988. She then moved on to Forster High School, where she also held the captaincy in 1996.

Her career journey has been quite diverse. After graduating, she pursued an Associate Diploma in Childcare, laying the foundation for her early career path. She spent seven years as a nanny in Sydney. Later, after traveling and working around Australia with her husband, she transitioned into the hospitality industry. As time went on, she found herself drawn to more creative roles within the events industry and in later years, delved into the world of Graphic Design, taking courses to sharpen her skills and knowledge. This led Rachael to Western Australia, where she joined a Marketing and Advertising agency as a graphic designer and advertising project manager. Later, she transitioned to a boutique design agency, highly esteemed in the region, where she specialised in project managing branding initiatives across regional WA. However, Rachael's



entrepreneurial spirit led her to start her own business in 2011. It's here that she's been able to combine her passion for design with her expertise in branding and marketing.

Rachael was recently invited as a guest speaker at the Ronald McDonald House International Women's Day event at Club Taree. She discussed the importance of inspiring inclusion through working with women in business. Acting as the creative designer for Forster's "She Speaks Business," a women in business initiative launched in 2023, which saw its inaugural event met with resounding success.

Rachael contributes to building brands and supporting local charities that make a difference in our community. One particularly close to her heart is "Samuel Brett Nelson Kickstart Incorporated," established in memory of Rachael's godson Sam, who tragically passed away from Hypertrophic Cardiomyopathy (HCM) at the age of 10. This initiative aims to assist disadvantaged children on the Mid-North Coast of NSW by promoting resilience and inclusion. Rachael has also shared the role of P&C president for Forster Public School for a period of two years.

Rachael considers her greatest achievements to be undoubtedly mothering three "incredible daughters," plus building a business that allowed her to be present for them during their formative years. Rachael takes pride in showing them that it's possible to balance motherhood with a fulfilling career, teaching them valuable lessons about perseverance, ambition, and the importance of pursuing their dreams.

Rachael has found one of the most significant challenges she faced (albeit rewarding) was living in Western Australia, away from her family, for 8 years. During that time, she was navigating the complexities of motherhood, raising babies, and simultaneously building a career. "I am forever grateful for the support of my in-laws, who lived there during the same period, but I couldn't help but miss my family terribly."

When Rachael was asked about her community involvement, she said that the 13th July 1992 (32 years ago) was her most memorable. She was involved in the Seal Rocks Whale

rescue when she was 16 years old. "From that moment onward, the seeds of community solidarity were firmly planted within me. Over the years, as I returned to Forster and pursued my passion for design, I found myself drawn to giving back to those in need." Through her work with numerous charities and schools, offering her design services and time to help brand them, she's continued to honour the spirit of camaraderie that was ignited within her during those significant days at Seal Rocks.

Rachael's hobbies and passion revolve around cherishing moments with her daughters and family. Her passions and dreams have evolved into a business, focused on empowering women in business. Whether they're business owners, supporting their partner's ventures, or working for a company, her goal is to uplift and support these women in their journeys, helping them build brands so they can pursue their dreams too.

Rachael's biggest inspirations in life are her family. From a young age, my parents instilled in her the values of strength, resilience, and chasing her dreams. "They taught me that failure is a natural part of growth and emphasised the importance of kindness and respect towards others." Her brother Scott is also an inspiration. He has battled early onset Parkinson's disease for the past 8 years. He continues to show us all undeniable strength and courage. Despite the challenges he faces, his determination to live a fulfilled life is truly inspirational. "He is not just my incredible big brother; he's a constant reminder to approach each day with positivity and resilience."



16 years old Rachael at the Seal Rocks Whale rescue in 1992.

same simple pleasures we did growing up, whilst being surrounded by our town's natural beauty."

Rachael's motto is, "Follow your passion and surround yourself with those who bring you joy."

**Liso Ho (Lisa and Nick are the owners of the Tuncurry Shopping Centre,) said this about Rachael...**

"Rachael was recommended to me by local photographer Claudia Gabriel Lim. After meeting Rachael I realised that much of the branding within the local area was in fact Rachael's work and it was truly lovely. I have not been disappointed with the rebranding of our South Pacific Palms Motor Inn. Rachael totally understands the brief and direction to complement our requirements.

Her professionalism and attention to detail continues to surprise me as she is always taking the product to another level, value adding and bringing new ideas as she goes with relevance and beautiful taste. Rachael's level of commitment and warm disposition is so refreshing. She is truly a joy to work with and I look forward to our next project together."

**Angelique Thomas said this of Rachael...**

"Rachael is a powerhouse. Driven by her passion for property design and creating impactful branding for businesses has led to a natural inclination towards the holiday property industry where we have been working closely together on a number of beachfront holiday homes within the Pacific Palms area.

Her extensive experience, working with luxurious holiday homes, has been a game-changer for these properties, enabling them to carve out their place in the competitive market.

We share a long-standing connection that stretches back to our days growing up in Pacific Palms. Interestingly, Rach was our family babysitter, though it took us quite some time to realise this delightful coincidence! Our paths have followed a similar trajectory, taking us away from our home town for many years, only to serendipitously

reunite in 2021 when I approached Rach with an ambitious business dream and sought her expertise in branding to launch what is now *Hola Palms*.

It has been an absolute joy working with Rach from the very beginning of *Hola Palms*, and our friendship has blossomed along the way. Professionally, I now call Rach my mentor, where we find ourselves in frequent communication, discussing business strategy and personally, a special friend, where our next wine date (and life unwind) is always eagerly anticipated!"

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# Orientation for new Clubhouse



Members of the Forster Surf Life Saving Club (FSLSC) Executive, Building Committee and Fundraising Committee attended a four-hour orientation and information morning prior to taking possession of the new building from constructors A.W. Edwards.

Efficient and effective operation of the large structure starts with knowing how the utilities and security systems operate, so service providing agencies were on hand for a 'show-and-tell' on how the building operates. Also in attendance were representatives of suppliers and installers to assist with information.

It was locally-based CTE Security Systems who started the morning briefing. CTE have installed 'self-monitored' and 'back to base' security systems and security cameras. These cameras have a 30-day retrieval capacity enabling review of incidents. Signage on the building will inform the community of the presence of video surveillance. The keypad alarm system allows sectors of the building to be accessed while other areas remain armed.

Again using local contractors, MBR Electrical technicians ran through the power delivery to the site. The total electrical requirements of the whole structure awaits the installation of a major transformer on the Beach Street footpath adjacent to the current Beach Bums cafe. Wiring to and from this new transformer has already been installed.

The water and gas supply systems were explained by Hogan Plumbing Group. The building will be able to access both runoff



Above: The new Forster Surf Club house and grand view from the upper deck.

stored in an underground tank and from mains water. Hot water is to be provided by twin systems - gas heating for showers and bathrooms, and electric heating for the kiosk tenant.

FSLSC President, John Quinn, said "This project has been a long time in coming to fruition, but the wait had been well and truly worthwhile. It is an amazing affirmation of the capabilities of the A.W. Edwards Construction company and a significant asset for our twin-towns of Forster and Tuncurry, the region, the tens of thousands of annual visitors and Surf Life Saving New South Wales."

The club intends offering the community guided tours, following receiving a certificate of occupancy by a private certifier.

By Annie Evans. Photos supplied.

# 2024 Forster-Tuncurry Running Festival

The Forster Tuncurry Running Festival is on Sunday 18 August and will centre around the Forster Main Beach area. The Treble Bridge Buster



(21, 10 & 5km) and Half Marathon (21km) start at 7am, the 10km run starts at 9am and the 5km run starts at 10am. There are 3km run/walk events for families and children starting at 10:30am, 10:40am and 11am.

All run courses start at Main Beach and head over the Forster Tuncurry Bridge and back. The 10km, Half and Treble run course goes further along to the Tuncurry Breakwall and back, then along Marine Drive and back, providing many good vantage points for spectators.

# Dolphins get the job done!



As the Dolphins headed to the resplendent Bucket Mountain region to tackle old foes, the Old Bar Clams, they were well aware the result would not change where they would finish.

To the Dolphins, the result still mattered greatly, smarting after a close loss to Wallamba Bulls the week prior with long-time forward Chris Simon's 100th game milestone on the line.

The goal was simple, stick to our plan, play positive footy and ensure our defence was a brick wall. The Clams opened the proceedings with an early penalty goal. The Dolphins conceding cheap penalties and allowed the Clams to have early ascendancy. The tide slowly started to turn, through scrum dominance, with Ben Manning, Sam Laurie and Chris Simon gaining the upper hand on their rivals. Our Irish Ferrari, Callum Crawford-Walker, demonstrated the direct hard-running the Dolphins needed in the week prior. He opened the proceedings, followed by lively fullback, Memphis McBride finding space on the outside to score a smart try. The first half finished at 14-8 (after the Clams scored a smart rolling 'maul try' after their line-out wizard, Nick Driessen had won a line out close to the Dolphins line.)



Above: Dolphins after their win.

Below: Indi and Chris Simon run on for his 100th game.

Far below: Dolphins in scrum with Clams.



The message was simple from coach Blake Polson, 'stick to our non-negotiables, seal off the ruck and play direct'. His words must have struck a chord, as it all started to click. Talented number 10, Corby Delaforce combined well with scrum half Liam Brady to move the pods (small groups within the team) around and the backs hit their lines, making regular in-roads through the Clams defence. By the time referee, Mick Wooster had blown the final whistle, Crawford-Walker had scored 3 more times and the score had quickly moved to 47-8.

The Dolphins were again low on troops, however they've been able to adopt a 'next man up' mentality where anyone can come in and be trusted to get the job done. With the qualifying season over, they'll now need to reset and focus on the first final against reigning premiers, The Wauchope Thunder.

By Chris Simon. Photos supplied.

# Biggest Senior Tennis Tournament in NSW



Above: Stephen and Mel Dolahenty, with parent Helen Fitzgerald (in the middle).

"We've been coming here for 10 years," said Mel and Stephen Dolahenty from Sydney, whose parents both live in Forster.

Mel said, "It's a really fun event. Round Robin is played at all levels so you get to play a whole Robin and not get knocked out. That's what I like. Yesterday I came second in the over 45s singles. That was tough. Today our doubles team have won and lost a game so far."

"Everyone wants to play Forster as the tennis and the facilities are so good. We enter as soon as this event opens as it fills up really fast."

Right: Jaime McDonnagh (on the left), Coach/Manager of Forster Tennis Club and Brian Adams, Tournament Director.

"The big three senior tennis tournaments on the calendar are Ulladulla, Nelson Bay and Forster. Forster is the biggest and the organisation is amazing. Brian runs such a good tournament. The same great volunteers in the kitchen are there year after year," said Mel.

Brian Adams took on the role of Tournament Director around 5 to 6 years ago and said their small crew start planning for this annual event every February. Many volunteers, including the kitchen crew, help over the entire 4 days of singles, doubles and mixed tennis events. This year the tournament was held from 2 to 4 of August at the Forster Tennis Club on Lake Street.

Brian Adams, Tournament Director, said he was, "just happy to retain numbers and people coming back year after year. We obviously must be doing something right here," he added with a laugh.

"This is the largest tournament for Seniors in NSW. We have around 280 players this year from Queensland, ACT, Victoria and NSW, with quite a few from Port and about a dozen locals."

"We have the whole scale here from social players to World Champions. Two world



# Men's Gala Day at the Palms

In weather conditions that can only be described as challenging, the Men's Gala Day was held in cloud interrupted sunshine with a blustery wind coming off the Barrington Tops - in one word, freezing!

However, that did not deter the 64 bowlers from competing in what turned out to be a very hard-fought competition held 15 July.

The program consisted of two (2) games of four's (2 bowls) and two (2) games of pairs (3 bowls), all games of twelve (12) ends each, four (4) rounds in all.

From the first bowl, the battle was on, the lead chopping and changing over the course of the next three (3) rounds. At the end of the third round the leaderboard was still very tight. The final round saw

teams trying to improve their wins +margins standing.

The high standard of play was evident in the results being attained; however, one team dominated the final round finishing with four wins +31 margin from the four rounds overall, just too good on the day. Congratulations to M. Cutting, R Logan, S Harris (Skipper) and Anton Mah on a fantastic win.

Thank you to all the bowlers from Buladela, Forster, Gloucester, Sporties Tuncurry, Tuncurry Beach and Pacific Palms for making the day the success it was.

By M. Collins - PPBC President



Above: World Champion Helen Worland from Orange.

champions are playing today - Helen Worland from Orange and Brad Middleton from Sydney. The oldest player is 89 years old while the youngest start at 30."

"Twin Town, Sporties and Sails are also on board every year to hold many of the tennis matches required for this large event," said Brian.

Visitor Stephen Dolahenty concluded with, "When you come to a regional tennis event you tend to hang around more which must benefit the tennis club. It's a really friendly community thing. It's more of a social event compared to competitions in the cities. You get to spend time with the other players, their friends and families."

"And we all know to organise an early dinner! All the kitchens and restaurants close much earlier here than in Sydney."

Story and photos by Mary Yule.

# Inter Resort Golf Event at Palms

On Monday 22 July 11 golfers from Palm Lake Resort (PLR) Forster Lakes joined 14 others from PLR Tea Gardens and Fern Bay at the tough but excellent Pacific Dunes golf course for our latest event.

Unfortunately, we were unable to win on the day coming 3rd behind the winners - Fern Bay with Tea Gardens second. In the individual event the winner was Reg McGee from Fern Bay with Michael Crock second also from Fern Bay with our Geoff Davie coming third.

Another enjoyable day was had by all and we look forward to the next event where hopefully we can improve and WIN!

By Warren Arnold - PLR.



Above: Bill King presented prizes to the winners, here with Reg McGee (on the right) from Fern Bay. Photo supplied.



Above: Winners (L to R) M. Cutting, R. Logan, S. Harris (Skipper) and A. Mah. Photo supplied.

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## Emergency Response Beacons (ERB) operate 24/7

Even in winter there are still volunteers looking out for our safety in the water.

An ERB is a solar powered video and voice uplink installed and operated by Surf Life Saving New South Wales (SLSNSW). Beacons are usually located on unpatrolled NSW beaches where there is significant drowning risk due to powerful surf conditions so often favoured by surfboard riders.

There are four ERBs on the Lower North Coast of NSW – Diamond Beach, Tuncurry Beach, The Ruins and Boomerang Beach.

The SLSNSW State Operation Centre monitors all 32 beacons along the NSW Coastline 24/7 from which an emergency response can be activated. On being contacted, the SLS Emergency Response Operator can view the incident area on one camera and the member of the public activating the ERB on another camera.

SLSNSW can then respond using a wide range of Support Operations assets, including jetskis, inflatable rescue boats, volunteer callout teams from surf clubs, lifeguards, or helicopter and drone services.

To use the beacon in an emergency, push the white button at head height on the sign. This will enable contact with the duty SLS Emergency Response Operator.

By Annie Evans.



## Forster Turtles take on Bondi Invitational



On 28th July, 26 Forster Turtle ocean swimmers travelled to the annual Sydney Invitational Swim Meet at iconic Bondi Icebergs. Against 8 strong city clubs the Turtles came 4th with great results for all competitors especially our newest members.

### Results: 50m

Russell Jackson: Gold in the over 85s. (Russell was our club's swimmer of the meet.)

Phil Stokes: Gold in the over 75s

Lynne Graham: Bronze in over 65s

Kate Vergona: Bronze in over 35s

### Relays

Women's over 60s came 2nd

Women's over 40 came 3rd

Men's over 30 came 3rd

It should be noted that many 'more mature' swimmers filled in gaps for the younger age

relays. Age does not weary the Forster Turtle as evidenced by the 3rd place in the over 30's Men's Relay comprising 4 mature swimmers aged 44, 55, 61 and 78.

Enthusiasm from our younger members was strong too as a mum with a new 5-week-old bub came a close 4th in a time of 33.24 in the 50m.

In the Nominated Time Relay (the Blue Ribbon Event) we raised our placing to 7th out of 16, a big improvement due to Russell Jackson's relentless coaching in the bullring.

After one week of rest the Turtles are back in training in the Bullring and the ocean.



Above: Medal winners (L to R), Russell Jackson, Phil Stokes, Lynne Graham and Kate Vergona.

Left: One of the many Turtle relay teams.

Below: Russell (yellow cap) in the over 85s 50m.



Story by Marian Smith. Photos by Mary Yule.

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