

Public Education Week 2024

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Local Identity Graeme Jennings p13



Star Pet Jupiter p21



Forster Fortnightly

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

FREE

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PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

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Politicians unite on Manning Base Hospital

"It is unbelievable that a unanimous vote was made by all politicians in the Chamber to support the petition calling for Manning Base Hospital's redevelopment of stage 2 and 3 to be completed in its entirety," said Eddie Wood, President of Manning Great Lakes Community Health Action group (MGLCHAG).

On 8 August, members of MGLCHAG made the trip down to NSW Parliament in Sydney to sit in the gallery and witness their health petition (with over 12,000 signatures from our community) debated in the Legislative Assembly. The petition was unanimously carried at the end of the debate.

"It was an excellent day for MGLCHAG and for the Doctors, Nurses, clinicians at MBH and the community. We were given a 40 minute debate by the politicians with across party support. Our local MP Tanya Thompson advocated strongly on our behalf, as did other politicians, MP Gurmesh Singh, MP Kobi Shetty and MP Ryan Park, as well as MP Lisa Butler and MP Clayton Barr. It was most pleasing that Ryan Park, NSW Minister for Health, attended the whole debate and acknowledged the health needs of the Manning Great Lakes area."

During the debate many politicians spoke in support

• Tanya Thompson, MP Myall Lakes, said, "I proudly represented the Manning Great Lakes Community Health Action Group, who have been advocating for better health services in our community for over eight years."

"Some \$180 million is now allocated to the stage two redevelopment of the Manning Base Hospital (MBH) and for Forster to have an ED (Emergency Department) or Urgent Care Centre, but we desperately need more. That is what the petition and the "people of Myall Lakes are calling for."

"Funding for stage 3 needs (at MBH) to be guaranteed for upgrades to the ICU (intensive care unit) and emergency department and specialised services such as a hybrid theatre and a cath lab to accommodate the need of our growing population and demographic."

"Myall Lakes has the oldest demographic in New South Wales and absolutely no cardiac services to offer. A lack of emergency services in Forster, Tuncurry and Bulahdelah has a huge impact on Manning's ED, further increasing



Above: Alesco College students Jess Nicholls & Noah Narse learning fire brigade skills from Tuncurry RFS volunteer Kyle Merzlikoff, 16 August.

See page 18 for Letter to the Editor thanking Tuncurry RFS. Photo by Mary Yule.

patient load. We need a multipurpose service in Bulahdelah. This impacts on residents from neighbouring electorates in the Upper Hunter

and Tea Gardens as they too must travel longer distances for basic healthcare services."

• Mr Gurmesh Singh, MP Coffs Harbour, said, "This hospital plays a vital role for the Mid North Coast community, providing health care to nearly 100,000 residents. Despite its importance, we know the services at Manning Rural Referral Hospital are not on par with similar B2-classified hospitals. The hospital's redevelopment plan was initiated to address

Continued on page 2.

Left: Members of Manning Great Lakes Community Health Action Group (MGLCHAG) and Bulahdelah & District Health Action Group (BADHAG). Photo by Mary Yule.

(L to R) Anne-Marie Barry (President BADHAG), Trish Wood, Eddie Wood (President MGLCHAG), Roger Dixon and Carmel Bartlett, inside the State Parliament building in Sydney.

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Photo by Patricia Mavean.

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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.

Politicians unite on Manning Base Hospital

Continued from page 1.

the critical service deficiencies, and now it is imperative that we see it through to completion. The Myall Lakes electorate is characterised by a significant retired population, Indigenous residents and lower socio-economic groups, and it relies heavily on an effective and accessible public hospital. According to government guidelines, the hospital should have 250 inpatient beds; it has 121."

• Ms Kobi Shetty, MP Balmain, said, "I make it clear that The Greens support the Manning and Great Lakes communities, and call on the Government to finalise these plans and get on with the job. We know that NSW Health and the Minister for Health are on record saying that the scope of the upgraded plans is being reviewed because of escalating costs. Stage one of the redevelopment is complete. Stage two funding was announced in 2018. The staging of the project was supposed to allow continuity of hospital operations during the redevelopment. It was not an excuse for the Government to delay necessary upgrades."

• Mr Ryan Park, MP Keira and Minister for Health, Minister for Regional Health, "The Government is investing \$180 million into the lower Mid North Coast. We now need to try to get the solution right. I do not want people to think the \$180 million is final and the lower Mid North Coast will never get any more money. That is not the case at all. But we have experienced escalations in the costs of capital projects of approximately 20% to 30%." "I have been very impressed during my interactions with the member for Myall Lakes. Very early on she reached out to me and engaged with me in this process. I acknowledge that because I want to listen and engage with the people who give a damn about rural, regional and remote health care. While the member for Myall Lakes and I do not sit on the same side of the Chamber, she advocates strongly for her community, as we all should. I have engaged with her on this issue."



Above: (L to R) Gurmesh Singh (MP Coffs Harbour), Roger Dixon, Carmel Bartlett, Tanya Thompson (MP Myall Lakes), Anne-Marie Barry and Eddie Wood.

"The community can be assured of two things. The first is that I have heard their message loud and clear. The second is that I will continue to engage with the local member in the lead up to the next budget to figure out what we can do to continue to improve and boost health services in the great lower Mid North Coast area."

Manning Great Lakes Community Health Action Group

"We were well supported by all sides," said Carmel Bartlett, Secretary of MGLCHAG said. "And each speaker looked at the gallery and acknowledged the committee for attending the debate and thanked them for their efforts."

Eddie Wood added, "The message from all the politicians was that MBH is in dire straits with urgent lack of beds, lack of services and is in desperate need of stage 2 redevelopment to commence as soon as the Clinical Services Plan (CSP) is completed."

The Clinical Services Plan

"A review of the Clinical Services Plan is being undertaken at the end of August and Member for Myall Lakes, Tanya Thompson, will continue to keep the community updated as the project continues to progress."

Eddie Wood said that the 3-day meeting later this month will revise the CSP. The meeting will be attended by Tracey McCosker, CEO Hunter New England Health (HNE Health), Ramsey Awad, Executive Director HNE Health, doctors, nurses and clinicians, MP Tanya Thompson and representatives from MidCoast Council. The community group (MGLCHAG) will be asked to attend the meeting.

The CSP is a vital document that forecasts and plans for the future needs of the Manning Great Lakes area. The document will show exactly what money is needed from the government of the day. Once the CSP is completed, tenders can go out and appointed builders can start construction on stage 2 of MBH.

Story and photos by Mary Yule.



Above: MP Tanya Thompson debating the Petition at State Parliament while acknowledging the MGLCHAG contingent who sat in the gallery.

Petition to stop cafe closure at Manning Base Hospital

The Health Services Union (HSU) for health workers have set up a petition to stop the closure of the cafe at MBH.

Members of the community can sign it online as a 'visitor' to the hospital at: www.hsu.asn.au/hands-off-our-cafeteria

"To the Chief Executives of HealthShare and Hunter New England LHD: We the undersigned health workers, patients and visitors condemn HealthShare's proposal to close its retail outlets

at Manning Base Hospital and John Hunter Hospital. There are already limited options for workers and visitors to buy food - this decision would make it even harder and remove the main location for workers to take their breaks.

We call upon HealthShare and HNELHD to repair any faulty equipment in the outlet and commit to retaining the outlets as a dining/cafe area."

Ballot drawn for candidates in Mid-Coast Council Local Election



The Mid-Coast Local Council Elections will be held on 14 September. The pre-poll voting period opens Saturday 7 September to Friday 13 September.

There are 58 candidates registered with 11 positions on the Mid-Coast Council to be filled. The new Council will vote for the positions of Mayor and Deputy Mayor.

The Greens, Labor and Libertarian parties are represented as well as independent groups, with 9 groups overall (each with 4 - 6 candidates). Six candidates are ungrouped.

Draw for the election (showing the lead candidate for the group)

- Group A: Peter Howard (Forster)
- Group B: Thomas O'Keefe (Hawks Nest)
- Group C: Jeremy Miller (Old Bar)
- Group D: Claire Pontin - Labor (Red Head)
- Group E: Alan Tickle (Taree)
- Group F: Emma Mellows (Booral)
- Group G: Michael Graham - Libertarian Party (formerly Liberal Democrats) (Mooral Creek)
- Group H: Paul Sandilands (Forster)
- Group I: Dheera Smith - The Greens (Mondrook)

Ungrouped candidates

- Richard Streamer: Independent (Hawks Nest)
- Elizabeth McEntyre: Independent (Tea Gardens) (Bulahdelah)
- Karen Hutchinson (Booral)
- Stephen Smith: Independent (Bulahdelah)
- John Sahyoun (Bulahdelah)
- Vivien Panhuber (Bulahdelah)

For full list of the 58 candidates, please visit:

www.elections.nsw.gov.au/elections/local-government-elections/2024-nsw-local-government-elections/candidates?area=Mid-Coast

Invitation for Mid-Coast Council 'Get to know your Candidates'

The Forster Fortnightly is publishing a free 'Get to know your Candidates' feature on Wednesday 4 September 2024.

This invitation is open to the first 2 candidates of any group and every ungrouped candidate 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



2BOB Radio's meet the Midcoast Council Candidates

2BOB Radio will be conducting a free entry 'Meet the Midcoast Council Candidates' evening in the Manning Entertainment Centre (MEC) on Wednesday August 28th, as part of the community radio's coverage of the 2024 council election.

2BOB will be inviting all the nominating candidates for the September 14 local government election to participate in the evening, providing them an opportunity to present their reasons for seeking election to a live audience.

2BOB extends this invitation to the entire community for this free admission evening, which will provide attendees an opportunity to see and hear the candidates' reasons for seeking election and to ask candidates questions from the floor.



2BOB will be recording the evening for later broadcast and streaming in the weeks leading up to the September 14 election.

For more information, contact the Co-ordinator Rob Meaton: beatfactory45@gmail.com

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Tax concerns for local breweries & distillers

Dr David Gillespie, Federal Member for Lyne (pictured right), addressed Parliament last week in support of local small breweries and distilleries.



Mr David Gillespie called for a freeze on the excise applied to small breweries and distillers and for the industry's rebate scheme to be indexed to cater for rising production costs.

brewing industries around Maitland and the Hunter. They are all locally grown and flourishing distillers and brewers who supply the local market. But they are under pressure like everyone in this industry because of the effects of inflation."



Helen Black, Co-Owner and Director of The Coastal Brewing Company (pictured above) said, "We fully support David Gillespie's call for a freeze on the excise applied to small breweries and the industry's rebate scheme to be indexed. The cost-of-living crisis is certainly having an impact with less confidence amongst consumers around spending. Added to this are increasing costs for small breweries who can't leverage the economies of scale that larger breweries can for raw materials, aluminium cans, electricity, and gas, all of which have increased in price significantly over the past 12 - 24 months."

"We have a flourishing small brewery and distillery industry in Australia rather than just the big international firms. But that isn't indexed. With all those two, three, five and six per cent increases twice a year, things are tipping and I don't want to see these thriving bits of cultural life go. This industry goes with dining and tourism, and my electorate is full of tourism. It's a coastal electorate. All those areas are big businesses in a local sense, and it would be a tragedy if they were to suffer," said Dr Gillespie.

"We have the Coastal Brewing Company and the Wharf St. Distillery in Forster-Tuncurry. There's Moorebeer Brewing and Black Duck Brewery in Port Macquarie. We also have the Tinshed Brewery in Dungog and the Farmer's Wife Distillery in Allworth, as well as several

"For consumers it's vitally important to support local and artisan businesses like small breweries so that they will be around into the future. Not only do small breweries provide choice for consumers but they also support a raft of wider socio-economic benefits including local employment opportunities and as well as providing unique experiences that directly support the wider tourism industry."

Finalists for 2024 MidCoast Business Awards

Across multiple categories, the Coastline Credit Union Business Awards recognises excellence in business leadership, entrepreneurship, tourism & hospitality, professional services, trades & construction, retail, business growth and employment practices.

Award winners will be announced at a Gala Dinner on the 7 September 2024. Awards winners will get automatic entry into the Mid North Coast Regional Awards.

Finalists for the MidCoast Awards in 2024 are as follows:

- 1. Outstanding New Business**
Coastal Workspace, Auraa Body, Palms Artisan Bakery, Get It Girl Network and Swig Fast Nutrition.
- 2. Best Trade and Service Business**
Forster Tuncurry Removals, Humming Bird Music Studio and Taree Off Road.
- 3. Best Customer Service**
Jodadi Fashion, Picture This Custom Framing and Glow Beauty Therapy.
- 4. Best Health and Wellbeing**
Annie Rose Academy of Dance, Beauty on Bella Skin Clinic, Glow Beauty Therapy, MidCoast Hearing and Pathfinders Ltd.
- 5. Best Hospitality Business**
Salt By The Sea, Bent on Food and Moorland Cottage Café.
- 6. Best Innovation Business**
Beauty on Bella Hair & Skin, Nadia's Art Gallery and Burling Beds - Turn Assist.
- 7. Best Personal Service Business**
MSS Inc, Pathfinders Ltd, Creative Shell, Beauty on Bella Skin Clinic and Sunrise Home Care.



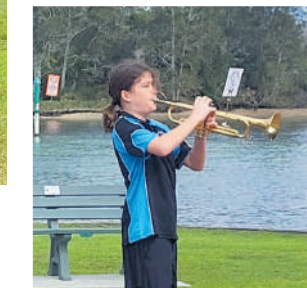
Above: Sunrise Home Care are finalists in the Best Personal Service Business category.

- 8. Best Professional Service**
Creative Shell, MidCoast Hearing, Allied Health Admin and Consulting, Insure More, Karryn Bartlett Person Travel Manager and Pathfinders Ltd
- 9. Best Retail Business**
Nadia's Art Gallery, Taree Charcoal Chicken, Picture This Custom Framing, Jodadi Fashion and Lumpys Nursery & Landscape Yard.
- 10. Best Visitor Experience (Tourism)**
Bent on Food, Moorland Cottage Cafe, Amaro Escape, Explore Barrington Coast, Forster Dive Centre and Tea Gardens BBQ Boats.
- 11. Outstanding Business Leader**
Joshua Rogers (MSS Inc), Jenny Pither (Allied Health Admin & Consulting) and Christina Jones (Moorland Cottage Café)
- 12. Outstanding Community Organisation**
Dundaloo Foundation Ltd, Lakeside Festival, Ronald McDonald Family Retreat, Pathfinders Ltd and MSS Inc.

www.midcoastbusinessawards.com



Above: Great Lakes Vietnam Veterans President Derek Hinde (dark cap in middle) and Padre Daryll Moran (on microphone) spoke during the Vietnam Day ceremony at the War Memorial in Little Street, Forster. Photos by Geordie Yule.



Vietnam Day 18 August 2024

Local community radio generates funds to guarantee transmission



With the installation of a generator now complete, 101.5 Great Lakes FM in Tuncurry can provide an alternative emergency broadcasting service across the Great Lakes where other signals may be weak or non-existent in a local emergency. Part of the Great Lakes FM contingency plan is to guarantee signal transmission and streaming services from their broadcasting studios

at Tuncurry in the event of a power grid failure. This became a priority especially after bushfires and floods affected the Great Lakes region in recent years and with the prediction of more frequent severe weather events in future. In 2023 the station's volunteers began fundraising efforts in earnest towards the "generator" project. Generous prizes were donated by local businesses and individual supporters such as Kitty Tisdall, whose kind prize donations helped us kick-off two raffles. The raffle funds raised through listener support and financial donations from sponsors helped raise a substantial station contribution. Letters of support from local emergency services, Mid Coast Mayor, Claire Pontin, MP for Myall Lakes, Tanya Thompson and Member for Lyne, Dr David Gillespie MP helped the station secure a Community Broadcasting Grant towards the cost. This grant, combined with

the station's fundraising efforts included a very successful golf day fundraiser held by Sandbar Golf Club which enabled both purchase and installation of the generator. The project has been managed by GLFM's Committee President, Shayne McBride and its completion will be celebrated at the station's annual Open Day on Saturday the 31st August 2024 at the GLFM studios at 16 Douglas Ave, Tuncurry. The Himoina generator will be unveiled with its special "naming plaque" in recognition of the very generous donation by long time station member, Mr Jeffrey Ritter who has had a lot of experience with generators over the years and who has taken a personal interest in the progress of the project. The GLFM team all agreed that in the event of a power failure they would now be able to switch over to 'Ritter' Power.



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

Christmas in July!

Last month, 40 of our Forster District Combined Probus Club members attended Christmas in July at Gloucester, staying at the Country Lodge and enjoying the festivities at the Golf Club.

A great night was had by all, everyone got into the Christmas spirit, decorating their tables and dressing up with Christmas flare! A sumptuous meal, entertainment, Quiz, Kris Kringle and dancing were enjoyed by all!

The following morning after breakfast we were treated to High Tea at the Gloucester Museum after looking around and taking in some of the local history!

By Jacqui Costello - FDCPC



Manning - Great Lakes Police District Update

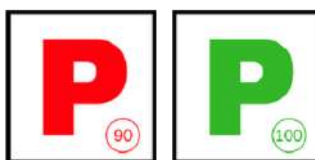
Dear Readers,

In this article I will report on a great arrest regarding serious crimes and provide a reminder regarding provisional licence requirements.

On 8 August, following investigations by Forster Detectives (under the umbrella of Operation Regional Mongoose), a 17-year-old Forster youth was arrested and charged with multiple serious aggravated break and enter, steal motor vehicle and 'performance crime' offences in Forster and Sydney. The young person was charged with 1 x Aggravated break, enter and steal; 1 x Steal motor vehicle; 5 x Carried in conveyance without permission of owner and 3 x performance crime (i.e., posting footage of his crimes on social media). The young person has been bail refused.

Slow down & drive safely P platers!

It is not uncommon for police to receive complaints regarding the manner of driving of P platers – both regarding the speed being driven and the reckless driving manner.



If you are reading this and you are a P plater – or you have a P plater in your family – it is timely you are reminded of the below:

1. Rules for provisional P1 licence

When on your red Ps, you must:

- only drive cars
- display red P plates clearly on the front and back of the car, on the outside
- only tow trailers up to 250kg of unloaded weight, and you must display your red Ps on the back of the trailer
- ensure everyone in the car is in a seat with a seatbelt or approved restraint – each person must use a seatbelt or restraint
- only drive solo in the kind of car you took your driving test in. If you drove an automatic transmission or clutchless manual car in your test, that is the only type of car you may drive on your Ps unsupervised.

You must not:

- drive above the speed limit of 90 km/h
- have any alcohol in your system when driving
- supervise a learner driver
- drive a high-performance vehicle

- use any mobile phone while driving, or while your vehicle is stopped but not parked. This includes hands-free devices or loud speakers.

The peer passenger condition

If you're under 25 and are on your red Ps, you must not drive with more than one passenger who is under 21 between 11pm and 5am.

2. Rules for provisional P2 licence

When on your green Ps, you must:

- display the correct P plates clearly on the outside of the front and back of the vehicle. If you're towing a trailer, a P plate must be on the back of the trailer
- ensure everyone in the vehicle is in a seat with a seatbelt or an approved restraint fitted.

You must not:

- drive over the maximum speed limit of 100km/h
- have any alcohol in your system when you drive a vehicle
- supervise a learner driver
- use any mobile phones, including hands-free devices or loudspeaker, while driving or while your vehicle is stopped but not parked

- drive a high performance vehicle.

3. How to avoid common crashes

Almost 80% of all NSW casualty crashes (where a person is killed or injured) fall into 5 crash types (listed below).

These crashes are also the most common crash types for provisional drivers. They can be avoided if you follow the road rules and:

- manage your speed and fatigue
- keep a safe stopping distance
- take extra care at intersections and when overtaking.

Common crash types

- Colliding with the rear of another vehicle
- Colliding with an adjacent vehicle
- Colliding with an oncoming vehicle
- Running off the road on a straight section
- Running off the road on a curve or bend

So...please slow down and drive safely! Please be kind to each other and don't forget to say "G'day!" to your local police.

Chief Inspector Timothy Bayly - OIC Forster Police Station

Legacy Week 1 - 7 September

Buy a badge this Legacy Week and support local families of veterans.

Forster Tuncurry Legacy is calling upon the local community to buy a badge this Legacy Week – Sunday 1 September to Saturday 7 September 2024.

For over a century, Legacy has kept the promise to thousands of veterans' families – helping provide financial and social support during times of hardship and grief.

The needs of our veterans' families have drastically changed over the years, becoming more complex. Legacy is adapting by providing more tailored support and the money kindly donated during this Legacy Week will go towards the ongoing care of our families.

Club Representative, Trevor Jones, said that "Forster Tuncurry Legacy currently looks after approximately 200 veterans' families, providing services like home visits, day trips, education support, holiday camps for Legacy Youth".

Legacy merchandise, including badges, pens and Legacy bears will be available at various locations from Nabiac to Hallidays Point to Forster Tuncurry to Pacific Palms areas.

To find out more about Legacy, visit: www.legacy.com.au Or call Forster Tuncurry Legacy on 0478 076 774 Or email forstertuncurrydivision@tareelegacy.com.au



FDPC July results 2024

For the month of July our two Forster Digital Photography Club's (FDPC) competitions were "Close up/Small World" and "Open". Small world photography is particularly challenging where the photographer has to use a tripod to stop camera shake and may also use a light box to control the lighting.

In one of the largest world competitions, Nikon Small World is a competition run by Nikon

Below: Early Laps by Kathy Majewski.



Instruments and a forum for showcasing the beauty and complexity of life as seen through the light microscope. In the Nikon 2023 competition they received 1900 entries from 72 countries.

I don't think any our members go to these lengths, however we did receive some amazing images.

1. Close Up/Small World results

Merits: Green Dragonfly and As big as my Thumb by Cozette Leonard, Fungi by Wanda Amos, Busy Native Bees by Keith Pascoe.



Credits: Lux Lock by Lyn Wilson, Grevillea and Intent Look by Keith Webster, Thumb Tacks and Pastel by Yvonne Moule, Blue Eyes by Denise StClair Dennis

2. Open Competition results

Merits: Early Laps and Pebbly Beach by Kathy Majewski, Old Arkaba Schoolhouse by Lesley Walter, Crab Whisper by Yvonne Moule, An Evening in Singapore by Keith Pascoe.

Above: As big as my Thumb by Cozette Leonard. Above left: Busy Native Bees by Keith Pascoe.

Credits: Lake Jindabyne by Lesley Walter, Fushia by Yvonne Moule, Olive Backed Euphonia by Cozette Leonard, Hibiscus by Janice Amato, Blueys Beach and Rozella by Marguerite Lamb. By Keith Pascoe – FDPC.

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- Nail surgery
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Mid Coast Council Election

VOTE 1

Above the line Group E

Alan Tickle Group

Safe Roads

Safe and Vibrant Communities

Sustainable & Responsible Development

Alan Tickle: 16 years experience in Local Government and current Deputy Mayor heads the group which includes: Nicole Turnbull, Carley Burke, Dr Philip Walkom, Michael Kent, Kylie Turner.

Absent Michael Ke

www.alanticklemidcoastcouncilerelection.com.au
facebook.com/AlanTickleMidCoastCouncil
Written & Authorised by Alan Tickle 12 Albert St, Taree NSW 2430

YOU HAVE ALWAYS SHOWN OFF YOUR GOOD TASTE IN MUSIC

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6554 5433

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

Tanya's Community Update



It's been a busy couple of weeks back down in Sydney for Parliament.

Kick start scholarship

I welcomed Charlotte Bennett, the recipient of my Kick Start Scholarship to Parliament

House. During her visit, Charlotte toured Parliament, sat in on Question Time in the Legislative Assembly and met with other Members of Parliament.

My Kick Start Scholarship is all about recognising and supporting the potential and ambition of young high school students in the Myall Lakes electorate.

Myall Lakes health debate

I proudly represented the Manning Great Lakes Community Health Action Group in a debate, who put forward a petition with 12,007 signatures calling for the Government to fund the completion of the Manning Base Hospital redevelopment plan.

The debate was positive, with support for improving our region's healthcare infrastructure from: Minister for Health, Ryan Park, Shadow Minister for Regional Health, Gurmeh Singh, and Member for Balmain, Kobi Shetty, who all acknowledged the healthcare needs of the Myall Lakes.

Have you signed the petition?

My petition for a roundabout at the Failford Road and The Lakes Way currently has more than 7,000 signatures!

We need 10,000 before it can be tabled in the Legislative Assembly for debate.

There are several ways you can sign, see QR code below for more information.

Tanya Thompson MP

Crossing the bridge to Tuncurry

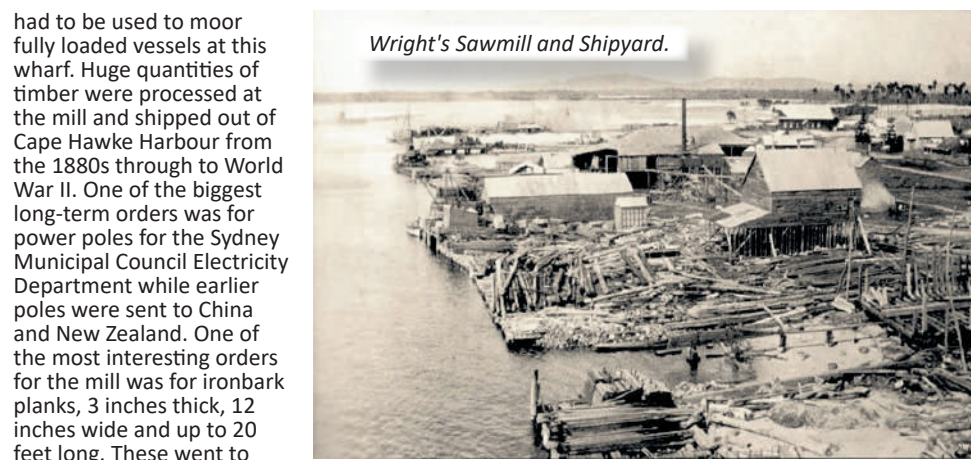
Historical Talk Part 2 continued: Crossing the bridge to Tuncurry - Anne Masters & Helen Duggan from the Great Lakes Museum.

Crossing the bridge, opened in 1959, we arrive at Tuncurry - another Aboriginal word which was thought to mean 'plenty fish'.

John Wright gave this name to the village after observing Aboriginal men, spears poised, racing down the channel when the fish ran, shouting - "Tuncurrie, Tuncurrie". When the name was sent to be registered, the spelling was changed. The actual word cannot be found in the glossaries of Aboriginal words but in A.H. and A.W. Reed's "Aboriginal Words of Australia" there is a word "Tukkeri" which means "silver fish". With the translation from the guttural native tongue to John Wright's Scottish brogue, this could be the word they uttered.

After crossing the bridge, you see John Wright Park. In 1875, John Wright took out a 99 year lease on this waterfront area and there built a timber mill, shipyard and slipway and associated buildings. The timber mill was steam operated, with the enormous boiler watered from an underground spearpoint located underneath a sand hill directly behind where the Sunrise Apartments stand today. Naturally filtered by sand, the water was perfectly clear and pure and, heated by the boiler, the mill had a permanent supply of hot water. It was a common sight to see the mill men and others going down with soap and towels for their nightly ablutions.

A wharf about 50 feet long ran along the length of the waterfront and great caution and skill



Wright's Sawmill and Shipyard.

had to be used to moor fully loaded vessels at this wharf. Huge quantities of timber were processed at the mill and shipped out of Cape Hawke Harbour from the 1880s through to World War II. One of the biggest long-term orders was for power poles for the Sydney Municipal Council Electricity Department while earlier poles were sent to China and New Zealand. One of the most interesting orders for the mill was for ironbark planks, 3 inches thick, 12 inches wide and up to 20 feet long. These went to Canada where they were to be used to reinforce the bows of icebreaker steamers.

When the 99 year lease expired, the site had to be left in its original condition, so in 1960, all buildings, including the log wharves, had to be demolished. The waterfront land where the mill and shipyard had stood was gazetted as an area for public recreation in 1962 and was later named John Wright Park. Only the slipway now remains. Before we leave Tuncurry we'd like to share a story that was written up in the Advocate, July, 1962 and you can believe it or not.

In about 1910, an old man arrived in Tuncurry, a swag over his shoulder and a treasure map in his hand. He told the story that some years before, a pirate ship had been wrecked on the coast further north. Before he died, the

Captain had given the cabin boy the map of where the ship's treasure had been buried. The old man was the cabin boy. He wasn't well and Mrs. Baird gave him shelter and he gave her the map and told the story that he was the cabin boy on the pirate ship which was chased across the Pacific by a Government gunboat. They reached the coast and sailed into the smoother waters of Cape Hawke Bay and decided to bury the treasure and come back later to retrieve it. When the gunboat was gaining, the heavy equipment was dumped including their cannons which were said to be seen on the northern end of Tuncurry Beach for many years. The ship escaped to be wrecked later. Mrs. Baird gave the map to her brothers E.C. and Walter Everingham who, around 1927, sank shafts in the sand dunes but no trace of the treasure was ever found.

Have your say

Have your say on the Draft Master Plan for the Northern Gateway Airport Transport hub. This plan will guide the future development of both Taree Airport Land and the Industrial Land at Cundletown.



For more information and to provide feedback, go to: www.haveyoursay.midcoast.nsw.gov.au/northern-gateway-transport-hub-master-plan?mc_cid=2f5496367e&mc_eid=9a0eb6b0bb

Feedback closes 11 September.

The Grin Bin



Doodley Squat



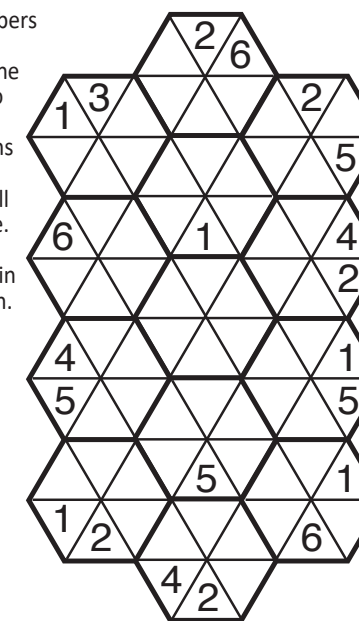
Sudoku

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

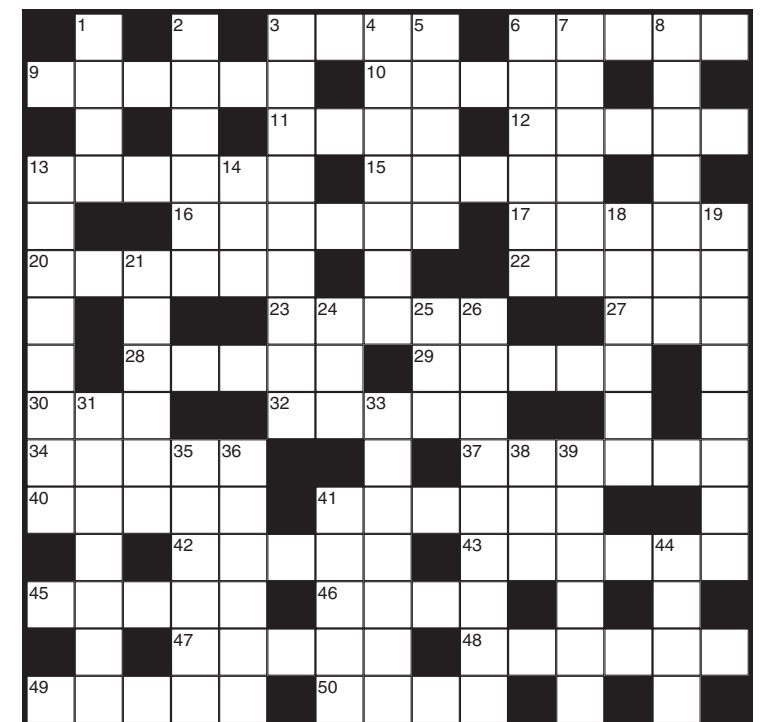
9			8	4	
			7	3	8
2	8				1
1			3	7	2
		9		1	
5	3				
4	2				9
3			2	4	7
5		8			

Quick Workout

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



Crossword



ACROSS

- 3 Attire
- 6 Frolics
- 9 Clergyman
- 10 Keen
- 11 Tidy
- 12 Drawing room
- 13 Discussion
- 15 Sound reasoning
- 16 Border
- 17 Sailing vessel
- 20 Musical composition
- 22 Concise
- 23 Burial places
- 27 Lair
- 28 System of belief
- 29 Make amends
- 30 Large tank
- 32 Greek letter
- 34 Dodge
- 37 One granted a lease

DOWN

- 1 Remedy
- 2 Central American republic
- 3 Produced
- 4 Taking of a practical view
- 5 Conductor's wand
- 6 Oppose

ACROSS

- 40 Danger signal
- 41 Plastering tool
- 42 Patient and uncomplaining
- 43 Dismount
- 45 One of a flight of steps
- 46 Bring up
- 47 Numeral
- 48 Vibration
- 49 Hackneyed
- 50 Stains

DOWN

- 7 Wise utterance
- 8 Offer marriage
- 13 Earns
- 14 Make lace
- 18 Commands
- 19 Contrite
- 21 Delicious drink
- 24 Lyric poem
- 25 Sporting item
- 26 Uncompromising partisans
- 31 Airman
- 33 Robbery
- 35 Leave off
- 36 Meal course
- 38 Snake-like fish
- 39 Moves easily
- 41 Weary
- 44 Head and neck covering

Focus An All Australian Word Game

* Each word must contain the centre 'Focus' letter and each letter may be used only once

* Each word must be four letters or more

* Find at least one nine letter word

* No swear words

* No verb forms or plurals ending in 's'

* No proper nouns and no hyphenated words

TODAY'S GOOD: 11 words

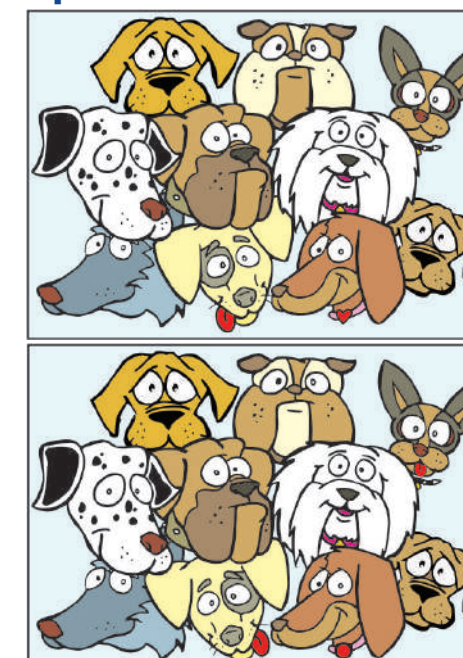
FOCUS Very good: 17 words

Excellent: 26 words

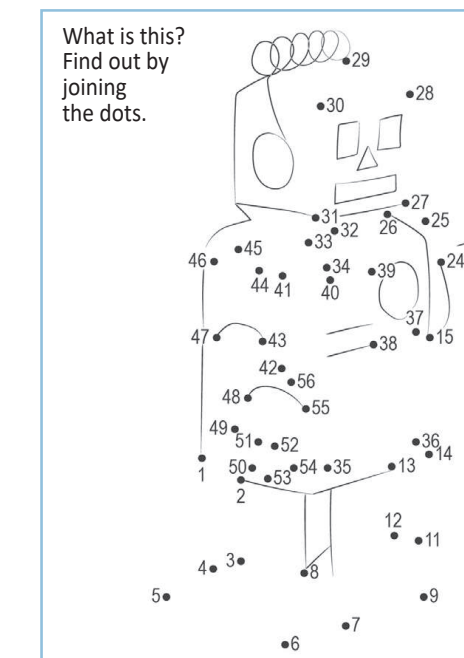
Reference: Macquarie Concise Dictionary Focus No. 3937

P T L U N I Q U

Spot the 5 Differences



Join the Dots



Solutions

Puzzles and pagination supplied by Auspac Media

unique unit write unquiet urtbe untll
nre pent penult pine pint punt quirt QUINTIPLE time tune reversed.

FOCUS: Inept Inlet Input lent line line Input line nre pent penult pine pint punt quirt QUINTIPLE time tune reversed.

dachshund collar changed, top centre building changed colour, top right left dog has tongue, bottom centre dog.

SPOT THE 5 DIFFERENCES: Dalmanera missing spot.

Tanya THOMPSON MP

Member for Myall Lakes

CHARLOTTE BENNETT
KICKSTART SCHOLARSHIP RECIPIENT

MANNING GREAT LAKES COMMUNITY HEALTH ACTION GROUP

HAVE YOU SIGNED THE PETITION FOR A SAFER INTERSECTION?

SCAN FOR MORE INFORMATION

1-9 Manning Street, Tuncurry

02 6555 4099

tanyathompson.com.au

myalllakes@parliament.nsw.gov.au

TanyaThompsonForMyallLakes

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

Public Education Week 2024

Celebrating Academic Excellence: GLLC's Annual Academic Assembly

Tuncurry Beach Bowling Club became a beacon of academic achievement as Great Lakes Learning Community (GLLC) hosted its annual Academic Assembly on 6 August. Comprising of Bungwahl, Pacific Palms, Forster, Nabiac, Tuncurry, Hallidays Point public schools and Great Lakes College Forster, Tuncurry and Senior Campuses. The event saw an impressive turnout with over 200 students from Year 3 through to Year 12 being honoured for their outstanding academic accomplishments. The assembly was further distinguished by the presence of more than 350 parents and grandparents, all gathered to celebrate the remarkable achievements of the students.

The assembly was a testament to the academic rigor and commitment of the students in the GLLC. Each student, from the youngest achievers in Year 3 to the senior students poised on the brink of graduation, was recognized for their exceptional academic performance throughout semester one. The awards ceremony was a moment of pride and joy, highlighting the diverse talents and scholarly pursuits of the students.

As the awards were presented, applause resonated throughout the room, underscoring the collective pride and admiration felt by all in attendance. The recognition was not only for academic excellence but also for resilience,

creativity, and leadership, reflecting the holistic approach of GLLC's educational philosophy.

Adding a touch of artistic flair to the event, the assembly featured a captivating musical performance by two talented senior students Sophie Barratt and Daniel Owen. Their performance provided a perfect complement to the academic achievements being celebrated, highlighting the well-rounded nature of the students' talents.

The event was not only a celebration of individual achievements but also a reflection of the strong community spirit that defines GLLC. The presence of Principals, Director Educational Leadership, P&C Presidents, parents,

grandparents, and staff members contributed to a sense of unity and shared accomplishment. It was a day where the hard work of students was honoured, and the support of families and educators was acknowledged.

It was a memorable day that highlighted the exceptional achievements of GLLC students and the supportive network that plays a crucial role in their educational journey. As the students and their families left the venue, it was clear that the event had left a lasting impression of pride, accomplishment, and community spirit.

By Graeme Jennings – College Principal GLLC.



Above: Daniel Owen and Sophie Barratt performing at the GLLC Academic Excellence Assembly, held on 6 August at the Tuncurry Beach Bowling Club. Photos by Mary Yule.

Public Education Week 2024

Local Identity - Graeme Jennings



Interview by Vanda Gooley.

Graeme Jennings the Principal of Great Lakes College and President of School Sport Australia, Highlights the Impact of School Sport at the International Conference in Brazil.

Graeme Jennings has promoted the benefits of school sport in Australia at the prestigious International School Sport Conference in Brazil. Graeme's participation in the International School Sport Conference in Brazil, not only showcased the positive impact of school sports on student development but also demonstrated Australia's leadership in fostering an inclusive and equitable sporting environment.

Graeme was one of five keynote speakers who outlined how Australia's leadership in inclusivity and equity in school sport provided students with the opportunity to build their life skills, no matter what their background or circumstances, they have the opportunity to use sport to help them develop personally and academically. This commitment to inclusivity reflects broader societal values and enhances the cohesive fabric of school communities across Australia.

Graeme detailed the multi-faceted benefits that students gain through participation in

school sports, "teamwork resilience, goal-setting and lasting friendships are just some of the outcomes of well organised school sport." Graeme highlighted how these attributes are integral to the personal and academic development of students, contributing significantly to their overall success.

The conference, held in the city of Curitiba, aimed to underscore the profound influence of school sports on student outcomes, with a particular focus on the successful models employed in Australia. The conference featured speakers from the five continents represented

by the International School Sports Federation (ISF), where Graeme also holds the position of ISF Oceania President. This global perspective allowed for a rich exchange of ideas and best practices.

Graeme described how the various state and territory systems are interconnected, feeding into the national school representative pathway managed by School Sport Australia. This pathway culminates in the School Sport Australia National Championships, a pinnacle event that showcases the nation's top school-aged athletes. Graeme's insights into the structured pathways and the values underpinning school sports in Australia provided valuable lessons for the global educational and sporting communities.

Graeme's travel during personal leave was funded by the International Sports Federation.

Graeme has taught in Western Sydney, Blue Mountains, Southern Highlands before moving to Forster in 2003 when Great Lakes College opened and he was appointed Deputy Principal at Forster campus. In 2006 he was appointed Principal at Chatham High before returning to the college as College Principal at the end of 2009.

Graeme's philosophy in education is the 3R's, relationships, relationships, relationships. Relationship with students and parents, Relationship with colleagues and Relationship with your subject. In life his philosophy is "we all have choices."

Graeme has always been passionate about sport proven by his professional career as an NRL player and coaching the Forster Tuncurry Hawks in the group three competition, after retirement from Hunslet (Leeds, West Yorkshire) in 1990.

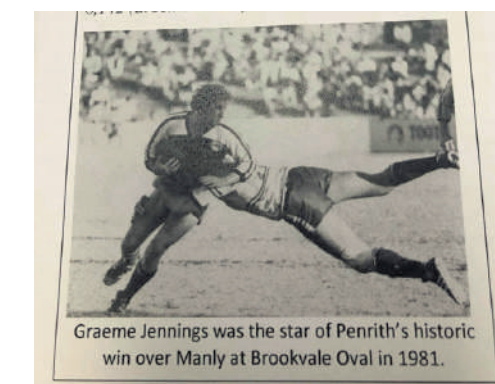
In 1978 Graeme was a member of the premiership winning Under 23's team. In 1979, he made his debut for the first grade Panthers. From 1979 -1983, he played 58 matches for Penrith.

Playing with the Panthers, over the next five seasons, he proved himself to be one of the most versatile players, ever. He played every position in first grade bar Front Row forward. Graeme was also a noted goal kicker, slotting 30 conversions in the 1980 season.

At the end of the 1983 season, he left the Panthers spending two seasons at North Sydney and one at Western Suburbs. He then headed to England and had a stint at Hunslet in 1987 and went back to Hunslet as captain coach for the 1989/90 season then retiring.

Bradley Germon – Deputy Principle of Great Lakes College Senior Campus said this about Graeme Jennings.

"It is with great pleasure that I provide this testimonial for Graeme Jennings, an exceptional leader and educator. Graeme's distinguished



Graeme Jennings was the star of Penrith's historic win over Manly at Brookvale Oval in 1981.



career in the NRL, where he demonstrated remarkable dedication and sportsmanship, has seamlessly translated into his contributions to public education. As the College Principal at Great Lakes College, he has been instrumental in fostering an environment of excellence and inclusivity.

Graeme's tenure as the President of School Sport Australia is marked by his unwavering commitment to promoting student engagement through sports. His visionary leadership has significantly enhanced the quality and accessibility of school sports programs, benefiting countless students across the country. Under his guidance, School Sport Australia has seen strong growth and recognition, testament to his strategic leadership.

Recently, Graeme delivered a keynote address at the International School Sport Conference in Brazil, where he shared his insights and experiences with a global audience. His address was met with acclaim and highlighted his deep understanding of educational leadership and ability to inspire and motivate educators worldwide. Graeme's impact on the international stage underscores his special ability to bridge local and global educational communities.

Graeme Jennings' legacy is one of passion, dedication, building relationships and transformative leadership. His contributions to public education and school sports continue to leave a lasting mark."

Hallidays Point Public School

Students, teachers and the whole school community are proud to belong at Hallidays Point Public School.

Celebrations of belonging took place for Education Week, starting with a "Belonging Wall" and student-made videos to engage student voice in the celebrations. A range of lunchtime "students vs staff" sporting events took place, focusing on belonging to a team. This culminated in a Mini-Olympics day on Friday with all students participating, including a handball competition during lunchtime with



the wider school community. We celebrate our diverse community, fostering pride and a strong sense of belonging for all.

Nabiac Public School

Nabiac Public School's week-long festivities were a testament to our vibrant community spirit and our commitment to celebrating every student's educational journey.

A highlight of our celebrations was the "Shine On" performing arts production, which captivated audiences, showcasing artistic talents and teamwork. Our school band, 'The Nabibeats' and choir joined students from the 8 other GLLC schools to perform.

Our school leaders also hosted a special assembly that celebrated our students and community members. School learning spaces were open to visitors and the hall was transformed into a showcase of our collective achievements, illustrating the diverse pathways to success our school supports. We ended the week with our exciting closing ceremony for the Nabiac PS Olympics, where cheering could be heard from all corners of the school.



Pacific Palms Public School

Pacific Palms Public School is a vibrant learning community located at Boomerang Beach. We offer a dynamic, engaging, and inclusive learning environment.

Our school has inspiring and dedicated teachers who work collaboratively to ensure that evidence-based, best practice is at our core. There is a strong culture of high expectations, and the school is committed to quality teaching with students involved in a rich and diverse range of academic, sporting, creative and cultural pursuits.

Student learning is enriched by a wellbeing focus and the school's positive student wellbeing programs and active P&C offer opportunities to embed family, community and school connection into our school culture.



Tuncurry Public School

Proud to belong. Tuncurry Public School celebrated the outstanding contribution our students and staff make to Public Education with our choir, band members and dance group performing at Shine-on.

Our students academic achievements were acknowledged at the Great Lakes Learning Community Academic Assembly.

During the open classrooms session, the Olympic spirit shone brightly as each class creatively decorated their rooms representing a country of choice. We shared a picnic lunch with family and friends, followed by a fun-filled afternoon of mini Olympic sports activities.



Hallidays Point Public School



Hallidays Point Public School, on the Mid-North Coast of New South Wales, provides a Kindergarten to Year 6 education beside the Pacific Ocean.

We proudly offer many academic, sporting and cultural opportunities for our students and families.

Our experienced and dedicated teaching staff use the most effective teaching strategies and resources to promote learning and achievement.

Ph: 02 6559 3009
E: hallidays-p.school@det.nsw.edu.au
300 DIAMOND BEACH ROAD,
Diamond Beach NSW 2430



Nabiac Public School



At Nabiac Public School we believe in the holistic development of every child and create opportunities to enable students to become empowered, future focussed learners within a positive and inclusive school community. Our experienced and dedicated staff are committed to providing a high-quality education that caters for all students' learning needs.

Staff, families and students work in partnership to maintain high expectations and a positive environment where every student is known, valued and cared for. We strive to continuously live up to our claim of "the best little school... anywhere!"



T: 02 6554 1247 E: nabiac-p.school@det.nsw.edu.au

Pacific Palms Public School



Pacific Palms Public School provides quality learning in a safe and happy community.

Set on Worimi land and opposite beautiful Boomerang Beach, the school is committed to quality teaching and learning across all curriculum areas, providing programs tailored to meet individual learning needs.

We offer strong literacy and numeracy programs and highly value the arts, science and technology and sporting initiatives.

Enrolling now for Kindergarten 2024

Ph: 02 6554 0249
Boomerang Drive
Boomerang Beach, NSW, 2428
Email: pacificpal-p.school@det.nsw.edu.au



TUNCURRY PUBLIC SCHOOL

Tuncurry Public School takes a holistic approach to education, health and wellbeing. It is an inclusive learning environment where core expectations of Respect, Safety and Personal Bests empower learners to connect, succeed and thrive.

Tuncurry Public School
Tuncurry Street
Tuncurry NSW 2428

Ph: 6554 6463
Web: tuncurry-p.schools.nsw.edu.au
Email: tuncurry-p.school@det.nsw.edu.au



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).

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

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

Sun 8 Sept - Tallwoods Village Market 9am - 1pm at 61 The Blvd, Tallwoods Village Opposite the Tallwoods Golf Club Contact Caileen 0488 508 846



Sat 14 Sept - Forster Farmers Market 8am to 12pm Forster Info Centre, Little St. Enquiries: Linda 0421 347 273

What's on around town & beyond!

Sing-along & afternoon tea for Operation Christmas Child Shoebox Appeal



A 'Sing-along & Afternoon Tea' fundraiser will be held at the Christian Life Centre from 2 to 4pm on 24 August at Kenrose Street, Forster.

Below: The Forster Jumping Fleas Ukulele Band.



Left: Most of the gift-filled boxes from Australia have been sent to countries in the Pacific region.

Each year for over twenty years several local churches, community groups and schools from the Forster-Taree area have filled shoeboxes with small gifts such as school supplies, basic hygiene items and toys. From our area around 2,000 boxes are sent out annually.

Most of the gift-filled boxes from Australia have been sent to countries in the Pacific region, the

Philippines, Thailand, Cambodia and Vietnam. In recent years some have also been sent to Ukraine and other war-torn countries. Last year over 11 million shoeboxes were distributed worldwide. Australia is one of only ten 'sending countries'.

Since 2015, the Forster Jumping Fleas Ukulele Band has provided the music for Forster Christian Life Centre's annual sing-along fundraiser for Operation Christmas Child Shoebox Appeal. The Jumping Fleas' support has been significant and is greatly appreciated.

Event poster for Sing-along & Afternoon Tea fundraiser for Operation Christmas Child. Includes details: Forster Christian Life Centre, 3 Kenrose Street, Forster, Saturday 24 August, 2.00pm - 4.00pm. Music provided by Forster Jumping Fleas Ukulele Band. \$10 donation at the door.

'Out and About'

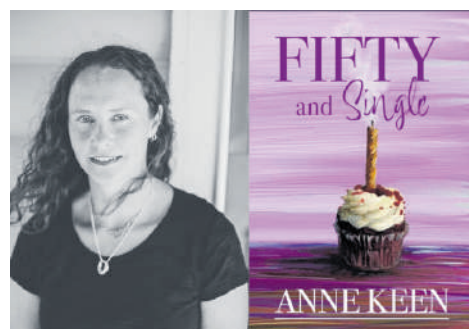


Luck of the Irish Race Day at the Tuncurry Jockey Club on 9 August 2024.

Photos by Geordie Yule.

Tuncurry Markets advertisement: John Wright Park, Saturday 24 Aug 8am - 1pm. Bookings Essential. Enquiries 0417 400 994.

Author Talk



A modern day romance about a woman falling in love with herself again, is how Barrington Coast author Anne Keen describes her latest fiction novel, Fifty and Single.

At an author talk event, held at Forster Library on Saturday August 24 between noon and 1pm, you can learn about her writing process, inspiration and personal journey. This in-person event is a great opportunity to meet the local author, ask her questions, and even get your book signed.

Fifty and Single follows the journey of Christine Williams after she is served divorce papers on her fiftieth birthday. There was a time when she could have her pick of any man in the room, but now she wonders if she could ever do it again. She struggles to imagine what dating would be like at her age. Who could be interested in a tired old mother with an aging body? Her friends try to convince her to start online dating and she embraces it.

"Knowing how to meet people when you are past the stage of house parties and nightclubs can be challenging" Anne explains. "But so can the realisation that somewhere along the line you lost sight of your dreams and desires."

Fifty and Single is Anne Keen's second novel published by Belbora Mountain Press with her first, Karamea House, released in November 2022. Similar to her debut novel, which was primarily set in Gloucester, Fifty and Single also has ties to the region.

Bookings are essential for this free event at: www.midcoast.nsw.gov.au/Eventbrite/ Author-Event-Anne-Keen-Fifty-and-Single-939268957737#

Coomba Aquatic Club advertisement: 'The Perfect Venue' for Weddings, Conferences, and Functions. Features spectacular views of Wallis Lake, indoor seating for 120, and a commercial kitchen. Includes a special menu offer for \$46.

Tania Kernaghan & Jason Owen 'Acoustic Party' advertisement: Together in Concert, Friday 30 August. Doors open from 7.30pm for an 8pm show. Tickets \$45 per person.

The Bon Jovi Show 'Wanted' advertisement: Saturday 31 August. FREE in the Main Lounge from 8pm.

Father's Day Raffle advertisement: Over \$1,000 in prizes to be won! Sunday 1 September. Tickets on sale 4.30pm, drawn from 6pm.

Abstract Art Forster Gallery advertisement: On now until Sun 8 Sep. Open 10am - 2pm Sat & Sun and days when the 'flags are flying'. www.forstergallery.org

Tuncurry Beach Bowling Club advertisement: 21 Parkes Street, Tuncurry NSW 2428. Ph 02 6554 6477 | www.tuncurrybeachbowling.com.au

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

Closer look at Power Companies

We are all suffering under crippling power costs and many tend to blame governments. However, it's worth having a closer look at our power companies. They make it difficult to contemplate changing providers due to incomprehensible prices for various components in the overall price structure (beyond my capacity to understand), including loyalty discounts etc.

Power companies have now found another way to get at you. I am a customer of DODO.

Recently I received an e-mail from them proudly proclaiming that their price for all the components listed will remain unchanged for the next 12 months. However, underneath in small print, they announced that the Feed in Price for my Solar Contribution will be halved. I think this is very cynical.

I think this attitude by our corporate sector has a lot to do with the financial pains suffered by many.

Hans Mueller - Coomba Bay



www.moir.com.au



Thank you to Tuncurry RFS

When I first read about the Secondary Cadet Program with the Rural Fire Service (RFS), I thought, what an amazing opportunity this would be for our students to learn some teamwork, leadership and life skills. I thought it would be great for them to also learn about the value of volunteering in their community. However, this week at the Tuncurry RFS has exceeded my expectations.

Our students have been fully engaged in the program. They have built strong connections, not only with their leaders, but with each other. The bond between the students has grown immensely and their interest in exploring something that is outside of their small circle of family and friends is amazing. We have had multiple students start their sign-up process to become a volunteer with the RFS and this is a credit to the leaders who were running this program for our students.

We are so proud of our students; the progress they have made during this week and the way they have approached the challenges that the RFS have put to them.

Left: Volunteers from Tuncurry RFS with students & staff from Alesco College. Photo by Mary Yule.

We highly recommend this program for any school and we would like to extend our thanks to the Tuncurry RFS who have volunteered their time this week. They are an inspiration, have been amazing mentors and should be congratulated on their invaluable contribution to our community.

From all the Year 10 students at Alesco, thank you.

Tanya Johnson - Career Advisor, Alesco Secondary College

It's been amazing! It was so much fun as you got to see what the volunteers do on a day to day basis and how they help the community in their own time.

I'll be back in a few weeks because I've put in my application the other day to join the Tuncurry RFS. My mum used to be a part of this brigade and my Nan's cousin Bob Berriman was Captain here for 20 odd years. He is now a Life Member.

Imogen Keegan - student at Alesco College.

RFS Cadet program at Forster Campus

"The Cadet Program is offered as a good alternative to sport for year 9 & 10 students," said Sam Hulford, Cadet Coordinator for Mid Coast District RFS. "They are still getting outside and being active while learning important hands on skills."

Year 10 students from the Great Lakes College Forster Campus had the opportunity to join a ten week RFS Cadet Program as an alternative to sport this year in term 3. Local Green Point RFS volunteers come into the school once a week to provide ten different sessions that could be about equipment on the firetruck, fire behaviour, fire ground safety and suppressing fires.



"It's a great way to teach students skills on things like leadership as they have to work in a team. We find it really brings students out of their shell," said Sam.

"It's also great for us to introduce these skills to Year 9 & 10 students as there is the potential to recruit some young volunteers. RFS offers training which is

Left: Students at Forster Campus with volunteers from Tuncurry RFS. Photo supplied.

fantastic for future roles within the RFS or inter-agency roles."

The Mid Coast District RFS run six cadet programs for year 10 students across the region including Great Lakes College Forster Campus, Chatham High School, Bulahdelah Central School, Camden Haven High school, Wingham High School and Alesco Senior College in Tuncurry.

Schools are usually partnered with local brigades during the quieter fire times. Currently Green Point RFS are providing the cadet program at Wingham High School as well as Forster Campus.

This is the 20th year that the cadet program has been running.

By Mary Yule.

Below: Photos from the big swell 2-3 weeks ago. First photo (supplied) shows water coming up over the grass at Blueys Beach, facing north. The second photo (by Piki Lawson) shows MidCoast Council crews repairing the southern access point to Blueys Beach, which reopened on 9 August.



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Tenacious pickleball players

The rising popularity of Pickleball in the Tuncurry and Forster region has inspired four players to raise the flag higher, with six medals being earned at the Northern Rivers Regional Doubles played at Ballina from 2-4 August.

These remarkable achievements were by Kay Holohan (gold and silver medal), Rob Millard (gold and bronze medal), Rosie MacCue (silver medal) and Graeme Glossop (bronze medal). An overall haul of six medals in total!

The idea of age being a deterrent was blown away by Graeme Glossop when, at the ripe old age of 75, he lined up against players 12 to 20 years younger and beat them! After playing eight games with Rob Millard, lasting four and a half hours with twelve kilometres of running, he was finally rewarded.

The younger brigade of Kay Holohan, Rosie MacCue and Rob Millard brought home the bacon with the best haul ever achieved by the (soon to be) Tuncurry Pickleball Club and The Great Lakes Aquatic Centre.

These four players have shown that age should never deter from becoming leaders and champions in their own right



Above: Bronze medal winners Graeme Glossop (75 yrs) and Rob Millard. Photo supplied.

- through diligence, a competitive spirit and an overwhelming tenacity to do their best.

Social Golf Club Event

Firstly, Club Forster Social Golf Club welcomes its new Office bearers - Captain Ken Woods, President Jim Lovegrove and Vice President Tom Welch.

On 20 August, the club played a stableford event at Tuncurry Golf Course. The weather was nice and the course was good.

Results

A division: 1st Darryl Fahey 33, 2nd Glenn Stewart 31, 3rd John Burgess 30.

B division: 1st. Jim Lovegrove 36, 2nd. Damien Vaughn 36, 3rd Alan Aitkin 30.

Ladies: 1st Marlene Meyer 39, 2nd M. Fieldhouse 36, 3rd Lind Barr 34.

Nearest to pin, second shot:

3rd Hole - Wayne Richards, John Burgess, Robyn Poole.

9th Hole - Grant Mathews, Alan Aitkins, Marlene Meyer.

14th Hole - Wayne Richards, Allan Bowden, Alana Pitkethly,

16th Hole - Glenn Stewart, Alan Aitkin, Marlene Meyer.

Next game

The next game is on 18 August at Forster Golf Club. Hit off 7am for 7.30am.

For all enquiries, contact Glenn Stewart on 0414 235 006.

Forster Croquet Club Championships

Forster Croquet Club have now completed running their Championships.

The Division 4 Doubles Championship was won by Rose and Ilija Bilbija with second place to Louise Cuthbert and Carol Newitt. All 4 players play off a 14 handicap and the games were close with the Winners winning two games to one.

Division 2 Doubles (for handicaps 5 to 8) was won by Mary Greig and Edna Kelly both on a 6 handicap against Ricky Fittock on 8 handicap and Helen Cooper on 7 handicap. The winners won two games to one, all closely fought.

Division 1 Doubles for handicaps 4 and below was won by Andrew Bissex with 3 handicap and Peter Long with 4 handicap, from Peter Coles and Graham Innocent, both off 2 handicaps. Both teams won 2 games with the eventual winners winning on a count back.



Above: (L to R) Ilija & Rose Bilbija, Carol Newitt and Louise Cuthbert. Photo supplied.

During the rest of the year we will have Inter club events against Taree, Gloucester and Port Macquarie, and an open Doubles Challenge Carnival.

Helen Cooper - Golf Croquet Captain.

Forster-Tuncurry Runfest results!

Continued from back page.

Those brave enough to take on the "dreaded" treble (the half marathon followed by the 10km and then the 5km) were headed by local athlete, Aaron Eichner (for the second year in a row). Aaron is such an amazing athlete who's sporting prowess is not only competing in running events. His main passion is competing in Ironman Triathlons (3.8km swim, 180km bike and 42km run).

The Forster Runfest attracts many families, as there is an event for every age group. This enables mum and dad to encourage their little ones to have a go. One of the highlights of the day is seeing a little 3 year olds' chest out, giving high fives and running full speed to the finish line.

The Moodys made it a family "day out" with some outstanding results. Hayley came first overall female in the 5km event, while husband Josh did a superb job in the treble, finishing very high up in the order. Then 4 year old Asher the Smasher managed to complete the 3k event, despite a nasty fall that had blood streaming from his leg.

Overall, it was a very well-run event thanks to the many volunteers. The crowd support was stronger than ever, and the course certainly showcases this beautiful town.

For the full list of results, please visit: www.thetimingguysresults.com/ForsterRunningFestival/2024

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Dolphins get to Grand Final

With varying results recently, the desired result was finally achieved - to see The Dolphins move into the Lower Mid North Coast Rugby Union Grand Final.

During the Dolphins semi-final match against the Wauchope Thunder, the Thunders came out hot to secure a 14-0 lead within the first 15 minutes, leaving us in shock. The Dolphins finally showed some resilience, their pod work started to make in-roads, resulting in a try to Callum Crawford-Walker. Corby Delaforce's penalty goal made the score line more respectable, 14-8 at the break.

A half time pep talk by Coach Blake Polson showed the polar opposite of the first. The forward unit started well, with Kaleb Trudgett and Jacob Williams setting the tone early with

one charge from Blake Newcombe skittling Thunder players, demonstrating that we were back. Shortly after Sam Laurie scored a nice try. The Dolphins started to click. A great ball from winger Andre Ward sent Corby on a long run, finding Jack Nicholson in space to cross wide. Another phase of play saw Kaleb cross, before Jack went over again taking the score to 30-14. A late consolation try took the final score to 30-21 and the Dolphins moved onto the grand final qualifier against the Manning River Ratz.

For Saturday's grand final qualifier, the Dolphins had ticked every box and dotted every 'i'. Training was sharp, focused and meaningful, and the coaching staff were positive this would show on game day. Last years exit, 17-10 to eventual premiers, the Thunder, still hurt. The players knew that the only thing that let them down was the will to win.

The Dolphins knew that the Ratz would come out hard to blast them off the park with size and power! The first 15 minutes was exactly that, hard hitting rugby with neither forward pack giving an inch. For every big run a Ratz player would make, Kaleb or Jacob would cut them down, allowing Captain Coach, Blake to get over the ball and win possession or disrupt the ruck. The front row of Chris Simon, Sam Laurie, Ben Manning and Colin Harris not only held their own against a much larger pack, but gained ascendancy in the scrums with the assistance of locks, Blake and Chris Jessup. By half time, Blake, Colin and Memphis McBride had crossed the stripe, with Corby adding the extras including a penalty goal - 24-nil.

The second half started slowly, double penalties helped the Ratz make easy yardage, culminating in a try close to the line. Ryan rammied it home with a try against the run of play to seal the result 39-14. The junkyard Dolphins had struck again, with the win guaranteeing the Dolphins a place in the Grand Final against the Wallamba Bulls.

Special mention goes to Kaleb Trudgett who played his 50th game for the Dolphins during our game against The Thunder. Kaleb also received Players' Player against the Ratz and played like a one-man army, chopping Ratz down and battering through their defensive wall on many occasions.

By Chris Simon.

Photos by Katrina Simon.

The Grand Final was played on 17 August at Tuncurry with the Wallamba Bulls from Nabiac winning 31 - 17 against the Forster-Tuncurry Dolphins. A full report will be published in the next edition.



Above: Kaleb Trudgett has reached 50 games.

Inter Resort Golf Event



Above: (L to R) Terry Hulme (Tea Gardens) John Hanlon (Fern Bay).

On Monday 5 August, 24 golfers from Palm Lake Resorts at Forster Lakes, Tea Gardens and Fern Bay played an 18-hole stableford event at the Hawks Nest Golf Course. This was our fourth event for this year and again the winning team was Fern Bay followed closely by Tea Gardens with Forster Lakes their usual gallant third.

There were some good individual scores on the day. The overall winner was John Hanlon from Fern Bay, Marty Plim from Tea Gardens came second, and Ross Clissold from Tea Gardens came third.

Another enjoyable day was had by all. We look forward to the next game on 14 October at Forster Golf Course where hopefully the home ground advantage will be in our favour.

By Warren Arnold.

<p>Monday Monday Pasta \$15</p>	<p>Tuesday Happy Hour 3pm to 5pm Members Swipe Draw at 5:30pm Bingo From 10:30am Pizza's L \$20 / S \$15 \$15 Seniors Lunch Deal</p>	<p>Wednesday Raffles from 6pm Club Super Draw from 6pm 220gr Porterhouse w/Chips & Salad \$20</p>	<p>Thursday MultiBowls & Raffle from 12:30pm Happy Hour 3pm to 5pm Mexican \$15</p>	<p>Friday Raffles from 6pm Super 100 Draw after Raffles Lunch Burger 'n' Beer \$20 Live Music Every Friday 8pm</p>
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There's always something happening at the Palms!

<p>Saturday Fishing Club Raffle starts at 3pm & 4pm Happy Hour 3pm to 5pm Lunch & Dinner Kids Meals \$5 (16y)</p>	<p>Sunday Chook Run Bowls from 10:30am Raffles from 1pm Lunch & Dinner Kids Meals \$5 (16y)</p>	<p>Open 7 Days 11:00 till Late Lunch 12pm & Dinner 5:30pm Courtesy Bus from 4pm 8 Paradise Drive, Smiths Lake Ph: 6554 4333 www.pacificpalmsbowlingclub.com.au Follow us on Facebook, Instagram and Twitter.</p>	<p>DJ Emil Fri 23 Aug</p>	<p>Glen Mead Fri 30 Aug</p>
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Forster-Tuncurry Runfest results!



By Dave Hughes.

It's that time of year again where Forster comes alive with the running of the Forster-Tuncurry Runfest. Many run clubs had set up their gazebos on the lawns near the finishing line with a carnival like atmosphere. It was a colourful spectacle and the vibe was amazing. Spectators and entrants began to gather with nervous anticipation prior to the start of the half marathon. Some of the comments from the runners seem to repeat themselves at every running event e.g. "I'll be happy just to finish", "I'm still getting over a slight niggle" etc. A slight niggle for a runner is something a bit more serious than to a non-runner, such as an amputated leg, brain surgery or triple heart bypass surgery the day before the event (yes, Jack Frostpreviously announced dead but now back running ultra marathons).



The announcer called the half marathoners (21.1k) to the start line and soon they were all away. There are two ways to run a half marathon. First and wisest choice is to run at an even pace for 17km and then see what you have left for the last bit and hopefully negatively split (i.e. your second half is quicker than your first half). The second way is to have a race plan... ignore it and run like the clappers for the first 15km and then hang on for dear death towards the end (no names mentioned... you know who you are.)

It was great to see so many runners wearing club colours (Port Pacers, Trailblazers, Forster Runners, Plodders etc).

Top left: First woman in Half & Treble - Jacquie Artus (former Forster resident).

Left: First man in Half Marthon - Robert Fish (Port Macquarie).

Top right: First man in Treble & second in Half - Aaron Eichner (Forster).

Photos by Mary Yule.



Next away were the 10 km field followed by the 5km runners and the children's shorter distances.

The weather was somewhat tough compared to previous years. A very strong breeze did little to favour the runners and gave no respite in the very warm conditions. Having said this, there were some outstanding results in all divisions.

For the statistically minded, the winning times in the five prime events were:

- Half marathon male 77m - Peter Fish
- Half marathon female 86m - Jacquie Artus
- 10km male 36m - Jack Ryan
- 10km female 36m - Therese Auton (first overall)
- 5km male 15m 57s - Caleb Bettison
- 5km female 21m 24s - Hayley Moody
- 3km kids male 12m 16s - Nixon Gilmour
- 3km kids female 12m 19s - Ellie Austin
- Treble (Half, 10 & 5km) male - Aaron Eichner
- Treble female - Jacquie Artus

Continued on page 22.

Season success

AGM: Our Club Forster Blue Water Fishing Club Annual Gneral Meeting was held on 10 August. A good roll up was encouraging with lengthy discussions concerning our fishing methods and sustainability happening on our fishing grounds.



Above: Dallas Wrench and Peter Clarke, GM Club Forster.

The former committee was re-elected unopposed with Allan Bowden, President, Dave Nash Vice President, Dallas Wrench Secretary, Paul Nicholas Treasurer and Franklin Harshman Records/Publicity Officer, assisted by Dave Nash.

Season results: The overall season was successful with more boats and deckhands competing than before.

The heaviest fish species caught for the year ended 30/06/2024 were Snapper, Dave Nash, Flathead, (joint winners) Garry Smith and Joe Bujalski, Flounder, Lindsay Rathbone, Teragalin, (joint winners) Martyn Barry and Dave Nash, Kingfish, Anthony Chapman, Pearl Perch, Dave Smith, Tailor Martyn Barry, Bar Cod, Anthony Chapman.

Highest points for the year went to Joe Bujalski with runner up Dave Nash.

4 Club records were broken throughout the year and those went to Anthony Chapman, Bar Cod 12.340 kilos, Dave Smith, Morwong 2.38kilos, Deep Sea Perch 1.37kilos and Dolphin Fish 6.48kilos.

Our club person of the year went to our secretary Dallas Wrench for all her valuable work with the club.

By Frank Harshman - CFBWFC.



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