Local Identity Graeme Jennings p13



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.

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS Wednesday 21 August July 2024

Circulation 7,000 No.103

Star Pet

Politicians unite on **Manning Base Hospital**

4-page

"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).

Public4- pageEducationlift outWeek 2024inside

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."

> share with the tribe or go

it alone!

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

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.

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.

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Continued from page 1.

residents and lower socio-

heavily on an effective and

accessible public hospital.

According to government

of escalating costs. Stage

staging of the project was

upgrades."

supposed to allow continuity of

hospital operations during the

redevelopment. It was not an

Page 2

2024





Light Displays

Forster Fortnightly **NEXT DEADLINE WEDNESDAY 28 AUGUST TO PUBLISH WEDNESDAY 4 SEPTEMBER**

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

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

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Smiths Lake Pacific Palms Bowling Club Good Food Store Smiths Friendly Grocer

Coomba Park Pollards General store

Coomba Aquatic Centre Bungwahl

Bungwahl Fuel & Liguor

Seal Rocks Seal Rocks General Store Petition at State Parliament while 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



Politicians unite on

Manning Base Hospital

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

> 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

acknowledged the committee for attending the

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 pleted, tenders can go out and app builders can start construction on stage 2 of

Story and photos by Mary Yule.



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.'

have engaged with her on this issue.

Above: MP Tany Thompson debating the acknowledging the MGLCHAG contigent who

• 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

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 Mvall Lakes and I do not sit on the same side of the Chamber, she advocates strongly for her community, as we all should. I

"The community can be assured of two things. The first is that I have heard their message loud

"We were well supported by all sides," said Carmel Bartlett, Secretary of MGLCHAG said. "And each speaker looked at the gallery and

debate and thanked them for their efforts.

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

excuse for the Government to delay necessary

Community News

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 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 ngrouped

Draw for the election (showing the Ungrouped candidates 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)

Richard Streamer: Independent (Hawks Nest) Elizabeth McEntyre: Independent (Tea Gardens) Karen Hutchinson (Booral) Stephen Smith: Independen

(Bulahdelah) John Sahyoun (Bulahdelah)

Vivien Panhuber (Bulahdelah)

For full list of the 58 candidates, please

www.elections.nsw.gov.gu/elections/ local-aovernment-elections/2024nsw-local-aovernment-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

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

9499

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21 August 2024

21 August 2024

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spoke during the Vietnam Day cermony at the War Memorial in Little Street, Forster. Photos by Geordie Yule.







Tax concerns for **local breweries & distillers**

Dr David Gillespie, Federal Membe for Lvne (pictured right). addressed Parliament last week ir 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. The rebate has allowed small brewers to compete with the big international brewers who are now starting to dominate the Australian market.

"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



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

"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

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, Amaroo 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



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FORSTER FORTNIGHTLY

Community News

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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 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

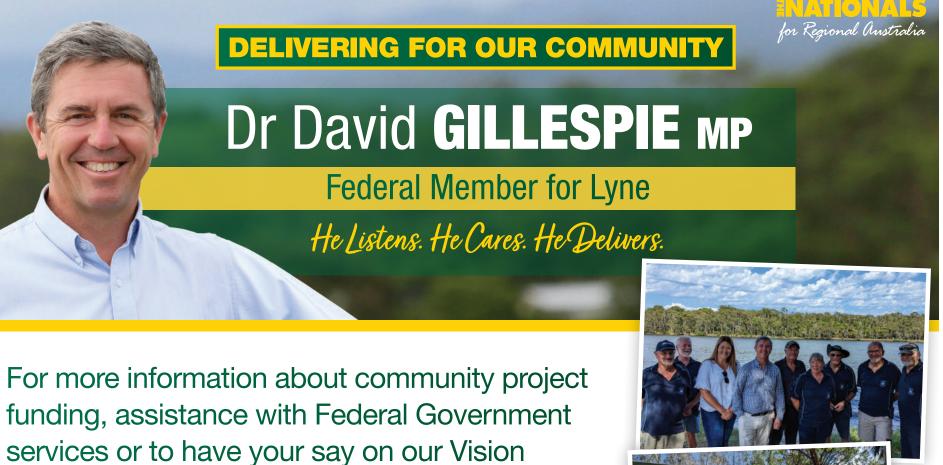
at Tuncurry in the event of a power grid failure. This became a priority especially after bushfires and floods affected the Great Lakes region in recent years and with the prediction of more frequent severe weather events in future.

In 2023 the station's volunteers began fundraising efforts in earnest towards the 'generator" project. Generous prizes were donated by local businesses and individua 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 Himoinsa 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'



2030 Plan visit www.davidgillespie.com.au

Wauchope: 💡 Shops 2&3, 43 High Street, Wauchope NSW 2446 🧐 6586 4462 **Taree: Q** 144 Victoria Street, Taree NSW 2430 **Q** 6557 8910 🕿 david.gillespie.mp@aph.gov.au 👔 davidgillespie.com.au 🕂 DavidGillespieMP Authorised by Dr David Gillespie MP, National Party of Australia, 144 Victoria Street, Taree NSW 2430.



Last month, 40 of our Forster District Combined

Probus Club members attended Christmas in

and enjoying the festivities at the Golf Club.

July at Gloucester, staying at the Country Lodge

A great night was had by all, everyone got into

the Christmas spirit, decorating their tables and

dressing up with Christmas flare! A sumptuous

The following morning after breakfast we were

treated to High Tea at the Gloucester Museum

after looking around and taking in some of the

meal, entertainment, Quiz, Kris Kringle and

dancing were enjoyed by all!

By Jacqui Costello - FDCPC

local history

www.forsterfortnightly.com.au

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drive a high performance vehicle.

types (listed below).

overtaking.

Police Station

CHERY | TIGGO

TIGGO7PRO

3. How to avoid common crashes

Almost 80% of all NSW casualty crashes (where

crash types for provisional drivers. They can be

a person is killed or injured) fall into 5 crash

These crashes are also the most common

avoided if you follow the road rules and:

• take extra care at intersections and when

Please be kind to each other and don't forget to

Chief Inspector Timothy Bayly - OIC Forster

• manage your speed and fatigue

• keep a safe stopping distance

say "G'day!" to your local police.

families of veterans.

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.

Below: Early Laps by Kathy Majewski.







Why should it be any different at your funeral? Pre-arrange today with Allan Pearse









• Wound assessment and treatment • Peripheral and neurological testing • Doppler

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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!

• have any alcohol in your system when you

• 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

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

Acros



Manning - Great Lakes Police District Update

f you are reading this and you are a P plater

Christmas in July!

When on your red Ps, you must:

• display red P plates clearly on the front and

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

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.

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ANCAP

- 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 cludes 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

drive a vehicle

3000 Cashback available at participating Chery dealers across MY24 Tiggo 7 Pro range new and demonstrator stock vehicles purchased and delivered from 1st August 2024 to 30 September 2024. While stocks last. Cashback is redeemed at point of purchase as a deduction from the purchase price. Not otherwise redeemable for cash. Offer is not available to fleet,

t or rental buyers, or with other offers. Chery Motor Australia reserves the right to change, modify or withdraw this offer in its sole discretion

- or you have a P plater in your family - it is timely you are reminded of the below 1. Rules for provisional P1 licence only drive cars

back of the car, on the outside

• only tow trailers up to 250kg of unloaded weight, and you must display your red Ps on

• only drive solo in the kind of car you took

You must not:

Community News

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Legacy Week 1 - 7 September

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

Buy a badge this Legacy Week and support local 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

from 72 counties. I don't think any our members go to these

Instruments and a forum

and complexity of life as

microscope. In the Nikon

seen through the light

2023 competition they

received 1900 entries

for showcasing the beauty

lengths howeve we did receive some amazing

images. 1. Close Up/Small World results

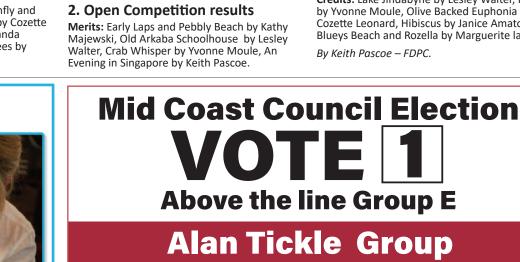
Merits: Green Dragonfly and As big as my Thumb by Cozette Leonard, Fungi by Wanda Amos, Busy Native Bees by Keith Pascoe



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

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.



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.



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

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Tanya's **Community Update**



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

Kick start scholarship 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 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

The debate was positive, with support for improving our region's healthcare infrastructure from: Minister for Health. Ryan Park, Shadow Minister for Regional Health, Gurmesh 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

www.forsterfortnightly.com.au

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 to 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.

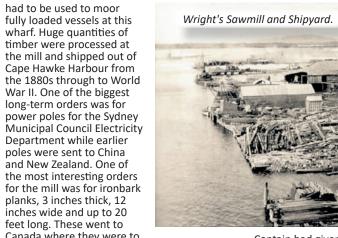
After crossing the bridge, you see John Wright Park. In 1875, John Wright took out a 99

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

Have your say

Have you 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



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 and 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.

For more information and to provide feedback, go to: www.haveyoursay.midcoast.nsw. gov.au/northern-gateway-transport-hubmaster-plan?mc_cid=2f5496367e&mc_ eid=9aaeb6bebb

Feedback closes 11 September.



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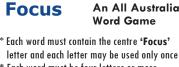


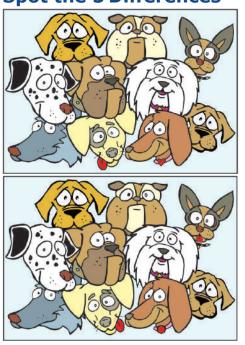


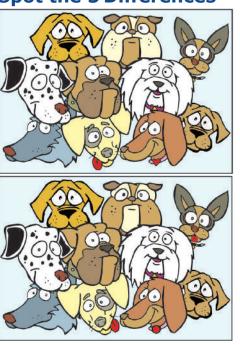


Sudoku











Community News

The Grin Bin

Doodley Squat



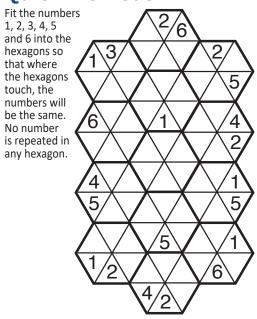
Fill in the blank cells using numbers from 1 to 9. Each number can only appear once in each row, column and 3x3 block.

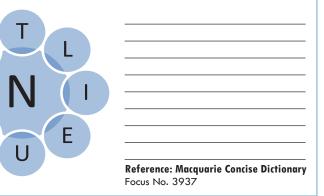
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An All Australian

Word Game

Quick Workout Fit the numbers





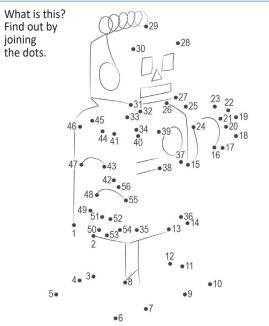
Spot the 5 Differences

Excellent: 26 words

FOCUS Very good: 17 words

Join the Dots

Q



Swamp



Bushy Tales





Crossword



republic

3 Produced

view

6 Oppose

4 Taking of a practical

5 Conductor's wand

38 Snake-like fish

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- 39 Moves easily
- 41 Wearv
- 44 Head and neck covering
- Solutions Puzzles and pagination

37 One granted a lease

28 System of belief

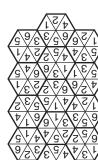
29 Make amends

30 Large tank

32 Greek letter

34 Dodge

supplied by Auspac Media





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FOCUS: inept inlet input lent lien line lint lune lupin lupine

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YOUR FORTNIGHTLY TV GUIDE



ABC TV	SBS	SEVEN	NBN	TEN
6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 2.55 Monty Don's Adriatic Gardens. 3.55 Extraordinary Escapes. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Shaun Micallef's Eve Of Destruction. 8.40 Guy Montgomery's Guy Mont Spelling Bee. 9.30 Planet America. 10.00 Would I Lie To You? 10.30 News. 10.45 The Business. 11.00 Interview With The Vampire. 11.50 Fifteen-Love. 12.40 Grand Designs. 1.30 Late Programs.	 6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 4. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Michael Palin In Nigeria. 8.30 Ray Martin: The Last Goodbye. 9.30 DI Ray. 10.25 SBS News. 10.55 Enemy Of The People. 12.35 Lost Luggage. 3.30 Make Me A Dealer. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 Late Programs. 	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 The Voice. 1.35 Border Security: Int. 2.05 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The Voice. (PG) 9.00 The Front Bar. (M) 10.00 Billy Connolly: My Absolute Pleasure. (M) 11.10 The Latest: Seven News. 11.40 Talking Footy. 12.40 Miniseries: Midnight Man. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	 6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Space Invaders. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.40 Paramedics. (M) 9.40 A+E After Dark. (M) 10.40 9News Late. 11.10 Ski Rescue Down Under. (PG) 12.00 Tipping Point. 1.00 Pointless. 2.00 Good Chef Hunting. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today. 	6.00 Morning Programs. 8.30 Bold. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Hunted. 11.40 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Thank God You're Here. 8.40 Inspired Unemployed (Impractical) Jokers. 9.40 Have You Been Paying Attention? 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
6.00 Morning Programs. 1.00 The Assembly. 2.00 Parliament. 2.55 Monty Don's Adriatic Gardens. 3.55 Extraordinary Escapes. 4.45 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Amazing Spaces. 9.20 Miriam Margolyes Impossibly Australian. 10.20 News. 10.35 The Business. 10.50 The Art Of 11.25 Grand Designs. 12.10 Parliament. 1.10 Extraordinary Escapes. 2.00 Rage. 3.40 Late Programs.	 6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 Such Was Life. 2.10 Britain's Most Expensive Houses. 3.05 Festivals. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 5. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Australian Walks. 8.25 Junior Doctors Down Under. 9.20 Rebus. 10.15 SBS News. 10.45 Pray For Blood. 11.40 Pray For Blood. 2.30 Miniseries: The Dark Heart. 3.20 Late Programs. 	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 The Voice. 1.30 Border Security: Int. 2.00 Motorbike Cops. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 Thews Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 Tik Tok: Murders Gone Viral. (M) 9.30 Homicide: With Ron Iddles. (PG) 10.30 Air Crash Investigations. (PG) 11.30 Starstruck. (PG) 12.45 Boy To Man. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	 6.00 Morning Programs. 1.00 Ski Rescue Down Under. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 25. Wests Tigers v Manly Sea Eagles. 9.45 Thursday Night Knock Off. 10.30 9News Late. 11.00 The Equalizer. 12.00 Resident Alien. 1.00 Tipping Point. 2.00 Destination WA. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today. 	6.00 Morning Programs. 10.00 Judge Judy. 10.30 Dogs Behaving (Very) Badly Australia. 11.30 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Dogs Behaving (Very) Badly Australia. 8.30 Gogglebox Australia. 9.30 The Cheap Seats. 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
6.00 Morning Programs. 1.00 Troppo. 1.55 Guy Montgomery's Guy Mont Spelling Bee. 2.40 Classic Countdown Extras. 2.55 Monty Don's Paradise Garden. 3.55 Extraordinary Escapes. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Guy Montgomery's Guy Mont Spelling Bee. 8.20 Shaun Micallef's Eve Of Destruction. 9.00 Troppo. 10.00 Love Your Garden. 10.45 News. 11.05 Grand Designs. 11.50 Extraordinary Escapes. 12.40 Late Programs.	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Britain's Most Expensive Houses. 3.00 NITV News: Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 6. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Great British Landmark Fixers. 8.30 Ancient Superstructures. 9.30 Lost Treasures Of Ancient Rome. 10.25 Late Programs.	 6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 News. 12.00 MOVIE: Gates Of Paradise. (2019) (M) 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Better Homes And Gardens. 8.30 To Be Advised. 1.20 Travel Oz. (PG) 2.00 Home Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today. 	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: The Wedding Fix. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 25. Brisbane Broncos v Parramatta Eels. 9.55 Golden Point. 10.40 MOVIE: RoboCop. (2014) (M) 1.00 Tipping Point. (PG) 2.00 Pointless. (PG) 3.00 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 8.00 Pooches At Play. 8.30 Bold. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Sort Your Life Out. 11.45 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Judge Judy. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Sort Your Life Out. 8.45 The Dog Academy. 9.45 Dogs Behaving (Very) Badly Australia. 10.45 News. 11.10 The Project. 12.10 Stephen Colbert. 1.00 Shopping.
6.00 Rage Charts. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Unforgotten. 1.15 Sister Boniface Mysteries. 2.05 Shaun Micallef's Eve Of Destruction. 2.40 And We Danced. 3.50 David Attenborough's Galapagos. 4.45 The Assembly. 5.25 Landline. 5.55 Aust Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Sister Boniface Mysteries. (M) 8.20 Van Der Valk. (M) 9.45 Fifteen-Love. (M) 10.40 The Beast Must Die. (M) 11.25 Rage. (MA15+) 5.00 Rage. (PG)	 6.00 WorldWatch. 2.00 Such Was Life. 2.10 Portillo's Greatest Railway Journeys. 3.05 Portillo's Greatest Railway Journeys. 4.00 Ireland In Music: Sclimpini. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 7. Highlights. 5.30 The Point: Road To Referendum History Bites. 5.35 Tony Robinson's Forgotten War Stories. 6.30 News. 7.30 Edward And Wallis: The Bahamas Scandal. 8.40 Malta: The Jewel Of The Mediterranean. 9.30 Westminster Abbey: Behind Closed Doors. 10.25 Late Programs. 	 6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Winx Stakes Day, Saturday at The Valley and Doomben's Saturday Raceday. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 Football. AFL. Round 24. Sydney v Adelaide. 10.30 To Be Advised. 12.15 The Great Diamond Heist. (PG) 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 Drop Dead Weird. 5.00 House Of Wellness. (PG) 	6.00 Morning Programs. 2.30 NRLW Wrap. 3.00 Raiders Rising. 4.00 The Block. 5.00 9News First At Five. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. NRL. Round 25. South Sydney Rabbitohs v Newcastle Knights. 9.25 NRL Saturday Night Footy Post-Match. 10.00 MOVIE: War. (2007) 12.00 MOVIE: Good Kill. (2014) 2.00 The Incredible Journey. 2.30 Getaway. 3.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	 6.00 Morning Programs. 8.00 I Fish. 8.30 Australia By Design: Architecture. 9.00 My Market Kitchen. 9.30 Freshly Picked. 10.00 Healthy Homes. 10.30 The Drew Barrymore Show. 12.00 Hunted. 1.00 Planet Shapers. 1.30 GCBC. 2.00 Farm To Fork. 2.30 Everyday Gourmet. 3.00 My Market Kitchen. 3.30 Big Bang. 4.30 Deal Or No Deal. 5.00 News. 6.30 The Dog House. 7.30 Thank God You're Here. 8.30 Dog House Aust. 9.30 Ambulance UK. 12.00 The Cheap Seats. 1.00 Shopping. 5.00 Hour Of Power.
 6.00 Morning Programs. 10.00 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Love Your Garden. 2.30 Dream Gardens. 3.10 Nigella At My Table. 3.40 Amazing Spaces. 4.30 Restoration Australia. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Vera. 9.05 Fifteen-Love. 9.55 Unforgotten. 10.40 Fisk. 11.10 Annika. 11.55 Frayed. 12.45 Noughts + Crosses. 1.40 Rage. 3.05 Classic Countdown. 4.00 Outback Ringer. 4.30 Art Works. 5.00 Insiders. 	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 1.00 Speedweek. 3.00 The Point: Road To Referendum History Bites. 3.05 Portillo's Greatest Railway Journeys. 4.00 Wonders Of Scotland. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 8. Highlights. 5.30 The Point: Road To Referendum History Bites. 5.35 Tony Robinson's Forgotten War Stories. 6.30 News. 7.30 Titanic In Colour. 8.25 Titanic In Colour. 9.20 The Black Death With Dan Snow. 11.10 Late Programs.	6.00 Morning Programs. 11.30 House Of Wellness. 12.30 Football. AFL. Round 24. Western Bulldogs v GWS Giants. 3.30 Border Security: Int. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 The Voice. 8.40 7NEWS Spotlight. 9.40 The Latest: Seven News. 10.10 Crime Investigation Australia: Most Infamous. 11.20 Autopsy USA. 12.20 Lipstick Jungle. 1.20 Harry's Practice. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 1.30 Rugby League. NRL Women's Premiership. Round 5. Wests Tigers v Brisbane Broncos. 3.30 Rugby League. NRL. Round 25. St George Illawarra Dragons v Cronulla Sharks. 6.00 NBN News. 7.00 The Block. 8.30 60 Minutes. 9.30 9News Late. 10.00 See No Evil. 11.00 The First 48. 11.50 Transplant. 12.40 The Brokenwood Mysteries. 2.35 Postcards. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Surfing Australia TV. 5.00 Today Early News. 5.30 Today.	 6.00 Morning Programs. 8.30 Freshly Picked. 9.00 Taste Of Australia: BBQ. 9.30 The Drew Barrymore Show. 11.00 Dogs Behaving (Very) Badly Australia. 12.00 Hunted. 1.00 My Market Kitchen. 1.30 GCBC. 2.00 Everyday Gourmet. 2.30 Farm To Fork. 3.00 Cook With Luke. 3.30 Big Bang. 4.30 Deal Or No Deal. 5.00 News. 6.00 The Sunday Project. 7.00 Hunted. 8.30 The Real CSI: Miami. 9.30 Claremont: A Killer Among Us. 11.00 FBI. 12.00 The Sunday Project. 1.00 Shopping. 4.30 CBS Morning.
6.00 Morning Programs. 1.00 Van Der Valk. 2.30 Back Roads. 2.55 Monty Don's Paradise Garden. 3.55 Extraordinary Escapes. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 Vera. 11.0 Grand Designs. 2.00 Extraordinary Escapes. 2.45 Rage. 3.30 Parkinson In Australia. 4.30 Outback Ringer. 5.00 Art Works. 5.30 7.30.	6.00 WorldWatch. 8.00 WorldWatch. 12.10 WorldWatch. 2.00 Such Was Life. 2.10 Britain's Most Expensive Houses. 3.05 Festivals. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 9. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Robson Green's Weekend Escapes. 8.50 Rise Of The Nazis: The Manhunt. 9.50 24 Hours In Emergency. 10.55 SBS News. 11.25 House Of Promises. 1.15 La Jauria. 3.05 Make Me A Dealer. 4.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.40 Motorbike Cops. 2.00 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 The Voice. (PG) 9.05 The Rookie. (M) 10.05 S.W.A.T. (M) 11.05 The Latest: Seven News. 11.35 Lopez Vs. Lopez. (PG) 12.35 The Event. (M) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.45 Curtis Mcgrath Unstoppable. 9.45 100% Footy. (M) 10.45 9News Late. 11.15 La Brea. 12.00 Transplant. 12.50 Tipping Point. 1.40 Pointless. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	 6.00 Morning Programs. 8.30 Bold. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Hunted. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Hunted. 8.40 Have You Been Paying Attention? 9.40 Inspired Unemployed (Impractical) Jokers. 10.10 Ghosts. 10.35 News. 11.00 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
 6.00 Morning Programs. 1.00 The Newsreader. 1.55 Brush With Fame. 2.25 Back Roads. 2.55 Monty Don's Japanese Gardens. 3.55 Extraordinary Escapes. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 The Assembly. 9.15 The Art Of 9.45 Brush With Fame. 10.15 News. 10.30 The Business. 10.50 Four Corners. 11.35 Q+A. 12.40 Media Watch. 12.55 Grand Designs. 1.45 Extraordinary Escapes. 2.35 Rage. 3.45 Late Programs. 	 6.00 WorldWatch. 12.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Britain's Most Expensive Houses. 3.00 Railway Vietnam. 3.30 The Cook Up. 4.00 Who Do You Think You Are? 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 The Point. 11.30 Babylon Berlin. 1.20 COBRA. 3.55 Make Me A Dealer. 4.45 Destination Flavour. 5.00 Late Programs. 	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.35 Border Security: Int. 2.05 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. 7.30 The Voice. (PG) 9.00 Made In Bondi. (M) 10.05 First Dates UK. (PG) 11.15 The Latest: Seven News. 11.45 Extended Family. (PG) 12.45 Holey Moley Australia. (PG) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Sam News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.15 Destination WA. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.45 Adam Hills Foot Fault. (PG) 10.05 Outback Opal Hunters. (PG) 11.05 9News Late. 11.35 30 Years Of The Footy Show. 1.05 Transplant. 2.05 Pointless. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Neighbours. 8.30 Bold. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Hunted. 11.40 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Hunted. 8.40 The Cheap Seats. 9.40 NCIS. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.







Bungwahl Public School celebrated **Public Education** Week this year by performing in the Great Lakes Learning community SHINE ON concert.

performance was the interpretative dance choreographed entirely by Gypsy

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Public Education Week 2024

Great Lakes Learning Community celebrates Public Education Week

It was with great pride and joy that the Great Lakes Learning Community (GLLC) celebrated Public Education Week from 5 - 9 August. This year's theme, 'Proud to belong' allowed us to celebrate the fact that every family that comes to our schools are welcome and valued.

The GLLC comprises of 9 schools from Kindergarten to Year 12 (over 3000 students). They include Hallidays Point Public School, Nabiac Public School, Tuncurry Public School, Forster Primary School, Pacific Palms Public School, Bungwahl Public School and Great Lakes College (3 Campuses). We have worked collaboratively together for 16 years and are aspirational for the future.

The GLLC organised two major celebrations during Public Education Week this year.

1. The GLLC Academic Excellence Assembly (Year 3 to Year 12 students), on 6 August, where all 9 schools were represented.

2. The school production 'Shine On', on 7 August, showcased a range of performing arts featuring students from GLLC's primary and high schools.

Public schools are the foundation of our communities, providing a place where all children, regardless of background, can come together to learn and grow. It is within our

schools that we nurture the next generation of thinkers, leaders, and innovators. Public education embodies the spirit of equality and opportunity, ensuring that every student has access to the tools and resources they need to succeed.

Education is a powerful equalizer, opening doors and breaking down barriers. In the Great Lakes Learning Community, we are proud to uphold these values and strive for excellence in all that we do. I love my job - every family is welcome at my school.

We are proud public-school educators and a talented, dedicated group of leaders,

passionate about our focus to deliver a highquality education from K to 12 and beyond. This year we are excited about the many planned events connecting primary and high school students through leadership, culture, creativity and academic opportunities. The future is bright!

By Melissa Merchant - GLLC Chairperson & Principal Pacific Palms Primary School

Below: Local students performing at the 'Shine On' concert at Club Forster on 6 August. Student's artwork was displayed in the foyer. Photos supplied.



Bungwahl Public School

from Year 1-6.

A highlight of our



Schaad and her peers in Years 4 and 5. Students led the artistic decisions about how the song 'It's Raining on the Rock' by John Williamson would be performed, including singing and costumes. Instrumental accompaniment was provided by beginning band students led by



local musician Glen Mead. The result was a

stunning performance which included students

Forster Public School

Forster Public School prides itself on creating a learning environment where all students can connect, succeed and thrive. Our staff, students and community work together to uphold our core school values of Safety, Respect and Personal Best.

The students at Forster Public School are immersed in authentic and engaging learning experiences that develop their knowledge and understanding across a diverse range of subject areas. As a school, we actively seek opportunities for our students to further enhance and showcase their natural skills, talents and abilities across intellectual, creative, and physical domains through internal and external learning opportunities.



- For enrolment packages or more information
- Contact us on: (02) 4997 6175
- Email: bungwahl-p.school@det.nsw.edu.au
- Or visit our school website: bungwahl-p.schools.nsw.gov.au/about-our-school.html

At Bungwahl Public School we strive for excellence in a warm and nurturing environment. Students' unique gifts are recognised and encouraged within our learning and wellbeing programs.

We enjoy many partnerships with other great public schools, and our local community, to provide opportunities for extension, collaboration and leadership. The school has a welcoming and proactive P&C. Our school values are learning, respect, caring, belonging and creativity.





FORSTER PUBLIC SCHOOL

Forster Public School commits its staff and programs to providing excellence and opportunities in learning experiences which contribute to personal growth and development of children.

We seek to ensure that all students achieve their best in an environment that is stimulating, safe and happy. All students are known, valued and cared for.

Connection with our school community continues to grow, enhancing the opportunities for all students.

102 Head St, Forster NSW 2428 (02) 6555 6766 forster-p.school@det.nsw.edu.au www.forster-p.schools.nsw.gov.au

Safety . Respect . Personal Best



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 younges 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

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,

the academic achievements being celebrated,

highlighting the well-rounded nature of the

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 GLC.





Club. Photos by Mary Yule.

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





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.

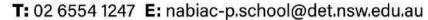
Our school leaders also hosted a special assembly that celebrated our students and community members. School learning spaces were open to visitors and the hall was transformed into a showcase of our collective achievements, illustrating the diverse pathways to success our school supports. We ended the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





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".







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

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



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 eatured 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.

Greme 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

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



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 highlightea 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 lastina mark."

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.



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 funfilled afternoon of mini Olympic sports activitie





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.schol@det.nsw.edu.au



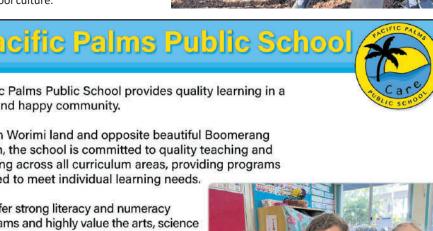


Pacific Palms Public School provides quality learning in a safe and happy community.

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





Public Education Week 2024

GLEF applications now open

Applications for Great Lakes Education Fund (GLEF) grants are now open and close on 30 September. (See advertisement below)

In 2023 GLEF granted scholarship to eighteen students studying a variety of courses ranging from Social Work to Mechatronics Engineering (Mechanical Engineering and Electronics combined) and many in between. Students are studying at Newcastle, Gold Coast, Canberra, Port Macquarie and Sydney. In previous years GLEF has also supported TAFE students undertaking trade courses such as plumbing and electrical.

The grants are made possible by fundraising through the GLEE Annual Golf Day, Forster Fellas Big Book Arvo, and our community partner program. The Big Book Arvo is coming up on Saturday 21 September at 2pm at Club Forster, while the weather affected golf day will now be held on Thursday 31 October.

The following organisations, businesses and locals make up GLEF's partnership program: Cape Hawke Health, District 44 Masonic

Charities, The Bryan Family, Forster Eye Surgery, Forster Fellas Book Club, Lions Club of Forster Tuncurry, Lumpy's Nursery and Landscaping Yard, Pacific Palms and Pacific Coast Property Network. Accountants and More. Ian Andrews Bequest, Battery World Penrith, Hallidays Point Lions Club. McFadden Browne Family. Midcoast Connect, Thomas Scaffolding, D Rolfe and T Morton, and Tuncurry Forster Jockey Club. Without these partnerships. GLEF would be unable to assist as many local young people as we do

Our recipients often comment that while the money is really helpful, knowing that the local community is behind them is amazingly supportive

Great Lakes College - Tuncurry Campus

Experience an inclusive learning environment where our dedicated staff nurture talents and inspire a love for learning

empowering students to explore their passions and reach their potential. With a commitment to restorative practices and high-quality, explicit teaching, we offer unlimited opportunities - from academics to extracurriculars. Unleash your creativity in the arts, take pride in your culture, excel in sports, or dive into STEM (Science, Technology, Engineering & Math) - the possibilities are endless.

Our holistic approach instils strong values and leadership skills, preparing students to make a positive impact on the world.



Great Lakes College - Forster Campus Great Lakes College - Senior Campus

- the

Experience an inclusive learning environment where our dedicated staff nurture talents and inspire a love

for learning, empowering students to explore their passions and reach their potential. With a commitment

to restorative practices and high-quality, explicit teaching, we

opportunities - from academics to extracurriculars.

offer unlimited

Our holistic approach instils strong values and leadership skills. preparing students to make Above: Staff member, Angela a positive

Coffey, being presented with a certificate by Principal Mr Scott Brown for her contribution to Dance.

Unleash your creativity in the arts, take pride in your culture, excel in sports, or dive into STEM (Science, Technology,



Discover your potential at Great Lakes College Forster

Enrol now and join our close knit community, where caring teachers and abundant opportunities create an exceptional learning experience. Your journey to greatness starts here!



Leadership Team 2024: Olivia Herivel, Slater Caldwell, Josephine Edenhofner, Steven Holland, Mr Scott Brown (Principal), Nate Hilder, Jarrah Verdich, Ellery Verdicha & Evie East. Ph: 02 6554 6062 Cape Hawke Dr, Forster, NSW 2428 E: glcforster-h.school@det.nsw.edu.au



Great Lakes College Senior Campus



Great Lakes College works as a team to deliver a comprehensive program to students with a range of activities from classroom based and on-line activities, work experience and excursions.

The campus takes advantage of the large college structure to provide a wide curriculum, with many productive pathways for students to the HSC while capitalising on the advantages of the small campus structure to ensure the learning needs of each student are identified and addressed individually.



The Northern Parkway, Tuncurry NSW 2428 Ph: 02 6555 0555 Email: glcsenior-h.school@det.nsw.edu.au



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August 28 - September 3

ABCTV	SBS	SEVEN	NBN	TEN	
 6.00 Morning Programs. 1.35 Media Watch. 1.55 Brush With Fame. 2.20 Back Roads. 2.50 Monty Don's Japanese Gardens. 3.50 Extraordinary Escapes. 4.40 Grand Designs. 5.25 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Shaun Micallef's Eve Of Destruction. 8.40 Guy Montgomery's Guy Mont Spelling Bee. 9.25 Planet America. 10.00 Would I Lie To You? 10.30 News. 10.45 The Business. 11.00 Interview With The Vampire. 11.50 Fifteen-Love. 12.40 Late Programs. 	 6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 10. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Michael Palin In Nigeria. 8.30 Ray Martin: The Last Goodbye. 9.30 DI Ray. 10.25 SBS News. 10.55 Enemy Of The People. 12.35 Lost Luggage. 1.30 Lost Luggage. 3.30 Make Me A Dealer. 4.20 Late Programs. 	 6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.30 Border Security: Int. 2.00 Surveillance Oz: Dashcam. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Carl Barron: Skating Rink For Flies. (M) 11.45 The Latest: Seven News. 12.15 Miniseries: Midnight Man. 1.15 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise. 	 6.00 Morning Programs. 1.15 Mr Mayor. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. 8.40 Paramedics. 9.40 A+E After Dark. 10.40 9News Late. 11.10 Ski Rescue Down Under. 12.00 Tipping Point. 1.00 Country House Hunters Australia. 1.30 Curtis Mcgrath Unstoppable. 2.30 Beyond The Dream: Forged In Steel. 3.30 Paralympics: Pre-Show. 4.00 Paralympics: Opening Ceremony. 	6.00 Morning Programs. 10.30 Hunted. 11.40 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Thank God You're Here. 8.40 Inspired Unemployed (Impractical) Jokers. 9.10 Inspired Unemployed (Impractical) Jokers. 9.40 Have You Been Paying Attention? 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	WEDNESDAY
 6.00 Morning Programs. 1.00 The Assembly. 1.50 Brush With Fame. 2.20 Back Roads. 2.50 Monty Don's French Gardens. 3.50 Extraordinary Escapes. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.35 Amazing Spaces. 9.25 Miriam Margolyes Impossibly Australian. 10.25 News. 10.40 The Business. 10.55 The Art Of 11.30 Grand Designs. 12.15 Killing Eve. 1.00 Extraordinary Escapes. 1.45 Rage. 3.40 Late Programs. 	 6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Such Was Life. 2.15 World's Greatest Hotels. 3.05 Festivals. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 11. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Australian Walks. 8.25 Junior Doctors Down Under. 9.20 Rebus. 10.20 SBS News. 10.50 Pray For Blood. 11.40 Pray For Blood. 12.40 Devils. 1.40 Late Programs. 	 6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Secrets In The Water. (2020) 2.00 Surveillance Oz: Dashcam. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Home And Away. 8.30 Tik Tok: Murders Gone Viral. (M) 9.30 Homicide: With Ron Iddles. (M) 10.30 Air Crash Investigations. (PG) 12.30 Boy To Man. 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise. 	 6.00 Paralympics: Opening Ceremony Cont. 7.15 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Paralympics: Opening Ceremony. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 26. North Queensland Cowboys v Melbourne Storm. 9.45 Thursday Night Knock Off. 10.30 Paralympics Paris 2024. Day 1: Late night. 12.00 Paralympics Paris 2024. Day 1: Post midnight. 	6.00 Morning Programs. 10.00 Judge Judy. 10.30 Dogs Behaving (Very) Badly Australia. 11.40 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Dogs Behaving (Very) Badly Australia. 8.40 Gogglebox Australia. 9.40 The Cheap Seats. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	THURSDAY
 6.00 Morning Programs. 11.00 Antiques Roadshow. 12.00 News. 1.00 Troppo. 2.00 Guy Montgomery's Guy Mont Spelling Bee. 2.55 Monty Don's French Gardens. 3.55 Extraordinary Escapes. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.30 Van Der Valk. 10.00 Shaun Micallef's Eve Of Destruction. 10.35 Guy Montgomery's Guy Mont Spelling Bee. 11.25 News. 11.40 Grand Designs. 12.30 We Hunt Together. 1.15 Rage New Music. 5.00 Rage. 	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 Such Was Life. 2.10 World's Greatest Hotels. 3.00 NITV News: Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 12. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Great British Landmark Fixers. 8.30 Ancient Superstructures. 9.30 Lost Treasures Of Ancient Rome. 10.25 SBS News. 10.55 Late Programs.	 6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Web Of Dreams. (2019) 2.00 House Of Wellness. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Better Homes And Gardens. 8.30 MOVIE: Yesterday. (2019) (M) Himesh Patel, Lily James, Joel Fry. 11.00 To Be Advised. 12.40 GetOn Extra. 1.10 Ant Middleton & Rebel Wilson: Straight Talking. (M) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today. 	6.00 Paralympics Paris 2024. Day 1: Early morning. 7.15 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Paralympics Paris 2024: Encore. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 26. Penrith Panthers v South Sydney Rabbitohs. 9.55 Golden Point. 10.30 Paralympics Paris 2024. Day 2: Late night. 12.00 Paralympics Paris 2024. Day 2: Post midnight.	 6.00 Morning Programs. 8.00 Planet Shapers. 8.30 Bold. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Sort Your Life Out. 11.45 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Judge Judy. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Sort Your Life Out. 8.45 The Dog Academy. 9.45 Dogs Behaving (Very) Badly Australia. 10.45 News. 11.10 The Project. 12.10 Stephen Colbert. 1.00 Shopping. 	FRIDAY
 6.00 Rage Charts. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Unforgotten. 1.15 Sister Boniface Mysteries. 2.05 Shaun Micallef's Eve Of Destruction. 2.40 And We Danced. 3.45 David Attenborough's Galapagos. 4.40 The Assembly. 5.30 Landline. 6.00 Aust Story. 6.30 Back Roads. (PG) 7.00 News. 7.30 Sister Boniface Mysteries. (PG) 8.20 Vera. (M) 9.50 Fifteen-Love. (M) 10.35 The Beast Must Die. (M) 11.25 Rage. (MA15+) 5.00 Rage. 	 6.00 WorldWatch. 7.30 WorldWatch. 12.00 WorldWatch. 1.00 Motor Racing. Hi-Tec Oils Super Series. Round 4. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 13. Highlights. 5.30 Frontlines. 6.30 News. 7.30 Cumbria: The Lakes & The Coast. 8.20 Snowdon & Margaret: A Scandalous Affair. 9.15 Westminster Abbey: Behind Closed Doors. 10.10 Scotland's Extreme Medics. 11.05 Nordland 99. 12.05 Rex In Rome. 2.50 Billy Connolly: Made In Scotland. 3.45 Peer To Peer. 4.15 Bamay. 4.50 Late Programs. 	 6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Caulfield Spring Opener and San Domenico Stakes Day. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: Die Hard: With A Vengeance. (1995) (M) 10.05 MOVIE: The Taking Of Pelham 123. (2009) (M15+) 12.15 Underarm: The Ball That Changed Cricket. (PG) 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 Drop Dead Weird. 5.00 House Of Wellness. (PG) 	6.00 Morning Programs. 2.30 NRLW Wrap. 3.00 Paralympics Paris 2024: Encore. 5.00 Paralympics Paris 2024. Day 3: Afternoon. 6.00 NBN News. 7.00 Rugby League. NRL. Round 26. Cronulla Sharks v New Zealand Warriors. 9.25 NRL Saturday Night Footy Post-Match. 10.00 Paralympics Paris 2024. Day 3: Night. 10.30 Paralympics Paris 2024. Day 3: Late night. 12.00 Paralympics Paris 2024. Day 3: Post midnight.	 6.00 Morning Programs. 8.30 Australia By Design: Architecture. 9.00 My Market Kitchen. 9.30 Freshly Picked. 10.00 Healthy Homes. 10.30 The Drew Barrymore Show. 12.00 To Be Advised. 1.00 Planet Shapers. 1.30 GCBC. 2.00 Farm To Fork. 2.30 Everyday Gourmet. 3.00 My Market Kitchen. 3.30 Big Bang. 4.30 Deal Or No Deal. 5.00 News. 6.30 The Dog House. 7.30 Thank God You're Here. 8.30 Dog House Aust. 9.30 Ambulance UK. 12.00 The Cheap Seats. 1.00 Shopping. 5.00 Hour Of Power. 	SATURDAY
 6.00 Morning Programs. 10.00 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Darby And Joan. 3.10 Nigella At My Table. 3.45 Amazing Spaces. 4.30 Restoration Australia. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Vera. 9.00 Fifteen-Love. 10.00 Unforgotten. 10.50 Fisk. 11.20 Annika. 12.10 Frayed. 12.55 Noughts + Crosses. 1.50 Rage. 2.55 Australia Remastered. 3.55 Outback Ringer. 4.25 Art Works. 5.00 Insiders. 	 6.00 WorldWatch. 7.30 WorldWatch. 12.00 WorldWatch. 1.00 Motor Racing. Hi-Tec Oils Super Series. Round 4. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 14. Highlights. 5.30 Frontlines. 6.30 News. 7.30 The Ottoman Empire By Train. 8.25 Kiss The Future. 10.20 Putin's Crisis. 11.20 Lucille Ball: We Love Lucy. 1.00 24 Hours In Emergency. 1.55 8 Out Of 10 Cats. 2.45 Hell On Earth: WVII. 3.40 Peer To Peer. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 AI Jazeera. 	 6.00 Morning Programs. 10.00 Morning Show. 12.00 House Of Wellness. 1.00 To Be Advised. 2.30 Beach Cops. 3.00 Border Security: Int. 3.30 Border Security. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 The Voice. 8.40 7NEWS Spotlight. 9.40 The Latest: Seven News. 10.10 Crime Investigation Australia: Most Infamous. 11.30 Autopsy USA. 12.30 Lipstick Jungle. 1.30 Harry's Practice. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise. 	6.00 Morning Programs. 12.00 Rugby League. NRL Women's Premiership. Round 6. Newcastle Knights v Wests Tigers. 1.30 Rugby League. NRL Women's Premiership. Round 6. Brisbane Broncos v North Queensland Cowboys. 3.30 Rugby League. NRL. Round 26. Sydney Roosters v Canberra Raiders. 6.00 9News Sunday. 7.00 The Block. 8.30 Paralympics Paris 2024. Day 4: Night. 10.30 Paralympics Paris 2024. Day 4: Late night. 12.00 Paralympics Paris 2024. Day 4: Post midnight.	 6.00 Morning Programs. 8.00 Everyday Gourmet. 8.30 Freshly Picked. 9.00 Taste Of Australia: BBQ. 9.30 The Drew Barrymore Show. 11.00 Dogs Behaving (Very) Badly Australia. 12.00 Hunted. 1.00 My Market Kitchen. 1.30 GCBC. 2.00 Everyday Gourmet. 2.30 Farm To Fork. 3.00 Cook With Luke. 3.30 Big Bang. 4.30 Island Dreaming. 5.00 News. 6.00 The Sunday Project. 7.00 Hunted. 8.30 The Real CSI: Miami. 9.30 48 Hours. 10.30 FBI. 11.30 The Sunday Project. 12.30 Shopping. 4.30 CBS Morning. 	SUNDAY
 6.00 Morning Programs. 11.00 Antiques Roadshow. 12.00 News. 1.00 Vera. 2.25 Back Roads. 2.55 Monty Don's French Gardens. 3.55 Extraordinary Escapes. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 Vera. 110 Grand Designs. 2.00 Extraordinary Escapes. 2.50 Rage. 3.30 Catalyst. 4.30 Outback Ringer. 5.00 Art Works. 5.30 7.30. 	 6.00 WorldWatch. 8.00 WorldWatch. 12.10 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 World's Greatest Hotels. 2.55 Dylan Alcott Interviews. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 15. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Robson Green's Weekend Escapes. 8.05 Robson Green's Weekend Escapes. 8.40 Rise Of The Nazis: The Manhunt. 9.40 24 Hours In Emergency. 10.35 Late Programs. 	 6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.40 Surveillance Oz: Dashcam. 2.00 Catch Phrase. 3.00 The Chase 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News © 6:30. 7.00 Home And Away. (PG) 7.30 The Voice. (PG) 9.00 The Rookie. (M) 10.00 S.W.A.T. (M) 11.00 The Latest: Seven News. 11.30 Lopez Vs. Lopez. (PG) 12.30 The Event. (M) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise. 	 6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.30 Paralympics Paris 2024: Encore. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 9News. 7.00 A Current Affair. 7.30 The Block. (PG) 8.40 Paralympics Paris 2024. Day 5: Night. 10.30 Paralympics Paris 2024. Day 5: Late night. 12.00 Paralympics Paris 2024. Day 5: Post midnight. 5.30 Today. 	6.00 Morning Programs. 8.30 Bold. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Hunted. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Hunted. 8.40 Have You Been Paying Attention? 9.40 Inspired Unemployed (Impractical) Jokers. 10.10 Ghosts. 10.35 News. 11.00 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	MONDAY
 6.00 Morning Programs. 1.00 The Newsreader. 2.00 Brush With Fame. 2.30 Back Roads. 3.00 Magda's Big National Health Check. 4.00 Love Your Garden. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 The Assembly. 9.15 The Art Of 9.50 Brush With Fame. 10.20 News. 10.35 The Business. 10.50 Four Corners. 11.40 Q+A. 12.40 Media Watch. 1.00 Grand Designs. 1.45 Love Your Garden. 2.35 Rage. 3.30 Catalyst. 4.30 Late Programs. 	 6.00 WorldWatch. 12.00 WorldWatch. 2.00 Such Was Life. 2.10 World's Greatest Hotels. 3.00 Railway Vietnam. 3.30 The Cook Up. 4.00 Who Do You Think You Are? 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 The Point: Road Trip. 11.30 Babylon Berlin. 1.20 COBRA. 3.00 COBRA. 3.55 Make Me A Dealer. 4.45 Destination Flavour China Bitesize. 4.55 Late Programs. 	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.30 Border Security: Int. 2.00 Surveillance Oz: Dashcam. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The Voice. (PG) 9.05 Made In Bondi. (M) 10.05 First Dates UK. (M) 11.15 The Latest: Seven News. 11.45 Extended Family. (PG) 12.45 Holey Moley Australia. (PG) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	 6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Paralympics Paris 2024: Encore. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 9News. 7.00 A Current Affair. 7.30 The Block. (PG) 8.40 Paralympics Paris 2024. Day 6: Night. 10.30 Paralympics Paris 2024. Day 6: Late night. 12.00 Paralympics Paris 2024. Day 6: Post midnight. 5.30 Today. 	 6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Neighbours. 8.30 Bold. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Hunted. 11.30 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Deal Or No Deal. 1.00 News. 2.00 Family Feud. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Hunted. 8.40 The Cheap Seats. 9.40 NCIS. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning. 	TUESDAY

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PRESENTS

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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 Saturday & Sunday 10am - 2pm (or when

Open until 8 Sept - Abstract Art Exhibition Forster Gallery, 34 Lake St, Forster.

8am to 1pm at John Wright Park, Tuncurry.

9am to 1pm Pacific Palms Community Centre.

September

Sun 1 Sept - Hallidays Point Car Boot Sale 7am to 12pm Hallidays Point Shopping Village

Search Forster Town Park Market on Facebook.

Sun 25 August - Pacific Palms Market

Community Library Stall open in hall.

Enquiries: Jennifer Doyle 0401 968 516

Sat 24 August - Tuncurry Market

Enquiries: Anne 0417 400 994

Enquiries: 0403 042 088

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

Sun 8 Sept - Tallwoods Village Market 9am - 1pm at 61 The Blvd, Tallwoods Village

Sat 14 Sept - Forster Farmers Market

Enquiries: Linda 0421 347 273

8am to 12pm Forster Info Centre, Little St.

Opposite the Tallwoods Golf Club

Contact Caileen 0488 508 846

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flags are flying).

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What's on around town & beyond!

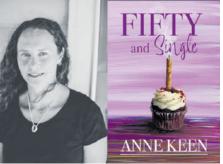
Sing-along & afternoon tea for **Operation Christmas Child Shoebox Appeal**



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.

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

At an author talk event, held at Forster Library inspiration and personal journey. This in-person book signed.

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

"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

www.midcoast.nsw.gov.au/Eventbrite/ Author-Event-Anne-Keen-Fifty-and-Single-939268957737#

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



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For hiring details, please contact **Events Manager, Fran Saffy-Martin** M- 0422 855 280 E-secretary@coombaaquatic.club

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Coomba Road, Coomba Park, NSW 2428 www.coombaaquatic.club

Forster Gallery

On now until Sun 8 Sep

34 Lake Street - Free entry Open 10am - 2pm Sat & Sun and days when the 'flags are flying' www.forstergallery.org

Enquiries () 0417 400 994



Abstract Art

TUNCURRY **MARKETS John Wright Park** Saturday 24 Aug 8am - 1pm **Bookings Essential**

fiction novel, Fifty and Single.

on Saturday August 24 between noon and 1pm, you can learn about her writing process, event is a great opportunity to meet the local author, ask her questions, and even get your

Fifty and Single follows the journey of Christine

online dating and she embraces it.

Bookings are essential for this free event at:

Community News

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'Out and About'











Luck of the Irish Race Day at the Tuncurry Jockey Club on 9 August 2024. Photos by Geordie Yule.







FRIDAY 30 AUGUST Doors Open from 7.30pm for a 8pm show Tickets \$45 per person





from 8pm



Tickets on sale 4.30pm Drawn from 6pm

21 Parkes Street, Tuncurry NSW 2428 Ph 02 6554 6477 | www.tuncurrybeachbowling.com.au



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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

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 incomprehensive prices for various components in the overall price structure (beyond my capacity to understand), including lovalty discounts etc.

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.

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

I think this attitude by our corporate sector has

a lot do with the financial pains suffered by many. Hans Mueller - Coomba Bay





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

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

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.

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

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 By Mary Yule. rom Tuncurry RFS. hoto 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.

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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Great Lakes FUNERALS-



As Forster's modern funeral home, we offer personalised services that reflect the individuality of each life.

hearses provide a beautiful setting for honouring your loved

ones.

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Weekly Diary

The 'Weekly Diary' is FREE to promote ommunity 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. Enguiries: 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: jjpatchwood@gmail.com

www.forsterfortnightly.com.au

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

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

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

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

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

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

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

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

Club Forster Social Dance Club Every Tuesday we have Learn to Dance 6 - 7pm then Social Dance 7 - 9pm 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 greatlakesspn2428@gmail.com for details.

Forster Digital Photographic Club (FDPC) Meets third Wednesday each month, 7pm in the Wallis Lake Room at Club Forster, Strand

Street, Forster. Enquiries: Keith 0468 351 107

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

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

One Mile Beach Dunecare Every Wednesday, 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 Lindv on 0415 392 554

Thursdays

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

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

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

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

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

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

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Fridays

Forster Country Women's Association (CWA) 3rd Friday of the Month. 10am Coolongolook Room at Forster Civic Centre, Lake Street. Contact: Annette 0411 028 857

Wallis Lake History Group 1st Friday of the Month, 1.30pm Great Lakes Room, Club Forster, Strand St. World History by Members. Call Jim Peters on 0418 201 167

Forster Tuncurry Seniors Breese Parade 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 ake Street, Forster 1300 222 222

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

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

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

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

Saturdays

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

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

Forster Rainbow Pride Social activities for LGBTQIA+ community. Email for info/dates ForsterRainbowPride@gmail.com or find FB/ Instagram: Forster Rainbow Pride NSW 2428

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

Sundays

Forster Tuncurry Mudcrabs Winter Swimming Club at Forster Bullring 8.30am May till September Contact Mark Linton 0402 045 718

Great Lakes Prostate Cancer Support Group

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

Next meeting 27 August

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

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



Proudly sponsored by the Prostate Cancer Foundation of Australia.



Meals & Pantry

Community

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 & 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/





If you would like to see your beloved pet featured in Star Pet please submit a HIGH RESOLUTION PHOTO & answers to

Forster Library Free programs

info@forsterfortnightly.com.au

• Mahjong games afternoon - Mondays 2 - 4pm.

Below: Better Reading Better Communities.



Our Local Wildlife FAWNA

Greater Glider The Greater Glider (Petauroides volan) is a rarely seen Australian animal that has been

described as looking like a fluffy flying teddy bear. This largest of all gliding possums has a head and body length of 35 to 45 cm and a

> and furry and they come in a range of colours from cream to dark grey/brown. They weigh between 900-1700gs.

Greater Gliders are true Arboreal, rarely coming to ground where they are slow and clumsy. They are able to glide up to 100m and change direction up to 90 degrees using their long fluffy tails as rudders. Unlike other gliders, instead of outstretching all four limbs when gliding, Greater Gliders tuck the wrists of their forelimbs under their chins giving them a distinctive profile when airborne.

Greater Gliders are found in the coastal plains and ranges of Eastern Australia. They feed entirely on young eucalypt leaves and buds of specific trees including the Narrow Leafed Peppermint (Eucalyptus radiata), Manna Gum (Eucalyptus viminalis) White Mahogany (Eucalyptus acmenoides) and mistletoe. Each Greater Glider also needs several different (up to 20) tree hollows to shelter in which they line with leaves and strips of bark.

They are largely solitary and territorial with ranges dependent on forest health, soil fertility, variety and age of eucalypt species. and of course, availability of tree hollows in old growth high canopy trees. Males have home territory ranges from between 1.4 to 4.1 hectares, females 1.3 to 3 hectares. They are thought to be largely silent, instead relying on scent marking to identify territories.

Breeding season is between February and May and only a single young is born each year around April to June. Like so many marsupials the young are born tiny and undeveloped, at around 0.27gs. The joev will shelter and be suckled in the mother's pouch for four months by which time he or she is fully furred and well developed and be then carried on the mother's back until weaned at around seven months of age. At around 9 months of age the joev will become fully independent. Little is known as to how juveniles disperse and find their own territories, but no doubt this is a time of particular danger for them. Maturity is reached between 18 months and two years and they may live up to fifteen years.

Greater Gliders were previously identified as a Vulnerable species but in July 2022 their status was downgraded to Endangered with

• 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.

the recognition that in just 20 years their populations have declined by 80%.

There are many threats to the Greater Glider. They are prey to Powerful Owls and feral cats. As they do not come to ground they have limited access to water and are not well equipped to cope with high temperatures. But the most obvious threat to the Greater Glider is habitat loss. Bushfires and forest clearing are recognized as the prime drivers of their status as Endangered.

Their subsistence on only a few select eucalypt species, and their need for multiple hollow dens in old growth trees puts them in direct conflict with Forestry harvesting. They have some legal protection with sightings of a Greater Glider on a branch but no hollow requiring a temporary 25m exclusion zone and sighting of Greater Glider using a tree hollow requiring a 50m exclusion zone for logging activities. However, as sighting surveys of Greater Gliders are required to only occur in the first 30 minutes after sunset. accurate sighting surveys are far from guaranteed.

What can we do to help?

Any sighting of a Greater Glider can be emailed to NSW Environment & Heritage BioNet Species Sightings. Planting food trees and putting up good quality nestboxes high in canopies can also assist. However, the greatest protection for the Greater Glider, and indeed all of the other special animals and birds still able to be found in our area, is the protection of habitat. By Kym Kilpatick – FAWNA Hallidays Point. Photo by Peter Goonan.

longer fluffy tail of 45 to 60cm. Their ears are particularly large

Name: Jupiter Age: 9 years

Breed: Keeshond. This breed also known as 'Dutch barge dogs'. Years ago they were bred to do security on the boats. In the modern world, they take their home security duties seriously yet are friendly and happy when meeting new people and dogs in public areas.

Likes: Cuddling while watching TV and chasing magpies. She is also besotted by her big sister Gypsy! (Star Pet in the next edition)

Claim to Fame: She is fearless with 100% trust in life as she leaps into rock pools with pure abandon.

Left: Jupiter is at the front.

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Sport

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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



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 - Captair 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 n 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.



Above: Winners & place getters (L to R) John Burgess, Alan Aiktins, Linda Barr, Marlene Meyer, Jim Lovegrove, Maree Fieldhouse, Glenn Stewart and Darryl Fahey. Photo supplied.

> 9th Hole - Grant Mathews, Alan Aitkins, Marlene Meve

14th Hole - Wayne Richards, Allan Bowden,

Alana Pitkethly

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

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 Cooper on 7 handicap. The all closely fought.



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 nigh 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



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

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

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



Grand Final.

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









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

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.

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 '. 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 Dolphin: 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



Above: Kaleb Trudgett has reached 50 games.

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 ascendency 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 rammed 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.

Inter Resort Golf Event



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

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

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

Wednesday Raffles from 6pm Club Super Draw from 6pm 220gr Porterhouse w/Chips & Salad \$20

Thursday MuftiBowls & Raffle from 12:30pm Happy Hour 3pm to 5pm Mexican \$15

Friday Raffles from 6pm Super 100 Draw after Raffles Lunch Burger 'n' Beer \$20 Live Music Every Friday 8pm

Saturday

Monday

starts at 3pm & 4pm Happy Hour 3pm to 5pm Lunch & Dinner Kids Meals \$5 (16y)

Sunday Fishing Club Raffle Chook Run Bowls from 10:30am Raffles from 1pm Lunch & Dinner

Kids Meals \$5 (16y)

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Sport

21 August 2024

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Forster-Tuncurry Runfest results!

www.forsterfortnightly.com.au





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 nonrunner, 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



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, (ioint 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.

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.



If you've got an issue or see something that needs addressing, tell us about it.

midcoast.nsw.gov.au/report 02 7955 7777



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methods and sustainability happening on our fishing grounds





this Winter

Non-members price \$11.50. Only available at Sporties Tuncurry. Subject to availability. Lunch service only. No ingredient substitutions available. Terms & conditions apply. See website for details.



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