

Connections Sophie & Brodie p25



Forster Fortnightly

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

Wednesday 4 September 2024

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.104

Ted Bickford - Volunteer of the Year!

86-year-old Tuncurry graffiti buster Ted Bickford has been named the 2024 Mid North Coast Volunteer and Senior Volunteer of the Year for his long dedication to a clean and graffiti free community across the region.

Ted has volunteered for more than 30 years, removing graffiti from public areas across the Great Lakes region. He is on call each day to respond to clean up call outs, driving to sites to clean, remove and cover over graffiti. His volunteer work includes community engagement and education at local schools and the justice system.

"I have been doing this for years and I have built a great rapport with all the kids in the area," Ted said. "The message I spread to everyone is about being proud of your community."

Council's General Manager, Adrian Panuccio, said, "Ted does a fantastic job and it's great to see him recognised for his work that he does in keeping our region graffiti free but also the work he does with the youth and instilling a sense of pride and community in them."

Ted received the award on 23 August at The Westport Club in Port Macquarie as part of the 2024 NSW Volunteer of the Year Awards.

Recipients in other Mid North Coast regional award categories were also announced, including young, adult, senior and volunteer



Above: Ted Bickford, Mid Morth Coast Volunteer & Senior Volunteer of the Year, removing graffiti with students Riley Stuart (on the left) and Nate Hilder at the Great Lakes College Forster Campus in April 2023. Photo by Mary Yule.

team of the year. Melinda Lightfoot from Tuncurry was named MNC Adult Volunteer of the Year and the Forster Neighbourhood Centre volunteers was named Volunteer Team of the

Mid North Coast Adult Volunteer of the Year - Melissa Lightfoot from Tuncurry

Melinda is a founding member of the Great Lakes Suicide Prevention Network where she gives her time to raise awareness and support

Left: Best Mid North Coast Volunteer Team of the Year - Forster Neighbourhood Centre Community Hub representatives with MP Tanya Thompson (on far left). for suicide prevention. As a volunteer leader, Melinda brings dedicated volunteers together and provides important information to her local community while breaking down the stigmas often associated with discussions of suicide prevention.

Volunteer Team of the Year - Forster Neighbourhood Centre Community Hub Volunteers

The Foster Neighbourhood Centre Community Hub provides much-needed support to people experiencing mental health issues, suicide concerns, homelessness, escaping domestic violence or in financial distress.



Above: Melinda Lightfoot - Mid North Coast Adult Volunteer of the Year.

Staffed by a team of volunteers 5 days a week, the Hub provides over 500 emergency relief packages and 350 no-interest loans to vulnerable community members each year.

The NSW Volunteer of the Year Awards celebrate the work of thousands of individuals and volunteer teams from a diverse range of organisations across the state. The Awards are hosted by The Centre for Volunteering, whose mission it is to promote and support volunteering across NSW.

The Mid North Coast award recipients will be invited to represent their region at the Gala State Ceremony in Sydney at the end of the year, where the NSW Volunteer of the Year will be announced across each category.

www.volunteering.com.au

See page 2 (in Police report) & page 8 for MidCoast Youth Awards.







lakesandoceanhotel.com.au

Community News

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4 September 2024

NEXT DEADLINE WEDNESDAY 11 SEPTEMBER TO PUBLISH WEDNESDAY 18 SEPTEMBER

We welcome your stories, photos & letters

- Send to info@forsterfortnightly.com.au or contact Editor Mary Yule 0413 410 492
- For advertising enquiries contact Sales Manager Geordie Yule 0403 586 342 or email sales@forsterfortnightly.com.au
- Business Hours are 9:30am to 5pm (Mon - Fri).
- When submitting stories, please note - around 300 words is best with high resolution photos sent separately (in largest size). Please include names for photos left to right and your contact details.
- The Forster Fortnightly is on the Council for Country Press NSW and is a member of Country Press Australia and Regional Media Connect.



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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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Forster

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

Ampol Station Tradies Takeaway Coles Service Stn Forster Library

Forster Bowling Club

Lifeline Forster

Lakes & Oceans

Pacific Palms

Blueys Supamart

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

Bungwahl Fuel & Liquor

Seal Rocks

Charlotte Bay

Smiths Lake

Good Food Store

Foodworks Charlotte Bay

Pacific Palms Bowling Club

Smiths Friendly Grocer

Seal Rocks General Store

Manning - Great Lakes Police District update

Dear Readers,

This fortnight I am going to focus on some great examples of the ongoing youth engagement performed by local police – most of which is conducted in partnership with fantastic youth focused organisations:

On Sunday 11 August, local police took nine local Aboriginal kids (who regularly attend Taree PCYC) down to watch the Newcastle Knights v Wests Tigers NRL match at McDonald Jones Stadium in Newcastle (see photo below).

A big thankyou to the Newcastle Knights RLFC (sponsor of the local 'Girls to the Front' Aboriginal Girls Youth Program) and Sergeant Durham, Senior Constable Durhan and SC Hofmann for getting the kids there and home again safely

Many of the kids had not been to an NRL match before - and they had the opportunity to meet several NRL players as they made their way around the stadium after the game - so a great time was had by all!



The National Rugby League in partnership with Manning Great Lakes Police District delivered the NRL Voice Against Violence program to school students at Forster Public School, MidCoast Christian School, Manning Gardens Public School, Manning Valley Anglican School, Chatham Public School, Tuncurry Public School (pictured top right), Gloucester High School and Bulahdelah Central School over a period of three days from 20 to 22 August 2024. The program was presented to over 1250 school students from year 4 through to year 12.

In a first across New South Wales, the NRL Voice Against Violence program was conducted across the Manning Great Lakes Police District in conjunction with Operation AMAROK VII. Operation AMAROK VII was a NSW Police state-wide offender centric operation designed to focus on identified domestic and family violence offenders where their intent, capability and access to victims is at an elevated level of threat.

The NRL Voice Against Violence program was delivered by Alan Tongue, who was a hardworking tough forward who played 230 NRL games with the Canberra Raiders from 2000 to 2011 and Joseph Paulo. Joseph Paulo played 231 games for several NRL clubs including, Penrith Panthers, Parramatta Eels, Cronulla Sharks, St Helens in the English Super League and Toulouse Olympique in France. These days Alan leads the NRL's Voice Against Violence program where he speaks to school students about ways of preventing domestic violence.

The NRL Voice Against Violence program was designed as an interactive and educational workshop which was intended to increase awareness and understanding about the

> NSW Police attached to Manning Great Lakes Police District have worked closely with local schools and the National Rugby League to coordinate the program across the command to ensure these important messages are reaching the vulnerable members of the community, where domestic violence is a significant focus for local police and community groups.

seriousness of gender-based violence. It also

out' and 'take action' to prevent violence

against women and children

encourages the community to 'stand up', 'speak

The NRL Voice Against Violence program was coordinated by Senior Constable Cheryl Hofmann attached to Youth Command, Police District Aboriginal Community Liaison Officer Sara-Jain Brown and Donna Lumantas-Hooke



On Monday 26 August, the Midcoast Youth Awards 2024 were held at the Manning **Entertainment Centre in Taree.**

Great Lakes College Forster Campus student Nakyha Smith was nominated by the Student Support Officer Nette Whiting for a 'Resilience and Wellbeing Award' (sponsored by Grow a Star Youth Scholarship Program) for her commitment and dedication to the Girls to the Front program - which is run jointly with NSW

Nakyha was announced as the winner of the

Well done Nakyha and all involved - such an amazing achievement. We are all super proud

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

The Forster Fortnightly will be publicising activities for the Spring School Holidays on 18 September.

All relevant submissions due 11 September.



What's the hold up for Forster Surf Club?



Above: MP Dr Gillespie and representatives from the Forster Surf Life

With the completion of the exterior shell of the new Forster Surf Club (FSLSC) building and with finishing touches being made to landscaping, members of the FSLSC are being inundated with questions regarding opening the edifice for general public viewing.

In response, club President, John Quinn, has released a statement as to the issues which at present are preventing this. Mr Quinn said, "Our builders A W Edwards

and various contractors have done a great job in providing a club that all the community will hopefully be proud of for many years to come. "We have several issues outside of our control

to overcome before moving in and using the

"We require NSW Crown Lands and MidCoast Council (MCC) to sign off the survey where the club is situated on – the survey at the cost of

VANSTONE, Mark

lease for the club approved by Crown Lands and MCC and duly signed by our "Essential Energy

approved a low voltage electrical supply in 2022 but subsequently advised in 2024 that we would require high voltage and associated substation. We can't proceed any further with the high voltage until Essential Energy advise the details of the substation required and the survey is adopted.

"We are awaiting details of a generator to alleviate some of the electricity supply in the interim. We have solar panels and the

"The ground floor café will be leased: however. we cannot go to public tender until the issues mentioned above are resolved.'

"Once a number of these issues are resolved, it should allow the issuing of an occupation certificate which will hopefully occur prior to the commencement of the patrol season in 3

"This should also see us welcoming the public to view the clubhouse."

"Naturally, resolving the issues outlined are at a significant cost to the club, hence our continuing fundraising. Although not yet open to the wider community,

Federal Member for Lyne, Dr David Gillespie, was afforded a private viewing of the club on Friday, 16 August 2024. A significant part of the funding for our new

clubhouse was from the Federal Governments Building Better Regions Fund grant that was secured with his assistance Dr Gillespie acclaimed the structure as an

instant icon and a magnificent resource for the community, offering state-of-the-art facilities including training rooms, and sufficient storage areas to cater for the vital current and future surf lifesaving rescue equipment to be used for many years to come.

Work in progress during the viewing was the laying of artificial turf on the forecourt of the clubhouse by club members under the direction of Facilities Supervisor and life member, Dave Keating. This included motorised brushing of an overlay of silica sand into the pile of turf which stands the fibre up, gives it a more natural feel and helps anchor the turf.



Several regional ACM newspapers to cease printing

Australia Community Media (ACM), the country's largest regional publisher, has made the decision to stop publishing several community newspapers in regional NSW from

The Dungog Chronicle and Gloucester Advocate (between the Hunter Valley and the Barrington Coast). The Inverell Times. Moree Champion. Tenterfield Star, Glen Innes Examiner and Country Leader (in the state's New England and north-west), and the Milton-Ulladulla Times (or the South Coast) will discontinue their weekly printed editions from next month

ACM managing director Tony Kendall says this decision is difficult and cited social media giant Meta's withdrawal of funding for Australian news providers and the disappearance of state and federal government advertising in regiona newspapers as factors. Mr Kendall stated inflation also was a contributing factor with production and distribution costs particularly challenging. ACM reports the eight NSW papers were "no longer operating sustainably" but their websites would be retained. 29.8.2024 ACM Newsroom

ACM managing director Tony Kendall announced changes for three of the company's mastheads in Central West NSW last month. Orange's Central Western Daily, Bathurst's Western Advocate, Dubbo's Daily Liberal will continue weekend print editions but will no longer offer print editions Monday to Friday. The smaller weekly titles Oberon Review and Blayney Chronicle will cease publishing in print. 19.7.2024 www.mediaweek.com.au

ACM, owned by Anthony Catalano and Thorney Investments, bought what was the Fairfax regional newspaper business from Nine Entertainment five years ago, paying \$115m for 160 titles and nine print sites. Since then, it has closed or sold almost all its print sites, and closed dozens of papers, sending more to an online-only model 24.7.2024 www.print21.com.au

See page 23 for Murdoch media update.

HOW TO VOTE

MidCoast Labor Midcoastlabor@gmail.com





DO NOT number any box under the line.

GETTING THINGS DONE

Saint Vincent DePau r family and ing a positive

nmunity, raising welfare volunteer Former General eration, Nicolle technical teams assionate about across regional and metropolitan NSW and Vic. 31 years in Claire is very making a positive difference to people's get things done on

MidCoast Mayor since 2022. Former Deputy Mayor, conomist, 30 years NFP, Former Health

through teamwork.

50 years living on member & President of a large local Laboratory Scientist Pastoral Council, A

Michael Burgess

Former NSW Supervisor in Aged Minister, Mayor, Care, registered Councillor, School nurse & midwife. 20 Principal. Board vears on Mid Coast Member of Manning 40 years in Support Services, healthcare, Mark has RFS Firefighter and farmer, Active community member

in remote, small and large communities & leader. 18 Years as in Minimbah, Nabiac across Australia. Taree Apex member. and on the Mid

A POSITIVE PLAN FOR MIDCOAST **OUR UNIQUE ENVIRONMENT**

Protection our environment and managing

development. Encouraging tree plantings.

More use of renewable. Continued climate

AN ACCOUNTABLE COUNCIL

Continued improvement in budget management, consultation, engagement, transparency and responsiveness.

OUR TRANSPORT NETWORK

More cycleways and footpaths. A bigger investment in road maintenance. Strong advocacy to increase government funding of country roads.

A VIBRANT MIDCOAST

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FORSTER FORTNIGHTLY

Community News

www.forsterfortnightly.com.au

You're invited to Get Ready Day at Rainbow Flat

Rainbow Flat Rural
Fire Brigade will be
holding its annual
Get Ready Day on
Saturday September
21, from 10am to
2pm, at the fire
station on Bonvale
Close. Come along,
meet local volunteer
bush firefighters
and have a chat.
There will be a
free sausage sizzle
and soft drink/tea/



coffee. Children and new residents are especially welcome.

This year we particularly want you to ASK US QUESTIONS: questions about portable pumps; garden design; should you stay or go if a big first threatens; what to do about pets and stock; what to teach your children about fire safety; what you can expect in a big emergency, is it true that the power fails and water pressure drops; and what you can do to help us help you.

At Get Ready Day 2024 we will be having

• Setting up, operating and maintaining portable pumps

- How to assess your fire safety, looking at asset protection zones and fire prone
- Fire safety for children: stop, drop, cover and roll; plus get down low and go, go, go.

For further information on Rainbow Flat Brigade's Get Ready Day 2024 please contact Robyn King, Rainbow Flat Brigade's Community Engagement Officer on 04900 13182.

Other useful contacts include Mid Coast Fire Control 1300 Mid Coast (1300 643 262), the Bush Fire Information Line 1800 NSW RFS (1800 679737) and the Hazards Near Me app.

See p 27 for Rainbow Flat RFS since 2019 fires.



Above: The Rainbow Flat RFS volunteer crew.

Permits required on 1st September

The Bush Fire Danger Period commenced in the Mid Coast District on 1st September. This means that in order to light some fires in the open, residents will need to obtain a permit. Permits are free of charge and can be issued by your local Brigade Fire Permit Officer.

4 September 2024

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You can now apply for a permit online via the NSW RFS website at: www.rfs.nsw.gov.au/

MidCoast Assist disability service transition completed



MidCoast Council has now formally transitioned the disability services delivered by MidCoast Assist to Ability Options.

This transition has provided continuity of services to MidCoast Assist's disability participants and also for many MidCoast Assist staff who have elected to take up employment with the new provider.

Council entered into talks with Ability Options following a request for proposal process from interested providers, which was a result of a decision in February to transition out of the delivery of ageing and disability services.

Council's Director of Liveable Communities, Paul De Szell, confirmed that participants who wished to transfer to Ability Options had now done so and there were no longer any disability services being delivered by MidCoast Assist.

Mr De Szell said, "Ability Options have a long history of delivering disability services and I am pleased that we are able to transition our participants to such a high-quality service."

Mr De Szell said planning for the transition of aged care services to Kirinari Community Services was well underway, with completion expected in early October.

"As was the case for the transfer of disability services, there will be no change to ageing services until clients are directly notified by MidCoast Assist of how the transition will work."

MidCoast Council made the decision to transition out of the delivery of ageing and disability services in February 2024.

Mr De Szell paid tribute to the staff of MidCoast Assist, saying they have delivered a fantastic and valued service for our community over the course of its operation.









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MidCoast Youth Award winners



MidCoast Youth Awards winners were acknowledged at an Award Ceremony held in the Manning Entertainment Centre (MEC) during August.

Nominations were open for young people aged 12 to 24 years old, living, working or studying in the MidCoast local government area. Each award winner received a certificate, a \$250 gift card, and recognition that can help underpin future career ambitions. The team award received a \$500 gift card as the prize.

Award winners

• Leadership Winner 12-17yrs: Lily Souter **Leadership Winner 18-24yrs:** Winner, Charli • Leadership Highly Commended 12-17yrs:

• Arts Winner 12-17yrs: Hannah Baillie-Angeles Arts Highly Commended 12-17yrs: Tahzrae

• Entrepreneur Winner 18-24yrs: Chelsea

• Community Service Winner 12-17yrs: Harley

Community Service Winner 18-24yrs: Tara Community Service Highly Commended 12-

17vrs: Joria Wallace • Sport Winner 12-17yrs: Joel Flemming

Nights for 2024



Exclusive after-hours library access for HSC students. Free wi-fi, photocopying, printing and we will keep you fuelled with refreshments,

Monday to Friday or until 8pm on the dates

• Forster Library - Forster Civic Centre, 4 Lake St Tuesdays 24 September, 1 & 8 October from 9am - 8pm

• Taree Universities Campus - 2 Pulteney St

The HSC written exams start 15 October 2024.

Last HSC Study



snacks and pizza. Sponsored by Domino's. Just turn up whenever it works 9am - 5pm

Thursdays 26 Septemper, 3 & 10 October from

Call ORRCA straight away!



Above: Channel 7 interviewing Adam Clarke and

net. We could only free it and collect data. The lady told us the mother had hung around in distress before the pod moved on.'

Adam said a lot of people were upset by the incident, including his partner Amelie who slept next to their young son that night in an emotional response to releasing the deceased

After the incident, that was reported by 7 News, people posted for the removal of the net. Adam said it is a common misconception that the net at the Tuncurry Rockpool is a shark net. He explained it is a public safety net as there can be dangerous currents in that area and on occasions people need to be rescued. Without the net people would be at risk. He also said locals know the dolphins come in and out of the rockpool without being caught. This was a hard incident to deal with and something Adam doesn't want to repeat.

Adam would like to see a permanent sign with information for the public on who to contact if

Local member Tanya Thompson has stated she would follow up the need for signage and had received a formal response from the MidCoast General Manager acknowledging the request and advising it is currently being considered. By Mary Yule.

Images supplied.

Celebrating Science Week at Great Lakes College



Above: April MacKay addressing students with Simon

From the 12th of August to the 23rd of August, Great Lakes College Senior Campus has been fortunate to have a Scanning Electron Microscope on site. This very advanced and expensive piece of equipment has enabled students from across the whole Great Lakes Learning Community to engage with the microscopic world in great detail.

Teachers from the Senior campus and Tuncurry campus attended training in the use and operation of the microscope prior to it being delivered. A scanning electron microscope uses a focused beam of electrons to scan the surface of a specimen and generate images at a much greater resolution compared to optical microscopy. The microscopes that are used in the school laboratories can magnify an image up to 400 x, the scanning electron microscope is able to view specimens up to 100,000 x nagnification.

t is only in the last 5 to 6 years that this technology has been accessible to high school students. Our science staff have been amazed at having access to a piece of equipment that not many of us were even able to use while studying at universities.

On Tuesday the 13th of August, Great Lakes College Senior Campus hosted a Science Careers day for local primary school students. Students from Forster, Nabiac, Pacific Palms, Tuncurry and Bungwahl attended the Senior Campus for a day exploring the many avenues a career in Science can lead you We were lucky to have April McKay, an

environmental scientist from Mid Coast



Left: Ant head 30 x magnification.

Sport Winner 18-24yrs: Laia Pasini

• Wellbeing and Resilience Winner 12-17yrs:

Wellbeing and Resilience Winner 18-24yrs:

• Team Winners: Gloucester Gymnastic Club -

• Team Highly Commended: Buladelah Central

School Year 12 Vertical Curriculum Drama Class

- Caily Aberhart, Simone Miller, Hannah Baillie-

The MidCoast Youth Awards are a partnership

between PCYC Taree, MidCoast Council, LJ

Angeles, Jaymii Rae, Lorelei Genner

Hooker Taree and Grow A Star.

Emma Bignell, Abbey Seale, Taleah Higgins,

Council attend and talk to the students about what a day in her life at work as a marine scientist might look like. April spoke about the importance of maintain the health of our marine ecosystems and some of the environmental monitoring surveys she regularly conducts, even while SCUBA diving. April also brought in some samples that she had collected while scoop netting, and we were able to then image these under the microscope

The students then attended two workshops, one on the classification of insects using the

scanning electron microscope and one in our senior laboratory on human pathology and disease diagnosis.

The students were accompanied by Yr 9 science students from both the Tuncurry and Forster campuses of Great Lakes College. The newly appointed leadership team of the Senior campus cooked all the students a BBQ lunch and spent lunchtime in a hotly contested game

Towards the end of the day, the microscope was used to show the students what a human hair looks like under a scanning electron microscope at 300 x magnification and then at 800 x magnification

The staff from the Senior campus would like to

thank all of the students who participated on the day for their exemplary behaviour. By Simon Patterson - Science Teacher, Great

Feedback from 2 visiting schools:

"Our students really enjoyed playing handball and interacting on the senior campus side at lunch with Year 11, years 8/9 (great role models) and students from other primary

"Viewing the magnification in the theatre when student samples were used. This is what the kids were chatting about on the way home.

Forster Civic Centre

from a range of services including:

· dementia information and support · carer support

For more information, please contact

Jane O'Dwyer 7955 7679 or 0418 769 494

MIDCOAST

council



Scott Paterson

Peter Howard

Fabian Clancy Rebecca Cross Business Owner

Roddy Donegan

Emmerson Hollis

The experience Mid-Coast needs in people you know

VOTE 1 -Group A Above the Line!

Authorised by P Howard, 108 Manning Street, Tuncurry 2428. Printed By Easy Signs Smeaton Grange

Monday Tuesday

Happy Hour 3pm to 5pm Bingo From 10:30am

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

Wednesday

Raffles from 6pm 220gr Porterhouse w/Chips & Salad \$20

Thursday MuftiBowls & Raffle from 12:30pm

Happy Hour 3pm to 5pm Mexican \$15

Raffles from 6pm Lunch Burger 'n' Beer \$20

Live Music Every Friday 8pm

Friday

There's always something happening at the Palms!

Saturday

Monday Pasta \$15

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

Sunday

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

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Fri 13 Sep

ENTANGLED WHALES

FORSTER FORTNIGHTLY

Community News

KEEP A LOOKOUT FOR WHALES MIGRATING AND LOOK FOR ANY ROPES/OBJECTS TRAILING BEHIND/MOVING WITH A WHALE

Even Dolphins & Seals

HOW TO HELP

TAKE PHOTOS/VIDEO INCLUSIVE OF ANY ROPES/FLOATS/BUOYS/OBJECTS OBTAIN A GPS LOCATION OF THE WHALE AND RECORD IT



KEEP YOUR EYES ON THE WHALE AND RECORD ANY CHANGES IN DIRECTION



so we were able to arrive within minutes, put our gear on and get in the water. Unfortunately, the baby female dolphin was already deceased. Its nose and pectoral fin (on its

side) were caught in the

After an unfortunate

outcome for a baby

dolphin at the Tuncurry

Amelie Chipeaux at the Tuncurry Rockpool.

people see distressed marine animals.

Portfolio Divestment for Mid Coast

Colliers was the real estate company assigned to sell assets for Midcoast Council, and stated:

'We have concluded the sale of a portfolio divestment for Mid Coast Council which consisted of four assets ranging from residentially zoned development sites to the former Council Chambers on Breese Parade in the heart of Forster. The divestment of the assets formed the core funding strategy for the relocation of the Council offices to the former Masters site in Taree, and the Forster Civic Centre Development.

The sales of these properties has unlocked much needed new amenity and private and government investment for the Mid Coast region including, medium density residential opportunities, the brand-new Forster Ambulance Station and more. Councils's assets were located at 40-80

Chapmans Road, Tuncurry, 16 & Lot 1, 18 Breese Parade and 4-12 Breese Parade, Forster. "The selling of these assets demonstrates

the depth of market for quality, well located properties across key growth corridors of NSW

such as the Mid North Coast region." Luke Rutedge - Colliers

Right: The old MidCoast Chamber building on Breese Parade, Forster.



AGED SERVICES EXPO

Thursday 19 September 10am to 2pm

Come along for free tea, coffee and sound advice





This event is being hosted by the Mid Coast Dementia Friendly Alliance

Nurses rally for fair wage



Above: Nurses rally outside Forster Community Health Centre on 29 August 2024.

Nurses rallied outside the Forster Community Health Centre on 29 August 2024, in support of nurses and midwives across NSW who campaigned during the week of 29 August for a

fair and equitable wage rise

Deborah Noakes, Branch Secretary of the Forster-Tuncurry Community Health Nurses (NSW Nurses and Midwives Association) and Michael Sutton (NSWNMA) want the community to be aware of the campaign that states:

"The NSW public health system remains in a staffing crisis. NSW nurses and midwives are the lowest paid in Australia. Experienced nurses and midwives are leaving due to poor pay and conditions, and the sector is failing to attract the new recruits needed."

"Nurses and midwives are burnt out and exhausted. We are asking the NSW government to fix our pay

so we can afford to stay in the professions

Right: You can support this campaign by sending an email (ready to go) via this site/QR code.



Above: Nurses and Midwives also held a rally outside Manning Base Hospital 30 August 2024.

Photo by Scott Grant - Secretary Manning Hospital Branch NSWNMA.

Health Committee visits Manning Base Hospital

Recently, I had the pleasure of hosting the Select Committee of Rural Regional and Remote Health in the Myall Lakes Electorate. Part of this trip included a visit to the Manning Base Hospital. This visit was not just a formality but a deep dive into the heart of our healthcare challenges and aspirations.

Our frontline heroes, the nurses, doctors, and support staff, shared their daily experiences and insights. They spoke passionately about what truly makes a difference in patient care. Executives and stakeholders joined the

dialogue, discussing strategies to enhance health outcomes across our region.

This visit also coincides with the revision of the Clinical Services Plan for the redevelopment of the Manning Hospital and for Forster, a pivotal step in the planning process. We're not just talking about changes; we're planning actionable, sustainable improvements. It's another step closer to the shovel in the ground.

Thank you to everyone involved for your candid discussions and commitment to health.

Tanya Thompson - MP for Myall Lakes.



Items of interest - 21 August 2024 Council meeting

Affordable housing development approved in Forster

Councillors approved a development that will provide more affordable housing for Forster. The application included the demolition of existing structures to make way for a threestorey residential flat building that will contain 10 residential units. They will be made up of eight two-bedroom units and two threebedroom units and will be solely available to women who have been victims of domestic violence.

MidCoast Assist update

Council have successfully transferred disability operations over to Ability Options and the transition of aged care services to Kirinari Community Services is due to conclude in early October. A further report will be provided at the conclusion of the transition projects.

Nabiac local community plan

The Nabiac community have worked together over the last decade to develop and update a Local Community Plan to reflect the long-term vision for the area. The first plan was developed in 2016 and was one of the first of its kind in the MidCoast region.

The plan which is led by the Nabiac Village Futures Group has recently conducted a further review and update of the plan to deliver a vision and actions for their community for the period 2024 to 2030. This revision was noted by Councillors and will provide the Nabiac community with a platform to attract funding from State and Federal Government programs.

Draft public toilets in parks strategy

A draft document will be on public exhibition outlining Council's plans for amenities located at our parks. The strategy will provide all the

actions for these facilities for the next 11 years. (See more information on page 10.)

Yalawanyi Ganya (MidCoast Council building) - Funding Strategy now complete

With the recent sale of Council's former administration building at Breese Parade Forster, Council's Funding Strategy for the purchase and fitout of Yalawanyi Ganya, Council's Administration Centre is now complete.

Council's Funding Strategy outlined properties that were to be leased or sold with the funds going towards the purchase and fit out of Council's Administration Centre, Yayalwanyi Ganya.

As part of the funding strategy for the move to Yalawanyi Ganya, a number of properties were identified to be sold with an estimated return

was \$6.57 million. The total funds realised from the sale of these properties totalled \$12.72 million, which was \$6.15 million above the initial estimates included in the funding strategy.

This has allowed for the level of loans associated with the purchase and fitout of the building to be reduced. From 30 June 2025 (when the loan can be renegotiated) the total loan will be reduced to \$6 million. This is a reasonable level of debt given the life of the building. The increased return on sales will also allow for some funds to be invested into the Council's Future Land Development Reserve, which has been established to invest in properties which can deliver a sustainable commercial return to Council. (See more information on page 7.)

For full details of all reports please see the meeting agenda at: www.midcoast.nsw. gov.au/Your-Council/Council-meetings/Agendas-and-minutes









Southern Sons Skip Bins

THANK
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Forster Bowling Club Professionals Forster L & B Glass **Barclays Oysters** A.J. Wilson Food **Inspirations Paint** Allan Pearse Funeral Yarads Menswear Forster Taree **Evermore Retirement Living** Smith Electrixx Pacific Palms Bowling Club GLASS24/7 Forster Bus Company Dorvik Steel Southern Sons Skip Bins Forster smash Repairs **Great Lakes Decorative Concreting**

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THURSDAY 12TH SEPT 6.30 PM GUARANTEED POOL \$6K



Page 11

4 September 2024

Community News

www.forsterfortnightly.com.au

Tanya's **Community Update**



Recently, the Myall Lakes electorate hosted the Select Committee on Remote ealth. Part of this trip included a visit to

Manning Base Hospital,

opportunities facing our healthcare system. The Committee engaged directly with our frontline healthcare workers, including nurses, doctors, and support staff, who shared their experiences and suggestions for improving patient care. Their insights, coupled with input from hospital executives and key stakeholders, are essential as we enhance health outcomes across the region

which provided a look into challenges and

Significantly, this visit coincides with the revision of the Clinical Services Plan for the edevelopment of the Manning Hospital and for Forster – a step forward in the planning

NSW VOLUNTEER OF THE YEAR AWARDS

It was a privilege to be a part of the Mid North Coast regional ceremony for the NSW Volunteer Awards acknowledging our local

- MNC Young Volunteer of the Year: Evan Cooper, Pride Club
- MNC Adult Volunteer of the Year: Melinda Lightfoot, Great Lakes Suicide Prevention
- MNC Senior Volunteer of the Year: Ted
- MNC Volunteer Team of the Year: Forster Neighbourhood Centre Inc. Community Hub

Congratulations to all recipients and thank you to all our volunteers for your selfless contribution to our commu Tanya Thompson MP

HEALTH COMMITTEE /ISITS MANNING BASE

Meet Coomba Aquatic Club's Executive Committee for 2024-25

Three new faces have joined the committee, following the Annual General Meeting on 17 August, including Treasurer Sue Pynenburg, who fills the big shoes of Karen Elvins, and new nembers David Rayner and Peter Davidson. President John Price and Vice President Peter

Felton continue in their respective roles, as do committee members Steve Martin, Fran Saffy-Martin, and Gerard Taylor

Life Member Stuart Silver took the chair to announce the nominees for 2024-25 and welcomed the new committee. However with no nominations for the position of Club Secretary, Peter Felton will again assume the interim role of Acting Secretary.

As he prepares for his third and final term as president, John thanked his team for their efforts to ensure that the events and social functions were successful and that the club remained financially stable through its various fundraising initiatives. These included the Bunnings BBQ run by Ron Baldwin, and the weekly Friday Night BBQ with its raffles and okers Wild jackpot

John also encouraged more of the Club's 210 members to step up to ensure the club's activities continue to be successful in the year "The Aquatic Club doesn't just operate on Friday night or on sailing days," he

John's Coomba Aquatic team set for new year

"These people not only do the jobs they were elected to do, they step up well beyond what's expected of them again and again. Thanks to their efforts the club functioned well this year, particularly as the committee was down on numbers.

The 35 members in attendance heard reports from the outgoing executive on the performance of the club over the past year.

Sailing program amongst best ever

In his report John made special mention of the Junior Sailing Program, describing it as the most successful for many years thanks to those who organise the days, and coach the local and visiting youngsters. He also flagged Learn-to-Sail sessions for women during the upcoming sailing season.

The Cannon family was unable to attend, but Ben wrote thanking the club for its sponsorship of Bethany and Ella, which enables them to attend the competitive events that saw the pair take their sailing skills to new levels.



Above: Coomba Aquatic President John Price (centre) with Karen Elvins & Gerard Taylor, joint Club Person of the Year.

Karen and Gerard, take a bow

TWO of the hardest working members of our Coomba Aquatic Club, Karen Elvins and Gerard Taylor were recognised for their contribution

So outstanding were their efforts that the pair were named joint winners of the Club's Person of the Year Award for their tireless work supporting club events and activities.

Have your say on public toilets in parks

Strategy 2024 - 2035 is on public exhibition

98 out of 100 Council's public toilets are in parks making this strategy a comprehensive plan for managing these important assets.

"We want to make sure all toilets include soap dispensers, paper towels, toilet seats, and easy-to-use door latches," said MidCoast Council's Manager of Strategy and Projects, Amanda Hatton. "We are also looking at

myalllakes@parliament.nsw.gov.au

including bicycle racks and water bubblers in

locations will provide wheelchair, unisex and parenting access," said Ms Hatton. The draft plan proposes 55 facilities that will be

maintained in the future. Another 46 facilities are proposed to be replaced, upgraded, refurbished or converted. Six new facilities are proposed to be built in busy places with no current public toilets in the nearby surrounding

TanyaThompsonForMyallLakes

area. Five facilities that are not well located or

nsw.gov.au/draft-public-toilets-parks-strategy before Wednesday 2 October 2024.

have low usage are identified for removal. "New and upgraded facilities in highly visited

'Bins for blokes' help provide for men with incontinence. People can request Council to install these bins in specific facilities as part of Have your say at www.haveyoursay.midcoast.

That assessment is nearing completion and



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

Coomba Men's Shed receives \$9,822

The Coomba Mens Shed is to receive a storage extension, thanks to funding secured from the 2023 Community Building Partnership grant program.

Community News

This grant will enable the Shed to complete the final stage of their storage extension, ensuring they have the necessary space to safely store stools and materials

This funding will directly benefit the Coomba Men's Shed and the wider Coomba Park community.





Wallis Lake dredging

MidCoast Council is continuing to advocate for a long-term solution to the sand shoaling at the entrance to Wallis Lake, Forster.

A major sand shoal, caused by the impact of the breakwall and associated tidal currents has rapidly pushed further into the lake. This has impacted on a number of activities in the lake, primarily oyste farming and navigation and has been an ongoing

issue for the community since mid 2022.

Council is collaborating with Transport for NSW and MIDO (Maritime Infrastructure Delivery Office) on an assessment of issues to help understand and formulate future management

Member for Myall Lakes, Tanya Thompson

has indicated she will provide updates to the community in September.

Transport for NSW is responsible for providing funding for investigating, assessing, and undertaking works which are expected to include dredging to address the issue of sand shoaling in the entrance to the lake.

Published 19.8.2024

Development remains strong across the MidCoast

MidCoast Council processed 1304 development and modification applications worth over \$440 million in the last financial year. The combined average assessment time for these applications

While development and building construction activity is slowing up slightly (compared to previous years) builders and developers are still showing great confidence in the MidCoast

The NSW Government's 'Planning Council League Table' shows that MidCoast Council processed more development applications in the 2023-24 financial year, than Maitland, Cessnock, Shoalhaven Wollongong, Port Macquarie, Coffs Harbour and Port Stephens

'The approval of such a high number of applications compares very favourably with other Councils in the region," explained Director of Liveable Communities, Paul De Szell. our systems to process DAs more efficiently, so we are very pleased with the results."

"At the core of our process improvement work is the implementation of the 53 actions outlined in

the Housing Barriers Report.

Despite the good results, MidCoast Council will look for continual improvement.

"We know DA wait times can be stressful. There are some areas such as processing complex assessments and effective triage that could be better," Mr De Szell said. "Our aim is to achieve even greater efficiency over coming years."



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.

Mid Coast Council Election VOTE 1 **Above the line Group E**

Alan Tickle Group Safe Roads

Safe and Vibrant Communities Sustainable & Responsible Development

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



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

Get to know your candidates

2024 NSW Local Government Elections

Draw for the election

(showing the leader

of each group)

Group A: Peter Howard

Group B: Thomas O'Keefe

Group C: Jeremy Miller (Old

Group D: Claire Pontin - Labor

Group E: Alan Tickle (Taree)

Group F: Emma Mellows

Group G: Michael Graham -

Libertarian Party (formerly

Group H: Paul Sandilands

Greens (Mondrook)

Group I: Dheera Smith - The

Ungrouped candidates

Karen Hutchinson (Booral)

Stephen Smith: Independent

John Sahyoun (Bulahdelah)

Vivien Panhuber

For the full list of

nsw.gov.au

Statement from

candidates and polling

Local Election, please

visit: www.elections.

Councillor Troy Fowler

"I'm disappointed that our nomination was not formally approved. In saying that, with my

hooths in the MidCoast

Richard Streamer: Independent (Hawks Nest)

Elizabeth McEntyre: Independent (Tea Gardens)

Liberal Democrats) (Mooral

(Hawks Nest)

(Red Head)

(Booral)

(Forster)

At the local MidCoast election, on Saturday the Fri: 8:30am - 6:00pm 14th of September, you will be asked to vote on which candidates should become a Councillor for the next term of Council, 2024 - 2027.

Voting at these elections is compulsory. When completing your ballot paper, you must choose between voting above the line or below the line (full instructions will be on the ballot paper). On Tuesday 1st October 2024, the start of progressive declarations of results occurs.

There are 58 candidates registered with 11 positions to be filled. Each of the 9 groups have 4 - 6 candidates. Six candidates are ungrouped. The new Council will vote for the positions of Mayor and Deputy Mayor.

Please note: The Liberal party missed the deadline for registering in the 2024 MidCoast Council Election. (A statement from Councillo Troy Fowler is at the end of this article.)

The Forster Fortnightly newspaper invited 24 candidates (the first 2 in each group and the ungrouped) to be a part of our 'Get to know vour Candidate' feature. 15 candidates replied and are published over 3 pages. (Please note: We made the decision to publish candidates in order of the draw to keep them in their

Pre-poll locations 7 to 13 September

Opening hours

Mon - Wed: 8:30am - 5:30pm Thu: 8:30am - 8:00pm

• Forster Civic Centre - 4 Lake Street, Forster • Tuncurry Memorial Hall - 7 Point Road,

Polling locations - Election Day 14 September

Opening hours: 8am to 6pm

- Bungwahl Public School 56 Seal Rocks Road,
- Coomba Park Community Hall Moorooba Road, Coomba Park
- Forster Campus, Great Lakes College Cape
- Hawke Drive, Forster • Forster Public School - Head Street, Forster • Forster Tuncurry Community Centre - 12
- Breese Parade, Forste • Hallidays Point Community Church - 17
- Diamond Beach Road, Hallidays Point • Hallidays Point Public School - 300 Diamond
- Pacific Palms Community Centre The Lakes
- Way, Elizabeth Beach • Tuncurry Public School - 22 Tuncurry Street,
- Tuncurry Salvation Army Hall South Street,

Below & right: 2BOB Radio's Meet the Candidates at the MEC on 28 August. Photos by Julie Slavin.

Tuncurry NSW



Above: The Forster Tuncurry Business Chamber's Meet the Candidates at Club Forster on 20 August. Photo by Mary Yule. Front row: (L to R) Simon France (President FTBC and host), John

Back row: Paul Sandilands, Micheal Graham, Peter Howard, Claire Pontin, Jeremy Miller and Dheera Smith.

> health concerns, it's probably good for me to take a step back as 'everything happens for a

"I would like to thank the community for the opportunity to have been their representative over the last 8 years. I would also like to thank the staff for their hard work over the 2 terms. It's been a lot of work to bring 4 entities together for the amalgamation of MidCoast Council while still running the day to day

• Infrastructure development to keep up with

our growing population, particularly in the

Continuing to properly finance our roads

network and push the State Government to

take over maintenance costs of some of the

major arterial roads that are getting more and

As a Councillor my role is to continue to keep

on top of any opportunities that arise.

these items on the agenda and ensure staff are



health sector

more traffic all the time.

2BOB RADIO

1. What is your name, political affiliation, occupation and area that you live in?

Group A

1. Peter Howard

My name is Peter Howard. I'm an Independent that tends to lean conservative, and I live in Forster. I'm the owner-operator of Great Lakes Cinema 3 and Fav's Twin Cinemas

2. Why should people vote for you?

Despite the narrative in some quarters, I think this Council has performed well. The period

Group A

2. Fabian Clancy

ending was a very short term due to COVID, and as a first-term Councillor I don't feel we've had enough time to be judged properly. There are some excellent Councillors in at the moment, who work hard in the role and are responsive to our community, so I feel we warrant the support from the community.

Council Local Government Area that you wish

of restoring this and I believe this starts with

local government and local government being

3. What are three main issues in the MidCoast

The main issues in the Midcoast LGA are:

· Continuing economic development, particularly in the tourism sector.

3. What are three main issues in the MidCoast to address and how would you go about this?

We, as elected councilors, need to make sure that accountability and transparency is our strong suit, both as elected and on an administration level

 Promote our region as a sporting centre. utilising our geographical position and facilitate improvement in our amenities and sporting infrastructure. Explore the implementation of an 'office for sport''. Sport has always been a great tool to facilitate local cohesion, physical and mental wellbeing especially in our youth, as well as a great opportunity for economical



1. What is your name, political affiliation, Council Local Government Area that you wish occupation and town that you live in? to address and how would you go about this? Fabian Clancy – Independent candidate in • As previously stated, I would love to be part

Group A from Cundletown of restoring pride in our area and townships, 2. Why should people vote for you? this can be achieved, simple elements such as our entries/exits, our first and last impressions I am a local business owner with a strong family we give to our visitors and ourselves about heritage in the Mid Coast. During my years the places we live in and love, we need to do growing up in the area I remember having pride in our region, I would love to be part

> open and accountable for its actions and its spending. Our natural environment is a huge asset, and we should see it properly managed

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

I have worked hard since I was first elected in 2017, to make sure that Council gets better every year in what it needs to deliver. We became a collaborative Council with common goals and trust between Councillors. I want to continue this work and believe that Councillors, with drive and vision, can be more effective

every term. Council is heading in the right direction, it's more about continuing to improve what it is doing.

• One of the very real requirements is to better maintain our roads. Following my call for a detailed report on our roads, we now have a much clearer picture of where we need to be.

• Council also needs to improve its transparency through reporting and engagement and hearing the concerns raised.

and be more efficient.

In these issues and more, I will continue to be a strong advocate for the community.

Get to know your candidates

Group D - Labor 2. Digby Wilson

1. What is your name, political affiliation, occupation and town that you live in?

Digby Wilson, retired Telecommunications General Manager from Taree. Labor affiliated. but I intend to not bring party politics to Council.

2. Why should people vote for you?

I've built my home, worked and now volunteer here. This is home. Like many, I want a better Council. I'm determined to make this happen. I'm experienced in managing large teams,



multimillion dollar budgets and making policy decisions. My experience and frustration drives me to bring positive change for all.

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

• Improve our Roads: better roads, fewer potholes and temporary repairs. I will prioritise the council's road repair resources for proper planning, costing, and quality control to do it right the first time. To finance this, I aim to secure additional dollars, working with the mayor, collaborating with the state/federal government and peer councils for a fairer unding model.

• Life beyond the smartphone and screens: My goal is to make it more worthwhile to get out and enjoy activities beyond the home. We have a superb natural environment. We will invest in improving old facilities and building new ones.

• Making your dollars count: MidCoast Council has limited resources, so we must ensure our dollars are spent wisely. Financial discipline and good governance are essential for both business and council. Accountability drives results, so I will ensure transparency and responsibility within Council

I have the competencies and drive to make a better Council.

Group E 1. Alan Tickle

1. What is your name, political affiliation, occupation and town that you live in?

Alan Tickle, Independent. I am a Financial Planner operating a business in Taree. I am building a home at Red Head

2. Why should people vote for you?

I offer the experience gained from 16 years in Local Government and from 48 years in Banking and Financial Planning, Current Deputy Mayor, You will always get honesty and integrity from

me. I love this area and community which I've worked hard for since arriving in 1977.

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

• Roads maintenance has been underfunded for decades which is a problem for most regional Councils. The roads strategy adopted last term of Council and a pilot program which involves use of Artificial Intelligence run through the NSW Roads and Transport Directorate, aims to identify sections of roads and the target date to apply maintenance to avoid the cost of total rehabilitation (if

intervention did not occur). It is 10 times more expensive to reconstruct a road verses a timely re-sheeting. This type of action is crucial.

• Flowing from the roads strategy, is allocating appropriate funds and ensuring both State and Federal Governments buy into the solution and seriously fund this challenge. This needs community support with strong advocacy from Council.

• There is a need to think outside the box and scrum down with State and Federal Government for a three tier of Government solution to meeting housing challenge.



Group E 2. Nicole Turnbull

1. What is your name, political affiliation, occupation and town that you live in?

Nicole Turnbull. Independent. I'm a Workplace Psychosocial Safety Consultant and own property in Wootton.

2. Why should people vote for you?

I've led communications and community engagement for 20 years, and worked for state government agencies including Service NSW. Planning & Environment and Transport for NSW.



and politics of government, and I know how to work with them to get success for communities.

I can add value as I understand the processes

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

• Safe Roads: Making sure our community has safe, well-maintained roads is crucial. I will advocate for upgrades, better infrastructure, and traffic management, as well as working with the community to campaign for increased funding and improved road safety measures across the region

- Financial Sustainability: A financially sustainable council is vital for long-term success. I will advocate for responsible budgeting, ensuring funds are allocated wisely and efficiently to maintain essential services while planning for the future without overburdening ratepayers.
- Responsible Development: Balancing new developments with environmental preservation is key. I support growth that respects our natural environment while meeting the housing and infrastructure needs of the community. The goal is to support development that enhances our region without compromising its unique

Group F 1. Emma Mellows

1. What is your name, political affiliation, occupation and town that you live in?

Emma Mellows, 39, an independent candidate a mother, high voltage electrician, planner, and a proud resident of beautiful Booral.

2. Why should people vote for you?

I am a young, energetic, and passionate professional with a unique perspective and a track record of successful achievements. I challenge policies that don't serve our

community and am ready to ask tough questions to drive meaningful change. My commitment is to advocate for what truly

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

• Residents in our region feel disengaged and distrustful of the council, emphasizing the need for better communication and transparency. The council must prioritize the concerns of constituents when allocating resources and ensure that information is accessible, understandable and offered early.

To foster thriving regional communities, support for small businesses and local features is essential. Allowing accommodation proposals for country wedding venues and music events could boost the local economy by attracting visitors and encouraging spending, reducing the need for unpopular rate rises.

• Lastly, the condition of our roads is a major concern, as they pose safety risks. Regular maintenance is crucial and more cost-effective than replacement. Neglecting upkeep can lead to expensive repairs down the line, making it imperative for the council to prioritize road maintenance for the safety and benefit of the community.



Group F 2. Veronica Frost

1. What is your name, political affiliation, occupation and town that you live in? My name is Veronica Frost. I am an

Independent candidate with the Emma Mellows group. I currently work in Administration support and live in beautiful, historic Stroud

2. Why should people vote for you? We want to advocate for the smaller under-

represented towns. Your vote below the line

Group G

2. Phillip Beazley

1. What is your name, political affiliation,

Phillip Beazley, Libertarian Party. I'm a semi-

retired music composer and musician from

occupation and town that you live in?



is a voice for our smaller communities so that vou can be heard. You are the heart of these communities and your voice matters.

3. What are three main issues in the Mid-**Coast Council Local Government Area that you** wish to address and how would you go about

 Accessibility within our towns for people living with a disability – With many of our smaller communities missing out on funding, I want to ensure that the members of these safely move around in their own town. More can be done and we will consult with you to find out exactly what you need.



live in/near and access the proposed location We, the community, live here so we are the best people to judge what kind of an impact something may have. Ensuring safe and appropriate roadways for

drivers and foot traffic along the Bucketts Way, are growing, and we have many young families and aging residents who would benefit from having a safe way to navigate through the town.

Group D - Labor 1. Claire Pontin

1. What is your name, political affiliation, occupation and town that you live in?

Claire Pontin, Mayor since 2022, a retired General Manager in Government, live in Red Head, running as a Labor candidate.

2. Why should people vote for you?

I am keen to continue as Councillor. I have concentrated on making Council more responsive to stakeholder and business concerns, more consultative, and more



Roads, transparency, cost reduction.

2. Why should people vote for me? • Most importantly, it needs to reduce its costs

I feel a deep commitment to this heautiful and productive area and am dismayed by the neverending growth, inefficiencies, cost and control of all forms of government in Australia. As such,

Smiths Lake.

I will advance the ideals of small government, lowering of rates and limiting both spending and regulation.

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

Promote Property Rights:

Council bureaucracy often leaves people tearing their hair out. This leads to difficulty in people being able to invest in businesses and property owners being unable to easily make small modifications that cause no harm to their neighbours. We support individual property



Cut costs and slash rates:

The Civic Precinct Library has been described as one of Australia's most expensive librarys by Channel 9's, A Current Affair. As one of the poorest council regions in NSW, we can't afford such extravagance at the expense of our key priorities such as roads and parks.

• Support Council Demergers:

We are pro individual freedoms and against large government. The merging of Gloucester, Taree and Great Lakes Council has made it much more difficult to engage with council. We believe that local residents should decide to vote to demerge. We support a vote on this

1. What is your name, political affiliation, occupation and town that you live in?

My name is Paul Sandilands. I have lived in Forster and much of the council area most of my life. I have no political affiliation

2. Why should people vote for you?

I am a person that cares about my community. I've spent most of my life caring for the people in it and this is an extension of that. I would



like to see that as residents we all get those services that we should and to help make our community a better place

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this? Three main issues in our community are as

 Maintaining our assets. In order to achieve this we need greater levels of state and federal funding. This can only be achieved by having a

• Trying to address the housing issues in our area like all of the entire country. We would need to work with organisations outside Council, such as churches. For example, in Taree there are large buildings being used minimally that are church owned.

• Maintaining our financial stability as a council. Lots of councils in NSW have been impacted by cost shifting from state government to local councils. Also, political promises which never happen. This means making council a trim and well-functioning business and trying to develop alternative income streams and also lobby government to increase funding.

Group I - The Greens 1. Dheera Smith

1. What is your name, political affiliation, occupation and town that you live in?

Dheera Smith, Manning-Great Lakes Greens, current Mid-Coast councillor, high school English/Drama teacher now working casual, live in Mondrook, NSW and holiday home resident at Tirriki Street, Old Bar.

2. Why should people vote for you?

After my first term, I am prepared to continue working on environmental and social justice

issues. The Lakes Way drive is onerous for workers and visitors. Electric public transport and more affordable housing for skilled workers is needed urgently. Active transport upgrades for bike riders is a must.

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

• Transform our transport to provide a better future alternative for residents and visitors. I would seek community support for an integrated transport network funded by state government. Bringing down transport costs and pollution would help us enjoy a greener future.

• Activate the construction of affordable housing in the Forster/Tuncurry hub. Retirees and holiday makers cannot enjoy a visit to a place short on skilled workers. Council can take the lead on housing instead of waiting for State input. Existing land assets and investment funds can be used to develop and build affordable housing. State funds can be added to our own equitable housing alternatives.

• Climate change development must be the top of Council's priority ladder. Seas rising and weather changing cannot be ignored. All new businesses and existing council infrastructure must head towards zero emissions earlier than



Group I - The Greens 2. Janeece Irving

1. What is your name, political affiliation, occupation and town that you live in?

Janeece Irving, Manning-Great Lakes Greens, small business owner, Hospitality entrepreneur. I live in Tinonee and I am a part time Coomba and Tallwood resident with my daughters and

2. Why should people vote for you?

A longtime MidCoast resident, environmentalist and healthy cakes maker, I am a barrista at each Pacific Palms Market. I know the roads and existing and new housing developments. Riding my electric bike in Forster/Tuncurry beach areas is a treat but some transport sections need upgrading. I have been self-employed for many years and understand the difficulties of young families trying to reduce rising cost of living pressure. I also understand the issues of the aged and helped my mother and father in their later years. 3. What are three main issues in the MidCoast

Council Local Government Area that you wish to address and how would you go about this?

 Reducing landfill waste and being innovative with exciting waste creations such as glass



and plastic tiles, rugs made from recycled clothing and earlier funding for sewerage/waste infrastructure such as methane gas removal and food and organic waste compost facilities FOGO.

- Embrace active transport pathways and realise they should not be optional or part of Open Space delayed construction. State government funds public and active transport and we need them to fund our region, especially along Forster and Lakes Way.
- Domestic Violence against women is a rising threat in our whole LGA. I support the Great Lakes Womens Shelter and look forward to bringing council attention to opening a new women's shelter in Taree and other parts of our LGA.

Ungrouped - Independent Elizabeth McEntrye

1. What is your name, political affiliation, occupation and town that you live in?

My name is Elizabeth McEntyre. No political affiliation. I am a Doctor of Social Work and Criminology. Tea Gardens and Hawks Nest is my home - living with Worimi Country

2. Why should people vote for you?

Communities connecting and belonging can improve the wellbeing of all. I will make the vision of the community work, not just by turning

strategic intent into actions, but on how these actions must be delivered. Two-way learning, respect, collaboration, and adapting with the community are critical for shaping the future of

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

• Two-way communication – continue to

strengthen Council's responsive, transparent, and friendly communication strategies with community to ensure there is proper engagement consultation, and collaboration to make the vision of the community work for all: MidCoast is a place of unique environmental and cultural significance.

Our strong community connection, coupled with our innovative development and growing economy, builds the quality of life we value.

- Evidence based decision making ensure Council • consistently leads on gaining first hand insight and learning from community on matters that affect us, and providing community with evidence based information so that we can make better decisions on matters that impact on the lives of individuals, families, and the whole community.
- Protecting and preserving Country and Waters supporting community to know and to fulfil our obligation and responsibility to protect and preserve the living Country of the MidCoast Council area for present and all future generations.



Ungrouped - Independent Stephen Smith

1. What is your name, political affiliation. occupation and town that you live in?

My name is Stephen Smith. I am an Independent Candidate and retired Policeman/ Grazier and I live in Bulahdelah

2. Why should people vote for you?

I have lived in Bulahdelah for 47 years. During that time my wife and I have raised 4 children, worked in the local community and contributed



to sporting and social groups. We currently run a working beef cattle farm. I have business experience as well as many other practical skills to offer as a candidate in this election.

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

The main issues I would like to address are what I believe to be the basics for any Local Council. Roads, Rates and Rubbish.

• I would like to see the roads in our area receive more realistic funding for upgrading,

particularly in the outlying areas of the Council

• The issue of rates is a complex one. Unfortunately, we need to pay rates if we are to achieve the improvements we all desire and deserve. I would be seeking an even application of rate generated income across the

• As for rubbish, I would be seeking to lower costs to tip rubbish at Council Waste Management sites in an effort to reduce the amount of rubbish currently dumped at roadsides throughout the MCC LGA.

Ungrouped John Sahyoun

1. What is your name, political affiliation, occupation and town that you live in?

My name is John Sahyoun and I live in Bulahdelah. I was a former primary teacher although I have been involved with business and community for the past 24 years.

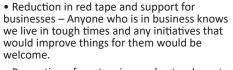
2. Why should people vote for you?

The whole of the LGA is important and needs a fair, transparent and at times reactive voice for the community. The reason I am running

for council is because I have the necessary skills and experience to bring about positive outcomes for the whole of the LGA

3. What are three main issues in the MidCoast Council Local Government Area that you wish to address and how would you go about this?

• Affordable housing and improved health services - Currently in our LGA there are significant concerns in this area. We have people unable to afford even rentals which means less people available for even basic services and with a lack of medical facilities and the oldest demographic in the state.



• Promotion of our tourism and natural assets - We live in the best place on the planet and visitation is important to our local economy.

Each decision will be made with thoughtful judgement on its merits with consultation where necessary. I intend to fulfill my duties of the office of Councillor in the best interests of the whole of the MidCoast community and tackle each issue as it arises.



FORSTER FORTNIGHTLY

Puzzles Page

Page 15

The Grin Bin



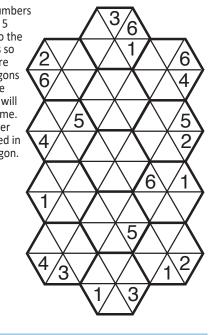
Doodley Squat

Sudoku



Quick Workout

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



Focus

An All Australian Word Game

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

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

5

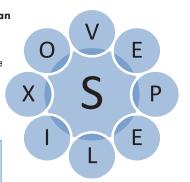
9

* Each word must contain the centre 'Focus'

letter and each letter may be used only once * Fach word must be four letters or more * Find at least one nine letter word

* No swear words * No verb forms or plurals ending in 's' * No proper nouns and no hyphenated words

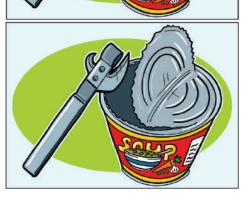
TODAY'S Good: 15 words FOCUS Very good: 20 words Excellent: 27 words



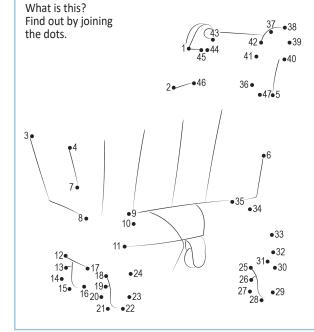
Reference: Macquarie Concise Dictionary

Spot the 5 Differences





Join the Dots



Swamp



Bushy Tales

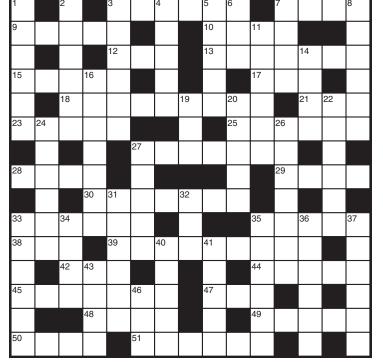






4 September 2024

Crossword



ACROSS

3 Uproar **7** Young horse

9 Sacrificial table 10 Passport endorsement

12 Quick to learn 13 Ordained 15 Fruit of the oak

17 Early freshness 18 Embellished

21 Frozen formation 23 View

25 Business absorption 1 Torment **27** Keep in 2 Took long steps 28 Ship's company 3 Country **29** Outer covering 4 Thespian

30 Shows clearly 33 Looked after 35 Besieging of fortified

38 Greek letter

45 Final course 47 Female deer 48 Malay sailing boat

DOWN

5 Ward off

7 Visage

6 Wrongdoing

8 Book of accounts

11 Make sorrowful

42 Joke

39 Keeps within limits

44 Happen again

26 Reprieve invertebrates 27 Find fault 50 Tidings

31 Church official 32 Domestic anima 33 Sinew

> 34 Inferior horses **35** Fasteners 36 Accompany

14 Slender shoot

16 Replenished

20 Sends out

22 Yielding

19 Beard of barley

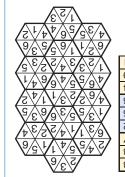
24 Wind instrumen

37 Departure 40 Devil 41 Western

entertainment 43 Serpents 46 Fish eggs

Solutions

supplied by Auspac Media



FOCUS: else EXPLOSIVE expose isle lexis lisp lose pelvis peso

missing line of text on label, top of can cut open more. extra pea on label, spoon on label not going through letter P, SPOT THE 5 DIFFERENCES: Missing ridge on top of can,



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Septembe								
	ABCTV	SBS	SEVEN	NBN	TEN			
	6.00 Morning Programs. 1.35 Media Watch. 1.55 Brush With Fame. 2.25 Back Roads. 2.55 Magda's Big National Health Check. 3.55 Love Your Garden. 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. 8.35 Guy Montgomery's Guy Mont Spelling Bee. 9.25 Planet America. 9.55 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. 3.30 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 16. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Secrets Of Our Universe With Tim Peake. 8.30 Dan Snow's Greatest Discoveries. 9.25 Miniseries: The Sixth Commandment. 10.35 SBS News. 11.05 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 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Air Crash Investigations. (PG) 10.30 The Latest: Seven News. 11.00 Taylor 12.00 Miniseries: Midnight Man. 1.00 Travel Oz. 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 Paralympics Paris 2024: Encore. 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 Paralympics Paris 2024. Day 7: Night. Events may include: para archery; para athletics; para cycling road; boccia. 10.30 Paralympics Paris 2024. Day 7: Late night. 12.00 Paralympics Paris 2024. Day 7: Post midnight.	6.00 Morning Programs. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Deal Or No Deal: Celebrity Jackpot. 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 Thank God You're Here. 8.40 Gogglebox Australia. 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. 1.55 Brush With Fame. 2.25 Back Roads. 2.50 Magda's Big National Health Check. 3.55 Love Your Garden. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Amazing Spaces. 9.20 Miriam Margolyes Impossibly Australian. 10.20 News. 10.35 The Business. 10.50 The Art Of 11.25 Grand Designs. 12.15 Killing Eve. 1.00 Love Your Garden. 1.45 Rage. 3.30 Catalyst. 4.30 Late Programs.	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 2.00 Such Was Life. 2.10 World's Greatest Hotels. 3.00 Trail Towns. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 17. 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. 12.30 Devils. 1.30 Devils. 2.25 Miniseries: The Dark Heart. 3.15 Make Me A Dealer. 4.05 Bamay. 4.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Mornmy Be Mine. (2018) 2.00 Surveillance Oz: Dashcam. (PG) 2.15 Catch Phrase. (PG) 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 Football. AFL. First qualifying final. 11.00 WBBL Season Preview Show. 12.00 Magnum P.I. (M) 2.00 Home 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. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 27. Brisbane Broncos v Melbourne Storm. 9.45 Thursday Night Knock Off. 10.30 Paralympics Paris 2024. Day 8: Late night. 12.00 Paralympics Paris 2024. Day 8: Post midnight.	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 Soccer. AFC 2026 World Cup qualifier. Third round. Australia v Bahrain. 10.30 News. 10.55 The Cheap Seats. 11.55 The Project. 1.00 Stephen Colbert. 2.00 Shopping. 4.30 CBS Morning.			
	6.00 Morning Programs. 11.00 Antiques Roadshow. 12.00 News. 1.00 Van Der Valk. 2.30 Guy Montgomery's Guy Mont Spelling Bee. 3.15 Spicks And Specks. 3.55 Love Your Garden. 4.45 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.35 Gardening Aust. 8.35 Van Der Valk. 10.05 Shaun Micallef's Eve Of Destruction. 10.45 Guy Montgomery's Guy Mont Spelling Bee. 11.30 News. 11.45 Grand Designs. 12.35 We Hunt Together. 1.20 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 18. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 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: You May Now Kill The Bride. (2016) (M) 2.00 House Of Wellness. (PG) 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. 7.20 Football. AFL. First elimination final. 11.15 Armchair Experts. (M) 12.00 GetOn Extra. 12.30 Taken. (M) 1.30 Harry's Practice. 2.00 Home Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Paralympics Paris 2024. Day 8: Early morning. 6.30 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Bondi Vet. 1.00 Paralympics Paris 2024: Encore. 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 27. South Sydney Rabbitohs v Sydney Roosters. 9.55 Golden Point. 10.30 Paralympics Paris 2024. Day 9: Late night. 12.00 Paralympics Paris 2024. Day 9: 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. 11.30 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 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 Becoming Frida Kahlo. 3.55 Micro Monsters. 4.45 The Assembly. 5.30 Landline. 6.00 Australian Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Sister Boniface Mysteries. (M) 8.20 Vera. (M) 9.50 Fifteen-Love. (M) 10.50 The Beast Must Die. (M) 11.40 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 8.00 WorldWatch. 1.05 WorldWatch. 3.05 Portillo's Greatest Railway Journeys. 4.00 Wonders Of Scotland. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 19. Highlights. 5.30 Frontlines. 6.30 News. 7.30 Cumbria: The Lakes & The Coast. 8.25 Secrets Of A Royal Estate: Clarence House. 9.20 The World's Most Beautiful Landscapes. 10.15 Scotland's Extreme Medics. 11.10 Nordland 99. 11.40 Nordland 99. 12.05 Rex In Rome. 1.00 Rex In Rome. 3.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. (PG) 12.00 Horse Racing. Moir Stakes Day and City Tattersalls Club Cup Day. 2.30 To Be Advised. 6.00 Seven News. 7.00 Football. AFL. Second qualifying final. 11.00 To Be Advised. 12.35 Taken. (M) 1.35 Harry's Practice. 2.00 Home 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 10: Afternoon. 6.00 NBN News. 7.00 Rugby League. NRL. Round 27. Penrith Panthers v Gold Coast Titans. 9.25 NRL Saturday Night Footy Post-Match. 10.00 Paralympics Paris 2024. Day 10: Night. 10.30 Paralympics Paris 2024. Day 10: Late night. 12.00 Paralympics Paris 2024. Day 10: Post midnight.	6.00 Morning Programs. 10.30 The Drew Barrymore Show. 11.30 Deal Or No Deal: Celebrity Jackpot. 12.30 Are You RV Safe? 1.00 GCBC. 1.30 Farm To Fork. 2.00 The Dog Down Under. 2.30 Everyday Gourmet. 3.00 Expedition Tasmania. 3.30 Australia By Design: Innovations. 4.00 My Market Kitchen. 4.30 Cook With Luke. 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. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.25 Darby And Joan. 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 Return To Paradise. 8.30 Unforgotten. 9.20 The Queen And Us. 10.20 Fisk. 10.50 Spicks And Specks. 12.25 Endeavour. 1.55 Rage. 3.00 Australia Remastered. 4.00 Outback Ringer. 4.30 Art Works. 5.00 Insiders.	6.00 WorldWatch. 8.00 WorldWatch. 12.00 WorldWatch. 1.00 Motorcycle Racing. Australian Superbike Championship. Round 5. 4.00 Etched In Gold. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 20. Highlights. 5.30 Frontlines. 6.30 News. 7.30 The Ottoman Empire By Train. 8.30 9/11: Four Flights. 10.05 America After 9/11. 12.10 Thatcher & Reagan. 2.10 24 Hours In Emergency. 3.00 8 Out Of 10 Cats. 3.55 Hell On Earth: WWII. 4.50 Destination Flavour China Bitesize. 5.00 Late Programs.	6.00 Morning Programs. 1.00 To Be Advised. 2.30 Surveillance Oz. 3.00 Border Security: Int. 3.30 Border Security. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 To Be Advised. 8.35 7NEWS Spotlight. 9.35 The Latest: Seven News. 10.05 Crime Investigation Australia: Most Infamous. 11.10 Autopsy USA. 12.10 Lipstick Jungle. 1.10 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 7. Parramatta Eels v Gold Coast Titans. 3.30 Rugby League. NRL. Round 27. Newcastle Knights v Dolphins. 6.00 NBN News. 7.00 The Block. 8.30 Paralympics Paris 2024. Day 11: Night. 9.00 60 Minutes. 9.45 Paralympics Paris 2024. Day 19: Late night. 12.00 Paralympics Paris 2024. Day 19: Post midnight. 4.00 Paralympics: Pre-Show. 4.30 Paralympics: Closing Ceremony.	6.00 Morning Programs. 7.30 GCBC. 8.00 Everyday Gourmet. 8.30 Freshly Picked. 9.00 Taste Of Australia: BBQ. 9.30 Intrepid Adventures. 10.00 The Drew Barrymore Show. 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 Lingo. 4.30 Deal Or No Deal. 5.00 News. 6.00 The Sunday Project. 7.00 Hunted. 8.15 FBI. 9.15 The Real CSI: Miami. 10.15 FBI. 11.05 The Sunday Project. 12.00 Shopping. 4.30 CBS Morning.			
	6.00 Morning Programs. 1.00 Australia Remastered. 2.00 Parliament. 3.00 Yakka: Australia At Work. 3.55 Love Your Garden. 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 You Can't Ask That. 12.15 Grand Designs. 1.00 Parliament. 2.00 Love Your Garden. 2.50 Rage. 3.35 Catalyst. 4.30 Outback Ringer. 5.00 Art Works. 5.25 7.30.	6.00 WorldWatch. 8.00 WorldWatch. 12.10 WorldWatch. 2.00 Woven Threads Stories From Within. 2.10 World's Greatest Hotels. 3.00 Railway Journeys UK. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCl World Tour. La Vuelta. Final stage. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Robson Green's Weekend Escapes. 8.05 Robson Green's Weekend Escapes. 8.40 8 Out Of 10 Cats. 9.35 24 Hours In Emergency. 10.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.35 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 To Be Advised. 9.15 The Rookie. (M) 10.15 S.W.A.T. (M) 11.15 The Latest: Seven News. 11.45 Lopez Vs. Lopez. (PG) 12.45 The Event. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Paralympics: Closing Ceremony Cont. 7.00 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 NBN News. 7.00 ACA. 7.30 The Block. (M) 8.45 Paralympics Paris 2024: Closing Ceremony. 11.45 La Brea. 12.40 Transplant. 1.35 Tipping Point. 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. 11.45 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 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 The Amazing Race Australia: Celebrity Edition. 9.00 Have You Been Paying Attention? 10.00 Ghosts. 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.			
	6.00 Morning Programs. 1.00 The Newsreader. 2.00 Parliament. 3.00 Yakka: Australia At Work. 3.55 Love Your Garden. 4.45 Grand Designs. 5.30	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Such Was Life. 2.20 World's Greatest Hotels. 3.10 Railway Vietnam. 3.40 The Cook Up. 4.10 Tony Robinson:	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.45 Border Security: Int. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The	6.00 Morning Programs. 1.15 Saltimbanco To Luzia: 25 Years Of Cirque Du Soleil. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News	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 To Be Advised. 12.00			

3.00 The Chase. 4.00 News. 5.00 The

7News @ 6:30. **7.00** Home And Away.

10.10 First Dates UK. (M) 11.10 The Latest:

Seven News. **11.40** Extended Family. (PG) **12.10** Holey Moley Australia. (PG) **2.00**

Shopping. 4.00 NBC Today. 5.00 Sunrise

Chase Aust. 6.00 7News Local. 6.30

(PG) 7.30 To Be Advised.

9.05 Made In Bondi. (M)

5am News. 5.30 Sunrise



3.40 The Cook Up. 4.10 Tony Robinson:

The Thames At Night. **5.05** Jeopardy!

Coastal Railway Journeys. **8.30** Insight

9.30 Dateline. **10.00** SBS News. **10.30**

Berlin, 12.25 Babylon Berlin, 1.20 Illegals

3.20 Make Me A Dealer. 4.10 Bamay. 4.40

The Point: Road Trip. **11.30** Babylon

rmind Aust. 6.30 News. 7.30 Great

5.30 Letters And Numbers. 6.00

Your Garden. 4.45 Grand Designs. 5.30

7.00 News. **7.30** 7.30. **8.00** Back Roads.

Brush With Fame. 10.20 News. 10.35 The

12.40 Media Watch. 1.00 Parliament

2.05 Grand Designs. 2.55 Love Your

Ringer. **5.30** 7.30

Garden. 3.50 Catalyst. 4.50 Outback

Business. 10.50 Four Corners. 11.40 Q+A.

8.30 The Assembly. **9.15** The Art Of... **9.45**

Antiques Roadshow. 6.30 Hard Ouiz.



3.00 Tipping Point. 4.00 9News

Afternoon, 5.00 Tipping Point Australia.

Lee. 9.40 True Story. 10.40 9News Late

12.50 Tipping Point. 1.40 Pointless. 2.35 It's All Greek To Me. 3.00 TV Shop. 4.00

liever's Voice Of Victory. **4.30** ACA. 5.00 Today Early News. 5.30 Today.

11.10 Chicago Med. **12.00** Transplant.

6.00 NBN News. **7.00** ACA. **7.30** The

Block. 8.40 The Hundred With Andy

6519 4713 85 The Lakes Way, Forster

Judge Judy. 10.30 To Be Advised. 12.00

Deal. 1.00 News. 2.00 Family Feud. 2.30

Bold. **5.00** News. **6.00** Deal Or No Deal.

Australia: Celebrity Edition. **9.00** The Cheap Seats. 10.00 NCIS. 11.00 News.

1.30 Shopping. **4.30** CBS Morning.

11.25 The Project. 12.30 Stephen Colbert.

Lingo. **3.30** News. **4.00** Neighbours. **4.30**

6.30 The Project. **7.30** The Amazing Race

Everyday Gourmet. 12.30 Deal Or No

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September 11 - 17

ABC TV 6.00 Morning Programs. 1.35 Media	SBS	SEVEN 6.00 Sunrise. 9.00 The Morning Show.	NBN	TEN 6.00 Morning Programs. 8.30 Bold. 9.00
Watch. 2.00 Parliament. 3.00 Yakka: Australia At Work. 3.55 Love Your Garden. 4.45 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. 8.35 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. 12.45 Grand Designs. 1.35 Late Programs.	6.00 WorldWatch. 8.30 WorldWatch. 1.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 Such Was Life. 3.40 The Cook Up. 4.10 Tony Robinson: The Thames At Night. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Secrets Of Our Universe With Tim Peake. 8.30 Dan Snow's Greatest Discoveries. 9.25 Miniseries: The Sixth Commandment. 10.35 SBS News. 11.05 El Immortal: Gangs Of Madrid. 1.05 Good People. 2.00 Good People. 3.55 Late Programs.	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. (PG) 7.30 My Kitchen Rules. (PG) 9.10 The Front Bar. (M) 10.10 Air Crash Investigations. (PG) 11.10 The Latest: Seven News. 11.40 Talking Footy. 12.40 Stan Lee's Lucky 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 The Hundred With Andy Lee. 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 Human Error. (M) 9.40 To Be Advised. 10.40 9News Late. 11.10 Ski Rescue Down Under. 12.00 Tipping Point. 1.00 Pointless. 2.00 Hello SA. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Everyday Gourmet. 11.00 Harris V Trump Presidential Debate. 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 Have You Been Paying Attention? 10.10 News. 10.35 The Project. 11.35 Stephen Colbert. 12.30 Shopping. 4.30 CBS Morning.
6.00 Morning Programs. 1.00 The Assembly. 2.00 Parliament. 3.00 Yakka: Australia At Work. 3.55 Love Your Garden. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Return To Paradise. 9.30 Amazing Spaces. 10.20 News. 10.35 The Business. 10.50 The Art Of 11.20 Grand Designs. 12.10 Killing Eve. 12.55 Parliament. 1.55 Love Your Garden. 2.40 Rage. 3.35 Catalyst. 4.30 Gardening Aust. 5.30 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Such Was Life. 2.10 History Of Britain. 3.05 Railway Journeys UK. 3.40 The Cook Up. 4.10 Tony Robinson: The Thames At Night. 5.05 Jeopardy! 5.30 Letters And Numbers. 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. 12.20 Devils. 2.20 Miniseries: The Dark Heart. 3.10 Make Me A Dealer. 4.05 Bamay. 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. 1.40 Border Security: Int. 2.10 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 Abused By Mum: The Ruby Franke Scandal. (M) 10.00 Ron Iddles: The Good Cop. (M) 11.05 Air Crash Investigations. (PG) 12.05 Magnum P.I. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Human Error. 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 Women's Premiership. Round 8. Wests Tigers v St George Illawarra Dragons. 9.50 9News Late. 10.20 The Equalizer. 11.20 Resident Alien. 12.10 Tipping Point. 1.05 Pointless. 2.00 Explore TV. 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 The Amazing Race Australia: Celebrity Edition. 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. 11.00 Antiques Roadshow. 12.00 News. 12.55 Van Der Valk. 2.25 Guy Montgomery's Guy Mont Spelling Bee. 3.15 Spicks And Specks. 4.00 Love Your Garden. 4.45 Grand Designs. 5.35 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 Love Your Garden. 1.15 Rage New Music. 5.00 Rage.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Woven Threads Stories From Within. 2.10 History Of Britain. 3.00 NITV News: Nula. 3.30 Such Was Life. 3.40 The Cook Up. 4.10 Tony Robinson: The Thames At Night. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 My Grandparents' War. 8.25 Lost Treasures Of Ancient Laos. 9.20 Lost Treasures Of Ancient Rome. 10.15 SBS News. 10.45 Soldiers. 11.35 Soldiers. 12.30 My Brilliant Friend. 1.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: The Alleged Abduction. (2019) (M) 2.00 House Of Wellness. (PG) 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. 7.20 Football. AFL. First semi-final. 11.15 Armchair Experts. (M) 12.00 GetOn Extra. 12.30 Taken. (M) 1.30 Harry's Practice. 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 To Be Advised. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 Rugby League. NRL. First qualifying final. 9.45 NRL Finals Footy Post-Match. 10.30 MOVIE: Sleepless. (2017) (MA15+) 12.20 Tipping Point. (PG) 1.15 Pointless. (PG) 2.05 Australia's Top Ten Of Everything. (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 Cook With Luke. 8.30 Bold. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 Sort Your Life Out. 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 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. 2.00 Shaun Micallef's Eve Of Destruction. 2.40 Becoming Frida Kahlo. 3.55 Micro Monsters. 4.45 The Assembly. 5.30 Landline. 6.00 Australian Story. 6.30 Back Roads. 7.00 ABC News. 7.30 Sister Boniface Mysteries. (PG) 8.15 Vera. (M) 9.45 Return To Paradise. (M) 10.45 The Queen And Us. (PG) 11.45 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Motorcycle Racing. FIM Superbike World Championship. Round 8. Highlights. 3.00 Portillo's Greatest Railway Journeys. 4.00 Grand Tours Of Scotland's Rivers. 4.35 Wonders Of Scotland. 5.30 Frontlines. 6.30 News. 7.30 Cumbria: The Lakes & The Coast. 8.25 Secrets Of A Royal Estate. 9.20 The World's Most Beautiful Landscapes. 10.15 Scotland's Extreme Medics. 11.10 Nordland 99. 12.15 Rex In Rome. 1.10 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 The Morning Show: Weekend. (PG) 12.00 Horse Racing. Makybe Diva Stakes Day and Run To The Rose Day. 5.00 Seven News At 5. 5.30 Border Security: Australia's Front Line. (PG) 6.00 Seven News. 7.00 Football. AFL. Second semi-final. 11.00 To Be Advised. 12.40 Taken. (M) 2.00 Home Shopping. 4.00 Drop Dead Weird. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 1.30 Rugby League. NRL Women's Premiership. Round 8. Gold Coast Titans v Newcastle Knights. 3.15 Rugby League. NRL. First elimination final. 6.00 NBN News. 7.00 Rugby League. NRL. Second qualifying final. 9.45 NRL Finals Footy Post-Match. 10.30 MOVIE: The Expendables. (2010) 12.30 Taronga: Who's Who In The Zoo. 1.30 Garden Gurus. 2.00 The Incredible Journey. 2.30 Getaway. 3.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 11.00 The Amazing Race Australia: Celebrity Edition. 12.30 Are You RV Safe? 1.00 GCBC. 1.30 Farm To Fork. 2.00 The Dog Down Under. 2.30 Everyday Gourmet. 3.00 The Placemakers: Expedition Kimberley. 3.30 Australia By Design: Innovations. 4.00 My Market Kitchen. 4.30 Cook With Luke. 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 Gardening Aust. 2.25 Darby And Joan. 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 Return To Paradise. 8.30 Unforgotten. 9.15 Miniseries: Better. 10.15 Fisk. 10.45 Spicks And Specks. 12.15 Endeavour. 1.45 Rage. 3.05 Australia Remastered. 4.00 Gardening Aust. 5.00 Insiders.	9.30 WorldWatch. 12.00 WorldWatch. 1.00 Speedweek. 3.00 Etched In Gold. 4.00 The Point: Road To Referendum History Bites. 4.05 The Last Violin. 5.30 Frontlines. 6.30 News. 7.30 The Ottoman Empire By Train. 8.25 Amazon: The Lost World. 9.25 Ancient Superstructures. 10.25 Dinosaur With Stephen Fry. 11.20 The Sean Connery Paradox. 12.20 A Spy In The FBI. 2.00 24 Hours In Emergency. 2.55 8 Out Of 10 Cats. 3.50 Hell On Earth: WWII. 4.45 Destination Flavour China Bitesize. 4.55 Late Programs.	6.00 Morning Programs. 1.00 To Be Advised. 2.35 Surveillance Oz. 3.00 Border Security. Int. 3.30 Border Security. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 To Be Advised. 8.45 7NEWS Spotlight. 9.45 Mr Bates Vs The Post Office: The Impact. 10.45 The Latest: Seven News. 11.15 Crime Investigation Australia: Most Infamous. 12.25 Motor Racing. Supercars Championship. Round 9. Sandown 500. Day 1. Highlights. 2.30 Shopping. 3.30 Late Programs.	6.00 Morning Programs. 1.30 Rugby League. NRL Women's Premiership. Round 8. Canberra Raiders v Parramatta Eels. 3.30 Rugby League. NRL. Second elimination final. 6.00 9News Sunday. 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 Country House Hunters Australia. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 GolfBarons. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 Taste Of Australia: BBQ. 9.30 Intrepid Adventures. 10.00 The Drew Barrymore Show. 11.00 The Dog Academy. 12.00 To Be Advised. 1.30 GCBC. 2.00 Everyday Gourmet. 2.30 Farm To Fork. 3.00 My Market Kitchen. 3.30 Lingo. 4.30 Deal Or No Deal. 5.00 News. 6.00 The Sunday Project. 7.00 The Amazing Race Australia: Celebrity Edition. 8.30 FBI. 9.30 The Real CSI: Miami. 10.30 FBI. 11.30 The Sunday Project. 12.30 Shopping. 4.30 CBS Morning.
6.00 Morning Programs. 1.00 Australia Remastered: Forces Of Nature. 2.00 Parliament. 3.00 Great Australian Stuff. 4.00 Love Your Garden. 4.45 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.40 Four Corners. 9.25 Media Watch. 9.45 Q+A. 10.45 News. 11.00 The Business. 11.20 Planet America. 11.50 Miniseries: Better. 12.50 Grand Designs. 1.40 Love Your Garden. 2.25 Rage. 3.35 Catalyst. 4.30 Gardening Aust. 5.25 7.30.	6.00 WorldWatch. 12.10 WorldWatch. 2.00 History Of Britain. 2.50 Railway Journeys UK. 3.25 The Cook Up. 3.55 Scotland's Sacred Islands With Ben Fogle. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Michael Palin In North Korea. 8.30 8 Out Of 10 Cats. 9.25 Never Mind The Buzzcocks. 10.10 Have I Got News For You U.S. 11.00 SBS News. 11.30 Suspect. 12.00 House Of Promises. 1.50 La Jauria. 2.50 La Jauria. 3.45 Make Me A Dealer. 4.35 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 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 To Be Advised. 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) 1.35 Harry's Practice. 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. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 9News. 7.00 ACA. 7.30 The Block. (PG) 8.45 100% Footy. (M) 9.45 To Be Advised. 10.45 9News Late. 11.15 La Brea. (M) 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. 10.00 Judge Judy. 10.30 To Be Advised. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 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 The Amazing Race Australia: Celebrity Edition. 8.40 Have You Been Paying Attention? 9.40 Inspired Unemployed (Impractical) Jokers. 10.10 Ghosts. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
6.00 Morning Programs. 11.00 Antiques Roadshow. 12.00 News. 1.00 The Newsreader. 2.00 Parliament. 3.00 Great Australian Stuff. 3.55 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 9.45 MOVIE: triple j's One Night Stand. 11.15 News. 11.30 The Business. 11.50 Miniseries: Better. 12.50 Four Corners. 1.35 Q+A. 2.40 Grand Designs. 3.30 Catalyst. 4.30 Gardening Aust. 5.25 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Have I Got News For You U.S. 2.55 Railway Vietnam. 3.25 The Cook Up. 3.55 Scotland's Sacred Islands With Ben Fogle. 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. 12.20 Babylon Berlin. 1.10 Illegals. 2.15 Illegals. 3.10 Make Me A Dealer. 4.00 Peer To Peer. 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 News. 7.00 Home And Away. (PG) 7.30 To Be Advised. 9.05 Made In Bondi. (M) 10.10 First Dates UK. (M) 11.20 The Latest: Seven News. 11.50 Ambulance: Code Red. (M) 12.50 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 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) 8.45 The Hundred With Andy Lee. (PG) 9.45 True Story. (PG) 10.45 9News Late. 11.15 Chicago Med. 12.00 Transplant. 12.50 Tipping Point. 1.40 Pointless. 2.30 Garden Gurus. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Neighbours. 8.30 Bold. 9.00 The Drew Barrymore Show. 10.00 Judge Judy. 10.30 To Be Advised. 11.40 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 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 Deal Or No Deal: Celebrity Jackpot. 8.30 The Cheap Seats. 9.30 NCIS. 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.



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4 September 2024

Community News

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Local Calendar

Your 'Local Calendar' lists free events Max 4 lines. It is the responsibilty of the

September

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

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



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

Contact Caileen 0488 508 846

12 for details.

Sat 14 Sept - Local Council Election Day 9am to 6pm at various polling booths. See page

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



Sun 16 Sept - Great Lakes Museum Car Boot Sale, 9am to 1pm at Great Lakes Museum, 1 Capel St Tuncurry. Enquiries: 6554 6275

Sat 21 Sept - Tuncurry Market 8am to 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

Sun 29 August - Pacific Palms Market 9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall. Enquiries: Jennifer Dovle 0401 968 516

October

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

Sun 1 Oct - Black Head Bazaar Market 8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures.



Sat 5 & Sun 6 Oct - Great Lakes Orchid Society 43rd Annual Spring Show

Sat 9am to 3pm & Sun 10am to 2pm, Forster Public School Hall, Head St, Forster

What's on around town & beyond!

LBGTQIA+ Community News

A group of local Forster-Tuncurry community members have successfully secured a Diversity Days 2024 - 2025 Grant from ACON. Forster Rainbow Pride was formed to begin organising socially engaging activities to help reduce isolation, foster a sense of community, build supportive community spaces and expand friendship circles

Jeni Monks, one of the local community organisers, said 'We are excited that we now have funding to assist the local LGBTQIA+SB community to collaborate, connect, and thrive together. Many of our activities will be child riendly, wheelchair friendly and supporter friendly. The social activities we have planned from now until June 2025 aim to build a strong, inclusive and diverse community. Our events will coincide with and celebrate various Diversity Days - the next one is 'Bi Visibility Day' on Monday, 23 September 2024.'

Social activities and planned meet ups include - pizza night, online discussions, cafes, and picnics. Additionally, in 2025, creative workshops are planned to brainstorm, prepare and create costumes/props for the Mid North Coast float in next years Sydney Gay and Lesbian Mardi Gras.

Rainbow Picnic in the Park

Our first event, supported by ACON, is on Sunday, 15th September 2024 in Forster. Join us for a Rainbow Picnic in the Park. We would love to meet you and welcome you into this community. This get together is a relaxed fun



way to make new friends and expand your network. We are celebrating with pride the annual Bisexual Awareness Week which this year runs from 16th to 23rd September 2024.

Bring picnic food and blanket or chairs. Enjoy the art table, games and meet like-minded people at the sausage sizzle. All ages are welcome. This is an inclusive event welcoming all LGBTQIA+SB identities and supporters, and is wheelchair friendly and child friendly.

Contact us by email forsterrainbowpride@ gmail.com for details about this picnic or to stay informed about future activities by subscribing

Join our Facebook group @Forster Rainbow

Call Jeni 0414 296 859.

CWA Cake Stall - 5th September

The Forster Branch will be holding a cake stall at Bunnings on Thursday 5

This coincides with the Country Women's Association (CWA) Annual Awareness week which runs annually for the first week of September. This year it runs from 1-7

CWA of NSW Awareness Week will run from September 1 to 7, this year highlighting the continuing crisis around gender-based violence including domestic and family violence, and also including violence against women by men who are not their intimate partners.

It's the second time in five years the association has focused its attention for Awareness Week on violence against women, with domestic and family violence chosen as the theme for the 2020 campaign

The Forster Branch represent 8000 women across NSW and the ACT, and we believe it's important to keep applying pressure to policy-makers around improved support and protections for victims of gender-based

During this year's Awareness Week, the CWA of NSW is calling for:

 Further changes to bail laws to better protect victims, particularly in rural and regional areas; • Prioritisation of sustainable funding models for frontline victim support services – and

services that target perpetrator risk factors; The expediting of the establishment of a real-time system to record, track, and share





information on perpetrators across systems and

• Additional resources for women facing violence in rural and regional communities

Left: Come along and support this notfor-profit organisation and help raise funds for CWA causes. Lots of nice goodies and cakes will be available.

where isolation and lack of services can make it even harder for those looking for support and assistance.

The association is also keen to involve men in this year's campaign, to reinforce the message that everyone must contribute to shifting and changing the aspects of our society and culture that lead to these ncidents of violence.

Any further information please contact: Sue Hutchison, Secretary, on 0407 417 007 or Susan.Hutchison@bigpond.com at the Forster Branch of the Country Women's

(See advertisement below left.)



Community News

to receive local news alerts & community updates.

What's on around town & beyond!

Forster-Tuncurry Spring Festival - 14th September

Get ready for the Spring Festival on Saturday 14th September! A day of celebrating all things local so join us for a day filled with fun, excitement, and community spirit. This isn't just an event, it's a celebration of what makes our community truly special.

Where: Wharf Street, Forster

When: 10am to 8pm, Saturday 14 September

What's in store:

services

- Live Music, Performances & Art Displays by our talented local
- Delicious Food & Drinks from your favourite local vendors • Fun Activities for kids and
- Local Businesses showcasing their incredible products and

Whether you're coming to support, shop, eat, or simply enjoy the day, we'd love to see you there. Bring your family, friends, and neighbours - this is a day you won't want to miss!



the Forster Tuncurry Business Chamber and Mid Coast Council. Mid Coast Mains and The Open Streets Program is proudly supported by Transport for NSW and NSW State Government.



Above: Wharf Street in Forster. Photo by Mary Yule.

Wedding Open Day at Palmyra House - 8th September

For the first time in nearly 50 years - Palmyra House is opening its gates to the public by hosting the Forster Wedding Collective's Open

Come along to experience 100+ vendors in a mystical spring garden destination to immerse yourself in all things weddings and events for one day only

When you come through the front gates there is the delightful opportunity to meander

through the grounds at your own pace. There



Forster Tuncurry Uniting Church

Spring Fair

Cnr Bent and South St Tuncurry

9am to 1pm

Books & White Elephant

will be food, drink and desserts available to purchase on the day from the best local businesses. We have created 5 destinations to experience and enjoy where you can see, speak, touch and discuss with vendors for all 35 parts of weddings and events spread across

Maybe you're looking for something for your upcoming wedding or maybe you just want to see 100+ local vendors all in one place for a beautiful Sunday outing - we welcome you!

- Bring a picnic rug.
- Purchase a lunch or cocktail on the day.
- Listen to the live acoustic performers under the trees
- Taste the delicious desserts or food truck offerings.
- Bring your phone to content create too!
- Don't miss out on this exciting opportunity to connect with local wedding professionals and get inspired for your special day. We look forward to seeing you there!







Community News

4 September 2024

Trades & Services

Mixed bag and Feedback

www.forsterfortnightly.com.au

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

Baby dolphin stuck in net

A baby dolphin died on 19 August when it got stuck in the net at Tuncurry pool..

How devastating to hear this news. Can you imagine how distressed the poor baby was, not being able to breathe and the poor mother watching on not being able to do

How would a human being feel if this happened to them?

It not only affects our dolphins but our sea

Please get rid of all nets everywhere and save our wonderful marine life

Carol M - Mid North Coast (verified

The Footy Fan

Here's to the dedicated footy fan,

He follows his team wherever he can It may be in Queensland where the weather is hot Or maybe in Melbourne where it certainly is not.

Whether it's raining or whether it's hot, Whether they're winning or whether they're not

He goes with his pals to boo or to cheer, And sits on the hill with his pie and his beer. And when the games all over he says with a tear, Don't worry mate there's always next year.

By Dot King - Tuncurry.



A single question about sexuality will be included in the 2026 Census after Prime Minister Anthony Albanese reversed the original decision on the matter on 23 August. LGBTIQ+ advocacy groups have welcomed the concession, but say the survey must also include trans and genderdiverse Australians. www.sbs.com.au

Book Review

Government Promises to Offset Huge NT Solar Farm With More Fossil Fuel Projects



POLITCAL SATIRE: The Federal Government will allow the \$30 billion SunCable solar farm in the Northern Territory to proceed, but has reassured voters that 100% of the project will be offset by new gas and coal mine approvals.

Mike Cannon-Brookes – will provide enough renewable energy to power three million homes. But Environment Minister Tanya Plibersek said Australians had no

to a clean energy future, then let me reassure you that we are still very much committed to propping up the fossil fuel industrv." Plibersek said.

www.theshovel.com.au

Screen Reviews



Movie review by Harriet Kelly.

1. Young Women And The Sea (Disney +)

So exciting to find a 'hidden gem' and this Disney + movie is

The story follows the intriguing story of young Trudy Ederie who overcame incredible odds to become the first women to successfully cross the English Channel in 1926. Inflicted with childhood measles and driven by her mothers' desire to ensure her girls could learn to swim - Trudy rises above all level of resistance to eventually complete in the 1924 Paris Olympics (wow, there's a time travel moment) and successfully swim the English Channel.



LACI PETERSOI

Some have criticised the films overtly feminist and historical embellished plots, but this really does You won't be disappointed and the best bit is that it is one of those great movies the whole family

2. American Murder: Laci Peterson (Netflix)

A compelling three-part documentary on the 2002 disappearance of Laci Peterson (then 8 months pregnant) and the investigation and conviction of her husband for her murder and that of her unborn child.

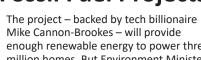
The Director, Skye Borgman has done a masterful job by focusing on family relationships and loyalties to maintain 'Laci the person' at its centre. Interviews with Laci's mother depict a woman who has endured so much but

manages to give a dignified narrative from beginning to end while maintaining a stoic and balanced view of the world. She is the voice of reason by simply asking 'Why'?

The killer's girlfriend, Amber Frey, is another intriguing and brave woman who is willing to be 'wired' for investigators as she collects vital evidence which would prove invaluable to the killer's

The audience is left perplexed with how to respond to the killer's family who remain defiant to this day that authorities have convicted an innocent man.

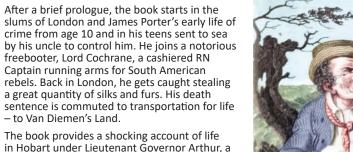
A brilliantly crafted series which sadly has even more relevance today.



f you are concerned that we are pivoting

For every project like this, there are a dozen new gas fields and coalmines in the pipeline that we will waive through, to ensure that our fossil fuel emissions do not fall too quickly"

Have you ever been to Strahan and Macquarie Harbour on the west coast of Tasmania? If so, you may have been coopted onto the stage to recreate the ship for one of the longest-running productions in Australia. The Ship That Never Was by Adam Courtenay provides a remarkable story of convict history, villains with honour, and a legal system that showed justice, a sense of propriety, even a sense of humour



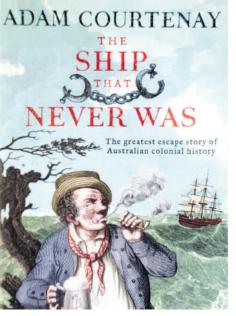
tyrant of the most extreme type. Porter starts as a convict first class with privileges but after four years of keeping his privilege, succumbs to his old habits and ultimately to being a convict, seventh class; there is an eight class, a superfluous classification since it means death by hanging. In 1830, he is sent to Macquarie Harbour, the most extreme punishment for unreformable recalcitrants where Governor Arthur's edict meant floggings for even minor infractions, working in leg-irons, gruel for food and as much degradation as possible.

The Ship That Never Was

Yet, master shipbuilder, Hoy, starts building ships in 1828 and other useful items such as window frames on a commercial footing. He totally ignored Governor Arthur's edicts. He taught the convicts trades useful in shipbuilding and turned a blind eye to other products that they produced and traded for such items as tobacco (which Arthur had totally banned). Far from a hell on earth, Hoy transformed the place to such an extent that the men were heard singing as they worked. He was ahead of his time in looking not only to his men now but to their future. They worked as a

When Arthur realised what was happening, he decided to end the boat-building penal colony on the island in Macquarie Harbour and transfer the convicts to Port Arthur where everyone could be under his direct control so that his edicts, floggings etc, would continue.

James Porter and others decided they were not going to Port Arthur. Taking control of the last vessel built in Macquarie Harbour and



setting ashore Hoy and other free men, they sailed for Peru. They survived, barely, the stormy southern seas - the boat was designed for coastal not high seas work. While some of the crew managed to get back to England, the Peruvian government sent Porter to England. Thence again to Hobart where at least Governor Arthur had gone – as judge, jury, executioner and legislator, his cronyism and self-enrichment had become too much for the free settlers. Porter, etc, were fortunate that the new man was Governor Franklin. They were charged with mutiny and piracy before a court.

Chief Justice Pedder had empathy. Hoy supported his men. In his judgement, Pedder concluded it was neither mutiny nor piracy as the boat wasn't at sea, had never been registered, and the convicts were not seamen. Theft maybe but they hadn't been charged with theft. Courtenay believes that Pedder is the unsung hero of the story – two years later Franklin gave a conditional pardon. Norfolk Island and Sydney were to follow for Porter. By John King - Librarian

Pacific Palms Community Library

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

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4 September 2024

Weekly Diary

The 'Weekly Diary' is FREE to promo community group information. Max 4 lines. It is the responsibilty 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 6:30pm dinner 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

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

Great Lakes Vietnam Veterans Association Sub-Branch meet at Unit 3/80 Kularoo Drive, Forster, between 10am to 1pm

Email: vvaglforster@gmail.com **1st Forster Tuncurry Scout Group Cub Section** Scout Hall Cnr Lake & McIntosh Sts Forster, Mondays 5 - 6.30pm for 8 - 11 years. Enquiries:

leanne.richardson@nsw.scouts.com.au

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

Coomba Fitness Group

9am - 10am, in the Coomba Aquatic Club Gazebo. All levels of fitness welcome. Contact

Lindy on 0415 392 554

Tuesdays

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

Great Lakes Prostate Cancer Support Group.

Fourth Tuesday of every month 7pm Club Forster. Email: 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 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 Lindy on 0415 392 554

Thursdays

Coomba Mens Shed

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

Codependents Anonymous

Difficulty maintaining relationships? 5.30 - 7pm Uniting Church, Tuncurry.

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

Al-Anon Family Groups

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

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

Knit and Knatter

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

Forster Keys Progress Association Dad's Army/Navy volunteer clean-up

Every Thursday 7am - 9am, Community Hall 36A Elizabeth Pde. Contact: Brian 6555 5076

Lodge Forster Great Lakes United

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

Tennis Forster

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

Great Lakes Vietnam Veterans Association Sub-Branch meet at Unit 3/80 Kularoo Drive, Forster, between 10am to 1pm

Email: vvaglforster@gmail.com

1st Forster Tuncurry Scout Group Joey Section Scout Hall Cnr Lake & McIntosh Sts Forster, Thursdays 5 - 6 pm for 5 to 8 years. Enquiries:

leanne.richardson@nsw.scouts.com.au **1st Forster Tuncurry Scout Group Scout** Section Scout Hall Cnr Lake & McIntosh Sts

Forster, Thursdays 6.30 - 8.30pm for 11 - 14 years. Enquiries: leanne.richardson@nsw. scouts.com.au

Mens Social Tennis

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

Great Lakes Concert Band

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

Fridays

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

Wallis Lake History Group

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

Forster Tuncurry Seniors

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

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

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

Tuncurry Beach Dunecare

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

Ladies Social Tennis

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

9am - 10am, in the Coomba Aquatic Club

Coomba Fitness Group

Gazebo. All levels of fitness welcome. Contact Lindy on 0415 392 554

Saturdays

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

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

Contact Heather Yates 0414 507 781

Over 55s Forster/Tuncurry Social Group Weekend meals at a local club or restaurant, or a location about an hour's drive from town.

Alcoholics Anonymous 9.30am, Steps and Traditions

Girl Guides Hall - Opp Council Playing Fields

Organised Social, Forster Tennis Club, Lake

Lake St, Forster 1300 222 222 Every Saturday 12.30pm – 4pm Mixed

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.

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

Enquiries: Sonia Rockley 0427 309 032

to receive local news alerts & community updates. **Community News**

Green Bikes Community Workshop

FORSTER FORTNIGHTLY

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

Sundays

Forster Tuncurry Dolphin Dancers

Meet every Sunday 2pm to 5pm at Senior Citizens Hall Breeze Parade Forster Contact Bev 0421 333 483

Forster Tuncurry Mudcrabs

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

Forster Rainbow Pride Social activities for LGBTQIA+ community. FB/Insta/Subscribe for info & dates ForsterRainbowPride@gmail.com or call Jeni 0414 296 859

Pickleball Tuncurry

2pm at tennis courts behind Sporties. Enquiries: Sonia 0427 309 032.



Above: King Parrot: A very large, stunning red and green Parrot which is a common visitor to backvard feed and water stations. Very widespread on the east coast of Australia.

Photographed at Barrington Tops by Brian

Weekly Diary 2 The 'Weekly Diary' 2 is FREE to promote

September Thurs 5 Sept - Manning Great Lakes Birdwatchers. 8am start at One Mile Beach/

Sat 21 Sept - Manning Great Lakes Birdwatchers. 8am start at Kirrawack Nature Reserve. Enquiries: 0431 878 395

Bennett's Head. Enquiries: 0431 878 395

Community **Meals & Pantry**

Tuncurry Community Brunch

All are welcome to our sit-down Community 'Brunch' Mondays 9:15 - 9:45am. Pantry doors are open 9:45 - 11am with pantry

essentials, fresh produce and cleaning & hygiene items. Open during school terms at FORSTER TUNCURRY CHURCH OF CHRIST, 14 Douglas Ave

"Bring what you can - take what you need." Enauiries: Tamara Clarke 0412 962 144 or Bret

Clarke 0407 483 070 or see our Facebook

Tuncurry. Donations welcome.



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

the produce tables. Enauiries: Volunteer Coordinator Mea Lorina on 0409 840 054 or the CatholicCare Office on

6539 5900.

food items they would like to take home from

Tuncurry Community Morning Tea & Lunch

Every Friday the TUNCURRY SALVATION CHURCH at 7 South Street is serving Community Morning Tea & Lunch.

10:30am - Doors open for cake & coffee, place

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

Enquiries: Pastors Nicole & Tony Bezzina on

6554 6101. www.facebook.com/Forstersalvos/

names for produce market.

Star Pet



Name: Gypsy (in the

Breed: Keeshond

background of photo)

Age: 10 years Likes: Chasing tennis balls and dog toys, joining in with anyone's picnic she walks past

and without any shame

begs for food from

innocent picnic goers. Claim to Fame: Loves networking with humans and sharing her love around. She would always rather hang out with humans than dogs - particurarly if it is a network event involving a kitchen!

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

Forster Library Free programs

 Mahjong games afternoon Mondays 2 - 4pm.

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

Family History Advisory Group - provides support with family history research. Volunteers will be available Monday (new session), Tuesday & Thursday 10 – 12pm and Wednesday & Friday 2 - 4pm, in the

Family History room on Level One of

the Library. Or email familyhistory@

 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.

Rupert Murdoch in secret legal battle with children over media empire

gmail.com

Billionaire media tycoon, 93, is attempting to secure Lachlan Murdoch's control rather than assets

Rupert Murdoch is in a secret legal battle pitching the ageing mogul and his heir apparent, Lachlan Murdoch, against three of his other children, according to documents seen by the New York Times. Murdoch, 93, is attempting to secure

Lachlan Murdoch's control of the family's

going to all children.

media empire by changing the terms of a family trust that would have also given younger brother James, sister Elisabeth and half-sister Prudence a say in how the company is run. Currently, the trust would hand control of the billionaire media tycoon's sprawling empire to his four eldest children when he dies. But according to sealed court

documents obtained by the New York

Times, Murdoch is arguing that Lachlan

should have sole control of the family's

investments in Fox News, the Wall Street

and other assets, including the Sun and

the Times in the UK

Journal, the New York Post, the Australian



Above: Rupert Murdoch flanked by sons Lachlan (left) and

Lachlan Murdoch is seen as the most conservative of Murdoch's children and his father is arguing that his political beliefs are essential to maintaining the value of the right-leaning media company.

prove he is acting in good faith to protect the value of the trust's holdings. His effort to rewrite the trust is being led by William Barr, former US attorney general Donald Trump, the Times reported. Unless a resolution is reached.

the fight for the future of Fox could go to court in September, just two months before the US election. Murdoch is said to have

family's irrevocable trust can

be rewritten if Murdoch can

belief that it would see off the prospect of a power struggle within the family after his death. But his children were reportedly blindsided by the move. Fox was not immediately available

dubbed the bid "Project

Harmony", based on the

Lachlan Murdoch became chair of News Corporation and Fox Corporation, the parent company of Fox News, last November after his father made the announcement he was ending his seven-decade run as one of the most transformative - and controversial - media barons in history.

James Murdoch had once been seen as a possible successor but has become a vocal critic of the Fox media assets' denia of climate change [during the 2029-20 Australian bushfires]. After the January 6 insurrection [at the Capital building in Washington DC], James Murdoch criticized the US media for "propagating lies" that unleashed "insidious and uncontrollable forces".

In April 2023, Fox reached a \$787.5m settlement with voting equipment company Dominion. It had been accused of knowingly broadcasting false and outlandish allegations that Dominion had been involved in a plot to steal the 2020

By Dominic Rushe and Callum Jones. www.theguardian.com 25.7.24

According to the Times, a Nevada probate commissioner found last month that the

FORSTER FORTNIGHTLY

Community News

4 September 2024

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FORSTER FORTNIGHTLY

www.forsterfortnightly.com.au

'Out and About'



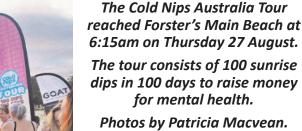
The first Father's Day 'Car & Bike Show & Shine', hosted by Cars Under the Stars Forster, was held at the Lakeside Tavern on 1 September. Money raised supported the Forster Christian Life Centre's fundraising efforts for Samaritan's Purse. Photos by Geordie Yule.





















Community News

Connections - Sophie & Brodie

www.forsterfortnightly.com.au

By Vanda Gooley.

Sophie Curtis (36 yrs) currently works for Woolworths Group in their inclusion team. Brodie (29 yrs) is Account Manager at 'realestate.com.au'. Both are building their lives together in Forster. They share the same values, love adventures and being active, being in the water, at the beach, a morning walk and coffee or going camping and spending quality time

Sophie: Previously Sophie worked at Macquarie University before leading the Diversity, Equity, Inclusion and Belonging team. Now working for the Woolworths Group, she loves being part of a team with a chance to make huge impacts at scale. She loves working for the Woolworths Group. Both Sophie and Brodie expressed how lucky they feel to work remotely full time, allowing them to live in Forster and be closer to Sophie's family.

Sophie and Brodie met over 4 years ago when they were both living in Sydney. Sophie and a few friends joined a new gym and Brodie was the very first person to come up to us and say hello. Sophie remembers Brodie's warmth, "she was so welcoming and kind. There was also something about her I found really intriguing, I absolutely was curious about her from the very first time she spoke to me." Sophie only saw her once more over the coming months and kept wondering where she had gone!! Lucky for Sophie, Brodie reemerged and 3.5 years later

When reflecting on what they admire about each other, Brodie's ability to stay centred and grounded when life throws its unpredictable nature at her was the standout for Sophie. Also, Brodie's positive and resilient approach to life. "She so calmly and confidently knows how to weather life's storms." Sophie loves how Brodie is so consistently herself. "She is unwavering in her kindness and love for people in her life. She's absolutely stunning and so intelligent. I love how observant she is and how her mind works, we are like ying and yang in a lot of wavs but we are also so connected and fit together so well." Sophie calls Brodie the baby and animal whisperer. "Every baby or toddler that meets Brodie falls in love with her."

Since Sophie and Brodie have been together, they have been through quite a lot! Not long into their relationship Sophie had wrist surgery. Post op, Brodie became Sophie's full-time carer and helped her through a very long and challenging 6 months of rehab and recovery. Not long after this Sophie had a major accident at the snow and busted her shoulder, requiring another surgery and more round the clock care! Brodie was there for every step of the rehab. Both Brodie and Sophie have bought or built their first homes each, moved to Forster and started their fur family together! Sophie has had some huge work changes since she met Brodie, and Brodie supported her through one of the most important roles Sophie has ever had, working for Sydney World Pride and delivering the festival of a lifetime! "Brodie is always there for my personal achievements and is the core of the ones we celebrate together."

Sophie said they have many similarities - the same values which serve as a foundation for

both have close families as well as nurturing and enjoying their friendships. Both love adventures, being active, being in the water, at the beach, a morning walk and coffee or going camping and spending quality time together. They are both very loyal people and are dependable for their friends and family. They both love a beautiful meal out just as much as snuggling up on the couch together with their cat and

They do however have their differences. Sophie is more extroverted and likes to keep to schedule. Sophie is the timekeeper of their relationship which is a stressful job at times as she hates being late and Brodie is never quite ready on time Sophie is hyper organised and likes routine, whereas

Brodie is more comfortable going with the flow. Sophie likes to plan their trips and logistics and know every detail to the minute, and then she puts that in a spreadsheet for Brodie! Sophie feels as though Brodie has all the qualities Sophie sometimes lacks, which is why they work so well together. Sophie said Brodie is calm and reassuring when Sophie feels like things are falling apart, "she's present and detail orientated when I just want something done quickly.

Sophie said Brodie has an innate ability to observe and understand people and group dynamics before diving in. She's respectful and kind and has the ability to connect with anyone. "She knows how to be present with people, and never wavers in her ability to support me or others. She is a natural born problem solver; she can ALWAYS find a solution to something that is hands on. Asked if Brodie has any weaknesses, Sophie said, "Never met someone who can hit the Snooze button as well

Above: Brodie Mayer and Sophie Curtis call Forster their home.

They both love to travel, to see new places and explore together. They want to build a life together and have a family and take their family travelling on adventures with them. Sophie's aim is to always find work that creates space for them to be their best selves, have time

More than anything Sophie values 'Time'; time together and time with their families and friends. Sophie also deeply values the respect they share for one another, the honesty in their relationship and their ability to talk through any situation. It's not always easy, but we always find a way back to our centre together.

Sports and activities keep each of them connected. "Our honesty and communication and our willingness to always tackle problems head on keeps us connected. We share the same vision for our future, and most of all we are very much madly in love with each other!

Sophie loves our local area, "It's paradise, particularly the water. I love that I can surf at One Mile in the morning, swim at the Tanks

at lunchtime and jump in the lake for an afternoon cool off." She loves that Forster has, little hustle and bustle and that her family is here. She loves how Forster makes her feel. "I feel light, warmth and connected to all the parts of myself here. "I am blessed to have been born here on Worimi country and feel a deep appreciation to be back here now sharing this beautiful place with Brodie and my two little nieces."

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Brodie: Is an Account Manager at realestate. com.au. Brodie met Sophie around Jan/ Feb 2021 when Soph' joined Brodie's gym in Sydney. She introduced herself at Sophie's first session before the workout started. Brodie's first impressions were that Sophie had such a big, warm smile that was so inviting and

Brodie said their joint greatest achievement together is becoming self-taught landscapers smashing their way through the red and white clay for hours and hours on end. "I loved creating something with Soph' and spending the time together. Don't ask us to pick up a mattock (like a pickaxe) ever again though."

Brodie said she and Sophie are very similar vet totally different. They are both very competitive and active. Both care for their families and loved ones. "Naturally, we ended up sharing wardrobes, so we also dress quite similarly Soph' loves to cook and Brodie loves to eat what she's cooked. Both have a big dream to do a lap of Australia and explore everywhere they can with their fur babies, Tully and Teddy.

Brodie said Sophie has many strengths. She admires Sophie for her resilience. "When life throws bowling ball sized curve balls at her, it never stops her." Also, Sophie has an incredibly innate ability to care for, support and help others and is so generous with her time. Her presence alone makes people feel safe and warm, always looking out for others before herself. Sophie is understanding, patient, kind and unimaginably thoughtful. On the contrary "she has no ability to close cupboards or doors after opening them." Sophie has a big heart. "The way she loves and cares for others is like I've never seen before. Her love for her family is second to none and she is always thinking of and finding ways to make sure they're safe and

Brodie said Sophie is her safe place and biggest adventure. She is gentle with Brodie's heart and her mind, especially when they are not gentle with themselves. "Our love is like nothing I've experienced before, and I didn't know life could be this good, until I met Soph'."

Laughter keeps them connected today. From the beginning they've always been in sync with each other and always match the other's energy - "We are each other's back up dancers and cheerleaders through life."

Brodie's move to Forster has been very positive She said "You often hear the best beaches are further south on the east coast. Those who say that have never been to One Mile, Burgess or The Tanks." Their favourite time of the year here is Autumn, where the water is warm and crystal clear, and the dolphins are playing in the waves daily. "It's picturesque every day. I feel so



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Prison Farm between Tuncurry & Nabiac



Historical Talk Part 3: Prison Camp - Anne Masters & Helen Duggan from the Great Lakes Museum.

Leaving Tuncurry and on our way to Failford we pass an area that was once a Prison Camp. Between 1913 and 1938, this prison camp, known as Tuncurry Afforestation Camp, operated on the outskirts of Tuncurry in an area which became known as 'The Pines', named after the pine trees cultivated by prison labour there, and now the site of the Tuncurry Recycling Depot. The camp was the first of its kind and led to a number of others being opened in other parts of the country.

Accommodation was, at first, in tents some three and a half miles from Tuncurry. Building of huts was completed by the end of October, 1913. The prisoners were allowed to go surfing or 'sea bathing' as it was called daily after work and also on Saturdays and Sundays.

By early November, 20 prisoners and 4 officers were in residence. The prisoners sent to the camp were carefully selected and only first

their buggy) where pine. trees were cultivated labour, now the site of the Tuncurry Recyling

offenders were eligible and they had to be fit, both physically and mentally, to take up the work. Each prisoner

hut where he took his meals. After the evening meal, he could associate, with other prisoners, under supervision, in the recreation room until

In a 1914 report it was stated that the prisoners were so good in their behaviour that no punishment was ever given and apart from a slight touch of sunstroke, no illness had been

By 1919, 120 acres of land had been cleared and planted with young hoop pines. The camp garden had supplied 4,674 pounds in weight of green vegetables and potatoes and the camp's pig industry had 48 pounds worth of pigs on

Around 1930 there were 40 prisoners at the camp and the number of warders had increased, perhaps because 3 prisoners had escaped by then. All were re-captured.

During the 25 years the camp was in operation the prisoners, apart from the plantation, work built a gravel road about 4 miles long through



Above: The Overseer's cottage at 'The Pines' prison site in Tuncurry

the scrub from near Blackhead, where they made a quarry in the hills, back to the camp. A lookout tower, 75 feet in height, used for the purpose of locating bushfires, was also erected

When hoop pines started to lose popularity, slash pine was tried with better results but finally after several disastrous fires, the plantation closed down on 1st April, 1938. Arrangements were made for the men of the type previously sent to Tuncurry to be

accommodated at one of 4 other afforestation camps in NSW.

After the camp closed, the land and buildings were put up for lease. Mr. Bert "Pop" Dent and his wife took out a 99 year lease on the property and bought the buildings in 1939, settling on the site and calling it "The Pines". It was then developed into a tourist camp.

The Dents continued at "The Pines" for 11 years after which they sold to Gordon Bowman who moved some of the cabins to his property in North Street, Tuncurry. The

cabins were later demolished to make way for a block of units called "Four Winds". 3 other cabins were moved to a property owned by Bill Skelsley, later to become a caravan park called "Pine and Cabin Caravan

(We would like it to be noted that this Reafforestation Camp was not ever a Prisoner of War Camp. It started in 1913 and closed down in 1938. It then became a Tourist Camp operated by Pop Dent and his wife. Also, there was no P.O.W Camp in Forster.)



Community News

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Reviews from 'Music Inspired by Poetry'

'Music Inspired by Poetry' was performed by Company of Voices on Sunday 18th August 2024 as a fundraiser for the Great Lakes Women's Shelter. Photos by Ian

'Last Sunday I attended the most beautiful choral concert at Tuncurry WW1 Memorial Hall. It was one of those 'soul uplifting' experiences. The Company of Voices chamber choir led by musical director Leigh Vaughan, entertained a full house of appreciative music lovers for two hours. As an experienced chorister, choral director and singing teacher, this had to be one of the best choral concerts I have ever attended. The joyful expressions on the singers faces were infectious throughout the audience.

The MC was local councillor Jeremy Miller, who interspersed the singing, with recitations of poems which had inspired the composers of

The repertoire was suitably balanced for all musical palates, with genres ranging from classical and contemporary choral works to gospel, Australian songs and a couple of humorous ditties.

The singers were complemented with wellbalanced accompaniments, by a string ensemble comprising local musicians from the Mid North Coast community orchestra Sinfonia, as well as Vincent Jensen the choir's regular piano accompanist

Tenor soloist Barry Patterson with pianist Steven Gill completely captured the Romantic German Lieder style with extracts from Schuman's Poet's Life

Brad Germon gave a spirited interpretation of Lior's generously donated arrangement of This

And just when the audience was almost on a divine music overload, we were treated to Liszt's Piano Sonetto 104, performed by Steven Gill on the digital grand piano, which he so generously donated to the hall a couple of



DELIVERING FOR OUR COMMUNITY

Dr David GILLESPIE MP

Federal Member for Lyne

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The choir was brilliantly trained by Leigh. All the boxes of musical critique were ticked diction, articulation, tempo, pitch, expression, dynamics, attention paid to the conductor, and very important each choristers appearance was lovely - they each had their tasteful signature touches of red amongst their formal black attire. It was very difficult to choose my favourite piece because they were all so

However, I must say that the heartfelt rendition of Towards Infinity to a poem by Phil Voysey and music by young Australian Paul Jarman, about the lone kayaker who disappeared several years ago off the coast of New Zealand, brought tears to my eyes. Company of Voices and their fellow musicians gave a musical gift of love, which was treasured by all who were

Deidre Sutherland - experienced chorister, choral director and singing teacher.

'After more than two decades singing and performing in the Great Lakes and region, Company of Voices has matured into a musical group of quality. Bouquets to director, Leigh Vaughan for her vision and organising behind the scenes in preparation for this concert, and for leading and developing the group of local singers into a choir of such a high standard.' Additional review by Cellist Cheryl Meyer participant in the concert

"It was a privilege to be part of it. Bravo!" Carmel Brown - first violinist and Leader of

'What a triumph! Absolute homage to you, the choir and musicians. We laughed, we cried, we wallowed delightedly in the material and the performance. Take a bow!

Julie Brady - immediate past President of the Women's Shelter.

MidCoast **Ageing Strategy** check-in

Are you an older person living on the MidCoast or a carer? We want your feedback about how you feel about living on the MidCoast as an

This feedback will help us to check in on how we are achieving the outcomes in the MidCoast Ageing Strategy 2022-2026. The MidCoast Ageing Strategy was developed as a comprehensive plan to guide Council, other agencies and the community to support our older residents' needs across five priority areas including health and wellbeing, working and retiring, housing choices, getting around and inclusive communities

"With one of the oldest populations in Australia, it is really important to make sure our region is great place where we can live and age well", said Alex Mills, MidCoast Council's Manager of Libraries Community and Cultural

The MidCoast Ageing Strategy check-in consultation is open from Monday 2 September to Sunday 20 October.

Complete the online survey to go in the draw for your chance to win one of two \$25 MidCoast Shop vouchers.

Or come and see us at a pop-up to have a chat about your experience and needs on

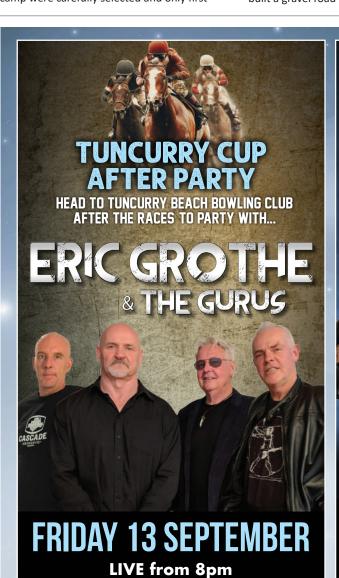
Monday 16 September from 10.30am to 12.30pm at Halliday's Point Library

Tuesday 17 September from 10.30am to 12.30pm at Taree Library

Thursday 19 September from 10am to 2pm at the Aged Services Expo at Forster Civic Centre

Monday 23 September from 10.30am to 12.30pm at Old Bar Library

For more information or to complete the survey, head to www.haveyoursay.midcoast.nsw.gov. au/ageing-strategy-check-in.

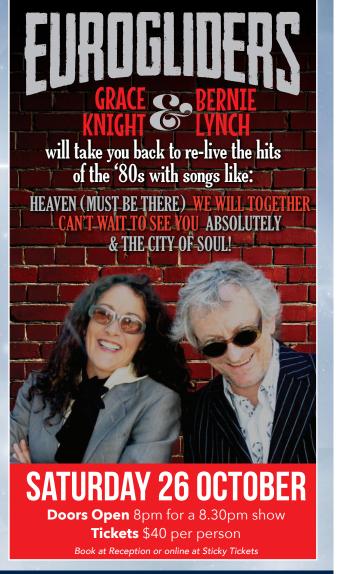


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funding, assistance with Federal Government



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built in dense foliage up to a metre from the

ground. Three to four white spotted eggs are

whilst her male partner stands guard singing

his territorial song nearby. He will also escort

Fairy wrens are usually seen in small family

groups that include the previous young and

all family members contribute to feeding and

caring for the chicks once the eggs are hatched

and the chicks are then able to feed themselves

after 14 days. Fledging happens after 40 days

but will stay in the family group for a year or

Whilst foraging together all members of the

family group stay in contact with repeated

sharp short 'tsst' calls. Young females are

Two to three and sometimes four broods

will be raised in any given season. Despite

this, only about half of the young survive to

There are many threats to Fairy Wrens and

from our more urban environments.

sadly their numbers appear to be disappearing

As insectivores they are dependent on plentifu

insect life which in turn is dependent on multi-

story plant layering. Fairy Wrens also need to

seek shelter in dense prickly undergrowth to

escape predatory birds and animals that are

such as magpies, butcherbirds, kookaburras,

currawongs, crows and cats and rats.

the champion survivors of our towns and cities

Creating habitat for Fairy Wrens in our gardens

as well as our other small bird species is very

possible and rewarding. It involves having

By Kym Kilpatrick - FAWNA Hallidays Point.

Photo by Brian Champion.

'messier' native gardens that include multi-

storied dense shrubbery and a minimum use of

young males may stay longer.

driven out first by the dominant female but

laid and only the female broods the eggs,

her on her foraging 'breaks'.



Superb Fairywren

With Spring upon us, one of the most endearing and beautiful of our small garden birds, the Superb Fairywren (Malurus cyaneus) has adorned their stunning courting colours. The male is the true beauty with breeding plumage of iridescent electric blue interspersed with glossy black on their heads, dark blue and grey tails, grey-brown wings and white chests and bellies and black beaks. By comparison the female is a drab brown-grey but with an orange wash around the eye and beak.

Males are slightly larger than the females at 14cms long compared to 12 to 13cms. Both sexes have pert upright tails of around 5.9cm length. In the non-breeding months, males lose their brilliant colouring and then resemble

The breeding season for fairywrens is Spring through to late Summer. Courtship behaviours involve males fluffing up their bright blue feathers, hopping energetically from branch to branch, exaggerated flights, and serenades of melodious singing. The male will also give the female presents of yellow flowers or petals which contrast strikingly with his brilliant blue and black. If successful, the male will form a life-long partnership or pair-bond with his

However, all is not as it seems. Although superb Fairy Wrens are socially monogamous, both male and female in the pair-bond are sexually promiscuous. That is, both the male and female of the bonded pair will regularly mate with other neighbouring birds. As such, the chicks of any particular family group may be fathered by males outside of the pair bond and Fairy Wrens are known to have some of the most complex social behaviours of the bird world.

Only the female builds the nest, made of loosely woven grasses and spider webs, domed shaped and with a side entrance. Nests are



Erosion control at Pipers Bay

Above: John Marshall from Dads Army/Navy and Steve Howard from Mid Coast Council planting rushes along the banks at Elizabeth Reserve to help prevent erosion. Photos supplied.

Planting rushes along the banks at Elizabeth Reserve in another way to stave off erosion at Pipers Bay, due to wake from craft and speed boats at this popular part of Forster Keys.

Our Forster Keys Dads Army/Navy are a group of volunteers who meet weekly and maintain 26 hectares of parkland within Forster Keys by mowing and doing repairs and maintenance. We also patrol the Canal network removing rubbish and flotsam using our vessel. Our group has around 20 members.

By Brian Adair - Forster Keys Progress & Rate

Give koalas a fair go during breeding season

Over coming months koalas will be more active, with MidCoast residents encouraged to be

"Koala breeding season is usually from August to February, but mating started as early as July this year," said MidCoast Council's Acting Manager Natural Systems, Prue Tucker,

"Koalas are more likely to cross roads and other open areas as they search for a mate or new

"Koalas can be found across the MidCoast, so please slow down on tree-lined roads, especially in low-light conditions, including dusk, dawn and at night.'

Some known vehicle strike "hot spots" include The Bucketts Way between Taree and Krambach, Tinonee Road between Tinonee and Wingham, Bootawa Road, Bootawa Dam Road, and Old Bar Road.

Community members are also encouraged to report all koala sightings on the MidCoast Council Website at www.midcoast.nsw.gov. au/koalasafespaces. This data is vital for good decision making by government agencies. It helps ecologists know more about koala

to prioritise vehicle strike prevention strategies.

If your vehicle hits and injures a koala, or if vou see a roadiniured koala. please call your

local experts, Koalas in Care 0439 406 770 or Wildlife in Need of Care 1300 946 295. With koalas more often on the ground, dog

attacks and livestock trampling also escalate during koala breeding season.

"We can all help by reporting stray dogs and keeping pet dogs secured at night and under effective control," explained Ms Tucker.

"Those with livestock can also consider planting more koala feed trees in paddocks. Trees not only provide shade and wind breaks, but can also serve as refuge sites for koalas." Photo by Peter Goonan

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Community News

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Rainbow Flat rural recovery after the fires



It is now almost five years since the devastating and unprecedented fires of late 2019 destroyed more than 20 homes locally and, of course, Rainbow Flat Rural Fire Station itself. Many other homes suffered damage, sheds were destroyed, fencing and livestock lost, and hundreds of thousands of hectares of native vegetation and dependent wildlife reduced to ashes or severely affected.

It was heartwarming and humbling to see how our local disaster touched so many people; donations of money and goods flooded in from



Rainbow Flat during the November fires of 2019. Right: Fire fighting water support from the air. Photos supplied.

t was a major relief to all of us, including firefighters, when the planes and helicopters finally ceased circling and the sky began to clear. For months these two things, the noise and the haze, had been part of life; not only from the especially destructive Hillville fire which went through Rainbow Flat, but also from the other fires close by such as those at Minimbah Darawank, Tuncurry and Failford.

Since the fire, many homes have been rebuilt although some residents have chosen to leave There are still many vacant blocks, either for sale or awaiting new homes. The bushland is showing strong signs of recovery aided by the cooler wetter conditions since that dreadful summer, with the burn marks on the trunks as

For the Rainbow Flat Rural Fire Brigade the five years since 2019 have seen many changes. We now have a

> station, opened in February 2021. We have also acquired a new (well, Left: Rainbow Flat RFS Station destroyed by fire

Right: The new

Rainbow Flat RFS

Station opened in

February 2021.

new, much bigger



reconditioned preloved) Category 1 tanker, carrying more than 4000 litres of water and ideally suited for responding to motor vehicle accidents on the highway and The Lakes Way.

Since the big fires, brigade equipment has been updated and improved: a new

computerised dispatch system; better smoke masks; additional better ways of communicating with each othe with other brigades, with headquarters staff and with

The brigade's membership grew significantly in the months following the fires. Unfortunately, most of these new members have since left and the number of active firefighters is roughly what it was before the fire. This means that new members are more welcome

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The broader Rainbow Flat community has benefited from the donation by Lions Taree of a Community Fire Trailer which is available for residents to borrow. It has a pump, suction hoses for draughting water from a dam, tank or swimming pool, fire hoses and nozzles and a water tank holding 1000 litres. It can be booked for use by phoning Mark on 0414 887 512. Note: the trailer is a community resource, not owned or managed by the fire brigade.

The fire highlighted the lack of a suitable central meeting place in Rainbow Flat and a grant was obtained to build a community hall. Infortunately a suitable location has not been found for the hall and it is almost certain that building will not go ahead.

For further information, please contact Rainbow Flat Brigade Community Engagement Officer Robyn King (04900 13182). Other useful contacts include Mid Coast Fire Control 1300 Mid Coast (1300 643 262), www.rfs.nsw.gov.au, the Bush Fire Information Line 1800 NSW RFS (1800 679737) and the Hazards Near Me app.





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- Meal Preparation: Support to select, prepare and enjoy meals.
- Rehabilitation: Support after surgery or recovering from illness.
- Respite: Support for the carer, who needs a well-earned break to rejuvernate and maintain wellness.
- Home Maintenance: Yard, minor modifications, spring clean.

Servicing the Mid Coast NSW Call us today on 02 9056 5145 Visit our website: bannisterinhomecare.com.au The Club was

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Community News

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Tri season has started!

The Forster triathlon season has officially started with a Duathlon (run, ride, run) on Sunday 25th of August at Forster Keys. There is another Duathlon to look forward to on 15

With the Running Festival now behind us, it's a great opportunity to experience some competition or just keep fit and motivated. The club is looking forward to everyone having the opportunity to participate in its monthly events with 1-2 races put on per month which include triathlons, duathlons and aquathons.

The first triathlon is in October when the water has warmed up a bit then the season continues with a monthly triathlon and aquathon. The season will also include a 'Girls Only' club race in November, a kid's triathlon also in November and towards the end of the season next year, the annual 'Keith' handicap race.

We welcome everyone from 'Come and have a Tri' participants to seasoned competitors. Everyone is welcome to come try a race for a one off \$20 insurance fee or sign up with Triathlon Australia if you plan on doing multiple

By Aaron Eichner – Forster Tri Club. www.facebook.com/forstertriclub



17 – 7 heading into the break. The penalty

of the half due to repeated infringements.

The second half started much like the first.

Forster gave away piggyback penalties to

allow Wallamba to march up the field with

try, the start of their fightback with all the

energy coming from the Bulls. A red card for

high contact reduced the Dolphins to 14 for

the remaining twenty minutes and seemingly

zapping the energy of the Dolphins. The Bulls

the great defence of Wallamba repelled phase

after phase, shutting down any half breaks with

ease, seizing the opportunity to score an early

count was already a concern, with the Dolphins

suffering a yellow card during the last 5 minutes

packed Everyone knew it would be a great

Ladies Open Championship game between bowlers Sarah Boddington and Joan Thomas on 25 August. The Forster Bowling Club green was packed.

After the eighth end, Sarah was However, Joan was playing

Above: Sarah Boddington leading 10 to 4. wins Forster Ladies Open.

well, and Sarah was only achieving one point per end. Joan fought back but could only achieve one point per end as well. Sarah went on to win the Forster Ladies Open Championship 25-9.

By Allan Hughes - FBC.

Dolphins fall at the final hurdle



Above: Dolphin's player Callum Crawford-Walker (with the ball) scored two trys in the Grand Final and was annointed as the highest try scorer for the zone. Photo by Katrina Simon.

Bluewater Fishing Club

The fairytale that the Dolphins were writing wasn't to be, after suffering an agonising defeat to the Wallamba Bulls 31 - 17 in the Grand Final. The heavy track only got heavier after rainfall overnight saturated Aub Ferris oval, making the pitch and surrounds a boggy quagmire, nullifying some of the speed and the

With the Club Forster Bluewater Fishing

Club's normally scheduled Saturday fishing

outing rained out, the decision was made to

reschedule to the following Thursday. 6 boats

and 9 fishermen signed in to wet their lines.

The results were a bit patchy, but Joe Bujalski

won the day with 15 fish and the best teraglin

weighing in at 1.16 kilos. Martyn Barry wasn't

day at 4.5 kilos. Martyn and Joe also shared the

far behind and claimed best snapper for the

Introducing

Sunrise

Village

Tuncurry

scrum of the Dolphins.

The match started at a frenetic pace, with Wallamba drawing the first blood, scoring a converted try. The Dolphins started to find holes in the Bulls defence, with Callum Crawford-Walker crossing twice before Ryan Pike also found the white stripe to make it

prize for best other species, with each angler

Tuan Dao got runner up snapper with a very

solid 3.04 kilo fish, and the best flathead of

healthy offshore lizard of 1.12 kilos

enjoyable day for all.

Weather and conditions offshore were

excellent making for a comfortable and

the day went to President Alan Bowden with a

weighing in a leatherjacket at exactly 1.22 kilos.

came again and again, eventually scoring before adding a penalty to go ahead by 7. The Dolphins finally gained some momentum but

worthy player of the match, scored the final nail in the coffin, taking the score out to 31-17 as the final whistle was blown. In what was a bitter-sweet moment, first timer, Callum Crawford-Walker was annointed as the highest try scorer for the zone. Hopefully next season, the Dolphins can build stock with new players needed if they are to take that final step and

On the stroke of full time, Chris Tout, the

By Chris Simon.

get their hands on the trophy.

fantastic cover defence.

Over 65 **Singles** Championship

It was going to be a great battle Pell and Dave Ireland for the over 65 Singles Age Championship at the Forster **Bowling Club** (FBC) on 25 August.

Above: Steve Pell won was in front 8 the Over 65 Singles 3 but by the *Championship.*

it was Steve 10 and Dave 9. This continued right up to the twenty sixth end when it was equal at 22 each. Steve eventually won 25 - 13. What a Game!

 $All\ we\ do\ is\ Care$

By Allan Hughes - FBC

between Steve

At the seventh end. Steve twelfth end.

Above: Joe Bujalski won the day with 15 fish.



Sunrise Supported Living had

2-week period in August with

the residents and staff all taking

part and competing against each

other. The opening Ceremony

was awesome, with a chance to

meet all the different staff and

the first event and it proved to

be harder than you think. Up

next was Shot putt. Equestrian

proved to be a favourite for the

staff. Other events included was

target shooting and Synchronized

volleyball, basketball, archery,

residents' teams. Discus was

their own Olympics over a

FORSTER FORTNIGHTLY

Sport



taken a well-deserved rest. Ready to start training for the next big event at Sunrise because we have learnt that we will need a lot more training over the next 4 years to be bigger and stronger for the next time.

The Sunrise Horses are currently getting some rest and training hard, ready for their next big event. The Melbourne Cup

The Tuncurry Olympic Games | Surf Rescue of the Year Award

At the 2023-2024 Surf Life Saving (SLS) NSW Awards of Excellence (AoE) Presentation evening at Sofitel Sydney Wentworth on Saturday 24 August 2024, the most outstanding performances by SLS NSW members were

There were 21 awards on offer at this year's celebrations with finalists from across the state recognised for their commitment massion and hard work in categories including beach patrolling, administration, education, surf sports and emergency callouts.

One category was the SLS NSW Rescue of the

The successful nomination for this AoE award by the Lower North Coast SLS Branch resulted from a rescue at Forster on Wednesday, 13 March, when a group of friends were jumping off rocks at the southern headland of One Mile Beach at around 6pm. A 17-year-old boy became unable to get back out of the water and emergency services were called.

Following a 7.15pm emergency callout, Nathan De Rooy and Reece Dodds launched an inflatable rescue boat (IRB) from Cape Hawke SLSC. Operating in low light, the crew got to the boy just after 7.30pm, where Reece Dodds left the IRB, took two rescue tubes and swam to the boy

Due to the worsening surf conditions and increasing darkness, it was not possible to return to the IRB. The two clambered onto a rocky outcrop and a rescue helicopter was then tasked with assisting. This was not effectively completed until 9pm

Reporting on this Rescue of the Year Award, the outgoing Lower North Coast (LNC) SLS Branch President, Ross Blowers, announced to branch members, "With great pride, I wish to inform you that Reece Dodds and Nathan de Rooy, representing the Lower North Coast Duty Officers/Cape Hawke Surf Life Saving Club Emergence Callout Team were acknowledged for their courage and commitment to preserving life, following a remarkable rescue of a young man washed into dangerous waters south of Cape Hawke.

"Their combined actions ensured a young man went home to his family safe and unhurt. We, as a branch, commend their actions and their commitment to preserving life. Both men are a testament to the extraordinary actions of surf lifesavers within our branch, and throughout

A presentation to both Reece and Nathan will take place at the AFAC (National Council for Fire & Emergency Services) Conference being held in Sydney from 3-6 September 2024



Cape Hawke Surf Live Saviing CLub Emergency Callout Team members, Reece Dodds (above) and Nathan de Rooy (below), have been awarded the SLS NSW Rescue of the Year



by Reece and Nathan will now be an entry in Surf Life Saving Australia's 2024 night of nights, the National Awards of Excellence, on Saturday 9 November, 2024. The ceremony will be held at Doltone House Hyde Park, Sydney. By Annie Evans.



Forster Ocean Ski Race Weekend

The Forster Race Week is a mini-series within the Australian Ocean Racing Series (AORS). The AORS is a national ocean racing series attracting competitors across a number of ocean racing disciplines including ocean skis, surf skis, stand up paddleboards, prone paddleboards and outrigger canoes.

(or reverse) 13km on Saturday 14 September, depending on wind conditions

Forster Ocean Classic Race 2: Elizabeth to Forster Beach (or reverse) 20km on Sunday 15

Nine Mile Race 1: Black Head to Forster Beach

Start times on both days will be based on wind conditions and may start anytime from 10am.



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Help get Cliff from Tuncurry to World Para Surf Champs in California

"My very determined husband, Cliff Gralton, has just taken out the Title in the Prone 2 Class of the Australian Para Surfing Titles at North Haven (8 August), earning him a spot on the Australian Irukandjis Para Surfing Team at the World Championships in California in November 2024!" – states Jess Gralton on Cliff's Go Fund Me page. www.gofund.me/4c53f65c

"How amazing it is for our kids to see their Dad overcome many obstacles to become an Australian Champion! We'd love to give Cliff the chance to "have a crack" at a World Title too."

Cliff Gralton said, "I've fallen in love with surfing again. The last couple of years have been amazing. I'm 42 now and it is never too late to start!"

Cliff has lived in Tuncurry for nearly 40 years, growing up around the family's oyster farms and leaning to surf when he was just 8 years old. He didn't want to work on the oyster farm so he became a local marine mechanic until a motorbike accident in 2006 changed everything for him and his family.

"We've battled through every obstacle on our own since Cliff woke up in hospital in 2006 with a broken neck, and it's been bloody hard. Every day is exhausting and frustrating and excruciating, but we have pushed through," stated less

After the accident, Cliff put his efforts into his photography career and didn't think it was possible to surf again. Through his photography he met Seth Hamon from Fresh TRACS (Therapy Recreation Activities Community Support). In February 2023, Cliff heard of a para surfing competition in Bonny Hills and after procrastinating for several months he reached out to Seth to have a go.

Cliff said, "Seth and the team suggested a bit of training would help and I quickly realised this was a great idea as it was terrifying at first and I felt really helpless. I could basically drown in ankle deep water without support as I'm very weak and tight below the neck (Cliff broke his neck and squashed his spinal cord in the



Above: The Team (L - R) Brett Burcher, Cliff Gralton and Nick Coghlan, after Cliff won the Title (Prone 2 Class) of the Australian Para Surfing Titles at North Haven.

motorbike accident). I need physio once a week to keep me moving and every 3 months I go to Queensland for 2 weeks of intensive physio."

Cliff's team is made up of Seth, Nick Coghlan (pusher) and Brett Burcher (catcher).

Cliff explained, "In a Prone Assist division you have a pusher and a catcher. The pusher pushes you onto a wave and a catcher is there if you fall off or when the wave is finished. It's hard work and they're fit boys. We practise mostly on the beaches at Pacific Palms and Forster. My adaptive surfboard has handles at the front and side so I can jam myself on top."

"It is funny to see people's faces when we come out of the water. It always looks like my team have rescued me from drowning." "We have done well in the last couple of comps so we're hoping to do well at Worlds in California. Para surfing is a relatively new sport and has only been around for 5 to 6 years."

Cliff said unfortunately the trip to California is very expensive as he needs his team of two support workers to provide 24/7 care as well as support during the competition.

"If any local businesses would like to support us – that would be great. There is plenty of room on my surfboard for stickers if you want to sponsor us."

By Mary Yule.

Message from JR Richards & Sons on Cliff's Go Fund Me page:

"We're Proud to Support Cliff Gralton's Journey to the World Para Surfing Championships! We are thrilled to announce our support for Cliff, an inspiring adaptive surfer and determined athlete, as he prepares to compete in the World Para Surfing Championships in California this November. Cliff's incredible story of resilience and passion for surfing is nothing short of extraordinary."

"To help Cliff reach his goal, we have pledged \$5,000 towards his travel and support costs. Let's come together to back Cliff as he aims for the top and showcases the power of determination and the spirit of adaptive sports!"

Below: The Gralton family (L - R) Blake, Cliff, Jess and Alex Gralton. Photos supplied.









