

Spring School
Holiday
activities p14



Local Identity
June Dence p21



Star Pet
Noni p16



Forster Fortnightly

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

FREE

Wednesday 18 September 2024

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.105

Spring Festival on Wharf Street!



The first Spring Festival was held on a beautiful sunny day along Wharf Street in Forster on Saturday 14 September 2024, organised by the Forster Tuncurry Business Chamber with support from Mid Coast Council and NSW Government. The street was filled with people exploring and enjoying the various marquee and shop displays, the two live music stages on either end of the street, kids activities, art displays and a wide range of food and drink outlets. Photo by Geordie Yule. More photos on page 22.

Publication date change for Forster Fortnightly

We wish to inform our readers that the Forster Fortnightly newspaper is changing its publishing day from every second Wednesday to every second Thursday. The next edition will be published on Thursday 3 October.

We need to change our publication date immediately to keep our truck delivery costs from rising substantially, due to less newspapers being published and delivered in our region.

Our Forster Fortnightly news service continues to provide you with a highly respected free independent community newspaper in print and online, as well as free local news alerts and community updates for subscribers.

The Forster Fortnightly has the biggest circulation in the region, and we would like the opportunity to thank our wonderful local advertisers for supporting this free

news service and the many individuals and organisations who share their stories, letters and photos with us.

Mary (Editor & Publisher), Geordie (Sales & Admin), Ian and Matilda Yule.

See page 9 for more information on how you can support this free news service for your local community.



MidCoast Council Election update

On Tuesday 17 September, the summary of first preference votes shows the Libertarian Party (Group Leader Micheal Graham) with 25.67%, Independent (Alan Tickle) 16.19%, ALP (Claire Pontin) 15.70%, Independent (Peter Howard) 10.62% and Independent (Jeremy Miller) 10.32%.

<https://vtr.elections.nsw.gov.au/LG2401/mid-coast/councillor> More on page 2.



MENU

Check out our **new spring menu**, featuring a great range of pub favourites & modern Australian cuisine!



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Forster Fortnightly
 NEXT DEADLINE WEDNESDAY 25 SEPTEMBER
 TO PUBLISH WEDNESDAY 3 OCTOBER

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.



Photo by Patricia Macvean.

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

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

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

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- Seal Rocks**
Seal Rocks General Store

Minor party could be largest group on MidCoast Council

Minor party could be largest group on MidCoast council and state MP John Ruddick says 'if you put in a development [application] we will approve it'

The Libertarian party could have up to 15 councillors across New South Wales and take control of a major regional council following the Liberal party's failure to nominate more than 100 candidates for the weekend's local government elections.

John Ruddick, NSW's sole Libertarian MP, attributed some of his party's success on Saturday to the Liberals' disastrous administrative bungle, particularly in Camden, Canterbury-Bankstown and Penrith.

Ruddick believes about half of the 32 Libertarian candidates will be elected across NSW including Gregory Harris in Upper Lachlan Shire.

The Libertarians have advocated against drag queen storytime events at libraries and claim Smart Cities, a broad planning concept linked to technological advancements, is about surveilling people and monitoring how much carbon they emit.

Ruddick has said the party looks at every issue through the lens of how to make government smaller and "we're radically pro-capitalism".

The minor party had secured nearly 25% of the primary vote in MidCoast by Sunday morning with the NSW electoral commission to resume counting on Monday. Liberals don't always run there as it is a National party area. The Nationals don't typically run in council elections and there were no Liberal candidates this year.

Ruddick on Sunday claimed they could win a majority and potentially the mayorship of the large regional council.

"We'd say to property owners, 'if you put in a development [application] we will approve it. Do whatever you want,'" he said. "No one's going to be stupid. No one's going to put an aluminium smelter next to a childcare centre."



Above: NSW Libertarian MP John Ruddick.

The right wing minor party ran more candidates across NSW than any other party outside of Labor, Liberal and the Greens, election analyst Ben Raue wrote in Guardian Australia on Sunday. In wards where no Liberal was standing, the Libertarian appeared to have gained most of the Liberal vote.

"On the MidCoast council - which covers regional centres like Forster-Tuncurry and Gloucester - the Libertarian party has won three seats and is the largest grouping on the council," Raue wrote.

Australian National University politics lecturer Associate Prof Mark Chou last week said political parties - including those opposed to mainstream ideas - were beginning to view local government as more of a "strategic front". Chou reviewed the 3,816 candidates running on the weekend and described the Libertarian party - formerly known as the Liberal Democrats - as the "most significant fringe group".

Raue said Saturday's election had been bad for the Liberals and mixed for Labor.

By *Catie McLeod (Edited)*.

www.theguardian.com 16.9.2024

Editor's note: From 1-3 October, official results for the NSW Local Council Elections will be released. The MidCoast Council Mayor Election will be held at the 9 October meeting.

Pacific Cape Lodge
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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.

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Nurses in Forster & Taree join NSW Nurse strike

Thousands of nurses across New South Wales have walked off the job demanding better pay, despite an Industrial Relations Commission (IRC) order for them not to.

On Monday 9 September, the industrial court told the nurses' union to call off the 12.5-hour-long strike.

The state government argued the strike would cause extensive delays at hospitals, impacting patients and delaying elective surgeries.

However, the Nurses and Midwives Association (NMA) said its members walked off the job at 7am as part of their fight for a one-year, 15% pay rise.

Speaking to a nurse who called into Nine Radio, Premier Chris Minns said his government could not afford to meet the union's demands.

"If we implemented a 15%, one-year increase in salaries, it would cost \$6.5 billion, that's more than we spend on the entire police force," he told 2GB.

"I think police, teachers, corrections officers, paramedics would rightly knock on my door the next day and say we want 15% as well."

The Minns government offered NSW public sector workers, including nurses, a three-year 10.5% pay rise.

www.abc.net.au Published 10.9.2024.

Nurses strike in Forster and Taree

Nurses and supporters joined the NSW nurse strike in Forster and Taree on 10 September. One banner read "Nurses are spread so thin we are disappearing."

At the strike in Forster, Jenny Biancardi (branch member of NMA) said, "Three of us striking today are over 60 years old. We are fighting for the young ones to come in. Why would you do nursing if you are under-appreciated and underpaid?"

"The workload is increasing due to an aging population, especially in this region. We are expected to have more and more skills with



Above: Nurses and supporters acknowledging the cars honking in support along Breese Parade while striking outside Forster's Community Health Centre on 9 September.

Right: Nurses started striking from 7am outside Manning Base Hospital on 10 September. Photo by Natalie Fitzgerald-Forbes, President - Manning Hospital Branch NMA.



increasingly complex cases being presented. All wards [at Manning Base Hospital] are always short staffed, and we are always being tasked to work overtime."

Story and photo by Mary Yule.

See page 16 for Letter to the Editor from Michael Sutton, President - Forster Community Health Branch NMA.

Tanya's Community Update



I'm excited to announce that applications for my "Kick Start Scholarship" are open! Now in its second year, this scholarship is designed to support local high school students, offering a \$5000 package that provides a much-needed boost to kick-start their educational journey.

Having seen firsthand the challenges families face in supporting their children's education, I created this scholarship to help relieve some of that pressure. It isn't just about recognising academic or sporting achievements—I'm looking for students who demonstrate determination and a drive to succeed, whether in the classroom or beyond.

The scholarship is open to students in years 9, 10, and 11 for the 2025 school year. The winner will receive \$5000 in educational resources, including a \$1,500 Officeworks voucher, \$500 Dymocks voucher school uniform assistance, a special day trip to NSW Parliament House and more. Two runners-up will each receive \$250 vouchers from Officeworks.

Last year's winner, Charlotte Bennet, described it as an incredible opportunity to pursue her dream of studying childcare. I can't wait to read this year's applications.

To apply, scan the QR code below or download the application form found on my website: www.tanyathompson.com.au

Applications close Friday 15th December, 5:00pm. Best of luck to all applicants!

Tanya Thompson MP

Tanya THOMPSON'S Kick Start SCHOLARSHIP 2024

Myall Lakes electorate students in years 9, 10 & 11 - I'm offering one student a **\$5000 SCHOLARSHIP** for a kick start with their schooling!

For more information or to download the application form visit: www.tanyathompson.com.au

Applications close: 5:00pm, Friday 15th November 2024.

1-9 Manning Street, Tuncurry | 02 6555 4099 | tanyathompson.com.au
 myalllakes@parliament.nsw.gov.au | TanyaThompsonForMyallLakes

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

Get Ready Weekend - 21 & 22 September



Above: A successful hazzard reduction was implemented in Smiths Lake on 12 September.

'A huge thank you to our fellow RFS members from Tuncurry RFS, Coomba Park RFS, Green Point RFS, Coalonglook RFS, Diamond Beach RFS, Nabiac RFS, Mitchells Island RFS, Bungwahl RFS, Minimbah RFS, catering and Group leader 2-3 South.

This hazard reduction will assist in giving our community a buffer zone from bushfire in this direction.

However, to stay safer (from bushfire with the many pockets of bushland all around us and throughout the village) it is up each of us on how we all plan and prepare our properties and how we act with fire over the fire season that will count.'

Pacific Palms Rural Fire Brigade



Get along to your local RFS Fire Station over the Get Ready Weekend to ask questions and enjoy the fun.

• Rainbow Flat RFS

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.

• Diamond Beach RFS

From 7am on Saturday 21 September, Diamond Beach RFS will be at the Hallidays Point Foodwork's car park to advise and answer any questions from bush fires to lithium-ion battery failures. There will also be a free sausage sizzle!

• Tuncurry RFS

Tuncurry brigade will be at Tuncurry Markets (John Wright Park) on 28 September with the truck, a gazebo stall with flyers and information

for the fire season as well as something for the kids.

• Green Point RFS

Come along and meet the team from 9am on Sunday 22 September at the Green Point RFS Station. Lots of information and things for the kids to do.

• Pacific Palms RFS

We are having our Get Ready Day on Saturday the 21 September from 9:30am till 1pm. Children activities and a free sausage sizzle will be available on the day. If you would like to learn more about hazard reductions or how you can help assist in helping our villages stay safe over fire season, drop on by.

• Coomba Park RFS

Coomba Park RFS will have a meeting in the Community Hall (86 Moorooaba Road, Coomba Park) from 3pm to 5pm on Thursday 19 September. The RFS Station will be open 9am to 12 noon on Sunday 22 September with activities for the kids.

Independent Lyne



Above: Jan Ross from Coomba Park, who hosted a stall at Forster Town Markets on Sunday 11 August. Photo by Patricia Macvean.

Inspired by the Independent movement, with the so-called "Teals" and others picking up seats across the country, a non-partisan group of local people, passionate about getting better outcomes for our community, formed Independent Lyne earlier this year.

At a well-attended Community Voices Event held in Taree in May, the group decided to explore community appetite and support for a people-powered independent candidate for the next Federal election.

Independent Lyne is now in its "listening phase". To kick start, they ran an online briefing for those interested in hosting a Kitchen Table Conversations. These gatherings have been a cornerstone of the Independent movement's approach to understanding the issues of the community. Small groups of up to ten people come together in an open environment to discuss key topics they want addressed and key actions they want from their elected Representatives. Conversations are being hosted in cafes, pubs, work rooms and parks.

Independent Lyne is also holding stalls at various markets across the electorate listening to peoples' views. Jan Ross (above) said "With many people disillusioned with politics, it is important we strengthen our democracy by listening to the community and offering community backed alternatives. Safe seats don't get the same attention as marginal seats."

Forster Bakehouse wins two Titles



Lamy and Daryl Lisle, from the Forster Bakehouse, have officially won two National Titles at the recent Great Aussie Pie Competition. They are the official winners of the Best BBQ Brisket Pie and The Best Vegetarian Pie in Australia, putting Forster on the map! Lamy said all produce used in their pies are sourced locally.

Over fifteen hundred pies were entered across five titles and 13 gourmet sub-categories into the 35th Official Great Aussie Pie Competition, which took place at Fine Food Australia 2024 (held at Melbourne's MCEC) from the 2 - 5 September.

With a strict judging criterion, Buddy's Bakery (Melton, VIC) took out top gong for the coveted Plain Mince Pie title and Orange Spot Bakery (Glenelg, SA) for the Plain Sausage Roll title.

"Every year our entry numbers increase, and our judges and pie crew put in a massive effort to get through them all. I'm extremely proud of the professionalism and dedication shown by all as we continue to contribute to the standard of pastries throughout the country," said competition organiser Danielle Lindsay from the Aussie Pie Council.

www.greataussiepiecomp.com.au

2024 MidCoast Business Award Winners



Winners of the MidCoast Business Awards. Photos by Simon Gould.

The Winners of the 2024 Coastline Credit Union were announced on Saturday 7th September at a glamorous Hollywood themed gala dinner at Tuncurry Bowling Club. Hosted by "Australia's Queer Eye for a Straight Guy", business owner, entrepreneur and experienced award host - Will Fennell around 250 guests celebrated the achievements of our local businesses.

2024 Business of the Year: Bent on Food

2024 Hall of Fame Winner: MSS Inc

Outstanding Business Leader: Joshua Rogers (MSS Inc)

Outstanding New Business: Coastal Workspace

Best Innovation Business: Burling Beds - Turn Assist

Best Trade and Service Business: Taree Off Road

Best Customer Service: Picture This Custom Framing

Best Health and Wellbeing: Pathfinders Ltd

Best Hospitality Business: Bent on Food

Best Personal Service Business: MSS Inc

Best Professional Service: Pathfinders Ltd

Best Retail Business: Lumpy's Nursery & Landscape Yard

Best Visitor Experience (Tourism): Bent on Food

Outstanding Community Organisation: MSS Inc

MidCoast Business Awards Committee Leader Jessica Gray commended all the participants on their quality entries.

"We had over 130 submissions for the awards which we were very pleased with. The out-of-area judges were extremely complimentary about the quality and standard of the submissions. There were several awards that were extremely close with the final result so every business that

We wish all our local businesses well in the upcoming awards.

Forster Tuncurry Business Chamber



Right: Jenny Rodick (on the left) and Megan Smees from 'Lumpies Nursery & Landscaper Yard' in Tuncurry, won the Best Retail Business Award.

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Significant joint event by Lions Clubs

If you happened to see a very large group of adults having fun around town last week, chances are they were part of a special camping group, visiting from across the state.

'Lions District 201n4' (encompassing 50 odd Lions Clubs) held its 43rd disabled camp at Camp Elim last week for the first time. Around 85 people and 17 staff attended the four-day camp, aged between 12 years to late 60s. District 201n4 are from the Central Western NSW and Riverina area.

For the first two days this huge group of campers enjoyed activities such as the flying fox and adventure tower at Camp Elim, which is located off The Lakes Way just south of Forster.

A big day out was organised for the third day with two buses bringing 100 people into town for a BBQ at the Bullring, a walk across Forster-Tuncurry bridge and an afternoon at the Mini Putt Putt & Trampoline Park.



Above: Forster Tuncurry & visiting Lion members cooked up a storm to feed the masses at the Bullring.

Left: Attendees on their big day out during the first Lions Club's disabled camp to be held at Forster.



That evening, Vaughn Parker from Hallidays Point Lions entertained the camp with his ukelele and guitar playing while marsh mellowes were toasted on a fire pit.

This is an annual camp for disabled people of all ages. It is usually held in the Victorian Highlands, but when it became unavailable for

this year's camp, Karen Shearwood (Narromine Lions), Colin Ryan (Gulargambone Lions) and other Lions members, came to Forster last Christmas to visit Camp Elim and check out other potential tourist sites. Local Forster Tuncurry Lions members (including Dot and John Monks), were very happy to show the visiting Lions what Forster had to offer - making this year's event a significant joint venture between the Lion Clubs.

Sue Newton, President of Forster Tuncurry Lions, said, "This is about Lions supporting Lions. We are all working towards the same goal."

Colin said, "Even on the bus journey, to and from Dubbo and Coonabarabran, local Lions Clubs catered for us all along the way."

Story and photos by Mary Yule.

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Manning - Great Lakes Police District Update

Dear Readers,

This fortnight I am going to provide some examples of the great work being done by local police for our community – from coordinating bush rescues and responding to serious injury motor vehicle crashes, to making our roads safer and fostering positive community partnerships.

• On the morning of Saturday 31 August, a man aged in his fifties walked to the bottom of Ellenborough Falls. When he attempted to return to the top of the Falls he became disoriented and fatigued. About 12.35pm, a civilian witness heard the man calling for help and contacted triple zero. Local police immediately responded to the incident, as did Taree VRA, NSW Ambulance, members of local RFS and the TOLL Ambulance Helicopter. VRA personnel abseiled down to the man where he was found to be uninjured and in reasonable spirits. With additional equipment, a haul line was established, and the man was hauled up the slope and to safety atop the gorge. The man was assessed by medical personnel on scene and did not require Hospital treatment. A big thank you to all emergency and rescue personnel in attendance!

• Operation R.A.I.D (Remove All Impaired Drivers) was conducted state-wide from 5 September to 8 September (inclusive), with all police officers concentrating their efforts on identifying and removing impaired drivers from our roads. The operation was focused on the detection of alcohol, drug and fatigue impaired drivers. There was a significant increase in alcohol and drug testing of drivers all around the state. Locally, over 3500 random breath tests were conducted during the operation – with only three people returning positive breath tests for alcohol and six people positive test results to roadside drug tests.

And remember, we can all help identify fatigued drivers. If you see a friend or family member start showing signs of fatigue while driving, say something. Take a break or swap drivers. Fatigue is a significant factor in serious injury and fatal collisions.



Above: Beautiful quilts made by volunteers in Taree, using colourful materials and repurposed NSW Police uniform. They are donated to children in the community who are sick.

• About 3pm on Sunday 8 September, local police and other emergency services were called to a shopping centre car park on Manning Street, Taree, following reports a pedestrian had been hit by a car. Upon arrival, local officers found a woman, aged 42, had been hit by a car. She was treated at the scene by NSW Ambulance paramedics before being taken to Port Macquarie Base Hospital with suspected (non-life threatening) leg injuries. The male driver of the car, aged 70, was taken to Manning Base Hospital for mandatory testing. Police established a crime scene, with investigations into the circumstances surrounding the incident ongoing.

• At 11.50am on Wednesday 11 September, members of the local police Proactive Crime Team stopped a silver Mazda on Kanangra Drive, Taree. Police will allege the driver and only occupant, was driving whilst disqualified from holding a licence. A search of the vehicle was conducted, and police will allege they located a prohibited drug (being methylamphetamine). The driver, a 48-year-old

woman from Wingham, who was on bail, was arrested and conveyed to Taree Police Station. The woman was charged with Drive whilst Disqualified, Possess Prohibited Drug and Breach of Bail and was refused bail.

The August 2024 'Uniforms 4 Kids' sewing bee was held at the Country Pickin's Sew Centre in Taree, following a partnership between the Uniforms 4 Kids Charity, Country Pickin's Sewing Centre, local volunteers and the Taree Traffic and Highway Patrol office. The amazing volunteers who kindly donate their time and skills are currently working on a special project for sick children within our local community. Each package will contain a number of items, including the beautiful quilts in the photographs. These quilts have been made from colourful materials and repurposed NSW Police uniform, which has been donated by staff attached to the Manning Great Lakes Police District.

If you are interested in becoming involved, you are welcome to join us at the Country Pickin's Sewing Centre in Taree, on Saturday 5 October 2024 from 9.30am until 2pm OR if there are local sewing groups or individuals interested in becoming involved in the Uniforms 4 Kids Program, please contact Leading Senior Constable Kath DUNKLEY-JONES at Taree Police Station. Phone: 5594 8272 or Email: dunk1kat@police.nsw.gov.au. All materials for the program are supplied.

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 Police Station..

Agreement to bring boost to economy



As part of the wider Hunter Airports Strategy developed by the Hunter Joint Organisation of Councils, Newcastle Airport Ltd and MidCoast Council will investigate opportunities for collaboration to aid economic development, international tourism visitation, air freight capabilities and a range of general aviation activities.

"This presents opportunities for the promotion of the Taree Regional Airport as a secondary hub for Newcastle Airport's general aviation activities and for the development and expansion of freight services at Taree," Mr Panuccio explained.

Newcastle Airport CEO Dr Peter Cock said the memorandum of understanding was a positive move for both parties given the proximity of the Taree Regional Airport to Newcastle.

"We look forward to working closely with MidCoast Council to realise the opportunities to drive visitation to the wider Barrington Coast region, boost industries and further enable supply chain and air freight logistics in our regions," Dr Cock said.

"Our catchment extends north to Taree, so it makes sense to work together and be aligned in our goals to achieve great things for our extended North Coast communities."



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Have your say on Forster foreshore



You are invited to provide feedback on the draft Forster Foreshore Plan of Management, on public exhibition until Thursday 17 October 2024.

The draft plan has been developed considering community feedback and will guide the use and management of Forster foreshore for the next 5-10 years.

"Stakeholders told us how they currently use specific facilities and the greater foreshore area," said Amanda Hatton, MidCoast Council's Manager Strategy and Projects. "They identified key issues and made recommendations for improvements to the area."

The Forster foreshore

The foreshore area is bound by the ocean and an estuary entrance to Wallis Lake. It includes a headland at the northern end of Forster township. Both commercial and recreational areas are included in the plan, as well as vehicle and pedestrian access points.

Included in the foreshore area is: Forster Main Beach, Forster Surf Lifesaving Club and car park, a coastal rehabilitation area, Pilot Hill, the breakwall, Marine Rescue building area and facilities, the boat harbour and marina precinct and John Holland Park including the playground and family retreat Town Park.

Forster foreshore area is mostly crown land that Council manages for the use of the general public. Crown land is owned by the State of New South Wales for the benefit of all persons.

To read the draft plan and have your say, head to: www.haveyoursay.midcoast.nsw.gov.au/forster-foreshore-draft-plan-management

Your input not only helps us understand community sentiment, it can also improve the success of our funding requests to State and Federal Government, bringing economic benefits to our region.

Team effort saves entangled whale

ORRCA (Organisation for the Rescue and Research of Cetaceans in Australia) stated the following on 2 September:

'What a weekend! We had 44 calls to our Rescue Hotline, with reports of 3 entangled whales, whales requiring checking, seals hauled-out and seals requiring attention.

We are jumping for joy as, on both Saturday and Sunday with the efforts from our team, Seaworld and NSW National Parks and Wildlife Service, two humpback whales were successfully disentangled.

To say that our members have gone above and beyond is an understatement! We would like to give a shout out to all of our ORRCA members. A special shout out to members from Forster Dive Centre who today followed an entangled whale in their own boat for over 5 hours until the disentanglement team arrived.'

On Father's Day (1st September) Adam Clarke's family were waking up to a family breakfast when Adam (from Forster Dive Centre) saw the ORRCA global text calling for responders to assist a 10m Humpback Whale tangled in ropes and buoys. He contacted ORRCA and found out that a commercial fishing charter owner, called Richard, had come across the distressed whale north of Crowdy Head. Richard had called ORRCA around 8am. ORRCA told Adam that a rescue team from the Seaworld Foundation on the Gold Coast were prepared to drive the 7 and a half hours down to free the whale if someone could stay with the whale to monitor its whereabouts.

Adam and his partner Amelie Chapeaux asked their kids if they were okay to delay Father's Day so they could help save the whale. Their kids agreed, so Adam drove north from Forster to Crowdy (with their boat on the trailer) to replace Richard who by then had stayed with the whale for 3 hours. Adam took over at 12:30pm, east of Crowdy, and stayed with the whale for 5 hours as it slowly moved south. All the while the Seaworld team kept in touch



Above: The moment when a Humpback whale is freed by the Seaworld rescue team south of Crowdy Head as the sun goes down. Photo by Adam Clarke.

as they drove down the coast to meet Adam. With conditions changing and a northeast swell forming, Adam worked out they should launch their boat at Crowdy and head south so the swell would not work against them if they launched from Forster.

At around 4:30pm, the team caught up with Adam's boat and the whale. There was no time to exchange information as it was now a race against time with the sun quickly setting. Luckily the team were able to free the whale within 10 minutes!

After freeing the whale, the two boats continued south and reached Forster Harbour by 6:30pm that evening. There was still a lot more to do - both groups had left their cars and trailers back at Crowdy! Amelie joined the rescue effort by driving them all back to Crowdy. Adam and Amelie then drove their 2 cars and boat south back to Forster from

Crowdy. The team from Seaworld drove back up to Port for a night before heading back home to the Gold Coast the following day.

Adam said, "There were magical moments during the rescue. A random pod, consisting of a mother and calf, joined the entangled whale within half an hour after my arrival. They communicated by waving their pectoral fins and slapping the water. It felt like they were saying, "Over here. Help us". This pod then stayed with the whale for the next 5 hours. When the whale was freed all the whales started breaching 100m away from our boats before heading off."

ORRCA are asking members of the public to keep an eye out for entangled whales and if sighted, immediately report to the ORRCA 24/7 Rescue Hotline on: (02) 9415 3333.

By Mary Yule.

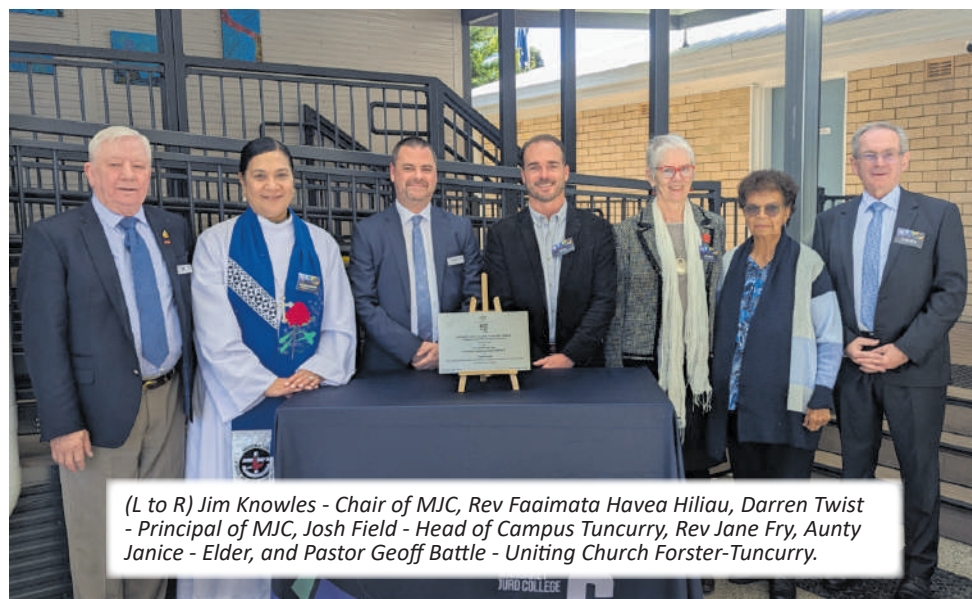
Margaret Jurd College opens in Tuncurry

Margaret Jurd College (MJC) officially opened a campus in Tuncurry on 6 September 2024. The school offers supportive and tailored education for Stage 5 students (Years 9 and 10) who face challenges in mainstream schooling.

"Our new school is going well. We are setting the culture right first and slowly growing. We have 14 local students currently attending and will have 25 next year," said Josh Field, Head of Campus Tuncurry. "It's a small supportive environment. We are giving an opportunity for students who often don't feel like they belong to a place."

"The United Church congregation [MJC is in the grounds of the Tuncurry United Church] have set up a pantry for the students. They donate personal items and groceries for the students to take home. It makes a big difference having the support from the congregation. The whole College has gotten behind the pantry. Our students are even making requests for what they want."

Story and photo by Mary Yule.



(L to R) Jim Knowles - Chair of MJC, Rev Faaimata Havea Hiliua, Darren Twist - Principal of MJC, Josh Field - Head of Campus Tuncurry, Rev Jane Fry, Auntie Janice - Elder, and Pastor Geoff Battle - Uniting Church Forster-Tuncurry.

For less than the price of a coffee a month you can support an essential local news service for everyone!



How does the Forster Fortnightly newspaper operate as a free news source?

We are often asked how we operate. The Forster Fortnightly relies solely on paid advertising from our fabulous local businesses and organisations to remain viable.

How can you support this service?

There are two ways to support this news service.

1. By joining the many local businesses and organisations who happily advertise in the Forster Fortnightly.
2. By sponsoring the Forster Fortnightly for less than the price of a coffee a month!

Who publishes the Forster Fortnightly?

The Forster Fortnightly is proud to be a local family-owned business. Since 20 August 2020, the Yule family have published and delivered 7,000 FREE newspapers fortnight across the Forster Tuncurry region every fortnight. The Forster Fortnightly is also FREE online - making it accessible for everyone.

You may have seen Yule family members delivering and restocking shelves from Hallidays Point in the north, to Seal Rocks in the south!

How has the Forster Fortnightly helped the community since 2020?

- Raise the profile of many great local organisations that care for our community and the environment.
- Provided a Letter to the Editor feature for people to have a voice and an opportunity to reply.

- Provided a free Local Calendar & Weekly Diary for local events and clubs.
- Promoted activities, education opportunities and services available for our local youth.
- Freely provided a balanced coverage of all candidates in Local, State and Federal Elections.
- Covered natural disasters and available emergency services (including Covid times.)
- Published information, grants and workshops that support local businesses and organisations.
- Celebrated the achievements and awards of individuals, schools, businesses and organisations.

- Promoted people and organisations that are addressing major issues in our region, including - the need for better health services, the rising cost of living and homelessness, mental health and domestic violence support, environmental care and climate change action, road conditions and safety concerns, better planning of coastal development, the need for a new slipway and the issue of sand shoaling.

To sponsor the Forster Fortnightly, please see the 'Donate to Us' tab at: www.forsterfortnightly.com.au



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Our Local Wildlife



and respectful distances recommended.

A distinctive feature and 'superpower' of monitors is their deeply forked tongue, which similar to snakes, is their olfactory sense, and able to detect minute traces of odours or smells in the air. With its constant flicking in and out, and forked nature this allows monitor lizards to receive complex 'smell' information from a wide area.

Like all goannas, Lace Monitors are carnivorous and are particularly adept at preying on birds and their young.

Lace Monitors

Large and powerfully built, goannas look like the dinosaurs with whom they share an ancient lineage. They first evolved around 90 million years ago during the Cretaceous Period when dinosaurs indeed roamed the land.

Goannas are part of the monitor lizard family which includes the formidable Indonesian Komodo Dragon. In Australia we have 25 species one of the largest of which, and endemic to our area, is the Lace Monitor (*Varanus varius*), also known as the 'Tree Goanna'.

Lace Monitors can grow to 2m in length and 14kg in weight with heads that are pointed and wedge-shaped. They are typically dark blue grey in colour with white or grey bands, speckles and spots which act as camouflage. They have strong limbs and long sharp curved claws enabling their tree climbing ability.

Their teeth are sharp, and it was discovered in 2005 that they also have venom glands similar to snakes. It is not believed that their venom is particularly dangerous to humans and their teeth are not capable of injecting venom into prey. However, their mouths carry a serious level of bacteria that is capable of causing dangerous infection, so bites are best avoided

Their prey is not limited to birds, however, and can include other lizards, amphibians and poisonous snakes. They also eat carrion (dead or decaying flesh) and by removing rotting carcasses they fulfill an important role of keeping disease levels low.

Lace Monitors are typically solitary and territorial, coming together only in the breeding season, September through to December. During this time, several males may approach a receptive female and fight for her attention by rising up on their hind legs, holding each other up with their front legs, inflating their throat pouches and hissing. Eventually one will concede defeat and either sprawl to the ground or retreat. The winner will then approach the female, shaking his head vigorously and flicking her body with her tongue. Mating can last for several hours after which both will go their individual way.

After four to six weeks the female will lay 6 to 12 elongated parchment like eggs either in a hole in the ground or most usually in a termite mound, particularly favouring those found in trees. Hatching takes between eight to ten weeks depending on ambient temperature and it is believed that the mother will return when the eggs are due to hatch and claw the nest open to help the baby monitors escape.

Young are then independent and of course, while relatively small and slender, highly vulnerable to becoming prey themselves. Sexual maturity is reached at around four to five years and they can live to 40 years.

Despite their appearance, Lace Monitors are not threatening to people although some have become too accustomed to poaching human food from garbages and campsites.

When threatened or cornered they will rear up onto their hind legs and emit harsh

hissing noises and are also surprisingly fast runners, able to retreat to trees and capable of swimming. They are a protected species throughout Australia. However, like nearly all of our wildlife, they are threatened by habitat destruction and motor vehicle strikes. In areas where cane toads have invaded these introduced pests have also taken their toll.

By Kym Kilpatrick - FAWNA Halliday Point. Photo by Brian Champion.

Living Carbon grant opportunities for MidCoast farmers

MidCoast landholders are being encouraged to consider the support available for establishing environmental plantings for carbon on their land.

Planting native trees and shrubs on cleared land can provide much-needed future habitat for native wildlife, and by storing carbon it can allow landholders to participate in the carbon market. MidCoast Council, together with the NSW Government, is pleased to support the delivery of Living Carbon grants to local farmers and landholders.

"This is a great opportunity for landholders to learn how to participate in the carbon market at the same time as creating habitat for iconic Australian wildlife, like the koala," said MidCoast Council's Manager Natural Systems, Gerard Tuckerman.

"We anticipate that there will be great interest in this opportunity. Large parts of the MidCoast are suitable for these plantings. The grant could help landholders improve the health of their land, increase productivity, and possibly unlock new income streams."

To be eligible for a Living Carbon grant, a landholder needs a minimum of 10 hectares of cleared land that they wish to revegetate with environmental plantings. Their project must already be registered with the Clean Energy Register under the Environmental Planting Pilot method (or equivalent), which is set out by the Australian Carbon Credit Unit Scheme.



As the on-ground support partner for the region, MidCoast Council can assist landholders to understand if this opportunity suits them and provide support when preparing planting plans and grant applications.

Living Carbon grant applications are assessed as they are submitted and will close in April 2025, or when all available funds have been awarded. If you are interested in applying for the Living Carbon grant, please contact MidCoast Council's Koala Safe Spaces team via email at kaalasaftespaces@midcoast.nsw.gov.au or call (02) 7955 7777.

To learn more about carbon and environmental markets, Hunter Local Land Services is holding a 'Natural Capital - what's in it for me?' field day at Bunyah on 20 September, from 9am to 1pm. To attend, please register at: www.lls.nsw.gov.au/regions/hunter/events

Subscribe for FREE at www.forsterfortnightly.com.au to receive local news alerts & community updates.

The Grin Bin



Doodley Squat



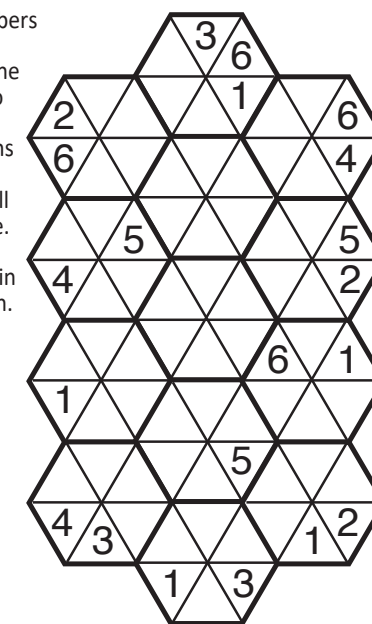
Sudoku

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

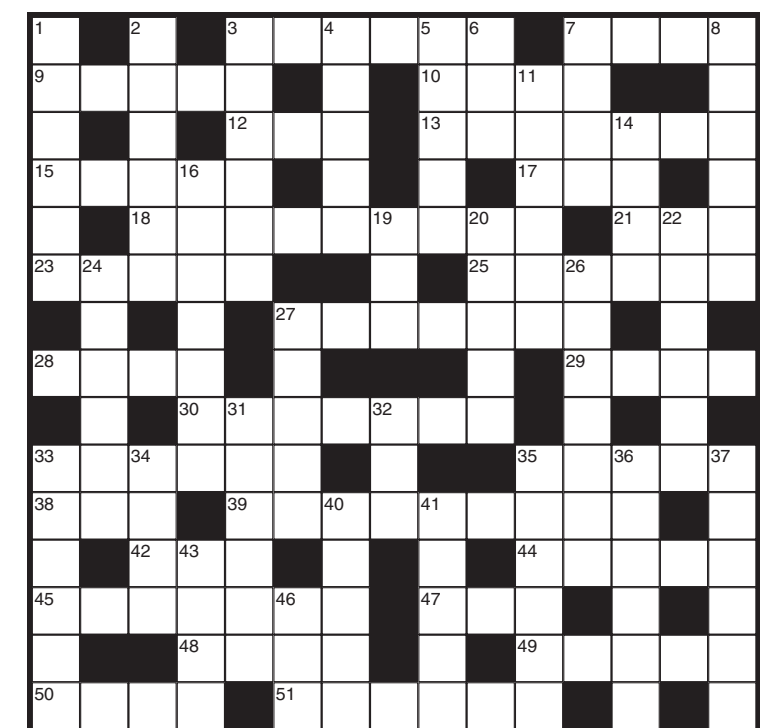
9	4	5	7			1		
7		3						
5			6					
	1	9		4		3		
	2						5	
			3			4		
			2		3			
	3			6				9
7	4							

Quick Workout

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



Crossword



- ACROSS**
- 3 Uproar
 - 7 Young horse
 - 9 Sacrificial table
 - 10 Passport endorsement
 - 12 Quick to learn
 - 13 Ordrained
 - 15 Fruit of the oak
 - 17 Early freshness
 - 18 Embellished
 - 21 Frozen formation
 - 23 View
 - 25 Business absorption
 - 27 Keep in
 - 28 Ship's company
 - 29 Outer covering
 - 30 Shows clearly
 - 33 Looked after
 - 35 Besieging of fortified place
 - 38 Greek letter
 - 39 Keeps within limits
 - 42 Joke
 - 44 Happen again
 - 45 Final course
 - 47 Female deer
 - 48 Malay sailing boat
 - 49 Soft-bodied invertebrates
 - 50 Tidings
 - 51 Relishes
 - 14 Slender shoot
 - 16 Replenished
 - 19 Beard of barley
 - 20 Sends out
 - 22 Yielding
 - 24 Wind instrument
 - 26 Reprieve
 - 27 Find fault
 - 31 Church official
 - 32 Domestic animal
 - 33 Sinew
 - 34 Inferior horses
 - 35 Fasteners
 - 36 Accompany
 - 37 Departure
 - 40 Devil
 - 41 Western entertainment
 - 43 Serpents
 - 46 Fish eggs
 - 11 Make sorrowful

Focus

An All Australian Word Game

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

Each word must be four letters or more

Find at least one nine letter word

No swear words

No verb forms or plurals ending in 's'

No proper nouns and no hyphenated words

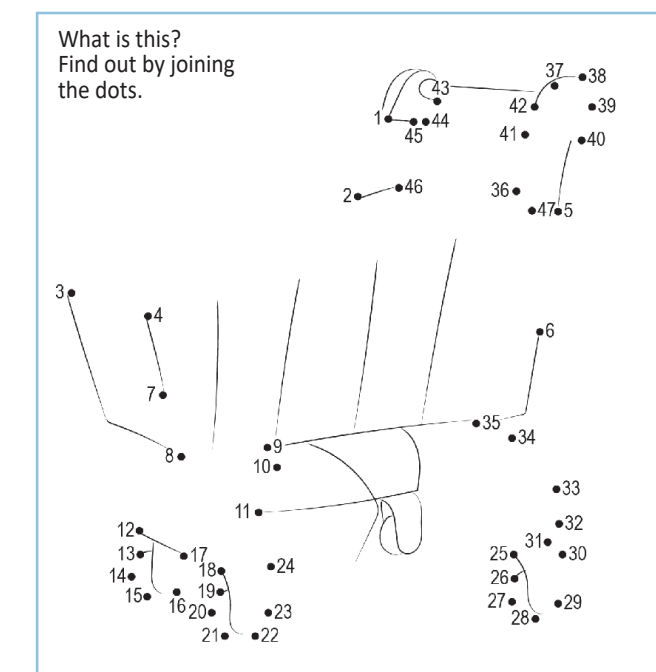
TODAY'S FOCUS Good: 15 words
Very good: 20 words
Excellent: 27 words

Reference: Macquarie Concise Dictionary Focus No. 3938

Spot the 5 Differences



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Solutions

Puzzles and pagination supplied by Auspac Media

SPOT THE 5 DIFFERENCES: Missing ridge on top of can.

JOIN THE DOTS: extra pea on label, spoon on label not going through letter 'p', missing line of text on label, top of can cut open more.

FOCUS: eise xpxl0sivf expose isle lexis lisp lose pelvis pes plos pivose poise pose seep sieve silo sleep slip slope slope slope soil solve soft solve spiel spiel spool

YOUR FORTNIGHTLY TV GUIDE

September 18 - 24

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 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 Shaun Micallef's Eve Of Destruction. 8.40 Guy Montgomery's Guy Mont Spelling Bee. 9.30 Planet America. 10.00 Would I Lie To You? 10.30 News. 10.45 The Business. 11.00 Interview With The Vampire. 12.00 Miniseries: Better. 12.55 Grand Designs. 1.45 Late Programs.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.00 Scotland's Sacred Islands With Ben Fogle. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Secrets Of Our Universe With Tim Peake. 8.30 Pompeii: The Discovery With Dan Snow. 9.25 Miniseries: The Sixth Commandment. 10.30 SBS News. 11.05 El Immortal: Gangs Of Madrid. 12.55 Wisting. 2.40 Miniseries: Better. 3.35 Make Me A Dealer. 4.25 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 My Kitchen Rules. 1.35 Border Security: Int. 2.05 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 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 Talking Footy. 12.00 Stan Lee's Lucky Man. 1.00 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 Country House Hunters Australia. 1.45 Innovation Nation. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. 8.40 Human Error. 9.40 Million Dollar Murders. 10.40 9News Late. 11.10 Law & Order: Organized Crime. 12.00 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 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 Drew Barrymore. 10.00 Judge Judy. 10.30 Deal Or No Deal: Celebrity Jackpot. 11.30 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 Thank God You're Here. 8.40 Inspired Unemployed (Impractical) Jokers. 9.10 NCIS. 10.10 News. 10.35 The Project. 11.35 Stephen Colbert. 12.30 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 12.00 News. 1.00 The Assembly. 2.00 Parliament. 3.00 Great Australian Stuff. 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 Foreign Correspondent. 8.30 Return To Paradise. 9.30 Amazing Spaces. 10.20 News. 10.35 The Business. 10.50 Miniseries: Better. 11.50 The Art Of. 12.20 Grand Designs. 11.00 Killing Eve. 1.55 Love Your Garden. 2.45 Rage. 3.35 Cataly. 4.30 Gardening Australia. 5.30 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Sing To Remember: Defying Dementia. 2.55 Railway Journeys UK. 3.30 The Cook Up. 4.00 Scotland's Sacred Islands With Ben Fogle. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Great Australian Walks. 8.25 Junior Doctors Down Under. 9.20 Rebus. 10.15 SBS News. 10.45 Freezing Embrace. 12.25 Devils. 1.25 Devils. 2.20 Miniseries: The Dark Heart. 3.15 Make Me A Dealer. 4.10 Peer To Peer. 4.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Hailey Dean Mysteries: 2 + 2 = Murder. (2018) 2.00 Surveillance Ops. Dashcam. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 MOVIE: The Devil Wears Prada. (2006) (PG) Anne Hathaway. 10.50 To Be Advised. 12.25 Magnum PI. (M) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 The Block. 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 9. Cronulla Sharks v Wests Tigers. 9.50 9News Late. 10.20 The Equalizer. 11.20 Resident Alien. 12.10 Tipping Point. 1.05 Explore TV. 1.30 TV Shop. 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. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 Dogs Behaving (Very) Badly Australia. 11.30 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 Dogs Behaving (Very) Badly Australia. 8.30 Gogglebox Australia. 9.30 Cheap Seats. 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 Morning Programs. 2.25 Guy Montgomery's Guy Mont Spelling Bee. 3.15 Spicks And Specks. 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 News. 8.30 Joanna Lumley's Spice Trail Adventure. 9.20 Guy Montgomery's Guy Mont Spelling Bee. 10.05 Shaun Micallef's Eve Of Destruction. 10.45 News. 11.00 Miniseries: Better. 12.00 Grand Designs. 12.45 The Larkins. 1.35 Rage New Music. 5.00 Rage.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Sing To Remember: Defying Dementia. 3.00 NITV News. Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Tombs Of Egypt: The Ultimate Mission. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 My Grandparents' War. 8.25 Lost Treasures Of Ancient Laos. 9.15 Lost Treasures Of Ancient Rome. 10.15 SBS News. 10.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Hailey Dean Mysteries: Dating Is Murder. (2017) 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Better Homes And Gardens. 7.20 Football. AFL. First preliminary final. Sydney v Port Adelaide. 11.15 Armchair Experts. (M) 12.00 GetOn Extra. 12.30 Taken. (M) 1.30 Harry's Practice. 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: The Love Gala. (2023) 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 semi-final. Cronulla Sharks v North Queensland Cowboys. 9.45 NRL Finals Footy Post-Match. 11.15 Armchair Experts. (M) 12.00 GetOn Extra. 12.30 Taken. (M) 1.30 Harry's Practice. 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Cook With Luke. 8.30 Bold. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 Sort Your Life Out. 11.30 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 Family Feud. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Sort Your Life Out. 8.45 Have You Been Paying Attention? 9.45 The Real CSI: Miami. 10.00 Skippy. 4.45 China Bitesize. 4.55 Late Programs.
SATURDAY	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. 3.40 Micro Monsters. 4.30 The Assembly. 5.15 Landline. 5.45 Aust Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Grantchester. (M) 8.20 Vera. (M) 9.50 Return To Paradise. (PG) 10.45 Miniseries: Better. (M) 11.45 Rage. (M) 12.55 Rage. (PG)	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Still Running. 3.00 Such Was Life. 3.10 Portillo's Greatest Railway Journeys. 5.00 Wonders Of Scotland. 5.30 Frontlines. 6.30 News. 7.30 Cumbria: The Lakes & The Coast. 8.20 Highgrove: The King's Country Home. 9.15 The World's Most Beautiful Landscapes. 10.10 Scotland's Extreme Medives. 11.05 Something Undone. 12.05 Rex In Rome. 2.50 Rev In Rome. 3.45 Peer To Peer. 4.45 Barnay. 5.00 NHK World English News Morning. 5.15 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Sydney Everest Carnival and Caulfield Charity Family Day. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: Armageddon. (1998) (M) 10.45 MOVIE: District 9. (2009) (M) 11.15 Taken. (M) 1.00 Shopping. 4.00 Drop Dead Weird. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 1.00 Cybershack. 1.30 Rugby League. NRL Women's Premiership. Round 9. St George Illawarra Dragons v Brisbane Broncos. 3.15 Rugby Union. Rugby Championship. Round 5. Australia v New Zealand. 5.40 Test Rugby. Wallabies v New Zealand Post-Match. 6.00 NBN News. 7.00 Rugby League. NRL. Second semi-final. Sydney Roosters v Manly Sea Eagles. 9.45 NRL Finals Footy Post-Match. 10.30 MOVIE: The Expendables 2. (2012) 12.30 Late Programs.	6.00 Morning Programs. 9.30 Drew Barrymore. 11.00 Amazing Race Australia. Celebrity Edition. 12.30 Are You RV Safe? 1.00 GCBC. 1.30 Farm To Fork. 2.00 Dog Down Under. 2.30 Everyday Gourmet. 3.00 Planet Shapers. 3.30 Australia by Design: Innovations. 4.00 My Market Kitchen. 4.30 Cook With Luke. 5.00 News. 6.30 Dog House. 7.30 Thank God You're Here. 8.30 Dog House Australia. 9.30 Ambulance Australia. 10.45 Ambulance UK. 12.00 Cheap Seats. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 10.00 Offenders. 10.30 World This Week. 11.00 Compass. 11.30 Rage. 12.00 News. 12.30 Landline. 1.30 Gardening Australia. 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. 1.50 Rage. 3.05 Australia Remastered. 4.00 Gardening Australia. 5.00 Insiders.	6.00 WorldWatch. 12.00 WorldWatch. 1.00 Speedweek. 3.00 Etched In Gold. 3.30 Such Was Life. 3.40 Portillo's Greatest Railway Journeys. 4.35 And Then Came The Water. 5.30 Frontlines. 6.30 News. 7.30 The Ottoman Empire By Train. 8.25 Medina Azahara: Lost Pearl Of El-Andalu. 9.25 Ancient Superstructures. 10.25 Dinosaur With Stephen Fry. 11.20 The Real Peaky Blinders. 12.00 Devon & Cornwall With Michael Portillo. 1.30 Make Me A Dealer. 4.00 Late Programs.	6.00 Morning Programs. 10.00 Morning Show. 12.00 House Of Wellness. 1.00 To Be Advised. 2.45 Surveillance Ops. 3.00 Border Security: Int. 3.30 Border Security. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 The Voice. 8.45 7NEWS Spotlight. 9.45 The Latest: Seven News. 10.15 Crime Investigation Australia: Most Infamous. 11.25 Autopsy USA. 12.25 Lipstick Jungle. 1.25 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. 1.00 NRLW Wrap. 1.30 Rugby League. NRL Women's Premiership. Round 9. Canberra Raiders v Gold Coast Titans. 3.00 Rugby League. NRL Women's Premiership. Round 9. Parramatta Eels v Sydney Roosters. 5.00 9News First At Five. 5.30 Getaway. 6.00 NBN News. 7.00 The Block. 8.30 60 Minutes. 9.30 9News Late. 10.00 See No Evil. 11.00 The First 48. 11.50 Transplant. 12.40 Australia's Top Ten Of Everything. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Late Programs.	6.00 Morning Programs. 8.30 Roads Less Travelled. 9.00 Loving Gift Free. 9.30 Intrepid Adventures. 10.00 Drew Barrymore. 11.00 Lingo. 12.00 Amazing Race Australia. Celebrity Edition. 1.10 Everyday Gourmet. 1.30 GCBC. 1.30 Farm To Fork. 2.30 Basketball. NBL. Round 1. Adelaide 36ers v Sydney Kings. 4.30 My Market Kitchen. 5.00 News. 6.00 Sunday Project. 7.00 Amazing Race Australia. Celebrity Edition. 8.30 FBI. 11.30 Sunday Project. 12.30 Shopping. 4.30 CBS Morning.
MONDAY	6.00 News. 9.00 News. 10.00 Landline. 11.00 Guy Montgomery's Guy Mont Spelling Bee. 12.00 News. 1.00 Vera. 2.30 Back Roads. 3.00 David Attenborough's First Life. 3.55 Love Your Garden. 4.45 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.45 Four Corners. 9.30 Media Watch. (PG) 9.50 Prisoner X. (M) 11.20 News. 11.35 The Business. 11.55 Planet America. 12.25 Grand Designs. 1.15 Love Your Garden. 2.00 Rage. 3.30 Cataly. 4.30 Late Programs.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Such Was Life. 2.10 History Of Britain. 3.00 Railway Journeys UK. 3.35 The Cook Up. 4.05 Tombs Of Egypt: The Ultimate Mission. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Michael Palin In North Korea. 8.30 8 Out Of 10 Cats. 9.25 Never Mind The Buzzcocks. 10.15 Have I Got News For You U.S. 11.05 SBS News. 11.35 Suspect. 12.05 Of Money And Blood. 2.00 The Spectacular. 4.00 Make Me A Dealer. 4.50 Late Programs.	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 Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 MOVIE: The Equalizer 2. (2018) (M) 11.55 Denzel Washington, Pedro Pascal, Ashton Sanders. 11.00 To Be Advised. 12.45 The Event. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.45 100% Footy. (M) 9.45 Outback Opal Hunters. (PG) 10.45 9News Late. 11.15 La Brea. (M) 12.00 Transplant. 12.50 Tipping Point. 1.40 TV Shop. 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. 10.30 Amazing Race Australia. Celebrity Edition. 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 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. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 The Newswreader. 2.00 Brush With Fame. 2.25 Back Roads. 2.55 David Attenborough's First Life. 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 Brush With Fame. 10.15 News. 10.30 The Business. 10.50 Four Corners. 11.35 Media Watch. 11.50 Prisoner X. 1.25 Grand Designs. 2.10 Love Your Garden. 3.00 Rage. 3.35 Cataly. 4.30 Gardening Australia. 5.30 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Sing To Remember: Defying Dementia. 2.55 Railway Journeys UK. 3.30 The Cook Up. 4.00 Scotland's Sacred Islands With Ben Fogle. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Shaun Micallef's Origin Odyssey. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 The Point: Road Trip. 11.30 Babylon Berlin. 1.15 Illegals. 3.10 Make Me A Dealer. 4.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Hailey Dean Mysteries: A Marriage Made For Murder. (2018) 2.00 Surveillance Ops. Dashcam. 2.15 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The Rookie. (M) 10.05 Made In Bondi. (M) 11.10 Chicago Fire. (M) 12.10 Holey Moley Australia. (PG) 1.35 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 Explore TV: Trade Routes Of The Middle Ages. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. 8.45 True Story. 10.45 9News Late. 11.15 Chicago Med. 12.00 Transplant. 12.50 Tipping Point. 1.40 TV Shop. 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. 8.30 Bold. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 Deal Or No Deal: Celebrity Jackpot. 11.30 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 Thank God You're Here. 8.40 Inspired Unemployed (Impractical) Jokers. 9.10 NCIS. 10.10 News. 10.35 The Project. 11.35 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

September 25 - October 1

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 1.55 Brush With Fame. 2.25 Back Roads. 2.55 The Homes That Built Australia. 3.50 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. 8.40 Guy Montgomery's Guy Mont Spelling Bee. 9.30 Planet America. 10.00 Would I Lie To You? 10.30 News. 10.45 The Business. 11.00 Austin. 12.00 Grand Designs. 12.50 Killing Eve. 1.30 Late Programs.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Queen Victoria: Love, Lust And Leadership. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 The Great Killer Smog. 9.25 Miniseries: The Sixth Commandment. 10.30 SBS News. 11.00 El Immortal: Gangs Of Madrid. 11.55 El Immortal: Gangs Of Madrid. 12.50 Wisting. 1.45 Wisting. 2.35 Miniseries: Safe Home. 3.35 Make Me A Dealer. 4.25 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 Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. 9.05 Code Blue: One Punch Killers. (M) 10.05 Talking Footy. 11.05 The Latest: Seven News. 11.35 Chicago Fire. (M) 12.35 Stan Lee's Lucky Man. (M) 1.35 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 Country House Hunters Australia. 1.45 Innovation Nation. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. 8.40 Human Error. 9.40 Million Dollar Murders. 10.40 9News Late. 11.15 Law & Order: Organized Crime. 12.00 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 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 Drew Barrymore. 10.00 Judge Judy. 10.30 Deal Or No Deal: Celebrity Jackpot. 11.30 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 Thank God You're Here. 8.40 Inspired Unemployed (Impractical) Jokers. 9.10 NCIS. 10.10 News. 10.35 The Project. 11.35 Stephen Colbert. 12.30 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 10.45 Compass. 11.15 Outback Musical. 12.00 News. 1.00 The Assembly. 2.00 Brush With Fame. 2.30 Back Roads. 3.00 The Homes That Built Australia. 3.55 The Assembly. 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. 12.00 Killing Eve. 1.55 Love Your Garden. 2.45 Rage. 3.35 Cataly. 4.30 Gardening Australia. 5.30 7.30.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 Such Was Life. 2.10 History Of Britain. 3.00 Railway Journeys UK. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Queen Victoria: Love, Lust And Leadership. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Home And Away. (PG) 7.30 My Kitchen Rules. 9.05 Code Blue: One Punch Killers. (M) 10.05 Talking Footy. 11.05 The Latest: Seven News. 11.35 Chicago Fire. (M) 12.35 Stan Lee's Lucky Man. (M) 1.35 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 To Be Advised. 1.35 Border Security: Int. 2.00 Your Money & Your Life. 2.30 Coastwatch Oz. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. 9.05 Code Blue: One Punch Killers. (M) 10.05 Talking Footy. 11.05 The Latest: Seven News. 11.35 Chicago Fire. (M) 12.35 Stan Lee's Lucky Man. (M) 1.35 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 The Block. 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 9. Cronulla Sharks v Wests Tigers. 9.50 9News Late. 10.20 The Equalizer. 11.20 Resident Alien. 12.10 Tipping Point. 1.05 Explore TV. 1.30 TV Shop. 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. 10.30 Drew Barrymore. 10.00 Judge Judy. 10.30 Dogs Behaving (Very) Badly Australia. 11.30 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 Family Feud. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Sort Your Life Out. 8.45 Have You Been Paying Attention? 9.45 The Real CSI: Miami. 10.00 Skippy. 4.45 China Bitesize. 4.55 Late Programs.
FRIDAY	6.00 Morning Programs. 2.25 Guy Montgomery's Guy Mont Spelling Bee. 3.15 Spicks And Specks. 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 News. 8.30 Joanna Lumley's Spice Trail Adventure. 9.20 Guy Montgomery's Guy Mont Spelling Bee. 10.05 Shaun Micallef's Eve Of Destruction. 10.45 News. 11.00 Miniseries: Better. 12.00 Grand Designs. 12.45 The Larkins. 1.35 Rage New Music. 5.00 Rage.	6.00 WorldWatch. 12.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Sing To Remember: Defying Dementia. 3.00 NITV News. Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Tombs Of Egypt: The Ultimate Mission. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 My Grandparents' War. 8.25 Lost Treasures Of Ancient Laos. 9.15 Lost Treasures Of Ancient Rome. 10.15 SBS News. 10.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Hailey Dean Mysteries: Dating Is Murder. (2017) 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Better Homes And Gardens. 7.20 Football. AFL. First preliminary final. Sydney v Port Adelaide. 11.15 Armchair Experts. (M) 12.00 GetOn Extra. 12.30 Taken. (M) 1.30 Harry's Practice. 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Finding Mr Right. (2023) 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 preliminary final. 9.45 NRL Finals Footy Post-Match. 10.30 MOVIE: Sudden Impact. (1983) (M) 11.55 To Be Advised. 12.20 GetOn Extra. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 1.00 Joanna Lumley's Spice Trail Adventure. 1.45 Guy Montgomery's Guy Mont Spelling Bee. 2.35 Poh's Kitchen. 3.05 The Homes That Built Australia. 4.00 The Assembly. 4.45 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 News. 8.30 Joanna Lumley's Spice Trail Adventure. 9.20 Guy Montgomery's Guy Mont Spelling Bee. 10.05 Shaun Micallef's Eve Of Destruction. 10.45 News. 11.00 Miniseries: Better. 12.00 Grand Designs. 12.45 The Larkins. 1.35 Rage New Music. 5.00 Rage.
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SATURDAY	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. 3.40 Micro Monsters. 4.30 The Assembly. 5.15 Landline. 5.45 Aust Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Grantchester. (M) 8.20 Vera. (M) 9				

Local Calendar

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

September



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

Sun 29 Sept - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 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.
www.facebook.com/blackheadbazaar

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

Sun 13 Oct - Forster Town Market
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.

Sun 13 Oct - Tallwoods Village Market
9am - 1pm at 61 The Blvd, Tallwoods Village
Opposite the Tallwoods Golf Club
Contact Caileen 0488 508 846



Sat 19 Oct - Forster Farmers Market
8am to 12pm Forster Info Centre, Little St.
Enquiries: Linda 0421 347 273

**Spring School Holidays
28 September - 13 October**



**MidCoast Council
Spring Holiday Program**



Come and join in the fun at MidCoast Council's Spring Holiday Program. Choose from over 20 free events for ages 2 to teens including drama workshops, paint and plant workshop, pizza and movie night or even design your own Mexican skull mask!

The full program is now available on our website. Be quick to book your free tickets as many of these events will book out fast.

Library.midcoast.nsw.gov.au
OR call 7955 7001

Beach patrols to start



With the weather warming up and the NSW Spring School holidays upon us, beach patrols will begin at some of our most visited MidCoast beaches.

From the end of September, Surf lifesaving patrols will be back on our beaches with both volunteers and Council's contracted service provider, Australian Lifeguard Services (ALS), to keep swimmers safe.

ALS lifeguards will be on patrol during weekdays, from 9am - 5pm during the school holidays at Main and One Mile Beaches, Forster and at Boomerang Beach and Elizabeth Beach in Pacific Palms. Boomerang Beach will also be patrolled over the weekends.

In addition, local Surf Lifesaving Clubs will provide beach patrol services on weekends and public holidays at Black Head, Elizabeth, Forster Main and One Mile beaches.

Last season, over 233,000 people were recorded visiting MidCoast Council beaches during lifeguard patrols, where lifeguards performed 43 rescues and 279 first aid responses.

Find out where your closest patrolled beach is by visiting <https://beachsafe.org.au/> or for a full list of lifeguard-patrolled beaches visit <https://lifeguards.com.au/NSW/where-we-operate/>

School Holiday Sailing

Come learn to sail at Coomba Aquatic Club
Coomba Aquatic Club, Coomba Park

Junior Sailing:
Tues 1st & Tues 8th October - 9.30am
A great opportunity to have some fun in the outdoors this school holidays for our Junior Sailors - whether you have sailed before or this is your first time.

Ladies Sailing:
Tues 8th October - 10.30am
By popular demand we will be offering learn to sail for ladies - come learn with an instructor in our very stable 2-person sailability boats.

Monthly Coomba Aquatic Day:
Sun 13th October - 9.30am
An opportunity for kids and adults to join us on the water or enjoy watching from the shore - sailing, kayaking and stand-up paddle boarding, plus sausage sizzle.

Please come with water shoes if possible.
Donations to the club help with the upkeep of the equipment.
We are always looking for volunteers - no sailing experience necessary.
To register your interest please contact Lizzie on 0414 522 641, at lizzie.cannon@hotmail.com or via Messenger



TUNCURRY MARKETS
John Wright Park
Saturday 28 Sept
8am - 1pm
Bookings Essential
Enquiries 0417 400 994

HUGE CLEARANCE OF ALADDIN'S CAVE
Garage Sale Including;
• Camping gear
• New kayak
• Wood lathe, tools
• Household goods +more
21st-22nd September
Sat 8 am to 3 pm
Sun 9 am to 2 pm
36 Coromont Dr Redhead

Forster Tuncurry Lion's Trampoline & Mini Golf Park
Open next school holidays
10am to 9pm, 28th September - 13th October

Interested in a friendly family competition? Free playoff available.

Enjoy a family fun day for all ages at our freshly painted revamped course offering new obstacles to test your skills. Upgraded shade covered Trampolines.
Trampolines: 10 minute sessions @ \$5 per person
Mini Golf: \$5 per head (9 holes)
Drinks \$2 - Mints 80c - Trophies available - EFTPOS

Subscribe for FREE at www.forsterfortnightly.com.au to receive local news alerts & community updates.

What's on around town & beyond!

Seaside Heritage Quilters Biennial Exhibition

Every two years an exhibition is held showcasing the groups's work

Held at the hall of Holy Name School, on the October Long Weekend, a huge range of sewing items is on display by the Seaside Heritage Quilters. The special feature is the large quilt display and members of the public get the chance to vote for their favourite quilt. Challenge Quilt themes are also on display and the public is invited to vote for the one that best fits with the theme of the year - this year being 'Technology'. A wonderful morning tea as well as a huge sales table with items made by the group is also a feature. This is often a chance to purchase a hand-made quilt made by a talented sewer. Many visitors begin their Christmas shopping here.

(See advertisement below.)

In its 36th year of operation, Seaside Heritage is a treasure-house of expertise in sewing skills, fabric technology and friendship.

It began in 1988 under the leadership of local TAFE teacher, Barbara Lyons. Over the years it has flourished - both in the acquisition of new skills, the community display of sewing expertise as well as new members from a wide variety of backgrounds. As a member of the NSW Quilters Guild, it hosts workshops from qualified tutors subsidised by the Guild. Members, skilled in particular aspects of quilting, also conduct workshops. Recent ones have included use of rulers, modern abstract and dyeing with natural materials.



Above: Members displaying work from a Wendy Nutt workshop.

Seaside Heritage is always on the lookout for new members

Meeting between 10am and 2pm on the 1st and 3rd Wednesday of each month at the Masonic Hall, Lake Street, in Forster, this group of sewers sew, chat and produce extraordinary quilts, bags, soft toys, knickknacks and even garments.

Seaside Heritage is an active, friendly group who are very welcoming and deeply committed to fostering a love of textiles and textile art. At meetings, we laugh, sew, knit, chat, showcase our work, support each other and share a delicious morning tea.

New members are always welcome. The first three meetings are free. Thereafter, meetings cost \$8 and there is a joining fee of \$30 which also includes access to the NSW Quilters Guild.

Looking for some friendship and skill development? Why not check us out?

Every year a challenge is held where members design a quilt based on a theme. These quilts - smaller in size than traditional quilts - have been fiercely contested. Challenge themes have included 'Water', 'Celebrating the Circle', 'Triangles', 'Australian Flora and Fauna' and this year's one of 'Technology'.

The group supports charities through the raffling of quilts. At first this was state-wide with the group supporting the Children's Cancer Council in Sydney and making matinee jackets and comfort blankets for the Neo Natal Unit at Newcastle. In more recent times the focus has been more localised with donations being made to Riding For The Disabled, drought relief via Lions Club Hallidays Point, the Great Lakes Womens Shelter, Breast Friends and Great Lakes Education Fund.

This year funds raised from our raffle quilt, based on a Jen Kingwell pattern with blocks made from group members, will be used to support community kitchens in Forster and Tuncurry.

'Miracles of Life - Spirit of the Heart' choral performance



Above: Members of the Manning Valley Choral Society

Back row - Graeme Slater, Cameron Waugh, Wayne Lambert, Jason Oakley, George Dan, Graeme Earl.

Middle row - Jacqui Roetman, Ruth Crossman, Deirdre Sutherland, Sue Cowper, Robyn Rankin, Sue LeStrange, Georgina Aldridge.

Front row - Rachel Slater, Kristine Waugh, Geraldine Mullin, Bek McDonnell, Lia Wrigley, Helen Bell.

Absent - Paul McDonnell, Stephanie O'Keeffe, Barbara Davis, Lorna Crone, Emma Randall, Bev Leszinsky, Kim Horn.

It has been said that music can transcend all other sensory experiences, evoking emotions that are incomparable to other senses. Our brain's emotional, language and memory centres are connected during the processing of music, providing a completely synesthetic/multi sensory experience. Reactions to music and songs vary from one person to another, resulting in deeply personal responses that reflect moments in one's time, space and life.

Manning Valley Choral Society's (MVCS) 2024 program: 'Miracles of Life - Spirit of the Heart' is an offering of stunning and uplifting tunes and lyrics designed to raise the spirits and elevate the mood. Renditions such as 'You Raise Me Up', 'We are The World', and 'Imagine' leave an indelible impression on performers and audience alike. Bonded by a yearning for better times and memories of the past, pieces such as 'What the World Needs Now is Love, Sweet, Love' and 'Reach Out and Touch' offer ideals of peace, unity and caring which are so relevant to us today.

Popular and familiar pieces, such as 'Love is in the Air', 'Lean On Me' and 'Let There Be Peace on Earth', and additional, uplifting spiritual offerings such as 'Joyful, Joyful' and 'For the Beauty of the Earth', will leave you uplifted and enthused, with hope for our world.

Devised by Musical Director Krissie Waugh and accompanied by the effervescent virtuoso Pianist Cameron Waugh, the program will

also feature several soloists, the harmonies of 25 blended voices of choir members, and integrating some key sign words on several choruses.

'Miracles of Life - Spirit of the Heart' is guaranteed to edify your soul, and encourage joyful hope for the future. Don't miss it!

Enjoy and support a wonderful afternoon of inspiring local entertainment at a venue near you!

(See advertisement below.)

Below: On Sunday 29 September, MVCS will be performing at Club Forster.



Seaside Heritage Quilters
Quilt Exhibition
October Long Weekend 2024
Sat & Sun 5th & 6th
9:30 to 4pm
Mon 7th
9:30 to 2:30pm
**Holy Name School Hall
Lake Street Forster**

Manning Valley Choral Society presents
'Miracles of Life - Spirit of the Heart' Performances:
Saturday September 28th
St John's Anglican Church, Taree. Tickets at the door
Sunday September 29th
Club Forster Tickets on the Club website, in person, or at the door
Sunday October 13th
Moorland Hall, Moorland. Tickets at the door
***** ALL PERFORMANCES COMMENCE AT 2PM *****
***** TICKETS \$20 *****
For more information, contact the Secretary on 0400 317 420 or email: mrrankin@bigpond.com

Mixed bag and Feedback

Letters to the Editor

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

Nurses deserve better in 2024

Nurses in NSW are striking for a better pay deal having gone backwards for far too long.

Chris Minns, in his election night speech, pledged "to look after the people who looked after us" during the COVID emergency.

That pledge is ringing hollow, with nurses in NSW now being the lowest paid in Australia.

We are losing our nurses to other states with better pay and conditions at a time when almost all (if not all) hospitals in NSW are short staffed - often desperately so.

A 15% pay rise, along with the promised nurse to patient ratios, would go a long way in helping to attract nurses to the profession and retaining those already in it. Without a decent pay rise it is likely to be near impossible to find the nurses needed for those promised ratios to be effectively implemented.

15% is not an excessive ask, it would simply make nursing in NSW competitive with the rest of the country and ensure that the safe working conditions and the safe patient care that we all deserve becomes achievable.

Caring for others has traditionally been seen as a female role and has too often been devalued in our society. There seems to be a belief that nurses will keep doing what they do for less than fair pay, that feels like exploitation and it is time it stopped. Nurses deserve to be valued, not devalued!

Michael Sutton RN
President Forster Community Health Branch
NSW Nurses and Midwives Association

As a postscript, Minns has stated that he cannot afford to pay nurses a fair wage. The truth is he can't afford not to.

Thank you for the support!

What an awesome Father's Day Car & Bike Show we had at the Lakeside Tavern for 2024. The show exceeded all the expectations I had while organising this inaugural event. The support from local businesses, the community and our own car scene people of Mid North Coast truly made this a great event.

We were fortunate to be blessed with some outstanding cars and bikes, just to name a few:

- The Hunter East Coast display was amazing with the Rolls Royce v12 Merlin, Fast & Furious blue & white Escort, the white VK Brocky & the two 4x4's.

- Peter Sharp brought his Amazing multi award winning LS MONARO to display.

- Graeme from DTK Down Town Kustoms brought out two Hot Rods. These are awesome rides, built to perfection like all his work is.

- BCS Brake clutch & Suspensions were at the entrance with the XF Ford Ute.

- RAPT Vinyl & Tinting were at the entrance with the Great Lakes Transmission 66 Plymouth Satellite Drag Car.

- John from Automotive Services Forster did so much behind the scenes. He supplied the

Lifetime warranty honoured

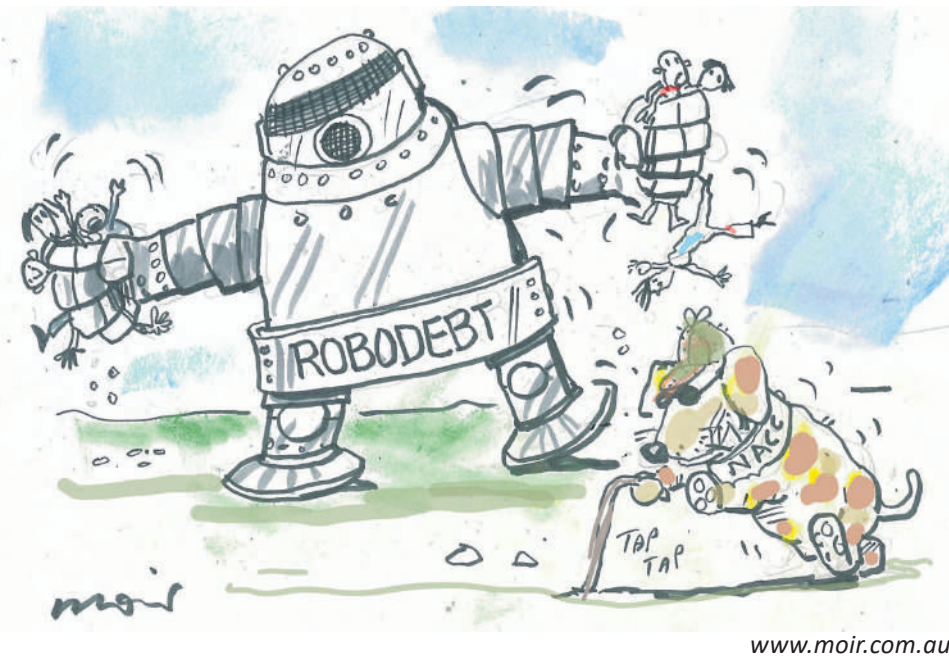
Some sixty years ago my mother bought me a full set of Rena Ware saucepans as a wedding present. They have been in daily use since.

Some thirty years ago a Rena Ware representative presented himself at our home and replaced all handles on pots and lids at no cost!

Recently one of the pot handles cracked. I contacted Rena Ware regarding a replacement. They asked that the offending pot be sent to Rena Ware parts at Baulkham Hills. This was done and the result arrived by courier - a brand new 3 litre pot and lid as a warranty replacement.

We were amazed! A lifetime warranty honoured

Heather Dwyer - Forster.



www.moir.com.au

RBA reassures Australians they'll lower interest rates as soon as economy collapses

POLITICAL SATIRE: RBA chief Michele Bullock has urged people not to be concerned about the central bank's ongoing inaction on interest rates, saying it is just a temporary measure that will be addressed once everyone is living in a tent.

Responding to the latest figures which showed Australia was almost in recession, Bullock said people were too caught up in things which could affect their lives.

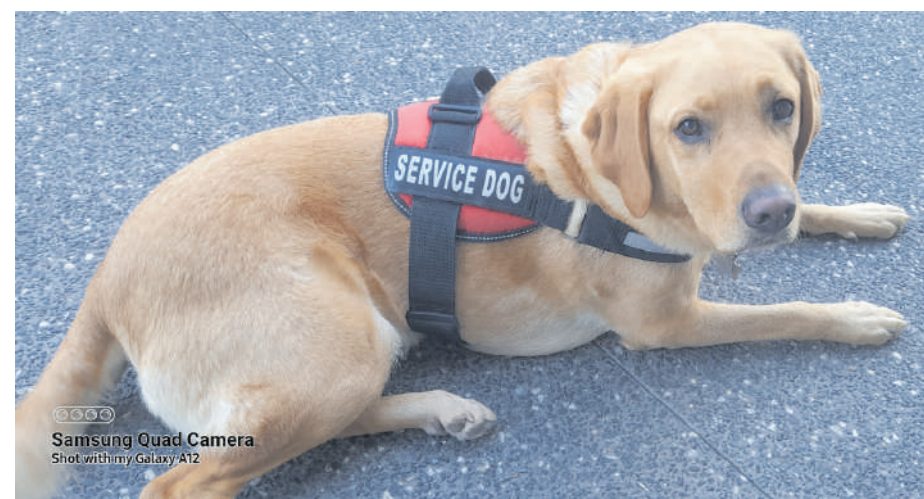
"A lot of people seem to be anxious about this and feel that we should do something to address economic hardship now, rather than once it's too late. But I do want to reassure Australians that as soon as we're in a proper recession and people are pushed into financial ruin, we'll lower rates. Relax - we've got it under control," Bullock said.

She said as a central bank whose only job was to adjust interest rates, there was little they could do about interest rates. "It's tricky when

everyone is saying that interest rates should fall - we are in a bit of a bind in terms of the levers we can pull. But the pain is almost over. Let's just wait until unemployment levels spike and spending falls further and then we can have a look at those rates. And then we can all get back to enjoying life without having to think about it anymore."

www.theshovel.com.au

Star Pet



Name: Noni
Breed: Labrador
Age: 4 years

Likes: Eating carrots, playing with her dog teddy and loving her family.

Employment: Loyal and loved service dog.

Claim to Fame: Loves jumping in the waves and swimming.

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



Left: Best Show Bike was a green 750 Honda Shadow. Photo by James Britto.

Cars Under The Stars Forster caps, shirts and patches merchandise and all the drone footage.

Results from the day: We had 105 cars and 20 bikes. 20 trophies and 2 Lakeside Tavern vouchers were presented. The Best Car of Show was a red 57 Ford Thunderbird and The Best Bike of Show was a green 750 Honda Shadow.

The 18 other trophies were sponsor choices from: Automotive Services Forster, BCS Brake, Clutch & Suspensions Forster, Southern Metal Customs Forster, RAPT Vinyl & Tinting Forster, AG Stone Bricklaying Forster, Greentrees Garden Service Forster, Lakeside Tavern Forster, Forster Christian Life Centre, Marx Tyres & Mechanical Forster, DTK Down Town Kustoms Taree, Hunter East Coast 4x4 Tunccurry, A.P Car Detailing, Burnin Rubber Collectables Tunccurry and Cars Under The Stars Forster.

Thank you all,
Mark & Donna Huxley - Cars Under The Stars Forster.

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Weekly Diary

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

Mondays

Great Lakes Ladies Probuc 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

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

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

Pacific Palms Probuc 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 Probuc 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 Moorooaba 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
greatlakespsn2428@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
Breese Parade Forster
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 Road 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 Moorooaba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

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

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

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

Forster District Combined Probuc 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/Navv 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: vvagiforster@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
Enquiries 6505 2686

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

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

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

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

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

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

Saturdays

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

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

Forster Country Women's Association
CWA are serving Devonshire teas, 3rd Saturday
of month 9 - 11.30am, Coolongolook Rm,
Forster Civic Centre. Enquiries: 0411 028 857

Great Lakes Rural Australians for Refugees
2pm at St Albans Church Hall, Forster.
Regular monthly meeting on the last Saturday
of the month. Enquiries: 0418 650 694

Great Lakes Orchard Society Meeting
Meets second Saturday of the month
2pm Forster Public School, Head Street.
Enquiries: John 0408 034 633

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

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

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

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

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

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

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

Subscribe for FREE at www.forsterfortnightly.com.au
to receive local news alerts & community updates.

Thrift Shop to Catwalk Mad Hatters Tea Party



The Thrift Shop to Catwalk Mad Hatters Tea Party was held at The Whitehouse Nook & Café on 31 August with donations going to the Great Lakes Women's Shelter.

Event Highlights

We marvelled at the pre-loved outfits from our models, cheering and clapping as they walked the runway. We empowered individuals with disabilities who modelled pre-loved fashion that they selected from the Nook Op Shop.

We sipped on bubbles and enjoyed a light afternoon tea with savory and sweet items on the lawn.

We celebrated the Best Dressed and Best Upcycled Mad Hatters Prize winners!

Guests participated in our Re-imagine Trivia to learn about the Community Hub & Reimagine Waste. The winners won prizes to explore The Nook Op Shop for pre-loved fashion treasures.

We had fun with the iconic Audrey Hepburn (a mannequin dressed up to impress) who was interviewed by Simon Gould (Pink Up Forster Tuncurry Charity Coordinator) to gain some fashion tips and embrace our unique style.

Thank You

We are delighted to celebrate the donation for the Great Lakes Women's Shelter.

A huge thank you to all the fabulous models, the amazing Whitehouse Cafe staff, our wonderful MCs Maxine Calladine and Simon Gould from Pink Up, and all the fabulous attendees who went above and beyond with wonderful outfits. Special thanks to all the volunteers who made the event so special.

Until next time, Liz Cole - The Whitehouse Nook & Café (below in middle) and El Rattray - Eco Threads Collective (below on the left).



Great Lakes Prostate Cancer Support Group

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

Next meeting 24 September

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

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



Proudly sponsored by the Prostate Cancer Foundation of Australia.

Community Meals & Pantry

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 names for produce market.

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/



Forster Community Lunches

Tuncurry Community Brunch

All are welcome to our sit-down Community 'Brunch' Mondays 9:15 - 9:45am.

Pantry doors are open 9:45 - 11am with pantry essentials, fresh produce and cleaning & hygiene items.

Open during school terms at FORSTER TUNCURRY CHURCH OF CHRIST, 14 Douglas Ave Tuncurry. Donations welcome.

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

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

Forster 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 Tuesday & Thursday 10am - 12 pm, Monday, Wednesday & Friday 2pm - 4pm in the Family History room on Level

One of the Library. Or email familyhistory@gmail.com

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

Book Review



The Dressmaker of Paris

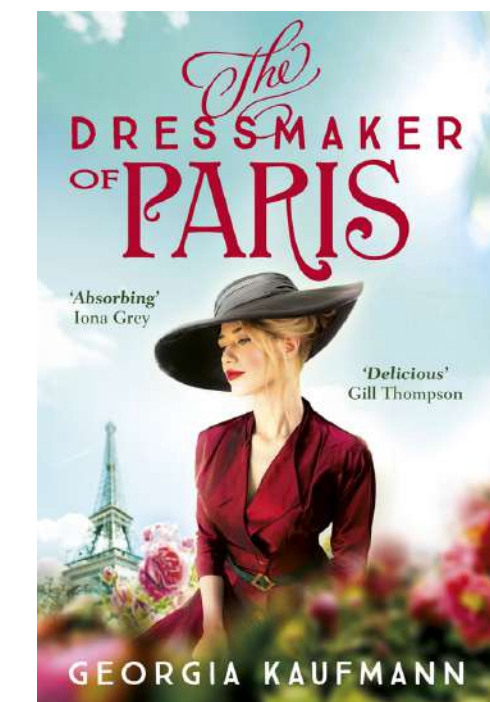
Georgia Kaufmann's debut novel The Dressmaker of Paris is variously described as delicious, involving, immersive and unputdownable. To this reader, these miss the mark. Poignant perhaps. Conflicted certainly. A parody, maybe.

A key theme throughout is the role that style, couturier dresses, perfume and make-up perform in society, western certainly but not limited there. Rosa may start with dressmaking, but she builds her empire not just on fashion but to include perfume and cosmetics. She has four mirrors to check her appearance before going out.

Becoming a highly successful businesswoman does not, however, ensure happiness. It does require heart-breaking choices involving family and business which over her lifetime need resolution.

Her life starts in the South Tyrol during the war when the area is successively Austrian, Italian, and German according to the occupiers even while geographically her village never moved. She escapes into Switzerland. Her dream is Paris and being a couturier there. She succeeds and it is there that she meets and marries her second love who is also an expert perfumier. Brazil follows, then New York.

The detailed descriptions of dress, cosmetics and perfume, carriage and décolletage varying according to the situation make one wonder whether the author is rather sending up the whole fashion scene. She is in real life a demographic anthropologist with a husband and two children living in central London.



Quilts with love

The 'Quilts with Love' group meet at the Forster Arts & Craft Centre on the last Friday of every month and is open to all who are interested. It is co-chaired by Marilyn Adams and Louise Turner.

All the beautiful handmade quilts are donated to the Ronald McDonald Family Retreat in Forster, the Great Lakes Women's Shelter and the Palliative Care Unit at Manning Base hospital.

Not only are quilts created by this dedicated association, they also coordinate delivery from other equally committed quilting groups.

Perhaps one of the unexpected contributors to the quilting family is the Laurieton School kids, being very creative with the help of a very dedicated volunteer. This is a project coordinated through the school's SRC (Student Representative Council). They have been creating quilts for the Ronald McDonald House for 9 years. This is kids doing something for others, in this case sick kids. All ages are



Above: Quilts with animal designs made by students at Laurieton School.

involved from kindergarten through to Year 6. Themes are decided upon in the spring of each year with the final projects delivered to the Arts & Craft Centre in the winter (pictured right). They are commencing their 10th year now.

When a child is staying at Ronald McDonald Family Retreat, they receive a voucher from the Arts & Craft Centre so they can come and choose a quilt. There are also assorted rugs for their siblings to choose from.

The Arts & Craft Centre also receives quilts from Camden Haven Quilters and Wauchope Quilters for distribution.



Lake Eyre in Flood



Above: One of the two groups that flew over Lake Eyre. Photo by Robert Henley.

Members of Forster Shores Combined Probus recently visited Lake Eyre, flying over the lake as it filled from rains in the north.

"It is a very rare event to see the lake in flood, a once in a lifetime opportunity, so we felt we couldn't wait for another chance" said organizer, Robert Henley.

After flying to Adelaide, we hit the road in a small four-wheel drive bus via the Flinders Ranges and on to the outback town of Marree. From there we ventured along the Oodnadatta Track along dreadful road conditions for our two flights from William Creek over the lake. What a magnificent sight this is - the largest lake in Australia, so often a dry salt bed.

It was raining when we left William Creek to head for Coober Pedy along the slippery roads. We stayed in the underground motel and searched unsuccessfully for opals! We were the last vehicle through before the Oodnadatta Track closed for 3 days because of the weather! We avoided an enforced extension to our visit by a matter of hours.

Our final stay was an interesting visit to Woomera with its controversial history reflected in the museums and outdoor displays.

We headed back to Adelaide for our return to Forster- Tuncurry. It was a once in a lifetime experience in many ways!

By Gail Henley – FSCP.

Local Identity – June Dence



opportunity to get romantic and bent on one knee and proposed to June - the rest is history. They were married in 1952. Their honeymoon was a caravan trip down the south coast of NSW, across into Victoria and over to Adelaide. After their honeymoon they lived in Epping. They had two daughters, and eventually 5 grandchildren and 8 great grandchildren.

Before the birth of their first child, (Robyn Lesley in 1952), June commenced a drafting course at the local tech. June sewed all the clothes for herself and her family. Her talents of sewing, knitting and crocheting has been a lifelong passion. June hand made a beautiful christening gown for Robyn Lesley and their second daughter, Wendy Janene (Jan - born in 1954). This family heirloom was passed down to the grandchildren and great grandchildren

lan's parents had purchased a block of land in Terrigal (Four Winds). It eventually became their family home for many years. Ian and June spent the majority of weekends

and school holidays at Four Winds. Many happy memories were made there – building sandcastles, playing cowboys and cowgirls, prawning, fishing and BBQ's. Four Winds saw many visitors and lifelong friendships made.

Ian joined Epping Rotary Club in 1969. In 1973 the club introduced a Flea Market to the community to raise funds. Working bees were held in June and Ian's garage and June would always provide supper for the workers. They held fund-raising dinners, trivia nights, picnics, weekends away and fellowship evenings.

In 1974 the Annual Christmas Holiday moved from Four Winds to Blue Lagoon Caravan Park at The Entrance. Ian would return to Sydney for work, so June would queue for hours at the communal phone booth at the park to speak to him. The family were at Blue Lagoon when Cyclone Tracy hit Darwin. June, Ian, Robyn Lesley and her then husband Ian, raised money from the campers and donated it to the Darwin residents via Epping's Rotary Club.

In 1976, Ian was inducted as the next President of the Rotary Club. June automatically became the president of the Rotannes (the wives). June's role along with the Rotannes included selling candles at Carols by Candlelight, helping at fetes, pricing goods for the flea markets, preparing and serving morning tea at the senior citizens picnics and looking after food sales from their catering caravan. 1976 -77 was a busy year for June and Ian in Rotary. They travelled to many conferences – Canada, Japan, Singapore and KL amongst them. They also hosted exchange students from those countries. Despite being so busy, from early 1970's to 1986, June helped on a monthly basis delivering meals for Meals on Wheels. Ian and June were very committed to Rotary for many years.

In September 1976, a few days before holidaying in NZ, Ian discovered a lump in his neck. A biopsy revealed it was malignant cancer in his lymph nodes. June looked after Ian during his 18 months of chemotherapy. She cooked Ian crumbed brains regularly as it was something he could digest.

Ian and June purchased a trucking business in Guilford, working together for many years. Eventually they downsized that business and ran it from their home in Epping, selling it in 1976. They then purchased a taxi service, which Ian thoroughly enjoyed, driving and talking with customers.

In 1980 they went to England and hired a motor home and explored Britain and Europe. This trip triggered their passion for motor homing and in 1992 they bought their first motorhome which became one of their greatest joys. In 1994, Ian and June, along with four other couples formed the local chapter of the Manning Valley CMCA, which still operates today.

Left: Ian and Judy Dence on their wedding day in 1952.

Ian and June enjoyed travelling to all States of Australia. June is the only remaining founding member of the CMCA and has been made a life member.

In 1986, Robyn Lesley decided to move to Forster. June and Ian soon followed buying land in 1987 in Elizabeth Parade, Forster Keys and later built their home. They also bought a boat called Zulu and the family enjoyed many trips on Wallis Lake.

When they moved to Forster, Ian joined the Rotary Club in Tuncurry and June joined Quota and Probus. It was a great way to meet like-minded people and continue their commitment to helping in the community.

In 2010, Ian was diagnosed with dementia and could no longer drive. So, at 88, June started driving the motorhome full time. She only gave up at 94. She reluctantly handed in her driver's license at age 98. This was really hard for June as she valued her independence. By 2014, June could no longer look after Ian and sadly after only being in Kularoo Gardens for 3 weeks, Ian passed away.



Above: (L - R) June Dence, Sgt Greta Crowe and Rhoda Jones - holding their handmade Trauma Teddies to be given out to children by Police, Paramedics and Lifeline.

June considers herself to have had a wonderful and varied life. She maintains she made two good decisions in her life – marrying the man she did and moving into Evermore. When June turned 100, Evermore hosted a party for her – she could invite 100 guests, one for every year of her life.

June loves Forster – she loves the climate and the close proximity to Sydney. She loves the lake and the fact that everything is within walking distance. She feels it is a safe place to live. After travelling the world, June and Ian always said nothing beats the sight when driving over the Forster Tuncurry Bridge on a beautiful sunny day with the blue green waters lapping the golden white sand dunes.

She also loves living at Evermore because it provides her with all her needs – meals, nurse, activities, camaraderie and no responsibility.

Graham Coyne – CEO of Evermore Retirement Living said this about June...

"At 102, June continues to wow us all with her get up and go and her willingness to be in all things Evermore. I love sitting in the lounge and watching June and Rhoda go to lunch every day together. A wonderful friendship they have made together. It is a testament to always being positive and remaining engaged in life. The lippy she wears, the jewellery she adorns, June shows us all how to do it."

June loves the parties we have at Evermore and continues to lead the field each year at the 'Fashions on the Field,' on Melbourne Cup Day celebrations. Then you only have to see how much joy she brings to people with her cookies each year for Christmas and the wonderful gifts she bestows on others with her knitting."

Bob Lee, Jan's son-in-law said this about June...

"I have known June Dence for approximately 50 years, having married her daughter, Jan, in 1977.

She has never changed in all that time. She has always been a busy person, either working, cooking, sewing or creating things from clothes to curtains.

We moved around NSW with my job, living in Orange, Bourke and Kempsey prior to coming to Forster. June and Ian were regular visitors and June would help Ian with making things for the house or helping with the boys or cooking.

We had Xmas in all these locations and all the family would attend. June always made sure that there was enough food on hand for plenty of people and visitors.

Having Jan's Mum visit to an isolated and challenging place like Bourke was very important for Jan with a young child.

June has always been there for us and assisted in good times and bad. We have so often had to rely on her and she has never let us down.

An amazing grandparent for all her grandchildren and great grandchildren - her house was always a happy place for children growing up.

As a mother-in-law I could not have had a better one. For so many reasons, she has been extremely important to me. June and I have always had a strong relationship and are always having a joke. We have shared some wonderful times over the years."



Above: Judy served in the Women's National Service (WANS) during World War 2.

Living on her own in a three bedroomed home became hard for June. June was invited to view Evermore, and she moved into a ground floor unit in October 2016. June's close buddy, Rhoda Jones also moved to Evermore in 2016. They are multi-talented ladies who have knitted and embroidered a large number of trauma Teddies to be given out to children by Police, Paramedics, Fire Brigade and Lifeline. Their skills also include crocheting, sewing and embroidery.

They have contributed to the world record White Ribbon for Domestic Violence, crocheted poppies for Anzac Day and Smiley Faces for Happiness and knitted beanies for the Alannah and Madeline Foundation (Alana and Madeline, along with their mother, were tragically killed at Port Arthur). June is always knitting clothing and crocheting blankets for family members. June and Rhoda share their talents at 'Nit and Natter' classes at the Evermore craft room.

From the mid 1970's June has crocheted her two children, five grandchildren and eight great grandchildren rugs. These are treasured by the family. June also has the job of repairing clothes for her grandchildren and great grandchildren.

Water aerobics was a passion of June's up until Covid hit. Besides her craft work, June enjoys Mah-jong, bingo, raffle nights, Sudoku, Trivia and crosswords. She also enjoys her daily lunches at Evermore with her dearest friends. June loves the social life and chatting. Some Sundays they sit down with an ice-cream and watch a movie. She has weekly appointments at Evermore's hair salon. She has help with housekeeping, and has cream rubbed into her legs on a daily basis. June prepares her own breakfast and evening meal.



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'Out and About'



'Operation Christmas Child Shoebox Appeal' Afternoon Tea was held 24 August 2024 at the Christian Life Centre.

Everyone had a wonderful time and the audience wanted plenty of encores from the Forster Jumping Fleas Ukulele band.

Organiser Philippa Murray was proud to announce they'd made \$1,900 to go towards filling and delivering 38 more shoeboxes for underprivileged kids in the Asia/Pacific region!

"This year marked the 10th anniversary that our ukulele band, the Forster Jumping Fleas, has supported the Samaritan's Purse Fundraising for the Shoe Box Appeal," said Conductor Roberta Pearce. "Our members love performing for the Appeal - and some members are already making soft toys and necklaces for the kids, for inclusion in the boxes, next year. Most of us have come from fairly privileged backgrounds (compared to theirs) and being able to 'give something back' is a real privilege and very rewarding."



Spring Festival along Wharf Street in Forster on 14 September 2024. Photos by Matilda and Geordie Yule.



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On to Failford...



Breckenridge Store, Failford

Forster and Failford was one such person. He was also known for his nursing skills during the typhoid outbreak and later became the Rev. Canon Ritchie.

The pace of life in those early days was also so different as is shown by this statement from Jack Breckenridge of Failford when he spoke of the great old days when he was young in the early 1900s. This is what he wrote: "You had to make your own fun".

Historical Talk Part 4: On to Failford - Anne Masters & Helen Duggan from the Great Lakes Museum.

On to Failford, another area dramatically different now to what it was in the days when it was a prosperous timber town.

Failford was founded in the 1880s by John Breckenridge who was the son of John Wylie Breckenridge of Forster. Failford was named after a small village in Scotland. The River Inn Caravan Park is now situated on the once busy sawmill, shipyard, storage and accommodation area that formed part of a small but thriving village that as well boasted a school, store, post office, butcher shop, tennis court, football and cricket grounds, cycle track, horse track, church, numerous houses, yards, wharves and buildings. The mill closed in 1953 and the school in 1963. The village also had three forges (where metal objects are made or shaped by heating in a furnace before hammering). All maintenance and repairs for bullock trucks, wheels, horse drawn equipment buggies, sulkies, farm drays, carts and farm implements, horse and bullock shoes, the list seems endless, all needed the smithy. The smithy was a well-known personality in town and W. Ritchie of

"All the old families were friendly and kindness seemed to be their motto. Picnics seemed to be the main thing in those times, by day. At night you would go to a friend's place for a social evening. You stood around the piano and sang your heart out. These socials would go on till the early hours of the morning."

"At these socials there were no drink bars and young and old joined in the fun. We would go out to a farm where we were taught to square dance in an old barn. When we arrived, we perhaps would have to throw all the old corn and pumpkins into one corner to make room for the dancing. Mrs Gus Smith was our tutor, a lovely old lady, no music, only her hands clapping and she would sing and clap at the same time. We used to walk about a distance of 6 miles return and have a good time."

Right: John and Mary Breckenridge.



Forster Tenpin Bowlers shine at State Special Olympics

Continued from page 24.

Results from State Titles:

Ellie - Gold in singles and mixed doubles, Sophie - Silver in singles and 4th in doubles, Jason Holley - Gold in singles and Silver in doubles with Grant Percival, Steven Holland - Gold in singles and 5th in doubles, Grant - Bronze in singles and Silver in doubles with Jason Holley.

By Cathy Mugiven. Photos by Geordie Yule.



Right: Back row (L to R) - Jason Holley, Grant Percival, Ellie Mugiven and Clay Small (coach). Front row - Steven Holland and Sophie Powick.



Left and below: The team trains and competes every Tuesday night at Forster Tenpin Bowling Centre.

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Forster Tenpin Bowlers shine at State Special Olympics

Five tenpin bowler athletes competed at Campbelltown, Sydney on August 17-18 in numerous divisions against 192 of NSW's best at the 2024 State titles. This is also the selection event for the NSW team for the National Titles.

The bowlers, Ellie Mugiven, Sophie Powick, Jason Holley, Steven Holland and Grant Percival competed in singles, doubles or mixed doubles. All adapted well to the huge 30-lane complex, non-string pins and the lane oil conditions with some great scores recorded.

The team trains and competes every Tuesday night (see below) at Forster Tenpin Bowling Centre with coach, Clay Small. The league welcomes all-comers regardless of age, ability or disability. Some of these athletes also travel to Port Macquarie once a fortnight to train and compete with the rest of their Mid North Coast team.

Continued on page 23.



Double Gold Paralympics Star - James Turner



Above: James Turner (in green jacket) with FTAC athletes in August 2023. Photo by Mary Yule.

28 year old James Turner, formally of Diamond Beach in the Mid North Coast, has just completed a double gold performance for Australia at the Paralympics in Paris.

On 3 September, James won the gold medal and broke his own world record for the T36 400m in a time of 51.54 seconds, beating his old mark by 0.17 seconds. Racing from his lucky lane 7, James hit the front from the 200m mark and ran clear over the line.

Four days later, James won the gold medal in the T36 100m in an extremely tight finish with yet another record. This time a new Paralympic record of 11.85 seconds.

James' results were even more impressive when it was revealed he had contracted glandular fever earlier this year which affected his training leading up to the Paris Games.

James said his coach Iryna Dvoskina told him 'two months of sickness will not get rid of seven years of hard, gruelling work.'

The Forster Tuncurry Athletic Club (FTAC) are proud to say James was a club member from when he was 8 to 15 years old. When in town he likes to visit the FTAC club to encourage the young athletes with their training. He is also a mentor to Jasmine Lette, one of our fantastic Multi Class athletes. James' grandparents Jim and Pat McDonald live at Forster while his parents Ian and Fiona live at Diamond Beach. Jim and Pat presented awards to young athletes at FTAC's end of season celebrations in May earlier this year.

James was a former Para Australian soccer player before returning to athletics

in 2016. His is with esteemed Coach Iryna Dvoskina, an Ukraine-Australian born Athletics Coach who has helped Australian paralympic athletes win over 70 medals.

By Wayne Lever – FTAC.

In an interview with Australian Paralympics, James Turner said, "I'd love to see more kids getting into sport."

"I think Paralympic sport does a great deal of good, not just for disability awareness, but the health of people with disabilities. I think you've got to keep moving and to have an avenue for that, for young kids, is absolutely vital."

"The medal is a piece of gold that hangs around my neck. But, to change your life, to pursue improvement, I think, is fantastic."

www.paralympic.org.au





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