



**Huge Airshow coming! p5 & 17**

**Local Identity Gary Hooper p23**



**Star Pet 'Nex' p21**



# Forster Fortnightly

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

Thursday 3 October 2024 **PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS** Circulation 7,000 No.106

## Your MidCoast Councillors for 2024-27

11 Councillors for the 2024-27 MidCoast Council have been confirmed by the NSW Electoral Commission on Monday 30 October.

Group G (Group Leader Micheal Graham) received 22.93% of votes, Group D Labor (Claire Pontin) 16.01%, Group E (Alan Tickle) 15.79%, Group A (Peter Howard) 11.43%, Group C (Jeremy Miller) 10.10%, Group I (Dheera Smith) 6.58% and Group B (Thomas O'Keefe) 6.35%.

A total of 66,030 ballots were counted with 59,787 formal votes and 6,243 informal votes.

The Libertarian Party has the largest group with 3 councillors, followed by Labor and Independent Group E with 2 Councillors each. Five Councillors were re-elected – Peter Howard, Jeremy Miller, Claire Pontin, Alan Tickle and Dheera Smith.

- The 11 councillors are as follows (in order of ballot drawn)**
1. Peter Howard – Group A, Independent (Forster)
  2. Thomas O'Keefe – Group B, Independent (Hawks Nest)
  3. Jeremy Miller – Group C, Independent (Old Bar)

4. Claire Pontin – Group D, Labor (Red Head)
5. Digby Wilson – Group D, Labor (Taree)
6. Alan Tickle – Group E, Independent (Red Head)
7. Nicole Turnbull – Group E, Independent (Wootton)
8. Micheal Graham – Group G, Libertarian Party (Mooral Creek)
9. Phillip Beazley – Group G, Libertarian Party (Smiths Lake)
10. Hugh (Mal) McKenzie – Group G, Libertarian Party (Langley Vale)
11. Dheera Smith – Group I, The Greens (Mondrook)

Council's General Manager Adrian Panuccio said he welcomes the new Councillors and is looking forward to working with them.

The Councillors will begin by undertaking an orientation phase to help them understand their role.

"As a Council, we are governed by the Local Government Act 1993, which outlines the many

**Continued on page 2.**



**Above: Year 12 Bike Ride on Friday 27 September 2024 to celebrate last day of schooling.**  
*More photos on page 6. Photo by Mary Yule.*

## Update on health services in the Manning Great Lakes region



The last couple of weeks have seen a host of developments, discussion and action taken involving health services in the Manning and Great Lakes region.

As Eddie Wood, President of Manning Great Lakes Community Health Action Group (MGLCHAG) said, "Manning Great Lakes health is now at the front of people's minds, and this is very positive and important for the community. People are talking about health!"

*Left: Local nurses Amanda Haschek (pictured) and Lee-Anne Lawson received good support from people on their walk along Wharf Street in Forster during the NSW nurse strike for better pay and conditions on 24 September.*

**1. Stage Two redevelopment at Manning Base Hospital to recommence in 2025**

On 20 September, the NSW government announced that Stage 2 of the Manning Base Hospital (MBH) Redevelopment in Taree will recommence in early February next year.

Minister for Regional Health Ryan Park said, "This is an important step, and we are excited to see the Lower Mid North Coast Health Service project moving forward. As the project progresses, there will be continuing opportunities for staff, clinicians and the community to have input in helping shape the redevelopment."

MP for Myall Lakes Tanya Thompson said, "This redevelopment is part of a broader strategy to enhance health services across the Lower Mid North Coast, supporting not only Manning Base Hospital but also the Forster-Tuncurry health facility projects."

"These upgrades will make a real difference to patients and healthcare providers; I look forward to seeing a shovel in the ground."

Stage two redevelopment of MBH will see the demolition of the current administration building to make way for the construction of a new inpatient accommodation building. The plan also includes refurbished and

**Continued on page 3.**



**TAB** Drink Wise.org.au

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

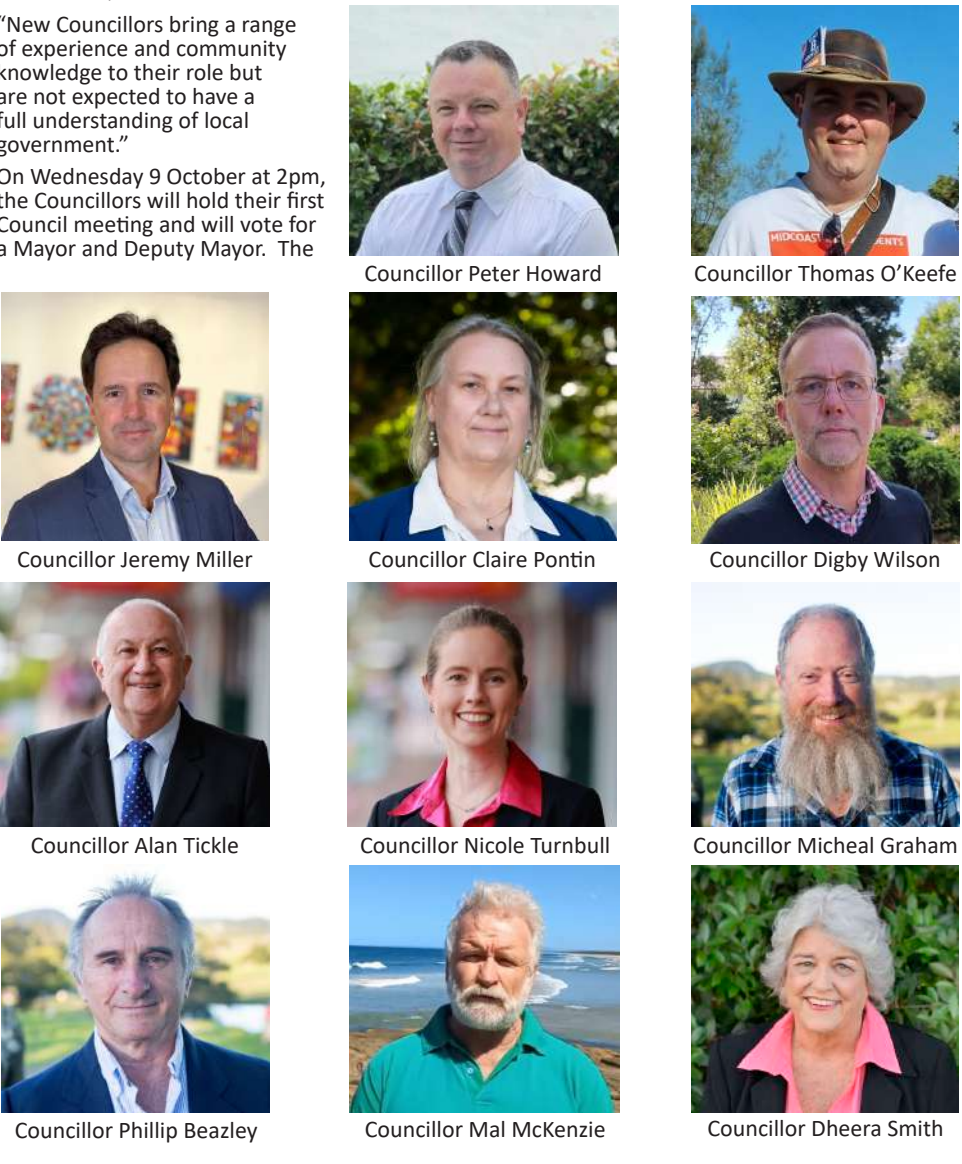
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		<b>Seal Rocks</b> Seal Rocks General Store

**Your MidCoast Councillors for 2024-27**

Continued from page 1. responsibilities of Council and the protocols we must follow," said Mr Panuccio. meeting will be live-streamed via a link on Council's website. By Mary Yule. Photos supplied or Facebook.



**Tobwabba Medical Service's 'Walk Towards Life'**

Tobwabba Medical Service organised a walk from Tuncurry Rockpool to South One Mile on 10 September - "In memory of those we have lost to suicide. Let's come together to raise awareness for mental health and keep our community safe."



Thank you to everyone who participated in Yayn. ga GIRRANGGU "Walk Towards Life". We're excited to share that we raised a total of \$210 in gold coin donations, plus additional sales of Baiame by Kahi merchandise that goes directly to the Kahi Simon Fund. We'll provide a full update on the total donations raised. A special thank you to Forster Dive Centre, Wesley Mission, and Social Futures for their generous contributions and for keeping us hydrated throughout the event.

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**Update on health services in the Manning Great Lakes region**



Above: MP David Gillespie at the reopening announcement for aged care services in Bulahdelah by Stroud Community Lodge. Photo supplied.

**3. Manning Base Hospital cafeteria to remain open**  
 Tanya Thompson, Member for Myall Lakes, has confirmed that the Manning Base Hospital cafeteria will remain open for the foreseeable future, following strong community support and staff efforts to prevent its closure. After protests and a petition signed by over 4,000 people (organised by the Health Services Union - HSU), Mrs Thompson joined the call, advocating for HealthShare NSW to reverse its decision as a matter of urgency.

**2. Meeting of staff & stakeholders**

Bulahdelah, Forster and Gloucester health servicing needs were on the MGLCHAG's radar in talks held on Tuesday 27th August. The Action Group Committee was invited to attend a meeting at Forster with members of the State Government's Select Panel whose brief is to investigate the recommendations brought down by the 2021 Inquiry into Health Service Access and Delivery in Rural, Regional and Remote NSW. The Panel is chaired by Dr Joe McGirr, the Independent Member for Wagga. Tanya Thompson, our local member for Myall Lakes and part of the Select Panel, was also in attendance.

**4. Aged Care Services to reopen in Bulahdelah**

Minister for Lyne, Dr David Gillespie stated, "Bulahdelah received some amazing news on 19 September that Stroud Community Lodge will purchase and operate Cedar Wharf Lodge Nursing Home. Locals were left devastated when Anglican Care shut down the facility 2 years ago. It saw the elderly residents moved to other facilities and away from the community they know and love. This news not only means reopening the Bulahdelah facility, but potentially reshaping the rooms to provide additional individual accommodation for more residents. It's the right step forward to rebuild aged care and health services in Bulahdelah and the district. Congratulations again to everyone in the community who has fought to keep Cedar Wharf Lodge operating now and into the future. Thank you to the Board and management of Stroud Community Lodge for their commitment to our community." Office of MP Dr David Gillespie

**Response from Bulahdelah & District Health Action Group (BAGDAD)**

"This is fantastic news for the town of Bulahdelah," said Anne-Marie Barry, Chair of BADHAG. "We are so excited to have aged care services back for our community. This is also good for the town's employment with around 60 skilled and unskilled jobs expected when it eventually opens." However, as Anne-Marie explained, the reopening of aged care could potentially affect Bulahdelah's chances of a much-needed Multipurpose Services (MPS) in town. (MPS are small health facilities servicing rural or remote

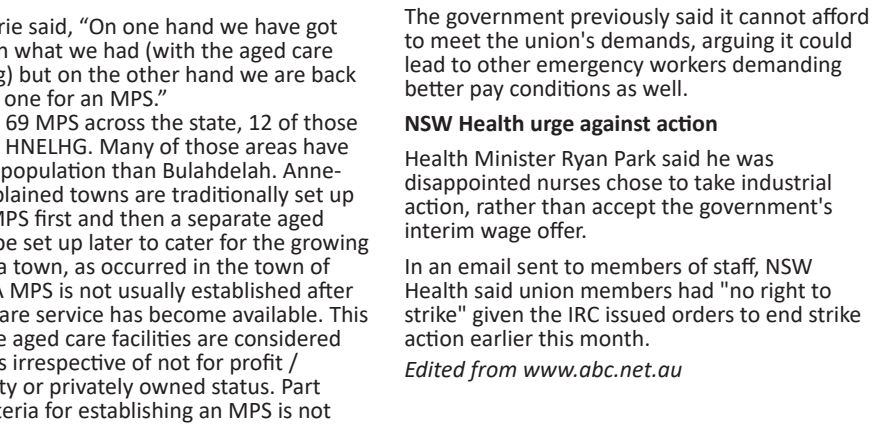
locations. It is usually a combination of hospital and aged care services for smaller towns that cannot support both.)

When Bulahdelah Hospital closed in 2012 as a result of no doctors, the town relied on a Nurse Led clinic operating between 7.00am & 10.30pm 7 days a week. This has since been reduced to 7.00am - 7.00pm 7 days a week. Currently, the town does not have an emergency department and relies on local doctors who are available by appointment only on Tuesday, Wednesday, Thursday, Friday and most Saturdays. BADHAG is now working out their next approach. Anne-Marie said they will continue to work with HNELHD and fight for vital emergency services for their town with support from residents and local MPs. Interview with Anne-Marie Barry by Mary Yule.

**5. NSW Nurses & midwives walk out over poor wage offer**

Extended emergency department wait times and delays to elective surgeries are expected in NSW today [24 September] as nurses and midwives walk off the job to rally for a larger pay rise. Thousands of nurses and midwives brandishing signs and chanting "we want 15%" have marched from Sydney's Hyde Park to Parliament House. Part of the city's CBD has been closed and mounted police are patrolling the streets. It is the second industrial action taken by the Nurses and Midwives Association in less than three weeks. The union this week rejected a recommendation from the state's Industrial Relations Commission (IRC) to accept a 3% pay rise with backpay. NSW pay lags behind other states. The union is pushing for a one-off 15% pay rise, after rejecting an offer from the Minns government for a 10.5% pay rise over three years. The government previously said it cannot afford to meet the union's demands, arguing it could lead to other emergency workers demanding better pay conditions as well. NSW Health urge against action. Health Minister Ryan Park said he was disappointed nurses chose to take industrial action, rather than accept the government's interim wage offer. In an email sent to members of staff, NSW Health said union members had "no right to strike" given the IRC issued orders to end strike action earlier this month. Edited from www.abc.net.au

In 2022, when the only aged care service closed, the town was put into a drastic situation with no Aged Care services and few health services available. That's when Anne-Marie and BADHAG saw the opportunity to gain an MPS and started fighting hard for once again. Anne-Marie said her town ticks the criteria for a MPS with its postcode population of 3,297, a higher percentage of elderly residents and with support from local state MP Tanya Thompson, federal MP David Gillespie and the Manning Great Lakes Community Action Group (MGLCHAG), the local action group worked their way through the bureaucracy to almost reach the point of applying for funding. At a meeting with Hunter New England Local Health District in February, HNELHD agreed to apply for funding for an MPS when the funding round opened. The funding round was delayed and did not open to applications until the beginning of September. Anne-Marie said, "On one hand we have got more than what we had (with the aged care reopening) but on the other hand we are back to square one for an MPS." There are 69 MPS across the state, 12 of those are in the HNELHG. Many of those areas have a smaller population than Bulahdelah. Anne-Marie explained towns are traditionally set up with an MPS first and then a separate aged care can be set up later to cater for the growing needs of a town, as occurred in the town of Walcha. A MPS is not usually established after an aged care service has become available. This is because aged care facilities are considered a business irrespective of not for profit / community or privately owned status. Part of the criteria for establishing an MPS is not impeding on any existing business. Great Lakes Nursing Home, Cedar Wharf Lodge was set up by the Bulahdelah community and generously supported by the Ireland family from 1991 to 2017, until it was transferred to Anglican Care who closed it in 2022, declaring financial issues. Anne-Marie said they desperately need local clinical support for the many occasions when people require care on the spot rather than waiting for an ambulance for up to 40 minutes or more or a long trip to Manning Base Hospital. "We are also told to save ambulances for life threatening emergencies. Simple sutures do not always fall into that category". An MPS in Bulahdelah would also take the pressure off the Emergency Department (ED) and beds at MBH taking care of low acuity patients. This in turn eases pressure on both local patients and their families being able to receive care closer to home. "Our LGA area (Local Government Area of MidCoast) has a population of 93,800, consists of 195 towns, and covers 10,000 square



Above: Nurses and supporters strike outside the Community Health Centre in Forster on 24 September. Photo by Mary Yule.

Value us Forster/Tuncurry Community Health Centre NSW NURSES & MIDWIVES ASSOCIATION BRANCH www.nmwa.org.au

**Nurses strike in Forster**

Local nurses supported the statewide nurse strike on Tuesday 24 September by standing together outside the Community Health Centre on Breeze Parade Forster and walking along Wharf Street to talk to local residents. Amanda Haschek, member of Nurse & Midwife Association (NMA) said, "We want to keep nurses in nursing. There are better nursing wages outside NSW and in aged care at the moment. We are losing nurses to other states and to private health services." Continued on page 24.

## Tarkari Units & St Vincent de Paul celebrate 30 years of supporting families in crisis

A significant milestone was marked on Friday, September 20, 2024, as the St Jude Conference of St Vincent de Paul celebrated the 30th anniversary of the Tarkari Units. These units were built with a crucial government grant to construct vital accommodation for families facing homelessness.

Nestled behind the St Vincent de Paul Centre in Forster, the Tarkari Units were established with the support of a \$310,000 grant from the 1991/92 Crisis Accommodation Program. This initiative has since served as a lifeline for families in crisis, providing shelter and support to those in need.

The journey to establishing the units began in 1988, during a community meeting held at the local Catholic Church Hall, where residents gathered to discuss the pressing housing crisis. The local St Vincent de Paul Conference took up the challenge, applying for funding to acquire



Above: Fr. Kevin Corrigan at the foundation stage in 1994.

Left: (L to r) Paul Macfadden and Kevin Corrigan at the 30 year celebration in September 2024. Photos supplied.

land adjacent to the Centre and seeking a grant from the Department of Housing for construction.

After overcoming delays regarding amortisation/reducing debt discussions, the project gained momentum when Deputy Prime Minister Brian Howe approved a 30-year amortisation period in May

1994 – where the purchase price was gradually written off and the units are now fully owned by St Vincent de Paul. The tender process soon followed, and by October of that year, construction was underway. Parish Priest Fr. Kevin Corrigan blessed the site, placing a St Jude medal in the foundations as a symbol of hope.

In March 1995, the keys to the newly built units were handed over, and they were aptly named "Tarkari," an Aboriginal word meaning "Future." The first tenants, a solo parent and child, moved in shortly thereafter, marking the beginning of a new chapter for many families.

During the anniversary celebration, Conference President Paul Macfadden welcomed guests, including community members and current residents of Tarkari. Fr. Corrigan shared reflections on the project's impact and led a prayer for its continued success.

Over the past three decades, the Tarkari Units have provided shelter to approximately 110 families, totaling around 350 individuals. This remarkable achievement is a testament to the dedication and compassion of the Vincentians from the St Jude Conference who have tirelessly supported the project since its inception.



Above: Tarkari Units in Forster.

Right: Current resident VJ with his mum, cutting the celebration cake.

As the community reflects on the legacy of the Tarkari Units, there is a shared hope for the future, one that continues to provide comfort and support to those in need in the local area.

By Greg Byrne - St Jude Conference of St Vincent de Paul.



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# Palms students learn about elections before trip to Canberra



Above: 5/6PB students from Pacific Palms Public School have been preparing for their visit to Canberra, and in particular the Australian



Electoral Commission. They have been working on their own election campaign, learning what the election is, and how to vote correctly. Today (16 September) was their last chance to present their candidates and explain why students in the class should vote for their party. After voting they worked through the preferential

voting system to determine who was the winning candidate.

Left: Year 5 and 6 students from Pacific Palms Public School visited Parliament House and the Australian Electoral Commission during their school excursion to Canberra from 24-27 September. Our students were so knowledgeable, we were so proud of them!



Above: We also met Australia's Governor-General, Her Excellency the Honourable Ms Sam Mostyn AC at Government House.

# Forster Campus students spend a day cleaning family retreat

Students from Forster Campus spent a day cleaning fences and cabins ready for families visiting the Ronald MacDonald Family Retreat in Forster, said their work today will, "Help reduce the wear and tear of the place and keep it in good condition. If the black metal fence is not cleaned and painted every few years, we would have to replace it because of the corrosion from the salty air.

Sarah Wilkinson, from Forster's Ronald McDonald Family Retreat in Forster, said their work today will, "Help reduce the wear and tear of the place and keep it in good condition. If the black metal fence is not cleaned and painted every few years, we would have to replace it because of the corrosion from the salty air.

The 22 students here today (16 September) belong to the Student Representative Council (SRC) at Forster Campus, representing Years 7 to 10.



Above: Abigail Allard, Ruby East, Kaylee Rands and Taylah Lamacraft using sugar soap. Left: Students cleaning inside the cabins.

"Today is about visiting the retreat and having a hands-on experience in helping others. To truly see the impact of their efforts in helping families with a seriously ill child."

Student Alec Degnar is sponging down the inside walls of a cabin with sugar soap. "I always love doing charity work. We are keeping the place in pristine condition for the families visiting. It's good to know we are making sure they have a good time in a clean cabin here. This is not hard work - just tedious. You have to make sure every little bit is cleaned properly."

Abigail Allard, Ruby East, Kaylee Rands and Taylah Lamacraft are sponging down the outside of a cabin wall. They said it's really good to give back to the community and see a different perspective on things. The students said they knew exactly what to do

after hearing the game plan that morning and were happy to work away while listening to some upbeat music. Taylah said her brother had some recent surgery at Newcastle. She said, "We work here, and my family were helped there."

Sarah said, "Our retreat is booked out until February. It's exciting to have the retreat fully utilized by families. It's now shiny and clean



after the students have been here, ready for the spring and summer main season." Story and photos by Mary Yule.



## Year 12 Bike Ride on Friday 27 September 2024 at John Holland Park.

Year 12 Advisor Vanessa Prior said, "This Year 12 bike ride signifies their final day of 13 years of education. The students ride from the Forster side of the bridge to the Great Lakes Senior Campus in Tunccurry. Once at school we'll have a sausage sizzle and a fashion parade to celebrate."

"It's been a pleasure to be their Year 12 Advisors, alongside Kingsley Pursch, and we wish them the best of luck in their endeavours."

Right: Kath Day and Kel Knight made an appearance. Story and photos by Mary Yule.



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# Regeneration of Blueys Beach dune: A triumph for Blueys volunteers

The magnificent beach at Blueys has had one defect for decades: the dune has been heavily infested with weeds, particularly Bitou Bush and Asparagus Fern which were killing off the native shrubs and threatening its stability. The Bitou Bush was purposefully planned in about 1973 to compensate for the effect of rutile mining but had a negative impact. After 10 years of work by volunteers, well supported by Great Lakes Council and later Mid-Coast Council, the dune has now been cleared of weeds and replanted with over 3500 natives. A regenerated healthy dune has been achieved by a massive voluntary effort!

After some preliminary dune work in 2013 the Blueys Beach Dune Regeneration Group (BBDRG) was officially formed in April 2014. GLC and MCC provided training, equipment and all the native plants grown in their nursery. To control these weeds, it was necessary to clear the length of the dune three times during the 10 years ending in December 2023. This reflects the density of the weeds and their seed bank enabling recurrence. Plantings of natives



Above: Some of the volunteers from the Blueys Beach Dune Regeneration Group. Photos supplied.

down the dune! But as pictured right, it has been regenerated. Now, the ongoing tasks are dune maintenance and care of the littoral forest at the south end of Blueys.

BBDRG thanks Steve Howard Community Liaison Officer and Anthony Marchment Environmental Officer from MCC for their support and education provided to the volunteers and acknowledges that their collaboration with volunteers was critical to success of this project.

To continue this work more



were done in autumn or spring in the large areas cleared of weeds and they frequently required watering to embed them. Most work sessions were done on Saturday morning often accompanied by morning tea and coffee which fostered friendships and a celebration at the end of the year!

volunteers are necessary; those interested should contact MidCoast Council on 02 7955 7777.

By Adrian Hibberd AM - Team Leader (2014-2023), Blueys Beach Dune Regeneration Group.

This project took 5,852 voluntary hours over 10 years where nine volunteers did 5,060 hours (see photo left). Of these, four volunteers did over 680 hours each. A total of fifty-three volunteers contributed to the effort. The average hours worked per year were 585 with a range of 155 to 821. According to MCC this is the first time that a work log has been constructed!

The 4 photos show regeneration in the same middle section of dune at Blueys Beach.

Left: Start of clearing dense Bitou Bush in 2015.

Top right: Cleared area in 2017.

Middle right: Close view of cleared area with felled Bitou on the ground, 2017.

Right: Replanted area in 2022.



The middle of the dune with its high steep section was the hardest to manage because it was almost completely decimated by Bitou and without harnesses some volunteers slipped



# Are you the independent candidate for Lyne?

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# Manning - Great Lakes Police District Update



Dear Readers,  
School holidays are upon us and with this comes a great influx of visitors to our wonderful area.

Unfortunately, holiday periods can also see an increase in property theft from holiday accommodation - particularly of bikes - so it is timely I provide a few simple crime prevention tips that can minimise the chance of you becoming a victim of crime!

### Crime prevention: Caravan Parks

When you arrive at a Caravan Park -  
• Ask the manager about safety and security in the area.

- Get to know your neighbours and who belongs there.
- Secure your outdoor equipment with a good quality chain and lock.
- Secure your vehicles with wheel and hitch clamps.

DO...photograph, video and keep an accurate description of all your vehicles and valuables

(particularly serial numbers).

DO...mark your valuables with an identification number such as your driver's licence.

DO...keep all your doors and windows locked, even when you're nearby.

DO...take all your valuables with you when you leave the park or area.

DO NOT...leave bikes, eskies

(particularly with alcohol), surfboards, wet suits, fishing gear or any other recreational equipment unattended outside.

DO NOT...leave equipment - especially bikes - on top of vehicles or boats without chaining/locking them.

DO NOT...leave washing, shoes or wet swimmers and towels outside overnight.

DO NOT...leave spare keys hidden outside the caravan when going out.

DO NOT...leave things of value on display inside your vehicle or caravan (such as mobile phones, lap tops, cameras, handbags or wallets).

### Going out?

- Leave a light or radio on to try and give the appearance you're inside.
- Make sure you key lock all your doors, windows and roof hatches.
- Turn on your alarm.
- If you can't take valuables with you, secure them in a safe or ask the Park Office to store your valuables in the office safe for you.

### Protect your bike!

- Always record the serial number, brand and

model of your bicycle and accessories and take a photo.

- Never leave your bicycle unattended and unsecured.
- Always use a good quality bike lock/chain when parking your bicycle away from home.
- Always lock the wheels and frame to a secure object.
- Always park your bicycle in a well lit and populated area.
- Where possible, secure your bicycle inside your holiday accommodation.

If you have become the victim of theft or crime immediately contact the Police (you can report the crime immediately on 131 444) and your Caravan Park Reception Office.

### And finally...

Speeding, fatigue and alcohol are the three main causes of death and injury on our roads, so please remember:

- Don't drive at inappropriate or excessive speed
- Don't drive under the influence of alcohol or drugs
- Don't drive when fatigued
- Don't drive distracted - put your mobile phone in your glovebox and concentrate on driving safely
- Make sure you and your passengers wear your seatbelts - or your helmet if riding a motorbike

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.



Above: Inspector Timothy Bayly.

# Opening of newly refurbished midcoast veterans wellbeing centre



The newly refurbished Midcoast Veterans' Wellbeing Centre officially opened on 24 September.

Federal Member for Lyne Dr David Gillespie said the new centre was part of the Mid North Coast Veterans Community Wellbeing Enhancement Project.

"The project aims to enhance the veteran community's social connectedness, access to health and wellbeing support," Dr Gillespie said.

"The Midcoast Veterans' Wellbeing Centre is the third Centre in the Network and forms part of a connected network of Advocates and Support Officers from Taree to Grafton on the NSW Mid North Coast. The Centre has expanded on the current advocacy services provided to Veterans and their Families.

The project secured \$1-million in Federal funding under the Commonwealth Government's Veteran Wellbeing Grants One-Off Program.

"In my electorate I have about 3,000 veterans. That is a big slice of veterans in the North Coast," said Dr Gillespie.

# First Aid Training saves man's life on way to the gym

"When I renewed my First Aid Training in July, I thought I was never going to use it. Now I realise if I hadn't, I would not have been able to save a man's life."

Mark Jensen was heading to a gym in Forster on 13 September when he saw what looked like a manikin on the ground with people standing around. It did not look right so he quickly parked his car and ran to the scene. He discovered a man lying awkwardly on the ground and his work colleagues ringing for an ambulance. The colleagues said the man had collapsed about 90 seconds ago and was not breathing.

As Mark had renewed his first aid training for SES Tuncurry, he asked if anyone had done some CPR on the man. They said they did not know how. Mark quickly stepped in and started CPR. After 15 compressions the man was breathing again but needed to be turned to clear his airways. Every time Mark turned him the man would stop breathing so he kept the compressions going. This happened 4 times.

Mark could hear the lady on the other end of the phone call to triple 000 and yelled out that he was doing CPR. She told him to keep going and started helping him count the compressions. This went on for 4 minutes until the paramedics arrived.

Mark said, "I remember the paramedic saying, 'We have rhythm'. They used the defib and compressions and had to shock him 4 times before taking him to hospital."

"I was pretty emotional after that but more relieved when the man's work called that afternoon to say my actions had saved him. Paul (as I later learned) had survived and was in a critical but stable condition."

On the Monday, Paul's work called again to say Paul's wife had rung and wanted to meet Mark. He went into Manning Base Hospital the next day and met Paul's wife and three daughters who gave him a hug.

"Paul had no recollection of what had happened but when his family explained to him who I was, he smiled and knew what they

were talking about. I held his hand for a while and we had a bit of a chat. I found out from his family more about his state of health. He is a tough man and had survived. He was a husband, a father and a grandfather."

Mark said, "Later, with support from my SES Unit Forster Pacific Palms, I took up the offer of counselling and it helped greatly. The lady who rang had been with SES since 1992 and had a lot of experience. I was quite traumatised by finding Paul on the ground and having performed CPR on him while he was in such a bad way from his sudden collapse. It really was touch and go. I feel a lot better about it now and more so after meeting Paul and his family."

"I strongly believe everyone should learn basic first aid. Paul's work told me they are planning to introduce basic first aid training in their workplace."

By Mary Yule. Photo supplied.



Above: Mark Jensen (SES) with Paul and his family.

# Lifeline donation for Forster Neighbourhood Centre

Forster Neighbourhood Centre recently received an unexpected but most welcome donation of \$20,000 from the Shaw and Partners Foundation. Michael Holmes is a Smiths Lake based senior financial adviser and investment manager/stockbroker with Shaw and Partners. When Michael was chosen by his work to support a charity, he looked up the range of activities that Forster Neighbourhood Centre did in the local community and thought it was an easy choice.

Michael and his wife attended the Forster Neighbourhood Centre on Thursday last week to present the cheque to the Manager, Corinne Stephenson and President, Felicity Carter.

This could not have come at a better time for Forster Neighbourhood Centre and the donation will greatly assist in covering the

shortfall of operating costs for 3 months, providing much needed time to attract further funding.

With the cost of living and housing crisis in our community, Forster Neighbourhood Centre is struggling to keep up with the increased number of clients and level of complexity presenting at the centre on a daily basis.

Neighbourhood Centres in NSW do not receive core operational funding and rely on volunteers to play the role of a safe pair of hands for community members in crisis.



It was fantastic to recognise the generous contribution of the Front Desk volunteers at the NSW Volunteer Awards last month however

urgent funding is required to adequately support the volunteers in their role. To respond to the current crisis, Forster Neighbourhood Centre is lobbying all levels of government to employ a trauma informed crisis worker to ensure vulnerable Great Lakes residents are accessing the support services they are entitled to. Unfortunately, repeated calls for assistance from government have been met with a firm 'no', at this stage.

Corinne Stephenson has said 'The difficult decision to consider reducing days of the centre comes down to staff and volunteer wellbeing, they simply cannot continue to respond to triple the enquiries that we receive funding for. The exceptional value for money that Neighbourhood Centre's provide to the community needs to be formally recognised at the state level.'

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Time: 8am start  
Ticket price \$45 per person  
with \$20 from each ticket going to National Breast Cancer Foundation

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National Breast Cancer Foundation

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From 8pm

**MELBOURNE CUP Luncheon**

**70s Rewind Show**

with hits from...  
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If you've got an issue or see something that needs addressing, tell us about it:  
midcoast.nsw.gov.au/report  
02 7955 7777

**MIDCOAST council**

**Your work in progress**

## Active & Creative Kids voucher



Parents, guardians and carers receiving Family Tax Benefit can apply for an Active and Creative Kids voucher for each eligible child.

The \$50 voucher is available twice a year to use towards sport, creative and cultural activities.

### Voucher 2 available now

If you haven't used voucher 1, you can apply for voucher 2 and use both vouchers together before 31 December 2024 for a combined value of \$100.

### Voucher 1 - 2024: Available from term 1

- Applications opened 1 February 2024
- Apply for and use the voucher by 31 December 2024

### Voucher 2 - 2024: Available from term 3

- Applications opened 15 July 2024
  - Apply for and use the voucher by 14 July 2025
- [www.service.nsw.gov.au/transaction/apply-for-an-active-and-creative-kids-voucher](http://www.service.nsw.gov.au/transaction/apply-for-an-active-and-creative-kids-voucher)

Advertorial

## A New Era in Lakefront Living

Lakeside Forster Village has announced the release of a 27 new home development within their existing over-50s community. Located on the scenic shores of Wallis Lake, Lakeside Forster offers an unparalleled lakefront living opportunity for downsizers.

This limited release of new homes is priced from only \$599,000, offering an exceptional opportunity for affordable waterfront living. Each home has been thoughtfully designed for over 50s featuring low-maintenance layouts and contemporary designs. Buyers can choose from lakefront duplexes or freestanding homes and can customise the homes to suit their style and budget. The first stage of new homes are nearing completion and will be available to move into from early December.

Lakeside Forster allows residents to fully embrace a relaxed coastal lifestyle. With convenient access to the lake, as well as boat storage and fishing facilities, those who enjoy being by the water can make the most of

everything lakeside living has to offer.

Exclusive amenities for residents are also planned, including a waterfront clubhouse with an alfresco BBQ area, library, wellness room, and pickleball court. These facilities are designed to further enhance the lifestyle and sense of community the village offers.

"Lakeside Forster is an excellent choice for those considering downsizing, allowing them to embrace a new phase of life in a close-knit and welcoming community," said Village Manager Sue Orr.



model, providing an affordable alternative to traditional retirement living. Land Lease communities allow residents to own their homes while leasing the land from the operator, offering financial advantages such as no stamp duty, no council rates, and no exit fees.

"By selling their current home that may no longer serve their needs, prospective buyers can downsize into something more suitable and free up equity in the process. This gives people more financial freedom to truly enjoy their retirement," explained Ms Orr.

A Village Open Day will be held on 19 October from 10 am to 12 pm, offering interested buyers the opportunity to inspect the display homes, meet with current residents and staff and discover all that Lakeside Forster has to offer.

For more information, or to RSVP to open day visit [lakesideforster.com.au](http://lakesideforster.com.au).



"The secure living environment, with dedicated onsite management, provides peace of mind and the freedom to enjoy a "lock-up-and-leave" lifestyle," she added.

Lakeside Forster operates under a land lease



Discover Over 50s Lakefront Living  
 Visit our Open Day to see how bright your future could be  
 Saturday 19 October 10am - 12pm

RSVP is essential. Visit [lakesideforster.com.au](http://lakesideforster.com.au)  
 13 Tea Tree Road, Forster | 02 6555 5511



## 'Out and About'

'Get Ready Weekend' Open Day at Rainbow Flat RFS on 21 September. Photos by Geordie Yule.



MidCoast District RFS Superintendent Ugo Tolone stated:

"After years of wet weather and significant vegetation growth, bush and grass fire risks are returning as conditions become drier and warmer."

"Preparing for bush fires is easier than people may think. Take five minutes to have a conversation and ask yourself: if threatened by fire, when will you go, what will you take, and where will you go?"

### Top 5 actions to reduce bush fire risk:

1. TRIM overhanging trees and shrubs.
2. MOW grass and remove the clippings, creating a cleared area around your home.
3. REMOVE flammable items that can burn around your home (e.g. Door mats, wood piles, mulch)
4. CLEAR debris and leaves from the gutters surrounding your home.
5. PREPARE a sturdy hose or hoses that will reach all around your home.

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



OMODA 5

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~\$27,990 is driveaway price (DAP) for MY24 FX model with no optional extras. For new stock vehicles purchased and delivered from participating dealers between 1 August 2024 and 30 September 2024. While stocks last. Not available to fleet, gov't or rental buyers. Drive away pricing includes 12 months registration, 12 months compulsory third party insurance, stamp duty, other applicable statutory charges, dealer delivery and administration charges, but excludes optional extras. \*Warranty and Capped Pricing Servicing T&Cs, and exclusions at [cherymotor.com.au](http://cherymotor.com.au)

Tanya's Community Update

The past two weeks have been busy in Parliament, with a focus on important Myall Lakes concerns.

TUNCURRY SLIPWAY

I've raised the urgent need to replace the Tuncurry slipway, which has served our community for nearly 150 years.

Without it, local boaters face dangerous 200-kilometre journeys, and our marine rescue operations are at risk.

I'm calling on the Government to prioritise this project, ensuring the safety, sustainability, and future of our region.

MANNING BASE HOSPITAL STAFFING

I've called for a motion in Parliament urging the Government to address staffing levels at Manning Base Hospital.

LOCAL SPORT DEFIBRILLATOR GRANT PROGRAM

Does your sporting club need a defibrillator? Eligible sporting clubs and facility owners can now apply for grants up to \$3,000 towards the purchase of an automated external defibrillator (AED).

Tanya Thompson MP



Forster's Mudcrabs take on Black Head Surf Club



The Mudcrabs Winter Swimming Club recently held our annual David Quinliven Memorial Relay Championships at the Blackhead Ocean Pool.

In conjunction and in competition with members of the Blackhead Surf Club we had a morning of tightly contested heats with our swimmers ranging in age from 7-87 years.

Right: (L to r) Mudcrab's Anthony Harris, Matt Manning, Adrian Gibbons with Sarah Wilkinson (RMH). Photos supplied.



Creative Reuse Competition

Local not-for-profit organisation Reviva has launched their annual 'Reviva Reuse Competition', giving MidCoast locals a chance to showcase their creative reuse and upcycling projects for a chance to win cash prizes.

Now in its fifth year, the Reviva Reuse Competition has become a much-loved event that showcases the creative reuse projects of our talented community.

Reviva MidCoast Area Manager, Matthew Thripleton, says, "This year, we're offering a national prize of a \$300 Visa gift card, along with a local prize of a \$200 Visa gift card."

The Reviva teams at Reviva Tuncurry, Reviva Taree and Reviva Bulahdelah are ready to support locals with inspiration and assistance in entering the competition.

The competition runs until the end of National Recycling Week, with entries closing on 15 November 2024. To enter, visit: www.resourcerecovery.org.au/competition



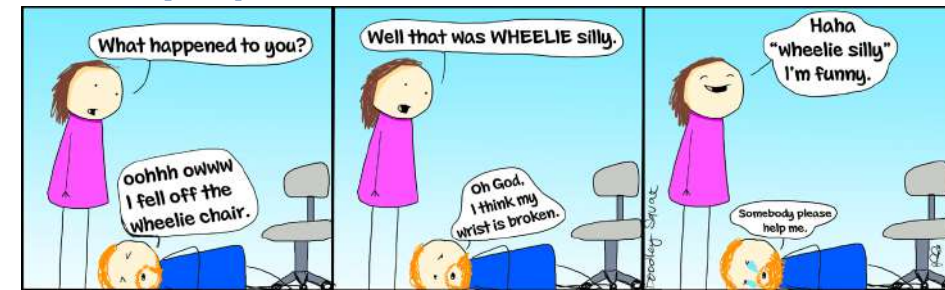
MidCoast's winning project from last year by Michele Brown.

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

The Grin Bin



Doodley Squat



Swamp



Bushy Tales



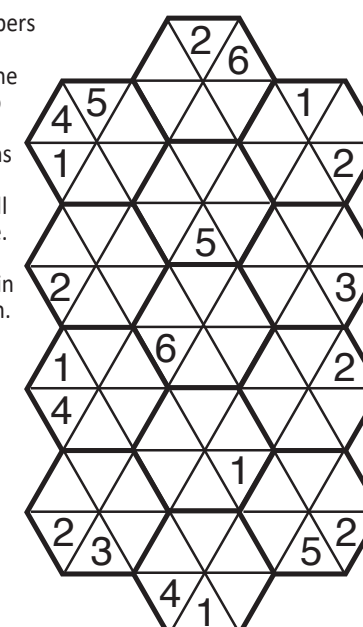
Sudoku

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

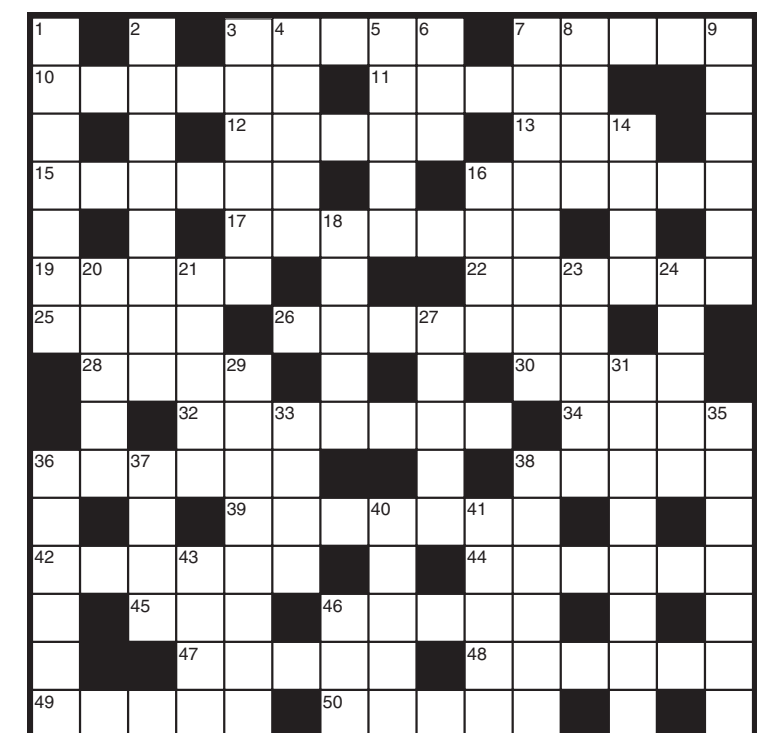
Sudoku grid with numbers 2, 9, 3, 6, 8, 1, 8, 1, 2, 2, 4, 5, 6, 2, 4, 8, 1, 3, 7, 4, 9, 5, 3, 5, 2.

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.



Crossword

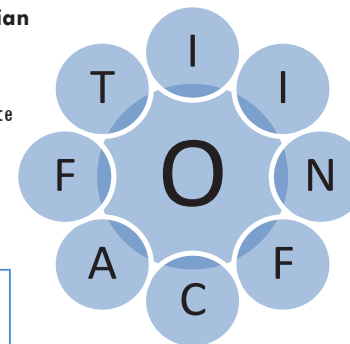


- ACROSS: 3 Thick, 7 Contagious fear, 10 Drive forwards, 11 Heathen, 12 Sweetener, 13 Decay, 15 Approached, 16 Vain character, 17 Sloped backwards, 19 Decree, 22 Reddish brown, 25 Part of the foot, 26 Write music, 28 Beverages, 30 Therefore, 32 Sundry, 34 Transmitted, 36 Stick, 38 Combine, 39 Abuse, 42 Bird with enormous beak, 44 Large antelopes, 45 Cricket score, 46 European nobleman, 47 Character, 48 Small shining disc, 49 Smelting waste, 50 Plied the needle, 42 Bird with enormous beak, 16 Power of rejection, 18 Unwelcome task, 20 Bestowed excessive love, 21 Stop, 23 Concise, 24 In the midst of, 27 Public square, 29 Ministrants, 31 Garden plant, 33 Blood vessel, 35 Tantalising, 36 Wait on, 37 Period of time, 38 Dissolved, 40 Unbound, 41 Time in grammar, 43 Billiard rods, 46 Long-leaved lettuce.

Focus An All Australian Word Game

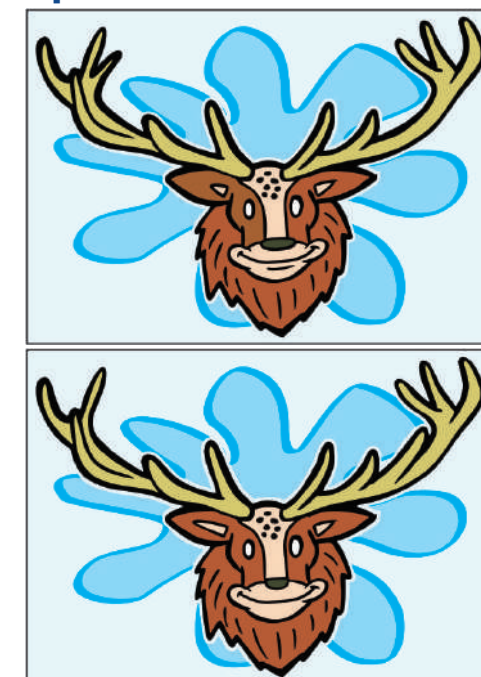
- \* Each word must contain the centre 'Focus' letter and each letter may be used only once
\* Each word must be four letters or more
\* Find at least one nine letter word
\* No swear words
\* No verb forms or plurals ending in 's'
\* No proper nouns and no hyphenated words

TODAY'S FOCUS: Good: 8 words, Very good: 14 words, Excellent: 24 words

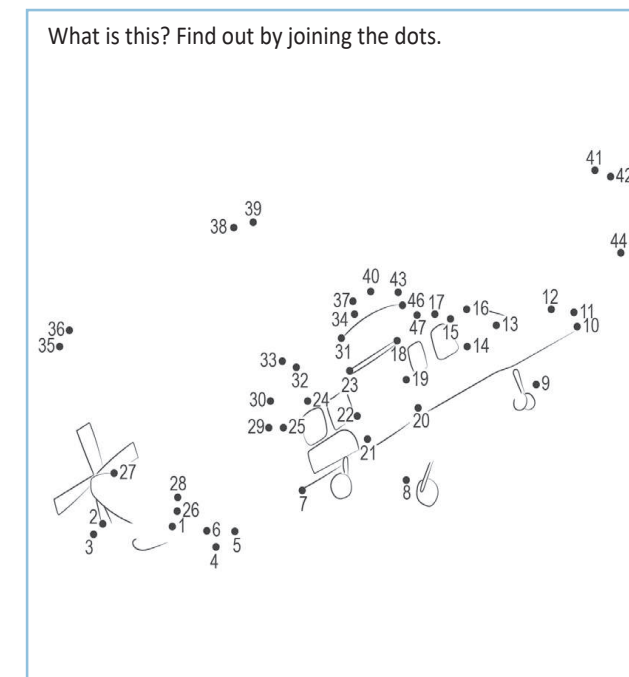


Reference: Macquarie Concise Dictionary Focus No. 3940

Spot the 5 Differences



Join the Dots



Solutions

Solutions for the crossword puzzle, including a grid with numbers and corresponding words.

Large advertisement for Tanya Thompson MP, Member for Myall Lakes, featuring the Local Sport Defibrillator Grant and the Pink Up & Paint fundraiser.

# YOUR FORTNIGHTLY TV GUIDE

# October 3 - 9

	ABCTV	SBS	SEVEN	NBN	TEN
THURSDAY	<p><b>6.00</b> Morning Programs. <b>1.00</b> The Assembly. <b>2.00</b> Brush With Fame. <b>2.30</b> Back Roads. <b>3.00</b> Whale With Steve Backshall. <b>4.00</b> The Assembly. <b>4.40</b> Grand Designs. <b>5.30</b> Antiques Roadshow. <b>6.30</b> Hard Quiz. <b>7.00</b> News. <b>7.30</b> 7.30. <b>8.00</b> Foreign Correspondent. <b>8.30</b> Return To Paradise. <b>9.30</b> Amazing Spaces. <b>10.20</b> News. <b>10.35</b> The Business. <b>10.50</b> Take 5 With Zan Rowe. <b>11.20</b> Grand Designs. <b>12.10</b> Killing Eve. <b>12.55</b> Rage. <b>3.30</b> Catalyst. <b>4.30</b> Gardening Australia. <b>5.30</b> 7.30.</p>	<p><b>6.00</b> WorldWatch. <b>2.00</b> Plat Du Tour. <b>2.05</b> History Of Britain. <b>2.55</b> Railway Journeys UK. <b>3.30</b> Plat Du Tour. <b>3.40</b> The Cook Up. <b>4.10</b> Treasures Of Gibraltar. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Australia. <b>6.30</b> News. <b>7.35</b> Great Australian Walks. <b>8.30</b> National Parks From Above. <b>9.20</b> Paris Has Fallen. <b>10.15</b> SBS News. <b>10.45</b> Freezing Embrace. <b>12.25</b> Unbroken. <b>2.55</b> Make Me A Dealer. <b>4.30</b> Peer To Peer. <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.</p>	<p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. <b>11.30</b> News. <b>12.00</b> MOVIE: Halley Dean Mysteries: Death On Duty. (2019) <b>2.00</b> Your Money &amp; Your Life. <b>2.30</b> Border Security: Int. <b>3.00</b> The Chase. <b>4.00</b> News. <b>5.00</b> The Chase Australia. <b>6.00</b> 7News Local. <b>6.30</b> News. <b>7.00</b> Home And Away. <b>8.30</b> Australia's Most Dangerous Prisoners. (MA15+) <b>9.30</b> Ron Idles: The Good Cop. (M) <b>10.35</b> Soham: Catching A Killer. <b>11.35</b> My Kitchen Rules. <b>1.20</b> Magnum. <b>1.30</b> Shopping. <b>4.00</b> NBC Today. <b>5.00</b> Late Programs.</p>	<p><b>6.00</b> Today. <b>9.00</b> Today Extra. <b>11.30</b> 9News Morning. <b>12.00</b> The Block. <b>1.00</b> Journey To Europe. <b>2.00</b> Pointless. <b>3.00</b> Tipping Point. <b>4.00</b> 9News Afternoon. <b>5.00</b> Tipping Point Australia. <b>6.00</b> NBN News. <b>7.00</b> A Current Affair. <b>7.30</b> RBT. (M) <b>8.30</b> RPA. (PG) <b>9.30</b> A+E After Dark. (M) <b>10.30</b> 9News Late. <b>11.50</b> The Equalizer. (M) <b>11.50</b> Resident Alien. <b>12.40</b> Tipping Point. <b>1.30</b> TV Shop. <b>2.30</b> Global Shop. <b>3.00</b> TV Shop. <b>4.00</b> Believer's Voice Of Victory. <b>4.30</b> A Current Affair. <b>5.00</b> Today Extra. <b>5.30</b> Today.</p>	<p><b>6.00</b> Morning Programs. <b>8.30</b> Bold. <b>9.00</b> Drew Barrymore. <b>10.00</b> Judge Judy. <b>10.30</b> Taskmaster Australia. <b>11.40</b> Ent Tonight. <b>12.00</b> Everyday Gourmet. <b>12.30</b> Family Feed. <b>1.00</b> News. <b>2.00</b> Wheel Of Fortune. <b>2.30</b> Lingo. <b>3.30</b> News. <b>4.00</b> Neighbours. <b>4.30</b> Bold. <b>5.00</b> News. <b>6.00</b> Deal Or No Deal. <b>6.30</b> The Project. <b>7.30</b> Dogs Behaving (Very) Badly Australia. <b>8.30</b> Gogglebox Australia. <b>9.30</b> Cheap Seats. <b>10.30</b> News. <b>10.55</b> The Project. <b>12.00</b> Stephen Colbert. <b>1.00</b> Shopping. <b>4.30</b> CBS Morning.</p>
FRIDAY	<p><b>6.00</b> Morning Programs. <b>1.00</b> Joanna Lumley's Spice Trail Adventure. <b>1.45</b> Guy Montgomery's Guy Mont Spelling Bee. <b>2.35</b> Poh's Kitchen. <b>3.00</b> Whale With Steve Backshall. <b>3.55</b> The Assembly. <b>4.40</b> Grand Designs. <b>5.30</b> Antiques Roadshow. <b>6.30</b> Hard Quiz. <b>7.00</b> News. <b>7.35</b> Gardening Australia. <b>8.35</b> Joanna Lumley's Spice Trail Adventure. <b>9.25</b> Guy Montgomery's Guy Mont Spelling Bee. <b>10.15</b> Shaun Micallef's Eve Of Destruction. <b>10.50</b> News. <b>11.05</b> Grand Designs. <b>11.55</b> The Larkins. <b>12.40</b> Late Programs.</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>2.00</b> Pompeii: The Origins. <b>3.00</b> NITV News: Nula. <b>3.30</b> Plat Du Tour. <b>3.40</b> The Cook Up. <b>4.10</b> Treasures Of Arabia. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Australia. <b>6.30</b> News. <b>7.30</b> Great Australian Concerts. Cold Chisel. <b>8.30</b> You Can Call Me Bill. <b>10.15</b> SBS News. <b>10.45</b> Soldiers. <b>11.40</b> The Allegation. <b>12.20</b> Kin. <b>2.20</b> Kin. <b>4.15</b> Peer To Peer. <b>4.45</b> Bamay. <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.</p>	<p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. <b>11.30</b> News. <b>12.00</b> MOVIE: Halley Dean Mysteries: A Prescription For Murder. (2019) <b>2.00</b> Your Money &amp; Your Life. <b>2.30</b> Border Security: Int. <b>3.00</b> The Chase. <b>4.00</b> News. <b>5.00</b> The Chase Australia. <b>6.00</b> 7News Local. <b>6.30</b> 7News @ 6.30. <b>7.30</b> Better Homes And Gardens. <b>8.30</b> MOVIE: A Few Good Men. (1992) (M) Tom Cruise, Jack Nicholson. <b>11.30</b> MOVIE: Priest. (2011) (M) <b>1.15</b> GetOn Extra. <b>2.00</b> Shopping. <b>4.00</b> Million Dollar Minute. <b>5.00</b> NBC Today.</p>	<p><b>6.00</b> Today. <b>9.00</b> Today Extra. <b>11.30</b> 9News Morning. <b>12.00</b> MOVIE: A Town Called Love. (2023) <b>2.00</b> Pointless. <b>3.00</b> Tipping Point. <b>4.00</b> 9News Afternoon. <b>5.00</b> Tipping Point Australia. <b>6.00</b> NBN News. <b>7.00</b> A Current Affair. <b>7.30</b> Country House Hunters Australia. <b>8.30</b> MOVIE: Joker. (2019) (MA15+) <b>11.00</b> MOVIE: The Disappointments Room. (2016) (MA15+) <b>12.40</b> Tipping Point. (PG) <b>1.30</b> TV Shop. <b>2.30</b> Global Shop. <b>3.00</b> TV Shop. <b>4.00</b> Skippy. <b>4.30</b> Global Shop. <b>5.00</b> TV Shop. <b>5.30</b> Postcards.</p>	<p><b>6.00</b> Morning Programs. <b>8.00</b> Cook With Luke. <b>8.30</b> Bold. <b>9.00</b> Drew Barrymore. <b>10.00</b> Judge Judy. <b>10.30</b> Sort Your Life Out. <b>11.30</b> Ent. Tonight. <b>12.00</b> Everyday Gourmet. <b>12.30</b> Family Feed. <b>1.00</b> News. <b>2.00</b> Wheel Of Fortune. <b>2.30</b> Lingo. <b>3.30</b> News. <b>4.00</b> Family Feed. <b>4.30</b> Bold. <b>5.00</b> News. <b>6.00</b> Deal Or No Deal. <b>6.30</b> The Project. <b>7.30</b> Sort Your Life Out. <b>8.45</b> Have You Been Paying Attention? <b>9.45</b> The Graham Norton Show. <b>10.45</b> News. <b>11.10</b> The Project. <b>12.10</b> Stephen Colbert. <b>1.00</b> Shopping.</p>
SATURDAY	<p><b>6.00</b> Range Charts. <b>7.00</b> Weekend Breakfast. <b>9.00</b> Rage. <b>12.00</b> News. <b>12.30</b> Unforgotten. <b>1.15</b> Grantchester. <b>2.05</b> Shaun Micallef's Eve Of Destruction. <b>2.45</b> The Royal Edinburgh Military Tattoo 2022. <b>4.15</b> The Assembly. <b>5.00</b> Take 5 With Zan Rowe. <b>5.30</b> Landline. <b>6.00</b> Australian Story. <b>6.30</b> Back Roads. <b>7.00</b> ABC News. <b>7.30</b> Grantchester. (M) <b>8.20</b> Vera. (M) <b>9.50</b> Return To Paradise. (PG) <b>10.50</b> Miniseries: Better. (M) <b>11.45</b> Rage. (MA15+) <b>5.00</b> Rage. (PG)</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>2.00</b> Motorcycle Racing. FIM Superbike World Championship. Round 10. Highlights. <b>3.00</b> Following The Flow. <b>4.30</b> Auschwitz: The Inside Man. <b>5.35</b> Trains At War. <b>6.30</b> News. <b>7.30</b> Inside Windsor Castle. <b>8.25</b> Frogmore House: Royal Retreat. <b>9.40</b> The World's Most Beautiful Landscapes. <b>10.35</b> Spain's Atlantic Train. <b>11.30</b> Something Undone. <b>12.25</b> Rex In Rome. <b>1.20</b> Djambi. <b>1.30</b> Going Places. <b>3.00</b> Going Places. <b>4.00</b> Late Programs.</p>	<p><b>6.00</b> NBC Today. <b>7.00</b> Weekend Sunrise. <b>10.00</b> Morning Show. <b>12.00</b> Horse Racing. TAB Espom Day and TAB Turnbull Stakes Day. <b>5.00</b> News. <b>5.30</b> Border Security. (PG) <b>6.00</b> Seven News. <b>7.00</b> The Great Outdoors. (PG) <b>7.30</b> MOVIE: Pearl Harbor. (2001) (M) Ben Affleck, Josh Hartnett, Kate Beckinsale. <b>11.10</b> MOVIE: Death Wish. (1974) (MA15+) <b>1.15</b> Travel Oz. (PG) <b>3.00</b> Shopping. <b>4.00</b> Larry The Wonder Pup. <b>5.00</b> House Of Wellness. (PG)</p>	<p><b>6.00</b> Morning Programs. <b>10.00</b> Today Extra: Saturday. <b>12.00</b> Cross Court. <b>12.30</b> Explore TV: Trade Routes Of The Middle Ages. <b>1.00</b> Great Australian Detour. <b>1.30</b> The Block. <b>3.30</b> Garden Gurus. <b>4.00</b> Journey To Europe. <b>5.00</b> 9News First At Five. <b>5.30</b> Getaway. <b>6.00</b> NBN News. <b>7.00</b> A Current Affair. <b>7.30</b> MOVIE: Speed. (1994) <b>9.50</b> MOVIE: Speed 2: Cruise Control. (1997) <b>12.15</b> Cross Court. <b>12.45</b> Innovation Nation. <b>1.59</b> The Incredible Journey. <b>3.00</b> TV Shop. <b>4.30</b> Global Shop. <b>5.00</b> TV Shop. <b>5.30</b> Helping Hands.</p>	<p><b>6.00</b> Morning Programs. <b>11.00</b> Amazing Race Australia: Celebrity Edition. <b>12.30</b> Are You RV Safe? <b>1.00</b> Silvia's Italian Masterclass. <b>1.30</b> GCBC. <b>2.00</b> Dog Down Under. <b>3.30</b> Buy To Build. <b>3.00</b> What's Up Under. <b>3.30</b> Australia By Design: Innovations. <b>4.00</b> My Market Kitchen. <b>4.30</b> Cook With Luke. <b>5.00</b> News. <b>6.30</b> Dog House. <b>7.30</b> Thank God You're Here. <b>8.30</b> Dog House Australia. <b>9.30</b> Ambulance Australia. <b>10.45</b> Ambulance UK. <b>12.00</b> Cheap Seats. <b>1.00</b> Shopping. <b>5.00</b> Hour Of Power.</p>
SUNDAY	<p><b>6.00</b> Morning Programs. <b>11.00</b> Compass. <b>11.30</b> Praise. <b>12.00</b> News. <b>12.30</b> Landline. <b>1.30</b> Gardening Australia. <b>2.30</b> Darby And Joan. <b>3.10</b> Nigelia's Cook, Eat, Repeat. <b>3.40</b> Amazing Spaces. <b>4.30</b> Restoration Australia. <b>5.30</b> Antiques Roadshow. <b>6.30</b> Compass. <b>7.00</b> News. <b>7.30</b> Return To Paradise. <b>8.30</b> Unforgotten. <b>9.15</b> Miniseries: Better. <b>10.15</b> Fisk. <b>10.45</b> Spicks And Specs. <b>12.15</b> Fires. <b>1.10</b> Miniseries: Ridley Road. <b>2.10</b> Rage. <b>3.05</b> Australia Remastered. <b>4.00</b> Gardening Australia. <b>5.00</b> Insiders.</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>1.00</b> Motorcycle Racing. Australian Superbike Championship. Round 6. <b>4.00</b> Etched In Gold. <b>4.30</b> Citizen Soldiers: Defenders Of Australia. <b>5.35</b> Trains At War. <b>6.30</b> News. <b>7.30</b> Last Secrets Of The Great Sphinx Of Giza. <b>8.30</b> Tombs Of The Egyptian Priestesses. <b>9.30</b> Megastuctures: Knights Templar Castles. <b>10.30</b> DinoSaur With Stephen Fry. <b>11.25</b> Kenny Rogers: All In For The Gambler. <b>1.15</b> 24 Hours In Emergency. <b>2.10</b> Late Programs.</p>	<p><b>6.00</b> Morning Programs. <b>10.00</b> Morning Show. <b>12.00</b> House Of Wellness. <b>1.00</b> To Be Advised. <b>2.50</b> Surveillance Oz. Etched In Gold. <b>4.30</b> Citizen Soldiers: Defenders Of Australia. <b>5.35</b> Trains At War. <b>6.30</b> News. <b>7.30</b> Last Secrets Of The Great Sphinx Of Giza. <b>8.30</b> Tombs Of The Egyptian Priestesses. <b>9.30</b> Megastuctures: Knights Templar Castles. <b>10.30</b> DinoSaur With Stephen Fry. <b>11.25</b> Kenny Rogers: All In For The Gambler. <b>1.15</b> 24 Hours In Emergency. <b>2.10</b> Late Programs.</p>	<p><b>6.00</b> Morning Programs. <b>1.00</b> Grand Final Day. <b>1.20</b> Rugby League. State Cup Championship. Grand Final. Newtown Jets v North Brisbane Devils. <b>3.10</b> Grand Final Day. <b>3.55</b> Rugby League. NRL Women's Premiership. Grand Final. Sydney Roosters v Cronulla Sharks. <b>5.30</b> Grand Final Day. <b>6.00</b> NBN News. <b>6.30</b> Grand Final Night. <b>7.30</b> Rugby League. NRL. Grand Final. Melbourne Storm v Penrith Panthers. <b>9.30</b> NRL. Grand Final Post-Match. <b>10.30</b> 9News Late. <b>11.00</b> See No Evil. <b>12.00</b> Late Programs.</p>	<p><b>6.00</b> Morning Programs. <b>11.00</b> Compass. <b>11.30</b> Praise. <b>12.00</b> News. <b>12.30</b> Landline. <b>1.30</b> Gardening Australia. <b>2.30</b> Darby And Joan. <b>3.15</b> Nigelia's Cook, Eat, Repeat. <b>3.40</b> Restoration Australia. <b>5.30</b> Antiques Roadshow. <b>6.30</b> Compass. <b>7.00</b> News. <b>7.30</b> Return To Paradise. <b>8.30</b> Unforgotten. <b>9.15</b> Miniseries: Better. <b>10.15</b> Fisk. <b>10.45</b> Spicks And Specs. <b>12.15</b> Fires. <b>1.10</b> Miniseries: Ridley Road. <b>2.10</b> Rage. <b>3.05</b> Australia Remastered. <b>4.00</b> Gardening Australia. <b>5.00</b> Insiders.</p>
MONDAY	<p><b>6.00</b> Morning Programs. <b>12.00</b> News. <b>1.10</b> Vera. <b>2.30</b> Back Roads. <b>2.55</b> Bronwyn Oliver: The Shadows Within. <b>4.00</b> Love Your Garden. <b>4.45</b> Grand Designs. <b>5.30</b> Antiques Roadshow. <b>6.25</b> Hard Quiz. <b>7.00</b> News. <b>7.30</b> 7.30. <b>8.00</b> Back Roads. <b>8.30</b> Aust Story. <b>8.30</b> Four Corners. <b>9.15</b> Media Watch. <b>9.35</b> In The Room. <b>10.15</b> News. <b>10.50</b> The Business. <b>11.05</b> Planet America. <b>11.35</b> Louis Theroux Interviews. <b>12.20</b> MOVIE: A Star Is Born. (1976) <b>2.40</b> Rage. <b>3.30</b> Catalyst. <b>4.30</b> Gardening Australia. <b>5.30</b> 7.30.</p>	<p><b>6.00</b> WorldWatch. <b>9.00</b> Rugby League. Koori Knockout. <b>2.00</b> Rugby League. Koori Knockout. Grand Finals. <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Australia. <b>6.30</b> News. <b>7.30</b> The Big Fat Quiz Of Telly. (M) <b>9.15</b> Never Mind The Buzzcocks. (M) <b>9.55</b> Have I Got News For You U.S. (M) <b>10.45</b> SBS News. <b>11.15</b> Suspect. (M) <b>11.45</b> Of Money And Blood. (MA15+) <b>1.55</b> Between Two Worlds. (M) <b>3.40</b> Paddington Station 24/7. <b>4.30</b> Bamay. <b>5.00</b> NHK World English News Morning. <b>5.30</b> WorldWatch.</p>	<p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. <b>11.30</b> News. <b>12.00</b> To Be Advised. <b>1.50</b> Surveillance Oz. Dashcam. <b>2.15</b> Catch Phrase. <b>3.00</b> The Chase. <b>4.00</b> News. <b>5.00</b> The Chase Australia. <b>6.00</b> 7News Local. <b>6.30</b> News. <b>7.00</b> Home And Away. (PG) <b>7.30</b> My Kitchen Rules. (PG) <b>9.00</b> The Rookie. (M) <b>10.00</b> S.W.A.T. <b>11.00</b> Seven News. <b>11.30</b> Lopez Vs Lopez. <b>12.30</b> Miniseries: The Victim. <b>2.00</b> Shopping. <b>4.00</b> NBC Today. <b>5.00</b> Sunrise 5am News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Today. <b>9.00</b> Today Extra. <b>11.30</b> 9News Morning. <b>12.00</b> MOVIE: Two Chefs And A Wedding Cake. (2023) <b>2.00</b> Pointless. <b>3.00</b> Tipping Point. <b>4.00</b> 9News Afternoon. <b>5.00</b> Tipping Point Australia. <b>6.00</b> NBN News. <b>7.00</b> A Current Affair. <b>7.30</b> The Block. (PG) <b>9.00</b> Miniseries: Ball 2002. (MA15+) <b>10.00</b> To Be Advised. <b>11.00</b> 9News Late. <b>11.30</b> La Brea. <b>12.15</b> Tipping Point. <b>1.05</b> Cybershack. <b>1.30</b> TV Shop. <b>2.30</b> Global Shop. <b>3.00</b> TV Shop. <b>4.00</b> Believer's Voice Of Victory. <b>4.30</b> A Current Affair. <b>5.00</b> Today Extra. <b>5.30</b> Today.</p>	<p><b>6.00</b> Morning Programs. <b>10.00</b> Judge Judy. <b>10.30</b> Amazing Race Australia: Celebrity Edition. <b>12.00</b> Everyday Gourmet. <b>12.30</b> Family Feed. <b>1.00</b> News. <b>2.00</b> Wheel Of Fortune. <b>2.30</b> Lingo. <b>3.30</b> News. <b>4.00</b> Neighbours. <b>4.30</b> Bold. <b>5.00</b> News. <b>6.00</b> Deal Or No Deal. <b>6.30</b> The Project. <b>7.30</b> Amazing Race Australia: Celebrity Edition. <b>8.40</b> Have You Been Paying Attention? <b>9.40</b> To Be Advised. <b>10.40</b> News. <b>11.05</b> The Project. <b>12.05</b> Stephen Colbert. <b>1.00</b> Shopping. <b>4.30</b> CBS Morning.</p>
TUESDAY	<p><b>6.00</b> Morning Programs. <b>1.00</b> Tony Armstrong's Extra-Ordinary Things. <b>2.00</b> Parliament. <b>2.55</b> Earth. <b>3.55</b> Love Your Garden. <b>4.40</b> Grand Designs. <b>5.30</b> Antiques Roadshow. <b>6.25</b> Hard Quiz. <b>7.00</b> News. <b>7.30</b> 7.30. <b>8.00</b> Back Roads. <b>8.30</b> Take 5 With Zan Rowe. <b>9.05</b> Louis Theroux Interviews. <b>9.50</b> Brush With Fame. <b>10.20</b> Kitchen Cabinet. <b>10.50</b> News. <b>11.05</b> The Business. <b>11.20</b> Four Corners. <b>12.05</b> Media Watch. <b>12.20</b> Grand Designs. <b>1.10</b> Parliament. <b>2.10</b> Love Your Garden. <b>2.55</b> Rage. <b>3.30</b> Late Programs.</p>	<p><b>6.00</b> WorldWatch. <b>2.00</b> Have I Got News For You U.S. <b>2.55</b> Plat Du Tour. <b>3.05</b> The Cook Up. <b>4.05</b> Planet Reef. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Australia. <b>6.30</b> News. <b>7.30</b> Shaun Micallef's Origin Odyssey. <b>8.30</b> Insight. <b>9.30</b> Dateline. <b>10.00</b> SBS News. <b>10.30</b> The Point: Road Trip. <b>11.30</b> Babylon Berlin. <b>1.20</b> Illegals. <b>2.15</b> Illegals. <b>3.10</b> Paddington Station 24/7. <b>4.00</b> Peer To Peer. <b>4.30</b> Bamay. <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.</p>	<p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. <b>11.30</b> News. <b>12.00</b> To Be Advised. <b>1.40</b> Border Security: Int. <b>2.10</b> Catch Phrase. <b>3.00</b> The Chase. <b>4.00</b> News. <b>5.00</b> The Chase Australia. <b>6.00</b> 7News Local. <b>6.30</b> News. <b>7.00</b> Home And Away. (PG) <b>7.30</b> My Kitchen Rules. (PG) <b>9.10</b> Alert: Missing Persons Unit. (M) <b>10.10</b> Made In Bondi. <b>11.15</b> Chicago Fire. <b>12.15</b> Holy Moley Australia. (PG) <b>2.00</b> Shopping. <b>4.00</b> NBC Today. <b>5.00</b> Sunrise 5am News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Today. <b>9.00</b> Today Extra. <b>11.30</b> 9News Morning. <b>12.00</b> The Block. <b>1.30</b> Getaway. <b>2.00</b> Pointless. <b>3.00</b> Tipping Point. <b>4.00</b> 9News Afternoon. <b>5.00</b> Tipping Point Australia. <b>6.00</b> NBN News. <b>7.00</b> A Current Affair. <b>7.30</b> The Block. (PG) <b>9.00</b> Miniseries: Ball 2002. (MA15+) <b>10.00</b> To Be Advised. <b>11.00</b> 9News Late. <b>11.30</b> La Brea. <b>12.15</b> Tipping Point. <b>1.05</b> Cybershack. <b>1.30</b> TV Shop. <b>2.30</b> Global Shop. <b>3.00</b> TV Shop. <b>4.00</b> Believer's Voice Of Victory. <b>4.30</b> A Current Affair. <b>5.00</b> Today Extra. <b>5.30</b> Today.</p>	<p><b>6.00</b> Morning Programs. <b>8.30</b> Bold. <b>9.00</b> Drew Barrymore. <b>10.00</b> Judge Judy. <b>10.30</b> Amazing Race Australia: Celebrity Edition. <b>11.40</b> Ent. Tonight. <b>12.00</b> Everyday Gourmet. <b>12.30</b> Family Feed. <b>1.00</b> News. <b>2.00</b> Wheel Of Fortune. <b>2.30</b> Lingo. <b>3.30</b> News. <b>4.00</b> Neighbours. <b>4.30</b> Bold. <b>5.00</b> News. <b>6.00</b> Deal Or No Deal. <b>6.30</b> The Project. <b>7.30</b> Taskmaster Australia. <b>8.40</b> Cheap Seats. <b>9.40</b> NCIS. <b>10.40</b> News. <b>11.05</b> The Project. <b>12.05</b> Stephen Colbert. <b>1.00</b> Shopping. <b>4.30</b> CBS Morning.</p>
WEDNESDAY	<p><b>6.00</b> Morning Programs. <b>12.00</b> News. <b>12.30</b> Press Club. <b>1.35</b> Media Watch. <b>2.00</b> Parliament. <b>3.00</b> Earth. <b>4.00</b> Love Your Garden. <b>4.45</b> Grand Designs. <b>5.30</b> Antiques Roadshow. <b>6.30</b> Hard Quiz. <b>7.00</b> News. <b>7.30</b> 7.30. <b>8.00</b> Hard Quiz. <b>8.30</b> Question Everything. <b>9.05</b> Planet America. <b>9.35</b> Would I Lie To You? <b>10.05</b> Spicks And Specs. <b>10.40</b> News. <b>10.55</b> The Business. <b>11.10</b> Austin. <b>12.05</b> Grand Designs. <b>12.55</b> Killing Eve. <b>1.35</b> Parliament. <b>2.40</b> Rage. <b>3.30</b> Catalyst. <b>4.30</b> Gardening Australia. <b>5.30</b> 7.30.</p>	<p><b>6.00</b> WorldWatch. <b>12.00</b> WorldWatch. <b>2.00</b> Dateline. <b>2.30</b> Insight. <b>3.30</b> Plat Du Tour. <b>3.35</b> The Cook Up. <b>4.05</b> Planet Reef. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Australia. <b>6.30</b> News. <b>7.35</b> Portillo's Andalucía. <b>8.25</b> Elizabeth Taylor: Rebel Superstar. <b>9.20</b> Four Years Later. <b>10.30</b> SBS News. <b>11.00</b> Carmen Curiers. <b>1.05</b> Wisting. <b>2.00</b> Wisting. <b>2.55</b> Miniseries: Safe Home. <b>3.50</b> Paddington Station 24/7. <b>4.00</b> Destination Flavour China Bitesize. <b>5.00</b> Late Programs.</p>	<p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. <b>11.30</b> News. <b>12.00</b> To Be Advised. <b>1.40</b> Border Security: Int. <b>2.10</b> Catch Phrase. <b>3.00</b> The Chase. <b>4.00</b> News. <b>5.00</b> The Chase Australia. <b>6.00</b> 7News Local. <b>6.30</b> News. <b>7.00</b> Home And Away. (PG) <b>7.30</b> My Kitchen Rules. (PG) <b>9.10</b> Alert: Missing Persons Unit. (M) <b>10.10</b> Made In Bondi. <b>11.15</b> Chicago Fire. <b>12.15</b> Holy Moley Australia. (PG) <b>2.00</b> Shopping. <b>4.00</b> NBC Today. <b>5.00</b> Sunrise 5am News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Morning Programs. <b>1.20</b> Explore TV: Trade Routes Of The Middle Ages. <b>1.50</b> My Way. <b>2.00</b> Pointless. <b>3.00</b> Tipping Point. <b>4.00</b> 9News Afternoon. <b>5.00</b> Tipping Point Australia. <b>6.00</b> NBN News. <b>7.00</b> A Current Affair. <b>7.30</b> The Block. (PG) <b>9.00</b> Miniseries: Human Error. <b>9.35</b> Million Dollar Murders. <b>10.45</b> 9News Late. <b>11.15</b> Law &amp; Order: Organized Crime. <b>12.05</b> Tipping Point. <b>1.00</b> Hello SA. <b>1.30</b> TV Shop. <b>2.30</b> Global Shop. <b>3.00</b> TV Shop. <b>4.00</b> Believer's Voice Of Victory. <b>4.30</b> A Current Affair. <b>5.00</b> Today Extra. <b>5.30</b> Today.</p>	<p><b>6.00</b> Morning Programs. <b>8.30</b> Bold. <b>9.00</b> Drew Barrymore. <b>10.00</b> Judge Judy. <b>10.30</b> Taskmaster Australia. <b>11.40</b> Ent. Tonight. <b>12.00</b> Everyday Gourmet. <b>12.30</b> Family Feed. <b>1.00</b> News. <b>2.00</b> Wheel Of Fortune. <b>2.30</b> Lingo. <b>3.30</b> News. <b>4.00</b> Neighbours. <b>4.30</b> Bold. <b>5.00</b> News. <b>6.00</b> Deal Or No Deal. <b>6.30</b> The Project. <b>7.30</b> Taskmaster Australia. <b>8.40</b> Cheap Seats. <b>9.40</b> NCIS. <b>10.40</b> News. <b>11.05</b> The Project. <b>12.05</b> Stephen Colbert. <b>1.00</b> Shopping. <b>4.30</b> CBS Morning.</p>

# October 10 - 16

	ABCTV	SBS	SEVEN	NBN	TEN
THURSDAY	<p><b>6.00</b> Morning Programs. <b>10.30</b> Compass. <b>11.00</b> Antiques Roadshow. <b>12.00</b> News. <b>1.00</b> The Secret Lives Of Our Urban Birds. <b>2.00</b> Parliament. <b>3.00</b> Earth. <b>3.55</b> Love Your Garden. <b>4.40</b> Grand Designs. <b>5.30</b> Antiques Roadshow. <b>6.30</b> Hard Quiz. <b>7.00</b> News. <b>7.30</b> 7.30. <b>8.00</b> Return To Paradise. <b>10.00</b> Fake Or Fortune? <b>11.00</b> News. <b>11.15</b> The Business. <b>11.30</b> Take 5 With Zan Rowe. <b>12.00</b> Killing Eve. <b>12.45</b> Parliament. <b>1.45</b> Love Your Garden. <b>2.30</b> Rage. <b>3.35</b> Catalyst. <b>4.30</b> Late Programs.</p>	<p><b>6.00</b> WorldWatch. <b>2.00</b> Secrets To Civilisation. <b>3.00</b> Railway Journeys UK. <b>3.35</b> The Cook Up. <b>4.05</b> Planet Reef. <b>5.05</b> Jeopardy! <b>5.30</b> Letters And Numbers. <b>6.00</b> Mastermind Australia. <b>6.30</b> News. <b>7.30</b> Great Australian Walks. <b>8.25</b> National Parks From Above. <b>9.20</b> Paris Has Fallen. <b>10.15</b> SBS News. <b>10.45</b> Freezing Embrace. <b>11.35</b> Freezing Embrace. <b>12.25</b> Wolf. <b>3.</b></p>			



Local Calendar

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

October



Sat 5, Sun 6 & Mon 7 Oct - Quilt Expo (above) Doors open 9.30am at Holy Name School on Lake St, Forster, until 4pm Saturday & Sunday and 2.30pm on Monday.

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

Sun 6 Oct - Black Head Bazaar Market 8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures. www.facebook.com/blackheadbazaar

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 Calleen 0488 508 846

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

Sun 20 Oct - Great Lakes Museum Car Boot Sale, 9am to 1pm at Great Lakes Museum, 1 Chapel St Tuncurry. Enquiries: 6554 6275

Sat 26 Oct - Tuncurry Market 8am to 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994



Daylight Saving Time starts Sunday 6 October

When local standard time is about to reach Sunday, 6 October 2024, 2:00am clocks are turned forward 1 hour to 3:00 am local daylight time instead.

Sunrise and sunset will be about 1 hour later on 6 Oct 2024 than the day before. There will be more light in the evening and less light in the morning.

www.timeanddate.com

What's on around town & beyond!

Musical coup for the Barrington Coast!

Sunday Song Soiree

Highly acclaimed musicians Pianist David G. Miller, Baritone Simon Lobelson and Tenor Blake Fischer, will be performing at the Tuncurry Memorial Hall 2p.m. Sunday 20th October.

Blake Fischer and Simon Lobelson, along with pianist David G. Miller, will take you on a journey through some of their favourite songs and duets from the worlds of opera, art song and musicals.

David G. Miller is widely recognised as one of Australia's leading collaborative pianists, chamber musicians and educators. David's distinguished career has included partnerships with many internationally renowned singers and instrumentalists, including Joan Carden, Boris Belkin, Raphael Wallfisch, Marilyn Richardson, Lauris Elms, John Mark Ainsley, Luigi Alva, John Pringle, Elizabeth Campbell,



Advertisement for Sunday Song Soiree at Tuncurry Memorial Hall. Includes text: 'SUNDAY SONG SOIREE', 'Australian Tenor Blake Fischer and Baritone Simon Lobelson, along with acclaimed pianist David Miller, will take you on a journey through some of their favourite songs and duet from the worlds of Opera, Art Song and Musical.', 'SUNDAY 20th Oct 2pm - 4pm', 'Tuncurry Memorial Hall Point Rd Tuncurry', 'BOOK ONLINE' with QR code, 'Tickets \$30 Concession \$25 Children and Students under 16 free LIMITED tickets on the day', and website 'events.humanitix.com/sunday-song-soiree'.

Jane Edwards, Takako Nishisaki, Leonard Sharrow, and many others.

Simon Lobelson has a distinguished career spanning 4 continents and 90 operatic roles with superlative press reviews. Simon Lobelson has established himself as one of the most versatile baritones of his generation, is the recipient of numerous awards and scholarships and a champion of contemporary music. Simon has performed as a soloist in Australia, the Middle East, New Zealand, Asia, the United Kingdom and Europe.

Blake Fischer is a multi-award winning artist, who has performed in theatres and concert halls throughout Australia and Europe, he is

equally at home on the opera, musical and recital stage. His relaxed performance style has seen him in high demand throughout Australasia. Blake has performed at venues here and internationally including Sydney Opera House, Paris Chatelet Theatre, Tokyo Concert Hall, Salzburg Festspiel Opera House, Scottish Opera, London Covent Garden, Princess Theatre Melbourne, Brisbane Lyric Theatre, Melbourne Concert Hall, Perth Concert Hall and Berlin Philharmonie.

The Tuncurry WW1 Memorial Hall Management Committee warmly invite you to attend this very special event.

Book online for preferential seating at: www.events.humanitix.com/sunday-song-soiree

Advertisement for Big Blue Table. Includes text: 'Big Blue Table', 'Sign Up Here!', 'You're invited!', 'Help raise funds for those facing anxiety, depression & suicide.', 'Great Lakes Suicide Prevention Network Inc', 'Behind Tuncurry Rockpool Beach Cafe Under BBQ Shelter', '12 Oct 2024 8am to 12 noon', 'bigbluetable.com.au', and 'Beyond Blue' logo.

Advertisement for Tenor singer Blake Fischer and Baritone singer Simon Lobelson. Includes photos of both singers and their names.

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

What's on around town & beyond!

Soar into excitement at the Barrington Coast Airshow!

Mark your calendars, Barrington Coast Airshow is here next month!

On Saturday, November 9th, the skies above Taree will transform into a breathtaking spectacle as the Barrington Coast Airshow takes flight. This event promises to be an unforgettable experience filled with thrilling aerial displays that will leave everyone—young and old—on the edge of their seats!

Get ready to be amazed as we showcase some of the world's most iconic aircraft. History enthusiasts and aviation fans alike will revel in the sight of classic WWII warbirds, including the legendary P-40 Kittyhawk, Australia's sole Hawker Sea Fury, the formidable Grumman Avenger, the classic Wirraway, and the T-28 Trojan. But that's not all! This year marks the debut of not just one, but two stunning warbirds: Australia's latest F4U Corsair and the De Havilland Vampire.

The F4U Corsair, affectionately known as "Whistling Death," is famous for its remarkable speed and agility. With its unique gull wings, it's a true showstopper, and witnessing its airshow debut will be a highlight for many. The De

Havilland Vampire, representing a pivotal moment in aviation history, is another must-see. This sleek jet embodies the transition from propeller planes to high-speed jets, making its first appearance at an Australian airshow - a 'can't-miss' moment for aviation aficionados.

And if you think the action stops in the sky, think again! Prepare to be dazzled by the world-renowned aerobatic performances led by local legend Paul Bennet. With his solo display in the breathtaking Wolf Pitts Pro—one of the highest performing aerobatic displays in the world—Paul promises to wow the audience with his skill and flair. Joining him will be Glenn Graham, showcasing the precision of the Zivko Edge 540. Together, they'll perform an exhilarating Sky Aces formation display that will have you cheering for more!

But the real jaw-dropper? Paul's astonishing stunt of trying to land an aircraft on a moving vehicle and take off again—you'll have to be there to see if he can do it!

Born and raised in Old Bar, Paul Bennet has become one of Australia's most skilled aerobatic pilots. His dedication to bringing



The legendary P-40 Kittyhawk. Photo by Duncan Fenn.



Above: Local legend Paul Bennet along with Glen Graham (below) will perform exhilarating formations and displays.

the excitement of airshows to communities nationwide inspires countless young people to consider a future in aviation.

There's plenty for families to enjoy on the ground, too! The airshow will feature a variety of interactive exhibits, aircraft displays, market stalls, delicious food and beverages, and a dazzling car and motorcycle show. Plus, younger attendees can look forward to an array of fun rides that will keep them entertained all day long.

The Barrington Coast Airshow is not just an event; it's a celebration of community, family, and the incredible world of aviation. Gather your loved ones, pack a picnic, and prepare for a day filled with laughter, excitement, and awe-inspiring displays.

For more details, free shuttle routes, parking info and to plan your day, visit: www.barringtoncoastairshow.com.au.

[See advertisement on p5 for more details.]



Seaside Heritage Quilt Show this long weekend



Wanting to pick up a bargain?

A densely populated sales table will attract plenty of interest with everything ranging from Christmas decorations, knitted toys, bags, cushions, quilts, craft carriers...the list is too extensive to mention here.

Demonstrations of calligraphy and quilting will also be showcased throughout the day. Why not come and have a quiz or talk to our members about joining? We are a friendly group

who meet on the 1st and 3rd Wednesdays of each month, from 10am at the Masonic Hall, Forster. New Members are always welcome whatever your skill level.

Besides, looking and buying, visitors will be treated to a scrumptious morning tea/brunch for a mere \$10. Naturally there is a quilt raffle, and proceeds will go to help the much-needed Community Kitchens in Forster and Tuncurry. The raffle will be drawn at 2pm Monday 7 October.

Why not come

The long weekend will again feature a fabulous exhibition of quilts and textile arts at Holy Name School in Forster.

Doors open at 9.30am and remain open until 4pm Saturday and Sunday and 2.30pm on Monday. This is a free event hosted by Seaside Heritage Quilters and will showcase the exceptional and often hidden talents of some of our community here in the Great Lakes.

A huge range of quilts of varying sizes will make up the colourful display. Traditional quilts made with carefully selected fabric will feature alongside more modern designs. Everything from children's and babies quilts to fussy-cut and appliqued designs will be on show. These are working quilts, ready to be placed as treasured items dressing up bedrooms or hung as vibrant wall-hangings to beautify an otherwise blank wall.

Scenes of coastal views, cluttered bookshelves, insects and flowers, as well as animals and Australian flora and fauna will be on show and the beautiful fabrics really enhance the artwork. Many samples will have pieces that have been hand-dyed and embroidered, and others will feature the very latest machining techniques.



Advertisement for Seaside Heritage Quilters Quilt Exhibition. Includes text: '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', 'Morning tea available \$10'.

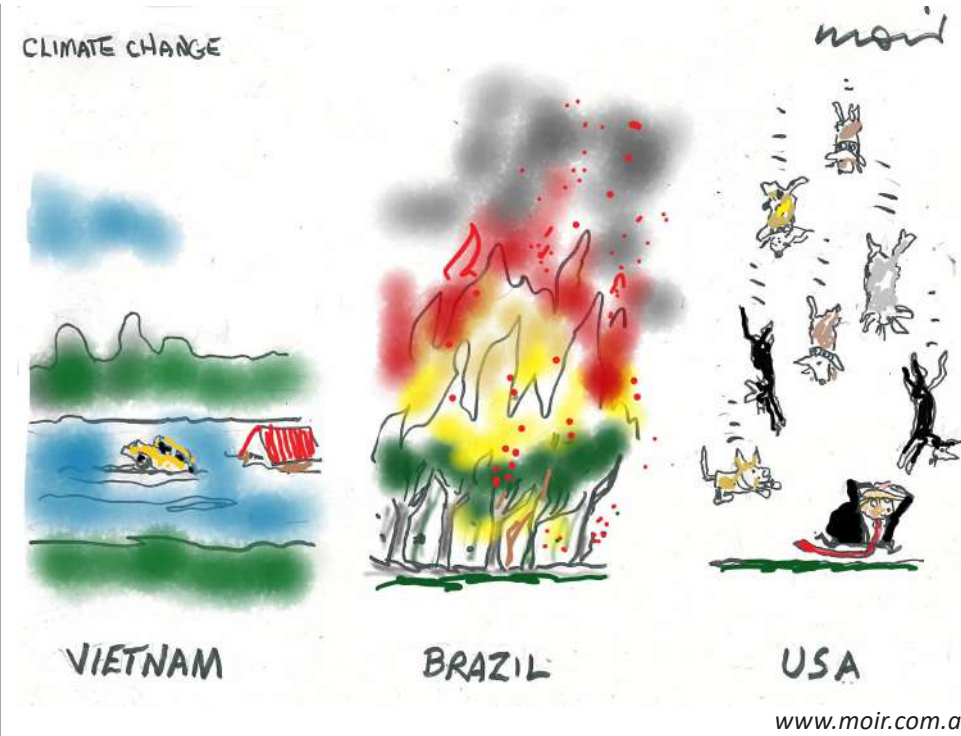
# Mixed bag and Feedback

## 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

### Great Lakes FM

In a backstreet of Tuncurry, lies our local radio station. It's mostly run by volunteers, they are the backbone of our nation. People like Doug, JD and Prue, The Fill In Filly and Rock Chick to name just a few. Andy is the manager and good morning guy 6 to 10. Chooky and Bradders give the surf report, and then Andy loves to bust a brain or two With the twisted tune for me and you. Friday and Saturday night Graham arrives at 2am with just for old times sake, A boon to us insomniacs who are lying awake. He is followed at six by Greeny's country music show. He has been there over thirty years or more you know, Michael Harry comes in with his favourites to play, There is a great variety of music here 24 hours a day. You can search all over this nation, but you will never find a station like our local GLA. *Dorothy (Dot with the lot) King - Forster.*



## Coles/Woolworths fine for misleading consumers reduced from \$10 million to just \$15 million

**SATIRE:** The Australian Competition & Consumer Commission (ACCC) has announced that the penalty for misleading consumers is 'Down Down' from \$10 million to just \$15 million. It justified labelling the fine a 'reduction', saying it increased the \$10 million fine amount to \$16 million last week, before 'dropping' it to \$15 million five minutes later.



In a statement this morning, read out in an excruciatingly upbeat voice, the consumer watchdog said this offer was not to be missed.

"Prices Dropped! For a limited time, save 33% on your fine for unashamedly ripping off the Australian public!

"Misleading consumers by briefly increasing prices, then reducing them in order to promote

them as a saving? Was \$10 million, now just \$15 million!! That's value, the Australian way!"

The ACCC put the \$15 million fine into perspective, saying it would be almost enough to buy a trolley full of groceries.

www.theshovel.com.au

### Donkeys

(With apologies to Craig Smith's children's book.)  
As I was walking down the road, I met a donkey. Hee! Haw!  
He only had three legs. He was a wonky donkey! Hee! Haw!

In our local government elections, 25% voted informal. Another 25% voted for a party with de-merger on its platform. Conclusion: Council merger = Failure.  
At the next state government election, we will remember the three-legged donkeys in Macquarie St.  
*John King - Pacific Palms.*

## Book Review

### The Glass Maker

The year is 1486 the height of Venice's power based on its trading empire in the Mediterranean. Murano is the source of the very fine glassware that is exported around Europe. Venice is still an island that will not be connected to the mainland until the Austrians take over in the eighteenth century at the time on Napoleon. So starts Tracy Chevalier's latest book *The Glass Maker*. It is a long journey right up to the present day.

Chevalier has used two time series. Orsola Rosso, our protagonist, her family and close associates age normally as the outside world changes over the centuries. Thus, she starts with fire and candlelight and finishes with electricity and gas heating for her glass work. Hence, we have her personal development even while Venice is undergoing its long decline.

Glasswork, goblets, platters, mirrors, is men's work using a kiln. At most, women make beads using a candle fired up with bellows. It is the death of her father who is the workshop's maestro that impels her to learn bead-making to support the family finances.

As one should expect, the book is very expressively Italian, laced with *basta*, *cretino*, and *escrementi di coniglio* (rabbit turds) her elder brother's dismissive term for her work. There is a very useful, indeed fascinating, glossary of terms at the back.

It is time to skip ahead to 1574. New trade routes bypass Venice thanks to Vasco da Gama. Newly discovered continents. An English queen has been on the throne for 16 years. Artists flourish, Leonardo, Michelangelo. Glass too is flourishing. Our Orsola falls in love and negotiates the first sale of her beads. The plague arrives killing almost a third of Venetians, and some of her family, others are sent to an island quarantine. Trade evaporates, people starve. The Rosso's doors are nailed shut. The time is now 1631; this plague has run its course. Orsola's lover is no longer welcome in the workshop and leaves; Orsola is desolate,

could she, should she, have acted on the spur of the moment, and gone with him?

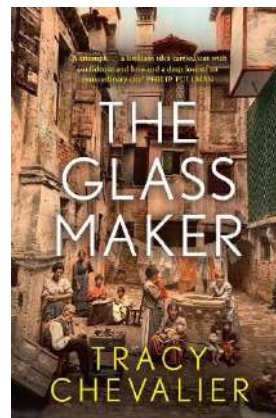
It is now 1755. America is being colonised, Rembrandt and Vermeer rule the art world, the modern novel has been born. Orsola is now twenty-nine. Venice is no longer a centre of trade. Orsola starts making necklaces. The Austrians and the Czechs have undercut Murano glass; the Rossos' furnace is out. They make glass seed beads for the American Indian market; not men's work grumbles her brother, but it keeps the family fed. Now 1797, the Austrians by agreement with Napoleon take over Venice and impose such prohibitive export duties that they cannot compete: the Austrians do not understand the nature of a free port.

1915; Austrians kicked out, Italy unified and on the side of Britain and France against Germany and Austria. Tourism is now a main economic basis for Murano and Orsola sets up a shop in Venice itself. Trains now bring the tourists to the bridge from terraferma directly to Venice. It is now 2019. Orsola is sixty-five. Telephones, computers, robots747s. The great inundation, acqua alta - 12 November 2019, is followed by Covid shutdown, and they have to battle, too, cheap, inferior, Chinese glass represented as from Murano. Dolphins return to the lagoon, and so does a further glass dolphin that started with her lover, long dead, but continued down the centuries by his descendants. Va bene.

*By John King - Librarian*

**Pacific Palms Community Library**

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



## Screen Reviews

TV Show Reviews by Leon Batman - Tuncurry

### The Rookie - 6 Seasons (2018 to 2024) Netflix

An American police procedural series that follows the John Nolan the oldest rookie ever in the Los Angeles Police Department along, it is based on a real life Police Officer. The story lines range from comedy to drama as John Nolan and two other rookies proceed through their training to become permanent officers. A really good show to watch with good acting and storyline's, so much so that you may end up bingeing multiple episodes of this show.



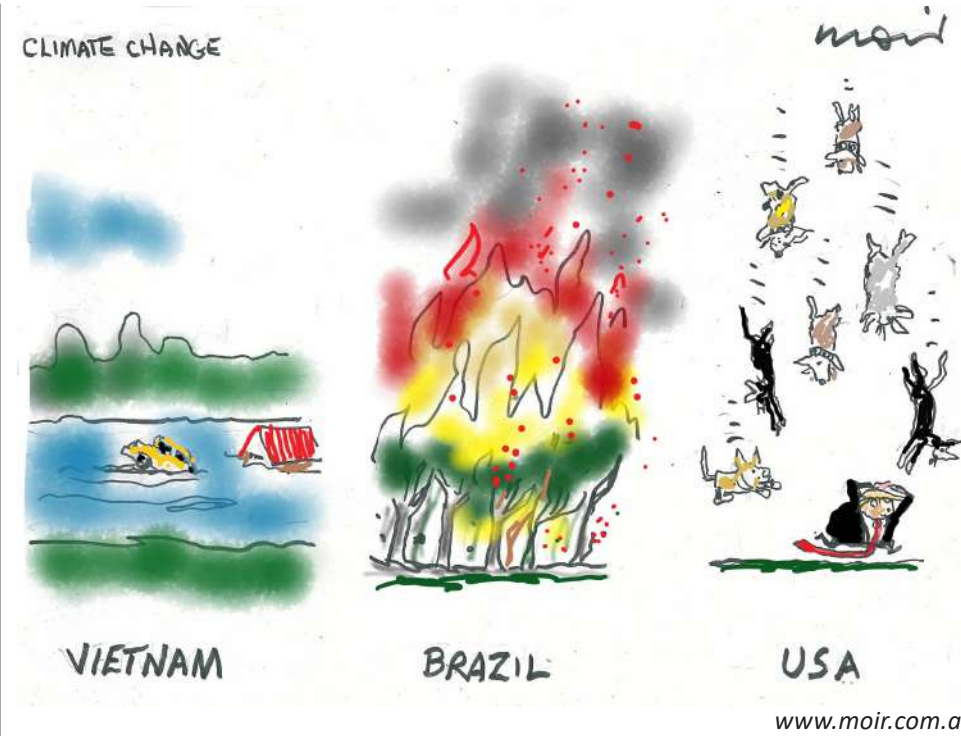
### Bosch: Legacy - 2 Seasons (2022 to present) Prime

An American police procedural TV show that not only continues on Detective Harry Bosch's life as private detective after retirement from the LA Police Department but also his daughter Madeline Bosch joining the LA Police Department as a rookie. A side line has Harry working for Honey Handler a prominent LA lawyer. Multiple storyline's cross over with each episode making for interesting viewing.



### Evil - 4 Seasons (2019 to 2024) Prime

An American supernatural drama where 3 individuals from vastly different backgrounds are tasked by the Catholic Church to investigate possible supernatural incidents. Kristen Bouchard, a Psychologist, reluctantly works with a priest in training plus a sarcastic, pragmatic investigator as they try to provide explanations for supernatural acts. A very interesting show to watch and it draws you in increasing more with each episode.



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### Public Notices

#### Calling Local Musicians

The Carols in the Park Black Head is being held Sunday 15 December

Convenor on behalf of the Hallidays Point (Uniting) Community Church is Alan Tickle who aims to put together a program over the next couple of months. He is on the lookout for local singers or performers for the annual event. Both traditional and contemporary music that is on theme for Christmas will be considered for the program.

The Manning Concert Band provide the accompaniment, but professional sound production supports guitar, keyboard and backing recordings will be available.

Please contact Alan by email at marjon7@bigpond.net.au or phone 0434 645 853

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Call Geordie Yule on 0403 586 342

### ANNUAL GENERAL MEETING OF MANNING GREAT LAKES COMMUNITY HEALTH ACTION GROUP

The meeting is to be held on Fri, Oct 25th, 2024 at 7pm at the Chatham Uniting Church, Chatham Avenue, Chatham (Opposite Fay's Twin Cinema).

Business to be discussed:

- Confirmation of Minutes of the previous General Meeting
- Presentation of Financial Statement
- President's Report
- Election of Committee Members
- Guest Speaker's presentation

Positions to be declared vacant are President, Vice-President, Secretary, Treasurer, Facebook Moderator, four (4) General Committee members.

Members of the public are welcome to attend.

### FUNERAL NOTICES AND IN MEMORIAM AVAILABLE

Contact Geordie for more information  
0403 586 342

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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: vvaglforster@gmail.com

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

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

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

### Tuesdays

**Forster Shores Combined 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: jipatchwood@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

#### Coomba Park Tennis Club

Every Tuesday 4 - 6pm Mixed Social Tennis  
Enquiries: Text Melissa 0403 309 807

### Wednesdays

#### Green Bikes Community Workshop

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

#### Great Lakes Breast Cancer Support Group

First Wednesday of every month.  
4pm Tuncurry Beach Bowling Club.  
Contact Lorraine 0410588736.

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

#### Club Forster Table Tennis

Each week new players welcomed.  
6 - 9pm. Contact Harold 5591 7133 or Bruce 0414 532 496

#### Westpac Rescue Helicopter Service

Forster Tuncurry Group  
First Wednesday of the month, 3pm Sporties Tuncurry. Enquiries: Ruth 0434 234 511

#### Forster Tuncurry Evening View Club

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

#### Great Lakes Knit and Spin

Every Wednesday 10am – 12pm,  
Forster Civic Centre, Wallambah room.  
Enquiries Kayleen 0416 184 684.

#### Great Lakes Suicide Prevention Network

Meet third Wednesday of every month at 6pm Tuncurry Beach Bowling Club & on zoom. Email greatlakesspn2428@gmail.com for details.

#### Forster Digital Photographic Club (FDPC)

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

#### Alcoholics Anonymous

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

#### Alcoholics Anonymous

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

#### One Mile Beach Dunecare

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

#### Hallidays Point Men's Shed

Meet 9am to 2pm in premises behind Community Church, 27 Diamond Beach Rd.  
Enquiries: Stephen Cox 0418 146 067

#### Dementia Infomation drop in at Forster Library

1st Wed. of the month 9.30 - 11.30am. Speak with local Dementia Alliance representative on local services. Contact Christine 0408 548 698

#### Coomba Fitness Group

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

#### Twin Towns Tennis Club

8am Mixed Social and 7pm Night Comp every Wednesday. Capel St Tuncurry.  
Contact Ellise 0411 476 063.

### 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/Navvy volunteer clean-up Every Thursday 7am - 9am, Community Hall 36A Elizabeth Pde. Contact: Brian 6555 5076

#### Lodge Forster Great Lakes United

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

#### Tennis Forster

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

#### Great Lakes Vietnam Veterans Association Sub-Branch

meet at Unit 3/80 Kularoo Drive, Forster, between 10am to 1pm  
Email: vvaglforster@gmail.com

#### 1st Forster Tuncurry Scout Group Joey Section

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

#### 1st Forster Tuncurry Scout Group Scout Section

Scout Hall Cnr Lake & McIntosh Sts Forster, Thursdays 6.30 - 8.30pm for 11 - 14 years.  
Contact: 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

#### Twin Towns Tennis Club

8am Mixed Social every Thursday, Capel St Tuncurry. Contact Ellise 0411 476 063.

### Fridays

#### Forster Country Women's Association (CWA)

3rd Friday of the Month, 10am Coolongolook Room at Forster Civic Centre, Lake Street.  
Contact: Annette 0411 028 857

#### Wallis Lake History Group

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

#### Forster Tuncurry Seniors

Breeze Parade Forster  
Carpet Bowls 9:15 - 12pm & Games 1pm - 4pm  
Contact 6505 2686

#### Forster Tuncurry Red Cross

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

#### Alcoholics Anonymous

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

#### Pickleball Tuncurry

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

#### Tuncurry Beach Dunecare

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

#### Ladies Social Tennis

Fridays 9 -11am at Sporties Tennis Club, Beach St Tuncurry.  
Enquiries: 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

#### Twin Towns Tennis Club

8.30am Mixed Social every Friday, Capel St Tuncurry. Contact Ellise 0411 476 063.

### Saturdays

#### Forster parkrun community 5km run/walk

Pebble Beach Playground off Head St 7:45am for 8am start every Saturday  
facebook.com/Forsterparkrun

#### Club Forster Table Tennis

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

#### Forster Country Women's Association

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

#### Great Lakes Rural Australians for Refugees

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

#### Great Lakes Orchid Society Meeting

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

#### Dragon Boating

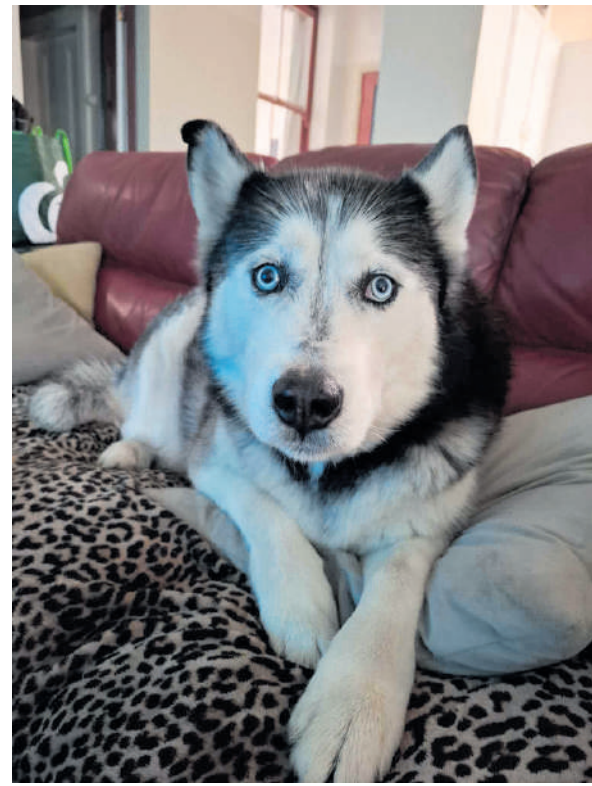
Come paddle with us on Wallis Lake 7.15am for 7.30am start  
Contact Janis 0420 235 987

#### Over 55s Forster/Tuncurry Social Group

Weekend meals at a local club or restaurant, or a location about an hour's drive from town.  
Contact Heather Yates 0414 507 781

Subscribe for FREE at [www.forsterfortnightly.com.au](http://www.forsterfortnightly.com.au) to receive local news alerts & community updates.

## Star Pet



**Name:** Nex

**Breed:** Siberian Husky

**Age:** 8 years

**Likes:** Carrots, toothpaste and backchat.

**Dislikes:** Authority and squeaky toys.

**Claim to Fame:** Most innocent looking destroyer of couches.

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](mailto:info@forsterfortnightly.com.au)

## Forster Library Free programs

• **Mahjong games afternoon** - Mondays 2 - 4pm.

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

• **Family History Advisory Group** - provides support with family history research. Volunteers will be available 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](mailto:familyhistory@gmail.com)

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

## Pet of the Fortnight



### Snugglebum Poppy!

This little girl is Poppy, and what a little snugglebum she is. Poppy and her 4 siblings (which have already been adopted) were surrendered to the Great Lakes and Manning Branch of AWL NSW a few weeks ago and now it is her turn to find her forever home.

She has fitted in quite well to her carers home, much to the resident cat's disgust, but they all seem to know that this is only a temporary home for her.

Poppy has been de-sexed, microchipped and has had flea and worm treatment and her first vaccination. She is very good with her litter tray. Her adoption fee is \$150.

If you are interested in adopting Poppy, please call 0408 670 757.

AWL NSW Rehoming number R251000222.

  
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## Weekly Diary 2

The 'Weekly Diary' 2 is FREE to promote community group info that changes monthly.

### October

**Mon 14 to Sun 20 Oct - Manning Great Lakes Birdwatchers.** Spring Camp at Cowra.  
Enquiries: 0431 878 395



Photo of Grey Teals by Brian McCauley.

## Biomedical Sports Podiatry

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Knee Pain  
Heel Pain  
Ankle Pain  
Growing Pain  
Hip Pain  
Toe Walking  
Pigeon Toed  
Knocked Knees  
Bow Legs

## Dog lover's Morning Tea Fundraiser



A fun morning was held for dogs and dog lovers on 23 September in Tuncurry. Around 15 dogs ran around and shared special dog treats while the owners had a sit and a chat over tea and fancy cakes.

Maggie Steel, from Fur Babies Forster Tuncurry Boutique, organised the Morning Tea fundraiser to raise money for local Georgia Webber who this year set up 'Lost Found Rescues needing homes, Forster Tuncurry.'

Maggie said, "This is a meet and greet to get the dog-loving community together for a nice, relaxed morning tea."

"We are mainly here this morning to support Georgia's work in the community and raise awareness of dogs getting lost or needing a home or rehoming."

Georgia Webber started caring for animals in need after helping some stray kittens at the beginning of 2024. She set about finding homes for over 50 kittens. So far 26 kittens have been given to a loving home.

"I've been helping with other stranded pets - kittens, rabbits and dogs - since then. I get them desexed, vaccinated, microchipped and flea, tick, worm treated at a local vet before finding them a home."



Above: Maggie Steele (standing in the background) said, "We are often tourist's first line of contact before they come to the Forster Tuncurry area because they are looking for services for their Fur Babies - be it pet sitting, grooming, pet supplies, dog friendly beaches, restaurants and cafes, and accommodation that is dog friendly. People are travelling with their pets now more than ever."



Above: Gracie Jurss (on the left) with Georgia Webber (organiser of Lost Found Rescues needing a home). Nine year old Gracie likes to "Help my mum (Maggie) in the shop by looking after customers."

Below: Ruby (on the left) and Cookie with their owners.

Right: Blush (on the left) and Marley with their owners.



17 year old Georgia not only finds homes for animals but works four days as a junior vet nurse/kennel handler at Sweet Pea Vet.

You can find Georgia's Lost Found Rescues needing homes, Forster Tuncurry at: [www.facebook.com/groups/596757085509894/](https://www.facebook.com/groups/596757085509894/)

Story and photos by Mary Yule.

Top left: Little Blondie (with blonde hair) reaching up on her owner's leg to inspect the cake.

Left: Little Betty in owner's arms having some respite from the bigger dogs.

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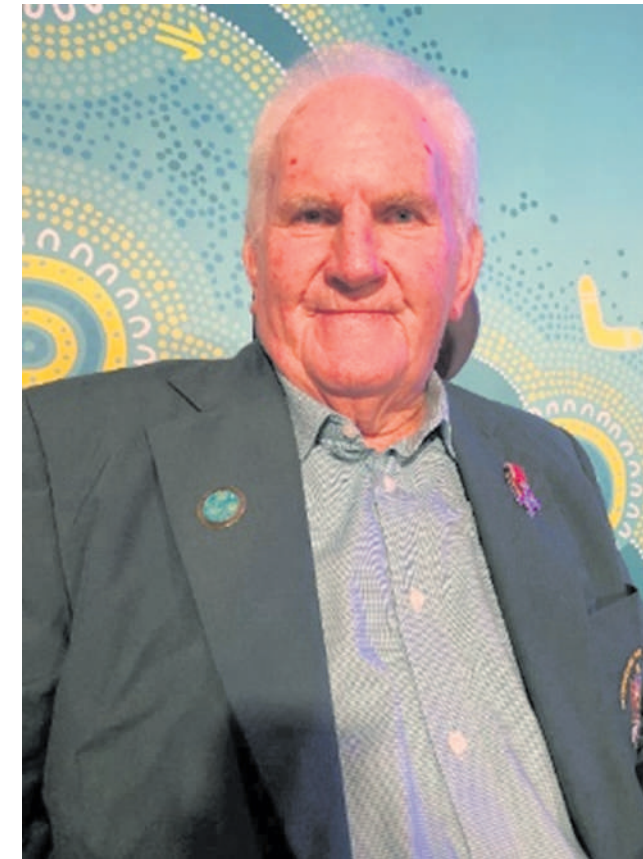
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**Taree:** 📍 144 Victoria Street, Taree NSW 2430 📞 6557 8910

✉️ [david.gillespie.mp@aph.gov.au](mailto:david.gillespie.mp@aph.gov.au) 🌐 [davidgillespie.com.au](http://davidgillespie.com.au) 📺 DavidGillespieMP

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

## Local Identity - Gary Hooper



Above: Gary Hooper receiving Paralympics Australian Pin in 2022.

By Vana Gooley.

With the Paris Paralympics still fresh in our minds, Gary Hooper's story will surely captivate and inspire.

Courage and ability went hand in hand with Gary Hooper's sporting career. Gary at 85 is one of the original Paralympians competing in Rome in 1960 - a team of 13 men and women who had to fund raise to cover their expenses. Gary, a member of the Order of the British Empire, was on three paralympic teams between 1960 and 1968, winning 7 medals.

Gary was born in Sydney in 1939 to Margaret and Frank Hooper. He has a younger brother Ray who lives in Canberra. The family ran a poultry farm close to Toronto. Gary went to Toronto Primary school and was a champion schoolboy runner. He showed great promise as a school boy athlete but after competing in Sydney in 1950, he woke the next morning unable to stand. He was 11 years old and his life changed forever. Polio was quickly diagnosed and Gary was found to be paralysed in both legs. He spent the next two and half years in hospital and 12 months in rehab at Jarvis Bay and Hornsby. "A lot of people wouldn't come near me. They said that polio was very contagious, and it was for the first three weeks."

Growing up wheelchair bound in the 1950's was very challenging. Gary had no formal schooling after primary school. Gary

experienced one incident when he was swimming, when a child was ordered "away from the crippled boy."

Gary trained as a book binder and worked at Bankstown and Newcastle library for 25 years. Disabled parking and access did not exist back then, but Gary managed to drive a manual car with hand controls and use a wheelchair weighing 30kg.

Gary met Janice at Newcastle library when Janice was a 19-year-old trainee librarian, and they were married in 1964. People were vocal, approving, or disapproving about their marriage but Janice's parents loved Gary.

Gary knew he had sporting ability and was strong so he tried out for various disciplines. First, he picked up the javelin, then came the shot put, Indian club and discus. He raced wheelchairs on the asphalt at the car park at Royal North Shore Hospital in Sydney. He lifted weights, swam, fenced and played wheelchair basketball. "It was very much a family affair," said Janice. "We all knew each other and when the competitions were run, everyone would get together - wives, girlfriends, children and

it was as much a gathering of friends as it was a competition. It could get very competitive too."

In the early days of the paralympic movement, half the work of preparing for the games was fundraising to cover the cost of equipment and airfares. A lot of athletes shared their equipment, but Gary's own equipment was once sold by another athlete. A guy wanted to do some weightlifting and Gary kindly said, "Just have mine for a while." Later, Gary asked him, "What happened to my equipment?" and the guy said, "A bloke offered me good money, so I sold it." "I was so wild!"

Gary set about building an outstanding list of sporting achievements at State, National and International level for wheelchair athletics, javelin, discus, weightlifting, fencing, basketball and swimming. He competed in the Paralympics in Rome (1960), Tokyo (1964) and Tel Aviv (1968). These honours were supplemented by his inclusion in the Commonwealth Games in Perth (1962), Kingston (1966) and Edinburgh (1970). Gary also competed in the FESPIC Games (Far East



Over the years, sport has given Gary many opportunities to travel. He was inducted into the Hunter Sporting Hall of

Left: Gary Hooper in a fencing bout during the 1973 National Wheelchair Games in Adelaide.



Above: Gary Hooper competing in the first Royal North Shore Hospital Sports Day in 1960.

and South Pacific Games) for the disabled in Japan 1974 and Sydney 1975.

Gary won a total of 58 medals in his international career, including 26 gold. He set records at every level and was named best State, Australian and Commonwealth competitor in 1959, 1962, 1964 and 1966. His domestic medal tally reached 104 in national events and 103 at state level over a 15 year period in which he contested 8 Australian Games. He received an MBE in 1969 for sport and community service.

It's been more than 5 decades since Gary competed in what is now one of the largest sporting events in the world, the Paralympic Games, with a global audience of over 4 billion people.

Gary and Janice have two sons, Sean and Glen and 6 grandchildren and 2 great grandchildren. Their sons grew up playing the usual sports, scouts, surfing and watching their dad compete. When their kids were preschoolers, the family (plus cat) embarked on an 8-week caravan trip across the Nullarbor to Perth along gravel and bull dust. They have caravaned all over Australia with Gary driving the whole way using hand controls. Their last trip was to Northern Queensland with 3 dogs on board.

Janice and Gary moved onto a 2-acre block at Hallidays Point in 1995 having lived at Toronto, Fennell Bay, Boolaroo and Metford. They were able to register a multitude of pets including an aviary. Gary's health prompted a move to Tuncurry which they love for its friendly people, flat terrain and convenience.

Janice's and Gary's home is well equipped for Gary's care, such as a ceiling hoist and modified bathroom amongst other things. They have a great team at Baptist Care who come to assist morning and evening. Unfortunately, Gary can no longer transfer into a car but is well catered for by Forster Taxis and Forster Bus Lines and Eggins. The XPT (NSW railway service) also has wheelchair access.

The Hooper's plan is to live out their lives in Tuncurry with their 2 dogs, 2 cats, 2 fish tanks and 12 birds.

Photo credits and audio interviews with Gary Hooper can be found at: [www.paralympichistory.org.au](http://www.paralympichistory.org.au)

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# Update on health services in the Manning Great Lakes region



Above: Photo of NSW nurse strike at State Parliament by Micheal Sutton – President Forster Community Health Branch NMA.

Mookhey asking for more pay and better conditions for NSW nurses.”  
Interview by Mary Yule.

## 6. Call for safe staffing levels at Manning Base Hospital

Two weeks ago, MP Tanya Thompson gave notice to move a motion in Parliament calling on the state government to urgently address staffing levels at Manning Base Hospital.

“Despite serving a population of around 100,000 people [plus approximately 30,000 visitors over the Xmas period], Manning Base was excluded from [the latest round of] the Safe Staffing Levels initiative announced recently. This initiative is important for supporting our front-line healthcare workers who are stretched to their limits and for improving nurse-to-patient ratios.”

The Safe Staffing Levels initiative involves the introduction of minimum staffing levels on every shift, which will result in more nurses employed in hospitals right across the state and better care for patients.

## The Safe Staffing Levels initiative

It will enable a one-to-one nursing care ratio for generally occupied emergency department resuscitation beds on all shifts, and one nurse to three generally occupied ED treatment spaces and ED short-stay unit beds on all shifts.

Phase one of Safe Staffing Levels is initially commencing in Level 5 and Level 6 EDs, which treat the most critically ill patients, and will then be progressively implemented across other hospitals and departments. The Safe Staffing Levels Taskforce will continue to oversee the rollout of 2,480 FTE [full time employed nurses] over four years (to June 2027) towards staffing levels.

Manning Base Hospital is classed as a Level 4 hospital according to NSW Health’s current Role Delineation of Emergency Medicine. Hospitals are classed from Level 1 to 6 (6 being the highest) to describe the minimum support services, workforce and other requirements for the safe delivery of clinical services for a hospital in a particular health district.

Edited from www.health.nsw.gov.au

## 7. New Urgent Care Service for Aged Care residents in Taree

Residential Aged Care Facilities (RACF) residents in the surrounding areas of Taree can now access more tailored, timely healthcare in the comfort of their place of residence, thanks to a new Residential Aged Care (RAC) In-reach team which is now seeing patients.

The geriatric urgent care service will help ease pressure on local emergency departments by responding urgently to the medical and physical health needs of older people in RACFs for non-life-threatening conditions.

Care will be provided within the RACFs by a multidisciplinary team of nurse practitioners, registered nurses, geriatricians, career medical officers and physiotherapists.

Patients are referred to the geriatric urgent care service through an established Aged Care Emergency (ACE) line. RACF calls will be answered by the RAC-In reach team intake registered nurse who will utilise decision support tools to determine the appropriate level of care for the patient. This may include telephone and video call assessment or an on-site visit from the team.

The service is open from 8am to 4pm, seven days a week, and care provided by the In-Reach team is at no cost to the patient.

The In-reach team will cover the areas for John Hunter, Belmont, Calvary Mater, Tomaree

and Manning hospitals is being rolled out in a staged approach and is expected to be operating in all 65 RACFs in the region by 12 November 2024.

The Newcastle Residential Aged Care-In-reach forms part of the NSW Government’s \$124 million commitment over two years to deliver 25 Urgent Care Services in NSW by mid-2025.

Minister for Regional Health, Ryan Park said, “This Urgent Care Service will enable residents to receive high quality, expert care without leaving their familiar environment, providing a better patient experience and easing pressure on the region’s busy hospitals.”  
www.health.nsw.gov.au

## Latest Bureau of Health Information (BHI) concerns

MP Tanya Thompson said, “With an aging population in the Myall Lakes, services such as the RAC In-reach team are so important for better healthcare outcomes.”

“I have been sounding the alarm about the stress and pressure the Manning Hospital and Myall Lakes health system is under, especially after a concerning increase in emergency department presentations in the recent BHI data,” said Mrs Thompson.

“The BHI data shows only 44% of patients presenting at the Manning Base Hospital being treated on time, a decrease of more than 12% on the year prior, it’s clear our local health system is in crisis.”

“On top of this, only 60% of patients transferred from paramedics to the emergency department begin treatment within 30 minutes – eight minutes longer than the state median. This can be the difference between life and death.

“The flow-on effect is huge. While patients wait to be seen in ramped ambulances, other members of our community are kept waiting for ambulances in their time of need.”

Office of MP Tanya Thompson.

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# First Sailability Day of season



It was a perfect day for Coomba Aquatic Club’s first event of the season when we welcomed our guests from Lifestyle Solutions for a great time sailing or just having time on the water on the powerboat.

are becoming more proficient at sailing. The morning was concluded with a sausage sizzle before the guests departed. We are looking forward to another day on the water next month.

It is great to see that a number of our guests who have been visiting over past seasons

Story and photo by Ian Peden.

# Our Local Wildlife



## Red Bellied Black Snake

For some people, every snake is a bad snake, but there are reasons to challenge this view, particularly for one of the more beautiful of Australian reptiles, the Red Bellied Black Snake (Pseudechis porphyriacus).

Red Bellied Black Snakes can grow to about 1.25 to 2 metres and are muscular snakes with a head that is barely distinct from the neck. As the name suggests, the head and body are glossy black, with flank scales that are bright crimson fading to dull red or orange/pink in the middle of the belly. They have obvious brown-ridges, very dark eyes with round pupils. Like most Australian snakes their fangs are short, at around 5 millimetres when full grown (by comparison rattle snake fangs are 10 to 15 cms long).

Although they are venomous it might surprise people to know that no human deaths have ever been recorded. The main reason for this is that this is a shy, non-aggressive snake that would far rather flee and hide than engage in combat with a species that is not its prey.

The favourite prey of Red Bellied Black Snakes are frogs but includes fish, tadpoles, lizards, other snakes (including eastern browns) and small mammals such as mice. As such, they are most usually found within moist habitats, particularly swamps, creeks, farm dams and lagoons. They are able swimmers and will hunt underwater, sometimes returning to the surface to consume their prey but may also swallow prey underwater.

One of the major threats to Red Bellied Black Snakes, like so many other native carnivores, is the introduction of Cane Toads and many have died as a result of these toxic pests whilst declining frog numbers are also believed to be impacting them.

Like all reptiles they are cold blooded meaning they are dependent on warming up in sunny places during the day and cooling down by moving into the shade if their body temperature goes beyond 31 degrees (their

body temperature range is between 28 and 31 degrees). During winter they are inactive but may emerge on warm, sunny days to bask.

Normally territorial, it is during spring mating season that Red Bellied Black Snakes are most seen when males spend more time travelling in the open seeking females. During mating season, males will also engage in vigorous wrestling with each other for up to 30 minutes, with the ‘winner’ achieving dominance by pushing his rival’s head down with his chin. Males also court females by rubbing their chins along the female’s body and twitching and hissing. The female indicates her readiness to mate by straightening her body alongside his. After mating each will return to their territory although there is evidence that in late pregnancy females will band together, sharing shelter and basking space.

Gestation takes 14 weeks with live young (unlike most reptiles that are egg-layers), born in Summer. After birth, baby Red Bellied Black Snakes are on their own and vulnerable to becoming prey to kookaburras and other birds, feral cats, as well as other snakes. With luck they can live up to 12 years.

As stated, Red Bellied Black Snakes are shy and timid creatures that would much rather retreat and hide than attack. Under severe harassment and when feeling trapped, as a last resort they will strike and their venom can kill family pets, especially dogs. For this reason, it is well worthwhile to undertake snake aversion training with your dogs where they learn to keep a safe distance from all snakes (this has been very successful with our dog). Cats may also be killed but appear to be more resistant to Red Bellied Black Snake venom and humans should also of course avoid contact.

It is worth noting that by law, Red Bellied Black Snakes are a protected species.

By Kym Kilpatrick – FAWNA member Hallidays Point

Photo by Brian Champion.

# On to Nabitac...



Left: Fern Shed in Nabitac.

green and yellow. World War 2 stopped export and then the forests were closed to the pickers and the fern shed closed.

Still in Nabitac, some of you may not be aware that there was an aerodrome near Nabitac during World War II. It was approximately one mile south of the Wallamba River, 4 miles south east of Nabitac and near the property “Glen Ora”. The airfield, which consisted of 4 gravel runways between 2 large marshy areas, was allocated 4,450 pounds (\$8,900) of funding in 1941 for the provision

## Historical Talk Part 4: Travelling on to Nabitac - Anne Masters & Helen Duggan from the Great Lakes Museum.

The Nabitac area was originally included in the Australian Agricultural Company grant but returned to Crown Land after a report by Sir Edward Parry as not being suitable for sheep.

The first land grant was made in 1855 and after the Sir John Robertson Act of 1861, other settlers followed along the Wollomba (Wallamba by local use) River and became known as the Cape Hawke Settlement. It was described in 1890 as a small Agricultural and Timber Cutting Settlement. A village formed and was named Wollomba and was proclaimed a village in 1890. Confusion occurred as the Post Office and School were known as Clarkson’s Crossing. Mr. Hugh McKinnon M.P. was asked by the Postal Department to suggest a name. He suggested Nannyack, meaning wild fig tree, the Aboriginal name for the area and, in 1894, it was accepted as Nabitac and gazetted as the name for the village on 2nd May, 1906.

A new industry is important to any area and especially to new settlers in an unimproved area. In 1908, Mr. Eric McMaster came to Nabitac. He was a buyer of giant maiden hair ferns for Mr. Brown of Woy Woy who sold the ferns overseas for use in dried floral arrangements. Mr. McMaster stayed and eventually formed his own company. The ferns were gathered from Karuah to Nambucca. They were carefully selected, fronds chosen for shape and maturity, cut and tied into bundles and tied with forest grass and packed on hessian carriers, always flat and with care.

They were carried out and loaded on flat decked lorries. Arriving at the fern shed at ‘Glen Ora’, Nabitac, they were laid out on hessian racks to dry and turned at regular intervals. When dry, they were graded according to size. The unprocessed ferns were packed under pressure into cases, 8 ft. x 4 ft. and sent on the “Victory” to Tuncurry, the “Allanwood” to Sydney and overseas. The processed ferns were bleached white and dyed either green or red,

of additional buildings, services, fitting and furnishings. Documents have revealed that the airfield had 12 hideouts palisaded, netted and garnished with natural tree coverage and 6 dummy hideouts for ‘decoy purposes’. The aerodrome was used to refuel planes as they were escorting warships along the east coast. One story that has been relayed to us that occurred during this period was about a plane that had to make a forced landing on Tuncurry Beach.

The crew spent the night in the plane and early next morning saw a group of citizens heading their way. Led by a woman in a VAD uniform. The group greeted them, and handed over something for their breakfast – pink iced cupcakes and a bottle of brandy. It was later noted that the crew was very touched by this gesture as they realised that much of the locals’ ration of butter, flour, etc. would have been used to make this tasty treat.

Unfortunately we have very little information concerning the construction of the air strip, its use during wartime and by civil craft. However, we do know it was still operating in 1948 as we have records of a Nabitac man, Raymond Paff, being hit and killed instantly by the propeller of a twin-engined aircraft at the aerodrome.

The Great Lakes Museum on Capel Street Tuncurry is open Tuesdays and Wednesdays (10am - 1pm) and Sundays (1 - 3pm).



# Getting 'the house in order' before aged care

Advertorial

The complexity of decision making when it comes to aged care both financially and the actual care decisions, can be thrown a curve ball if Enduring Guardian and Enduring Powers of Attorney are not in place according to local financial adviser Alan Tickle.

Enduring Guardian allows medical instructions including living arrangements to be given on behalf of the aged person whereas an Enduring Power of Attorney primarily covers financial management.

“I understand that some aged care facilities are resisting accepting a person into care unless the family members dealing with the aged care facility have Powers of Attorney and Enduring Guardian”

“If there is no Powers of Attorney or Enduring Guardian in place, and particularly when the aged has lost mental capacity, the aged care facility are left in the difficult position because the family members have no authority and the aged person is not legally competent to accept the terms of a placement.”

“I always advise clients to make an appointment with a solicitor to get those documents prepared and not delay this action because they run the risk of losing capacity to provide instructions should there be a physical or mental incapacity in the future.”

The legislation going before Parliament has added some further complexity and higher upfront costs it seems.

“I’m waiting on the detail but there appears to be welcome incentives for the aged to be cared for in their home and by family members.”

“One of the unintended consequences of the delays in placement to aged care facilities or inadequate support for families to provide care in the home, is that the elderly are being admitted to hospital and taking up vital bed spaces.”

“So, anything that increases support options for families including aging in place, (that is in their home or with their family) will help take the pressure off hospital bed spaces.”

By Alan Tickle.



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# Forster Ocean Race Weekend

"It's definitely the most fun sport I've ever participated in in my life," said local ski paddler Dan Warren.

"You can line up in a race against top athletes including past Olympians. Paddling is a good sport in that way," said local Shane Cornish.

The Shaw & Partners Forster Race Weekend was held 14-15 September with Saturday's 'Nine Mile Cup Race' moved from the morning to the afternoon for more favourable conditions. The 13km race went from Black Head to Forster Main Beach.

Top Australian endurance paddler Cory Hill was the first male in 57:02 and Jemma Smith, 2022

world ocean ski champion, was the first female in 1:03:58. Cory Hill and Jemma Smith also won the 'Forster Ocean Classic' on Sunday in the respective times of 48:59 and 54:25.

Sunday's race is traditionally a 20km event from Elizabeth Beach to Main Beach. With rough conditions forecasted again, the organisers made a call the day before to switch it to another 13km race from Black Head to Main Beach.

Dan said, "In Saturday's race, the field was fairly spread out due to not much assistance from the conditions. It was very satisfying to finish in a reasonable position and I looked forward to Sunday's race."

"On Sunday, the wind swell and waves for many competitors exceeded any race they'd ever done before. It was so fast with the tail wind and so much fun."

"Shane and I finished well in the placings, testament to a lot of hard training in treacherous oceans around Pacific Palms for the past 15 years."

Shane said, "It was one of the best I've done. I was on 4:30 minute pace per km. We had a 40 knot



Above: Shane Cornish in Sunday's Forster Ocean Classic. Photos supplied.

southeast wind and a 2m southwest swell behind us which is what you want."

Shane said he and Dan train together 3 times a week in winter and up to 5 times a week in the warmer months, depending on work commitments. They usually head out from Elizabeth Beach and either head south to Ceillito or up north to Bulls Paddock (better known as the Ruins Campground) or the Green Point entrance. Sometimes they will go from Main Beach to Latitude Rock at Bennetts Head. On these days the round trip is around 14km.

On a Sunday they paddle up to 20km. If the water conditions are too rough, they paddle in the lake.

Shane and Dan are now training for the 20 Beaches Ocean Classic next month which is a 20-24km event from Palm Beach to Manly or Freshwater Beach. After that they plan to enter the North Bondi Surf Ski Classic 10km race that starts in Sydney Harbour and ends at Bondi.

By Mary Yule.

Below: Dan Warren finished strongly in both races.



# Social Golf Club results

The Club Forster Social Golf Club played at the Forster Golf Course in challenging conditions on 29 August. There were cold winds and showers, but the course was good. It was a single stroke event which included the first round of our Club Championships for qualifiers.



Above: (L to r) Wayne Richards, Sharon Evans, Robyn Rogers, Robyn Poole, Glenn Stewart and David Forbes. (Absent Ken Woods and Jim Lovegrove.)

### Results:

A Division: 1st Ken Woods 73, 2nd Wayne Richards 74, 3rd Glenn Stewart 77.

B Division: 1st David Forbes 70, 2nd Bruce Young 70, 3rd Jim Lovegrove 72.

Ladies: 1st Robyn Poole 75, 2nd Robyn Rogers 76, 3rd Sharon Evans 78.

### Nearest to pin second shot:

4th hole: Grant Mathews, Martin Pottinger, Robyn Rogers.

6th hole: Wayne Richards, Jim Lovegrove, Maree Fieldhouse.

11th hole: Glenn Stewart, Bruce Young, Robyn Rogers,

14th hole: Glenn Stewart, Martin Pottinger, Robyn Rogers.

On 29th September we have our Foursomes Club Championships at Tuncurry Course.

On 13th October we have a single stroke event at Tuncurry Course. It will include the second round of our Club Championship for qualifiers. Hit off is 7.30am for a 7.52am start.

For all enquiries, contact Ken Woods on 0401 767 257.

By Warren Warner - CFSGC.

# Bluewater Fishing Results



Offshore fishing for the Club Forster Bluewater Fishing Club was not the best on Saturday 14th and, although sea conditions were reasonably fair on the water, the fish had different ideas. Thus only 28 fish were caught between the 11 fishermen who tried their luck in 7 boats.

Barry Wrench won the Flathead category with Mark Griffis runner-up. Bill Greene, (new member) and Martyn Barry took out the Snapper section. Allan Bowden won the largest other species section.

Newcomers Bill and Simon Green will remember their first outing with the club as they had to be towed in after running out of fuel on their way back to Boat Harbour (pictured above.)

Our next fishing competition will be on the weekend commencing 19th October, weather permitting.

By Franklin Harshman - CFBFC

# Running...roads, trails, forests and beaches



Left & above: Justine Lea (in blue) Karmen Reardon and Hayley Moody (pink unicorn) at the Sydney Run Festival.

## Sydney Run Festival

Thousands of runners took over the streets of Sydney on Saturday the 14th of September. It was an epic race for several reasons. In marathon terms there are currently 6 Majors in the world with Sydney attempting to qualify for the 7th Major. This is comparable to the grand slams in tennis and golf being the pinnacle of their sports. Sydney has competition from South Africa and China to become the seventh Major. Sydney required three consecutive years of at least 15,000 participants to qualify. 2024 was the second qualifying year and attracted over 20,000 runners.

What a perfect way to celebrate such an occasion with an all time record of 2 hours and 6 minutes by Brimin Kipkorir.

The streets were lined with supporters and well wishers including local podcast queens, "Women's Running Collective". Forster's Justine Lea, Hayley Moody and Karmen Reardon donned their colourful outfits including an oversized lobster and a unicorn. The girls had music blaring for 6 hours whilst they made full use of a megaphone encouraging all the runners with their crazy antics. Hayley donned a sweets tray and gleefully handed sweets to many of the onlookers.

Forster Runners and Trailblazers had entrants including Jake Myers in 2h 46m (212th out of 20,284 finishers) and Josh Moody 3h 16m (top 10%). Both were completing their first marathon. Jake is hoping to trim this time considerably when he runs his next marathon in Spain (Valencia) later this year. An unscheduled toilet break/shoelace issue and a minor calf "slowed" him down a little.

Josh negatively split his marathon which is highly recommended by the experts (negatively split means you run the second half faster than the first half). Troy Van Campen managed to break the 4 hour mark (3h 56m) and his training buddy Noel Williams ran an exceptional 3h 24m. Less than 1% of the population ever run a marathon so all four runners are now in that "special" category.

Left: Jake Myers (black top) ran a fast time in the Sydney Marathon.



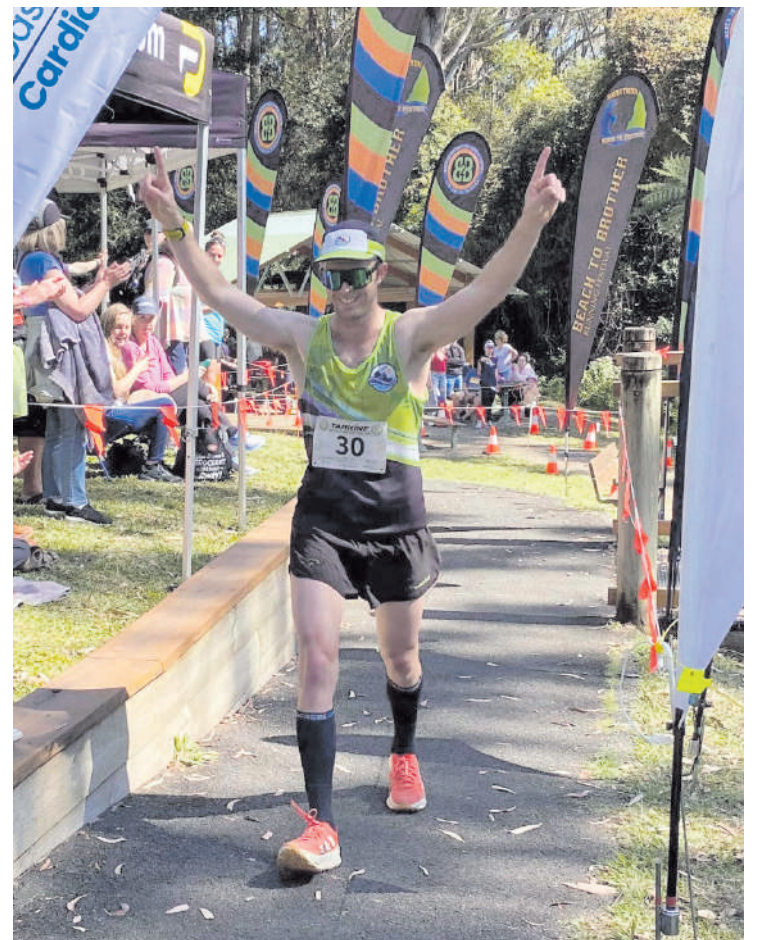
## Beach to Brother Trail Run

Beach to Brother race took place on Sunday 29th of September. There were several distances on offer including the half and full marathon. Take a minute to imagine the mindset of running 38km along "unfriendly terrain" (sand, tides, bush tracks etc) and then being confronted with a massive hill (North Brother Mountain) for the last four km. For the second time, local Forster Runner identity Aaron Eichner managed to secure the win in 3h 38m whilst Trailblazer member Matthew Whight came 7th in 2h 11m.

## Tomaree Trail Run

Tomaree Trail Run was run on the same day. This was a Trailrunners dream. It was a very technical course with all the elements including elevation, beach running, sand dunes, water crossings, clambering over rocks and was strewn with many potential tripping hazards.

Moni Kusse was second in her age group in the new 32k leg, whilst other Trailblazers and Forster Runners completed the 21k leg including Brett Morgan in 2h 18m, Nat Baker



Above: Aaron Eichner winning the challenging Beach to Brother Marathon for the second year.

2h 19m and David Hughes 2h 38m. Len Ellis successfully completed the 12km option.

By Dave Hughes - Forster Runners & Trailblazers.

Below left: Nat Baker, Dave Hughes and Moni Kusse after completing the tough Tomaree Trail Run. Below: Steep terrain during this event.



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<b>Monday</b> Monday Pasta \$15	<b>Tuesday</b> Happy Hour 3pm to 5pm Members Swipe Draw at 5:30pm Bingo From 10:30am Pizza's L \$20 / S \$15 \$15 Seniors Lunch Deal	<b>Wednesday</b> Raffles from 6pm Club Super Draw from 6pm 220gr Porterhouse w/Chips & Salad \$20	<b>Thursday</b> Mufti Bowls & Raffle from 12:30pm Happy Hour 3pm to 5pm Mexican \$15	<b>Friday</b> Raffles from 6pm Super 100 Draw after Raffles Lunch Burger 'n' Beer \$20 Live Music Every Friday 8pm
<b>There's always something happening at the Palms!</b>				
<b>Saturday</b> Fishing Club Raffle starts at 3pm & 4pm Happy Hour 3pm to 5pm Lunch & Dinner Kids Meals \$5 (16y)	<b>Sunday</b> Chook Run Bowls from 10:30am Raffles from 1pm Lunch & Dinner Kids Meals \$5 (16y)	<b>Open 7 Days 11:00 till Late</b> <b>Lunch 12pm &amp; Dinner 5:30pm</b> Courtesy Bus from 4pm 8 Paradise Drive, Smiths Lake Ph: 6554 4333 www.pacificpalmsbowlingclub.com.au Follow us on Facebook, Instagram and Twitter.		
<b>Pacific Palms Bowling Club</b> Your local Bowling Club		<p><b>Darren Jack</b> Fri 4 Oct</p>	<p><b>Rueben Carr</b> Fri 11 Oct</p>	

## Tuncurry Sportz Lawnbowlers



Above: Finalists Glen McWhirter (on the left) and Stephen Andersen. Photo supplied.

The 2024/2025 Men's Major Singles final was played on Sunday 22nd September, between Glen (Squirter) McWhirter and Stephen Andersen, who recently transferred from Pittwater Bowling Club.

In a great game, Squirter jumped out to a 7-0 lead after 3 ends. Stephen fought back to be down 8-9 after 7 ends. Squirter then reeled off 6 ends in a row to take a 20-9 lead. Stephen then took the next 5 ends to be down 14-20. Squirter won 4 of the next 6 ends to close out the final 25-16. It was Squirter's first major singles win and Stephen acquitted himself well in his first final at his new club. Congratulations to both players in what was a very entertaining final.

By Grant McKirdy - Tuncurry Sports Lawnbowlers.

## Bringing home the bling!



The Great Lakes Pearl Dragons have a reputation in Forster - we are the fun-loving paddlers counting through our drills, acknowledging our fellow early morning lake users, kayakers, fishermen, boaters and swimmers, with a friendly smile and greeting. We observe in wonder, the dolphins, sea life and bird life that are part of our beautiful Lake Wallis.

Our reputation is of a social, happy and inclusive bunch who breakfast locally after training in our flashy red jackets and shirts to support our sponsors.

We raise money not only for our Club, but for local charities as well.

But we have news...the early morning training over autumn and winter, often in the dark and sometimes in

Regatta Coaches (L to r) Brenda Taute, Narelle Sinclair, and Peter Reed. Photos supplied.

the rain and always in the cold, over those few short weeks, has paid off. At the Taree Manning River Regatta in August, we came second in the Women's 20s - 200m event. This announced to the region that we were contenders!

Then in September at Camden Haven, having a small team, we welcomed four paddlers from Wallis Spirit in an event-filled Regatta, competing against teams from Newcastle to Kempsey. We won Gold again in the Women's 20s and Bronze in the Women's 10s event. We were also very competitive in the Mixed 10s and 20s events.

As one of the Coaches of this team, I felt immense pride when paddling out to the start line for the finals, and having the shores lined with other teams, along with our own, showing their admiration at our achievements.

We brought back the "Bling" to Forster; to prove we can have it all, inclusive, social, and competitive!

By Narelle Sinclair - GLPD.



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