

What's on around town! p16 & 17

Local Identity Sally McRobert p23



Forster Fortnightly

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

FREE

Thursday 17 October 2024

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.107

Mayor and Deputy Mayor decided!

Councillor Claire Pontin has been elected as MidCoast Council's Mayor for a second consecutive term during the first ordinary meeting of the new MidCoast Council held 9 October. She will be supported by Deputy Mayor Jeremy Miller.

Both the Mayor and Deputy Mayor will hold office until September 2026.

The new look team of Councillors include Phillip Beazley, Michael Graham, Hugh McKenzie, Thomas O'Keefe, Nicole Turnbull and Digby Wilson as the newly elected and Peter Howard, Jeremy Miller, Claire Pontin, Dheera Smith and Alan Tickle as the returning contingent.

As the returning Mayor, Cr Pontin said she was looking forward to getting back to work.

"There's plenty of work to do and I look forward to picking it up again. We are systematically working through issues and it's important to keep this momentum going.

"I look forward to working with this new team. It's always good to get fresh perspectives and for existing policies to be challenged. I look forward to working with all of the Councillors as we aim to deliver improved outcomes for the community.

Following his election as Deputy Mayor, Cr Miller said the role was about supporting the Mayor and working with all Councillors.

"There are 11 Councillors around the table and my role is to work with all councillors for the benefit of the community."

Councillors were also appointed to a number of committees at the meeting.

These include Deputy Mayor, Jeremy Miller who was appointed as a non-voting member to the MidCoast's independent Audit, Risk and Improvement Committee.

Councillors Peter Howard and Mick Graham were appointed to the Asset Advisory Committee which also includes the Mayor and Deputy Mayor. Councillors Alan Tickle and Thomas O'Keefe were voted on to the Joint Regional Planning Panel.

Attendees and voting delegates were also finalised for the Local Government NSW annual conference. The Mayor along with Councillors Nicole Turnbull, Thomas O'Keefe, Alan Tickle, Digby Wilson, Dheera Smith, Mal McKenzie and Phillip Beazley will represent Council at the event on 18 and 19 November. This Conference is a great learning opportunity, especially for new Councillors.

The Mayor and Councillors Smith, McKenzie and Turnbull were nominated as voting delegates for the conference.

Mayor Claire Pontin thanked and farewelled the five Councillors (during the 4 September Council meeting) who stepped down before the recent local election, including Katheryn Bell (16 years service), Peter



MidCoast Council's re-elected Mayor Claire Pontin and new Deputy Mayor Jeremy Miller.

Epov (12 years service), Katheryn Stinson (16 years service), David West (29 years service)

and Troy Fowler (7 years service). www.midcoast.nsw.gov.au



Popular Junior Sailing morning at Coomba Park

Tuesday 1st October was the first 'Sailing for Juniors' morning in the school holidays and it proved to be very popular with over 30 children keen to have a try.

As the club only had four of the Bic Open Boats used for learning, everyone had a turn and those waiting were able to have a ride on the Hobie Wave catamaran or use the kayaks.

All the young sailors managed the basics of sailing and also learnt how to right the boat after a capsize. The parents and grandparents were pleased to see their children having fun whilst gaining their introduction to sailing.

By Ian Peden. Photos by Laurie Sullivan.

See p12 for more Junior Sailing.



TAB Drink Wise.org.au

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Photo by Patricia Macvean.

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Manning - Great Lakes Police District update

Dear Readers,

The busy holiday period will be over by the time you read this article, but there will be no rest for local police as we strive to keep our community safe and prevent, disrupt and respond to crime.

In this article I will provide an example of the hard work your local police are doing to reduce road trauma, detail a fantastic new initiative to enable people calling 000 to share information with police and share important boating safety tips.

Between Friday 04/10 and Monday 07/10 (inclusive) local police participated in the NSW Police Force State-wide Road Policing Operation - Operation Labour Day 2024. Local General Duties and Highway Patrol police conducted over 3000 random breath tests and almost 200 roadside drug tests. Pleasingly, only a very small number of breath and roadside tests were positive and there were no serious injury or fatal motor vehicle crashes during the period of the operation.

BluLink:

When you call Triple Zero for police assistance in an emergency, you may now receive a text message.

The NSW Police Force BluLink platform allows you to share information with police such as your location or live video. Use of the platform is not mandatory, you will be asked to provide your consent via the link provided.

How it works:

- In an emergency, call Triple Zero (000).
- If the operator requires further information, they will send you a text message.
- Tap on the link to open the BluLink platform.
- You will then be able to share information such as your GPS location, stream live video, or have a text message conversation if you're in a situation where you're unable to speak.

How it can help:

Police will use the information you provide to help provide assistance, such as if you're unaware of your exact location. You can provide live video from your location, to show police what is happening.



Messages can be translated into more than 100 community languages.

In some cases, police may provide a link to allow you to upload files such as photos or video to help with investigations, or provide a statement to help with investigations.

The link you receive is a one-off link that is available to only you and Police, meaning the information you provide is secure. BluLink is powered by the GoodSAM platform.

There's no need to download anything before using it. As BluLink is provided through a web portal, you will require data access.

And finally...Boating Safety!

With the warmer weather here, plenty of you good folk are taking your boats out on the water. Accordingly, it is timely I provide a few simple (but important!) tips that will help keep you safe out on the water:

- Plan your trip - check equipment, weather and vessel
- Tell somebody where you are planning on boating and when you are expecting to return
- Don't drink and drive - less than .05 for recreational vessel operators aged 18 years and over and a person supervising a child operator of a powered vessel
- Keep a proper lookout at all times
- Be aware of lifejacket requirements and ensure you wear the approved type for your vessel or water activity Children under 12 must wear one at all times on vessels less than 4.8m or when in open areas of vessels less than 8m that are underway
- Only carry as many people as are permitted on your boat - and make sure there are enough appropriately sized life jackets for each person on board

- There are mandatory pieces of safety equipment you need on your vessel - make sure you know what they are and always carry every item
- Adhere to speed limits and other navigational signage
- Wear your lifejacket when boating in poor weather conditions, when crossing a coastal bar, if a squall or storm approaches, or when boating alone away from immediate help

- Know your limitations and the capabilities of your vessel - and stick to them
- Log on and off with Marine Rescue when you head out on the water via your Marine Rescue NSW base on VHF Channel 16 or use the free MarineRescue App
- Operators of vessels may be random drug tested

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

Forster Fortnightly publishing dates

- Edition 108 - Thursday 31 October (deadline Thursday 24 October)
 - Edition 109 - Thursday 14 November (deadline Thursday 7 November)
 - Edition 110 - Thursday 28 November (deadline Thursday 21 November)
 - Edition 111 - Thursday 12 December (deadline Thursday 5 December)
- Our office will close Friday 12 December and reopen on Friday 27 December.
- Edition 112 - Thursday 9 January 2025 (deadline Thursday 2nd January 2025)



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Save Bulga Forest on Biripi Country



'Save Bulga Forest' protest to stop native forest logging on 8 October.

Forestry Corporation refuses to stop logging endangered species habitat

Five representatives of Save Bulga Forest (SBF); Matthew Bailey (Ecologist), Uncle John Clark OAM (Biripi Elder), Susie Russell (North East Forest Alliance), Chris Sheed (Oxygen Farm Inc.), Councillor Dheera Smith (Mid Coast Council), and Jane Watson (Save Bulga Forest) met with the NSW Forestry Corporation's Dean Caton (Regional Manager) and James Jagers (Area Manager) at Club Taree on 3 October 2024. SBF were demanding an end to native forest logging in Compartments 41 and 43 of Bulga State Forest. Apologies were accepted from Matt Bell (Mid Coast Council Senior Ecologist) who wrote in support of SBF's demands.

SBF's Chris Sheed said, "SBF successfully halted logging in Bulga State Forest in December 2022. For the last twenty months SBF has been regularly writing to the Forestry Corporation

requesting a meeting to discuss the logging of Bulga State Forest. All our requests were initially ignored and then became conditional on SBF giving certain undertakings. On 26th September 2024, just four days before logging was to commence, and when the logging machinery was already in the forest, SBF was finally invited to an unconditional meeting (3 Oct). "SBF raised serious concerns at the meeting regarding the impacts of industrial logging on endangered species, especially the Greater Glider - which has just won the Project's Marsupial of the Year Award - and the Koala. Both are dependent on this critical remnant forest that escaped the 2019 Black Summer bushfires. SBF tabled an email from Matt Bell referencing the Mid Coast Koala Strategy and requesting that forestry activities in Bulga State Forest - an Area of Regional Koala Significance (ARKS) - be suspended and deferred until such time the koala population has demonstrably recovered from the impacts of the Black Summer bushfires, and it can be proven that (harvesting) does not physically threaten or stress koala individuals. However, Forestry gave a clear and concise 'No' to the request," Mr Sheed said, adding, "Uncle John Clark requested information surrounding the Aboriginal cultural heritage assessments

and consultation which Forestry did agree to provide."

"Susie Russell explained to the meeting the many reasons why the Harvest Plans are believed to be incomplete and non-compliant. These included misleading mapping of Greater Glider den tree exclusions; failure to lodge roading plans, failure to determine dump locations, failure to map the den tree exclusions on the roading map; failure to mark the dens in the field; failure to keep the published harvest plan up to date and only updating the MapApp, which has no public access," Mr Sheed continued.

"Matthew Bailey noted that the Greater Gliders at this time are likely to have young either leaving the pouch or on mum's back and this is likely to be a vulnerable part of their life cycle. SBF asked the FC to delay logging in Bulga State Forest until the NSW Government has responded to the Independent Forestry Panel which is currently receiving submissions regarding the future of native forest logging. SBF will be making a submission. The Forestry Corporation also denied this request," he said.

Mr Sheed explained, "We feel that the meeting was very disappointing. The Forestry Corporation rejected all our concerns and categorically refused to halt the logging. SBF is especially concerned that recent court judgements have noted that the Forestry Corporation has 'proved it cannot be trusted and its cavalier attitude to threatened species and their habitats must end.' Just a matter of weeks ago the Forestry Corporation was convicted of further criminal offences with the court finding that the Forestry Corporation 'will continue to undertake forestry harvesting activities and has not sufficiently demonstrated genuine contrition and remorse for its commission of the offences'.

"Nevertheless, we will remain engaged with the Forestry Corporation, explore legal options, protest the logging and continue trying to protect our remnant forests and their endangered wildlife," Mr Sheed concluded. www.savebulgaforest.org



Above: Endangered Greater Glider at Bulga.



Above: Marg Mclean, a Save Bulga Forest protestor, locked onto a harvester in Bulga Forest on 3 October 2024. Photo by Amber Hall.

Battle between local residents & supporters and NSW Forestry Corporation

After a hiatus of 21 months, hostilities have resumed this month (October) in Bulga State Forest, located west of Port Macquarie, between local residents and supporters hell bent on seeing the forest protected and the Forestry Corporation of NSW (FCNSW), determined to log it.

Marg Mclean, a Save Bulga Forest protestor, locked onto a harvester in Bulga Forest on 3rd October 2024. She was arrested alongside
 Continued on page 22.

PACIFIC CAPE LODGE
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Please join us to celebrate the
 GRAND OPENING
 OF
PACIFIC CAPE LODGE
SATURDAY 26TH
 OCTOBER 2024
 10AM - Official Ceremony
 10:30am to 2:30pm
 Spring Fete

We will be holding our inaugural Spring Fete and are very excited to be show casing our new aged care home.

Please join us for the festivities including Devonshire Tea, cakes, craft & plant stalls, Aunty Bev's Jams & Pickles, face painting, Big Aussie BBQ & so much more.

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Immerse yourself in this all inclusive, fully guided tour of the Blue Mountains. Staying 3 nights at the palatial Carrington Hotel, this tour takes in the highlights of our UNESCO World Heritage Area.

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Sewer investigation program moves to Forster



"This work – which largely goes unnoticed – ensures our pipes remain in good working condition and the sewage stays safely underground as it moves from people's homes to the sewage treatment plant."

All residents in the areas affected by the work have been notified. People are encouraged to keep their toilet lids down and toilet doors closed while the work is

The latest stage of MidCoast Council's sewer investigations will begin in Forster on Tuesday 8 October and will continue until the end of April 2025.

The annual maintenance program began in September and work has already successfully wrapped up in Hawks Nest and Taree West.

Closed circuit television cameras will be used to inspect the sewer network for defects in some of Forster's largest sewer catchments. The sewer will also be cleaned during this time.

Council's Director of Infrastructure and Engineering Services, Rob Scott, said the work helped ensure the sewer network continued to operate as it should.

"Most people don't ever really think about sewage unless there's a problem with it," said Mr Scott.

happening. This will stop backflows of air coming up through the toilet while the sewer is being cleaned.

You can continue to use your toilets as normal while the investigations and cleaning are underway.

For anyone interested in learning what goes on behind the scenes to keep the sewer network running, Council is hosting a free tour of the Forster Sewage Treatment Plant and Tuncurry Recycled Water Treatment Plant on Saturday 26 October from 10am to 2pm.

To see full list of free tours in the MidCoast region and to book, visit: www.eventbrite.com/cc/national-water-week-public-open-days-3687299

The "Tell Me a Story" annual competition needs skilled helpers

Would you like to be a part of a wonderful short-story competition for local schools? Would you like to know that you have helped enhance the literary and artistic skills of several hundred young people in our region? If the answer is "Yes" then this opportunity is for you.

Tell Me a Story writing and illustration competition has been running in our region for nearly 8 years now. Each year, we invite primary school students to submit a short story. Then we invite students to illustrate a story of their choice.

The competition has grown rapidly in popularity. Each year, we have published one or two books containing the stories and illustrations and the children have been hugely excited to see their works in print.

For 2025, we need help. Several of the team members of recent years have retired or moved away and we must replace them. We need:

- A Project Manager, to manage the whole competition and coordinate all competition activities. This would include the process of issuing invitations, receiving entries, distributing them to the panels of judges, processing results and passing them onto the schools.
- A Book Editor who can assemble the entries into the books in Word format, complete the cover designs and send them to the publisher.
- Several Administration Staff, to relieve the Project Manager's and the Book Editor's work-load.



• Each year, we welcome new Writing Competition Judges/Reviewers

Are you a current or retired teacher, or a writer of children's fiction? Would you like to join this amazing project for 2025? Your assistance from April to July would truly enhance this project. Please contact us.

If you have some experience in project management, schools' literacy projects or book publication, please contact us at: teresa@tellmeastory.org.au

For more information visit our website: www.tellmeastory.org.au



Changes to swimming pools in MidCoast region

Nabiac, Krumbach, Bulahdelah & Stroud pools

There will be a number of changes to the way the smaller pools at Nabiac, Krumbach, Bulahdelah and Stroud operate this season by MidCoast Council.

Residents are encouraged to purchase annual passes to make the most of the season.

Nabiac, Krumbach, Bulahdelah and Stroud pools will reopen as unsupervised pools with entry fees for users. Access will be controlled through an electronic entry system.

Season and casual passes can be purchased from any MidCoast Council customer service point during business hours. Passes will also be sold from selected local shops during business hours. Entry for children under 16 is free with an accompanying adult. A swim pass will grant entry to all four pools.

For more information how to purchase as pass and fees, please visit: www.midcoast.nsw.gov.au/Your-Council/Our-news/News-releases/Get-ready-for-the-swim-season

Right: Nabiac Pool.



Gloucester Pool

Gloucester outdoor pool will reopen with no changes to operating hours or management.

Tea Gardens and Wingham pools

Tea Gardens and Wingham pools will open under management of community groups. Hughes Swimming Pty Ltd will manage Tea Gardens pool and The Friends of Wingham Pool Inc. will manage Wingham Memorial pool. Visit their websites/Facebook pages for opening hours and information about fees and charges.

Taree outdoor pool

The Manning Aquatic Leisure Centre's outdoor pool will reopen under Belgravia Leisure's management, as has the Great Lakes Aquatic and Leisure Centre.

Advertising Feature

You're invited to help make Breast Cancer history!



Every day, 58 people will be diagnosed with Breast Cancer in Australia. That's 21,000 people, 21,000 families whose lives are turned upside down in an instant.

1 in 7 women and 1 in 550 men will be diagnosed in their lifetime making it the second most commonly diagnosed cancer in Australia, and the highest amongst women*

Across the Mid Coast region, there are very few of us who haven't been touched by breast cancer in some way, which is why it's so important that, as a community, we come together to help fight this insidious disease.

If you've noticed our beautiful town taking on a decidedly pink appearance this month, it's because October is breast cancer awareness month. Organisations like the National Breast Cancer Foundation and the McGrath Foundation are more active and local businesses, like Sunrise Home Care, activate their resources to help raise awareness of just how prevalent this disease has become. They also come together to do their part in raising

much needed money to help fund the life saving research that will one day find a cure for Breast Cancer.

On Thursday October 24th, Sunrise Home Care will be hosting a sausage sizzle and morning tea to help raise money for the National Breast Cancer Foundation as part of Breast Cancer Awareness Month. From 9am till 2pm you'll find a happy smiling team of their friendly volunteers at John Wright Park cooking up a storm with their sausage sizzle and handing out delicious cup cakes. There will even be a coffee van for anyone needing a little extra pick me up.

The best part is that everyone is invited! Simply pop down to John Wright Park, make a small donation (or a big one if you're feeling generous) and enjoy the community atmosphere.

So come on down and join Sunrise Home Care in making breast cancer a thing of the past.

*nbcf.org.au

HOPE SKIN CANCER & GP CLINIC

Hope Skin Cancer & GP Clinic is delighted to welcome Dr Ropheka Ballesteros to the practice.

Ropheka is a Board-certified Family and Community physician from the Philippines with 10 years of experience

She has experience in hospice and palliative care, aged care, and chronic disease management as well as experience in mental health and addiction medicine in primary care.

She is dedicated to providing patient-centred, family-focused and community-oriented care, focusing on empathy and collaborative decision-making.

Ropheka has relocated from the Philippines and has chosen our beautiful area to provide comprehensive health care while achieving a balance of opportunities and outdoor lifestyle. Ropheka enjoys bushwalking, beaches, and adventure.

Ropheka is available for appointments Monday to Friday 8.30am - 5.30pm.
New Patients Welcome!



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9:30AM - 11:30AM

JOHN WRIGHT PARK TUNCURRY

sunrisehomecare.com.au

A percentage of proceeds will go to NCBF.



FDPC photographic results

Forster Digital Photographic Club results for:

August Competition

Photojournalism is not an easy subject. It has to convey to the reader a visual story and a report of what happened. Good Photojournalism tells stories with a beginning, a middle and end. Captions help convey the story, but Photojournalism is secondary to images. The power to preform and persuade proves just as strong in photos as it does in words.

1. Photojournalism

Merit: Race to the Ball by Yvonne Moule, (also Judges Choice) Mum's the Mary Poppins Winner by Grahame Wilson, I Got This by Helen Walker, Cease Fire Now by Kathy Majewski, Feeding the Masses by Dale Rabbett.

Credit: Caught Illegally by Cozette Leonard, Airborne and Hyde Park Protestors by Kathy Majewski, Going Up by Dale Rabbett, I Won by Yvonne Moule.

2. Open

Merit: Ben Lomond by Janice Amato, (Also Judges Choice Winner) Bridal Shoot by Wanda Amos, Two in a Teacup and Jeez Dunno Mate by Lyn Wilson, Surf Rescue Crew By Lesley Walter.



Left: Just Checking by Robyn Pascoe

Supply and Round Red Hat by John Hulme, New Views Old by Keith Webster,

Credit: Lit by the Sun by Marguerite Lamb, Towering Lines by Wanda Amos, The Road to Who Knows Where by Janice Amato.

2. Nature

Merit: I See You by Keith Pascoe (also Judges Choice), Breakfast by Yvonne Moule, Just Checking by Robyn Pascoe, Hunter, Gatherers by Marguerite Lamb, Assassin Bug and



Above: Bridal Shoot by Wanda Amos.

Prey by Lyn Wilson, Mungo National park by Lesley Walter, Rivalis Hummingbird by Cozette Leonard.

Credit: Hiding in the Grass by Dale Rabbett, Benevolent Thistle by Lesley Walter, Jaws by Cozette Leonard, Fishing by John Hulme.

By Keith Pascoe – FDPC.

Left: Young Iguana by Cozette Leonard.

Below: Jeez Dunno Mate by Lyn Wilson.



Feeding the Masses by Dale Rabbett.



The Road to Who Knows Where by Janice Amato.

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MidCoast Assist services transitioned



MidCoast Council has now formally transitioned the ageing services delivered by MidCoast Assist to Kirinari.

This transition has provided continuity of services to MidCoast Assist's ageing clients

and for many MidCoast Assist staff who have elected to take up employment with Kirinari. MidCoast Council entered into talks with Kirinari following a request-for-proposal process from interested providers, which was a result of a decision in February to transition out of the delivery of ageing and disability services. Council and Kirinari have worked closely to ensure continuity of care for the clients of MidCoast Assist's ageing services. All existing supports will remain in place, with many former MidCoast Assist team members joining Kirinari to continue to deliver care locally.

"We're excited to welcome MidCoast Assist clients to Kirinari," said Diane Lynch, Kirinari CEO.

"Our priority is ensuring they receive the same trusted care and wrap-around supports that help them live a good life. We are committed to making this transition as smooth as possible so that customers continue to enjoy the reliable services they have come to depend on."

Council's Director of Liveable Communities, Paul De Szell, has also welcomed the transition.

"We are pleased with the outcome for both participants and staff, as it has always been our aim to ensure the continuity of services to our clients," Mr De Szell said.

"I am pleased that we are able to transition our clients to Kirinari."

To further ease the transition, Kirinari has partnered with MidCoast Council to lease service delivery spaces. Most in-centre services will continue at their current locations, with the Hawks Nest/Tea Gardens office relocating to Hawks Nest Hall.

The transition of ageing services to Kirinari completes Council's transition out of ageing and disability services, with disability services transferring to Ability Options late in August.

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

www.midcoast.nsw.gov.au

Garage Sale Trail

You can get involved from anywhere in Australia, and take part on one day or more over two big weekends, 9-10 & 16-17 November 2024.

This year's event is set to be bigger than ever, offering the perfect opportunity to clear out your clutter, make some extra money, and help the planet. With free registration, how-to guides, sale tips and promotional materials provided, it's garage sales made easy.

No garage? No worries. Join a group sale near you, host from your unit block, a car boot, local school or make it a street party.

With local Council support you can register for free at: www.garagesaletrail.com.au/midcoast



Cost of vandalism better spent elsewhere

Vandalism, which includes graffiti, indirectly costs 10km of road re-sealing per year according to Councillor Alan Tickle.

"I am sick of seeing graffiti defacing Taree's Martin Bridge and similar acts of vandalism to both private and community property throughout our MidCoast Council area," he said.

"Such acts are a criminal offense, and I am appealing to the public to be vigilant and if they or family members have any knowledge of who the perpetrators are, this needs to be made known to Police."

"I will gladly receive such information as well."

"It's also important that such vandalism to private property is also reported at least via the Police Hotline of 131444 and also via Council's website."

Mr Tickle, who was recently re-elected to MidCoast Council, said that he intends to have the cost of vandalism and engagement for law

enforcement on the Council agenda very early after the election is finalized.

Council's adopted roads strategy calls for re-sealing roads before they deteriorate to the extent that a costly complete re-construction is needed.

"The \$650,000 saved annually, if vandalism ceases, equates to around 10km of re-sealing connector roads, whereas a failed road costs about 1 million per km to re-construct," Mr Tickle explained.

"By stepping up the maintenance and re-sealing program, this stretches the available funds further and is a massive cost saving if intervention occurs before a road fails"

It is in the public's interest that the perpetrators of graffiti and other acts of vandalism are caught and charged, which means police action and community support to identify the culprits is needed.

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For hiring details, please contact Events Manager, Fran Saffy-Martin
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Authorised by Dr David Gillespie MP, National Party of Australia, 144 Victoria Street, Taree NSW 2430.

The housing crisis is global. What are other countries doing about it?



Above: Queenstown in New Zealand's South Island has a lack of available housing and surging rents.

Australia is not the only country facing a housing crisis. Financial reporter Alan Kohler takes us on a whistle-stop tour of five governments trying to make homes more affordable

Although Australians are naturally focused on their own housing misery, the truth is that the crisis is global. Much of the developed world has a dire housing shortage and prices are rapidly becoming unaffordable everywhere, or already are. Leo Tolstoy's maxim "Happy families are all alike; each unhappy family is unhappy in its own way" applies to each country's problems with housing.

Leaving aside the migration and refugee flows that are causing extreme housing shortages in some countries, the number of houses being built in the world is simply falling short of population growth, even though that growth is declining. UN-Habitat says the world needs to build 96,000 affordable homes every day to house the 3 billion people who will need adequate housing by 2030.

And just as each unhappy family is unhappy in its own way, each country is dealing with housing in its own way – some are doing it well, some not so well. Here are a few of them.

New Zealand

New Zealand's house prices started rising rapidly around 1980 and have since gone from twice average incomes to nine times – a bigger increase than in Australia, but over a longer period. In the past 25 years, Kiwi house prices have even outpaced Australia's.

Now the government has introduced funding schemes totalling NZ\$3.8bn to unlock more land for housing development by supporting infrastructure, and has enacted the Infrastructure Funding and Financing Act 2020 to help developers raise long-term financing for infrastructure to support new housing.

To try to dampen demand, the government has also tightened loan-to-value ratio restrictions on the banks, and the NZ Reserve Bank has raised the official cash rate to bring inflation down, but also to curb highly leveraged borrowing. Furthermore, some new interest deductibility rules have been introduced to discourage property investment, and overseas investment legislation was reviewed in 2018 to restrict foreign buyers of residential land, except for citizens and residents of Australia and Singapore (Peter Dutton would approve).

But the most interesting thing going on in New Zealand was a zoning experiment in Auckland in 2016, in which the council removed restrictions in some areas, opening up suburban blocks to higher-density housing. It was a huge success, at least in terms of housing supply in those areas (although they found out later what the local residents thought – there was, of course, a backlash).

It was so successful that the Labour government decided to bring it in for the whole country, but then it lost the 2023 election and the incoming National government, which had earlier supported the legislation, reversed its stance during the campaign and then duly repealed most of it. The Nationals justified the reversal by claiming they "got it wrong" on the medium density residential standards and

were responding to concerns from suburban residents opposed to densification in their neighbourhoods. Yes, Nimbysism at work – one of the most powerful forces in the world pushing up house prices.

Japan

Japan has seen remarkable success in supplying affordable housing – even in the major cities.

Thirty years ago, property in Tokyo was the most expensive in the world. Then there was a devastating crash which is still reverberating today, but other countries have caught up and gone past, so Japanese housing is relatively affordable. While average rents in Sydney are more than A\$3,000 per month, in Tokyo they're about \$2,500. The median dwelling price in

Continued on page 10.

Local golf charity donation



Above: (L to R) David Blanchard - Vets President, Phil Rodham - GLPCSG and Tony George - Vets Captain. Photo supplied.

The Men's Veterans section of Forster Tuncurry Golf Club has on an annual basis made a donation to local charitable organisations and this year is proud to present an amount to Great Lakes Prostate Cancer Support Group

(GLPCSG). Phil Rodham was present at our recent golf day at Forster course to receive our donation and was extremely grateful for our support.

By David Blanchard.

Marine Rescue Expo in January

Marine Rescue Forster Tuncurry has been planning our Water, Boat and Essential Emergency Services Expo over the past year. This event will be held on Wednesday 8 January 2025 between the hours of 9am to 2pm, at the Marine Rescue Unit on Dolphin Drive Forster and along the foreshore surrounds and lake entrance. This event will also include the Blessing of our Unit, Volunteers & Rescue Vessel Fleet.

On the day we will be featuring much of what Marine Rescue and many other essential emergency services are about. Demonstrations of what we all do best will be on the programme - Water Rescues, Flare Safety, First Aid, Tours of our Base, as well as a Colouring Competition and much more.

Some of the participants on the day on the day include: Marine Rescue - Forster/Tuncurry, Marine Rescue - Crowdy/Harrington, Marine Rescue NSW, Tuncurry RFS, Forster/Pacific Palms SES, Manning/Great Lakes Police LAC, RMS Maritime, NSW Fisheries, Border Force, Ambulance Services, AMSA, Surf Life Saving & Drones, Orrca & Forster Dive Centre, NPWS, Great Lakes 101.5FM, Barrington Coast Tourism and MRFT Belles Crafts.



There'll be coffee and food available on-site with our BBQ Van as well as slushies. We look forward to seeing you at our event. Enquiries can be made by emailing: pr.ForsterTuncurry@marinerescuensw.com.au By Diane Hallam – MRFT.

Forster Tuncurry U3A returns for Term 4 - 2024



If you are retired or semi-retired and over 50, come and join us for University of the Third Age (U3A) Term 4.

Our last term of the year will be as varied, exciting and interesting as our terms always are with members providing classes, some guest speakers and social occasions.

Last term we listened to "Songs of the 60's- the tragics" reliving the days of our youth. We also visited Manning Art Gallery exhibitions "Tracing Country" and "Faces behind the Music" portrait photos, followed by lunch at a nearby restaurant. Presentations such as "The History of Humour" which was a great laugh and a virtual Pub Crawl of British pubs and what their signs meant was fascinating. Another member took us on a tour from Alaska to Seattle. Our World Cinema is always popular.

We also have "pop up" classes extra to our regular program. Pencil Art Drawing and Origami were on offer last term. With our membership fee our members can attend as many classes as they like throughout the year.

Our Welcome Morning Tea is Monday 21st October 2024 10am to 12noon at our venue Cape Hawke Surf Lifesaving Club One Mile Beach. Come along and see what U3A is all about. Our friendly members will be happy to meet you.

Term 4 Monday 21st October to Friday 6th December 2024

More information available on our website: www.forstuncurryu3a.net.org.au

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The housing crisis is global. What are other countries doing about it?

Continued from page 8.

Sydney is \$1.156m; in Tokyo it's 70m yen, or \$680,000.

This isn't the result of government-built social housing, or danchi as it's called – less than 5% of homes across Japan are socially rented. It's simply because they build a lot more houses. The houses are much smaller, of course – 94.85 sq metres on average versus 252 sq metres in Australia – but that's partly because they're building a lot more one-bedroom flats for singles and young couples, who more often live alone rather than sharing.

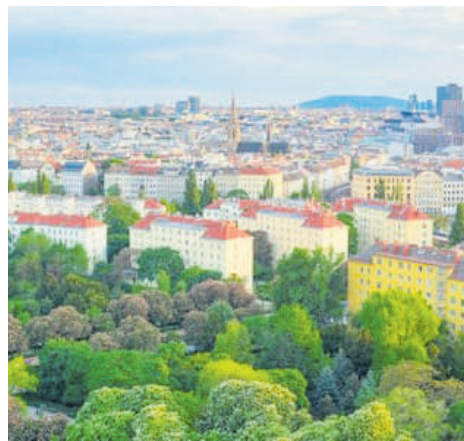
The planning system behind this is simple zoning that promotes across-the-board development rather than granting planning permission for each individual site. There are 12 zones, each defined by the nuisance level they allow, ranging from residential to industrial. It means pretty much anything can be built, provided it does not exceed that zone's nuisance level. So supply can respond quickly as demand changes and ensures development and density is driven by land values. If the demand increases, old houses can easily be knocked down to increase density.

Another factor promoting the building of new homes is tax: the valuation of land and buildings for property taxes, or rates, paid to local councils declines over time, which increases the incentive for the councils to approve new houses to get their rates back up.

Austria

Austrians pay a housing tax of about 1% of income and employers contribute as well. The money from the tax is then distributed among the nine Austrian provinces.

There are various kinds of housing that are either fully owned by the City of Vienna, which are called Gemeindebauten or "communal buildings", or where the city government provides funding to not-for-profit developers to build rent-controlled flats. Both are available to people below a certain income level; the



Gemeindebauten and rent-controlled flats include playgrounds, community rooms and community gardening in Austria.

Gemeindebauten apartments don't require a deposit, while the rent-controlled flats sometimes do require deposits of between €10,000 and €20,000, which are returned when the tenant moves out.

At the moment, Gemeindebauten and rent-controlled flats are available for people with an annual net income of less than €79,490 in a two-person household, which is almost €30,000 more than Austria's average income. There's no shame in renting these places – even people on fairly decent incomes regard it as a chance to live well at an affordable rent. Apparently Gemeindebauten and rent-controlled flats are even better than private housing in some respects, including playgrounds, community rooms and community gardening.

The Netherlands

The Netherlands, in particular Amsterdam, has an absolutely dire housing crisis, with the median price now more than 10 times income. By the end of 2023 the average Dutch house cost €452,000, versus the average salary of €44,000. House prices have more than doubled

in the past decade and in some areas have risen 130%. Rents are €1,500 to €3,000 a month – almost as much as in Sydney!

The reason the Netherlands is in such a pickle is something Australians well understand: the government has been stimulating demand while not doing anything about supply.

Academic Gregory Fuller of Groningen University said recently: "The key features of the housing crisis – rising prices, increasing inequality, shortages of affordable homes and foreign investors infiltrating the market – are the result of decades of dubious housing policies."

A pro-market Dutch government in effect abolished the housing and planning ministry in the early 2010s and freed up sales of housing corporation stock. Partly as a result, about 25% of homes in the country's four big cities are owned by investors. Further driving up prices are measures such as mortgage tax relief for buyers, and others – meant to aid young buyers – that have instead ended up helping existing owners invest in more property. At the same time, subsidies for house building all but dried up.

After far-right politicians such as Geert Wilders blamed migrants and asylum seekers for the crisis, a special rapporteur for the United Nations, Balakrishnan Rajagopal, visited the Netherlands and said Dutch government policy choices were to blame for the country's housing crisis, not asylum seekers or migrant workers. "An alternative narrative has emerged in the Netherlands that an 'influx of foreigners' is responsible," Rajagopal said. The crisis – of both affordability and availability – had, he added, been "two or more decades" in the making. Among other factors, he blamed a lack of regulation of social housing providers, an absence of rent caps in the private sector and "insufficient attention to the role of speculation and large investors in the real estate market".

Sound familiar? Well, the proposed solutions will sound familiar as well. The government aims to build 900,000 new homes by 2030, but construction is behind schedule. They've also

brought in regulations to make renting more secure for tenants and are looking into rent control options.

The house building incentive scheme provided €1bn in grants to municipalities to get them to build more houses; however, a report by the Netherlands court of audit cast some doubt on whether this would lead to more housing being built quickly enough. Nevertheless, the new government plans to press on and allocate another €1bn to the scheme.

In 2022, a law was passed banning buyers of homes below a certain value from renting them out, aimed at increasing housing supply for owner-occupiers. But this reduced the number of rental properties and pushed up rents.

Overall, it's probably fair to say the Dutch are at their wits' end, a bit like Australians.

Colorado, US

Home prices in Colorado increased six-fold in 30 years, outstripping both Florida and California, for the usual reason: demand was greater than supply. Seniors were staying in their houses longer, investors were buying second homes and short-term rentals, and millennials were trying to break into the housing market in increasing numbers.

Then, on 13 May 2024, Colorado governor Jared Polis signed a bill requiring local governments to plan and zone for more apartments and condominiums near transit stations. On the same day, he signed another law allowing accessory dwelling units – small apartments located on the same lot as a single-family house – to be constructed in large cities and towns. These bills followed others that eliminated minimum vehicle parking requirements for apartments and prevented local rules prohibiting people from living with roommates. These changes will make housing more affordable by allowing developers to build more – and more diverse – housing at a lower cost.

www.theguardian.com 28.9.24

Surf Club funding opens

NSW Surf Life Saving Clubs are encouraged to apply for their share of \$5.4 million in funding for the upgrade, restoration or construction of facilities across the Myall Lakes.

Member for Myall Lakes, Tanya Thompson said applications are now open for the Surf Club Facility Program with grants of up to \$1 million up for grabs.

"With a hot Spring and Summer ahead, and a surge in tourism expected within the Myall Lakes, it is critical our Surf Life Saving Clubs are prepared to protect the increasing number of beach goers," Mrs Thompson said.

"This program is about making sure those clubs have the resources they need, including facilities that are modern, accessible, and fit for purpose.

"Any support we can give our local volunteer surf lifesavers is important.

Mrs Thompson said that Pacific Palms Surf Life Saving Club received \$49,000 in the 2023-24 funding round, which will be used to seal driveways, upgrade the car park, and concrete pathways. These improvements will enhance both safety and accessibility at the club.

Applicants can apply for various funding streams, with Category 1 for facility improvements under \$100,000, Category 2 for projects up to \$500,000 and category 3 for large construction projects above \$500,000.

Applications close for Category 1 at 1pm 14 October 2024 and Categories 2 and 3 close 1pm 11 November 2024.

For more information and to apply visit: www.sport.nsw.gov.au/grants/surf-club-facility-program

Below: Tanya Thompson MP with Pacific Palms & Forster Surf Life Saving Clubs



Final place is Avavlon

Historical Talk Part 4 by Anne Masters & Helen Duggan from the Great Lakes Museum.

Finally, our last place of call is at Avalon.

Two years after arriving at Tuncurry, John Wright built a mill and village which he called "Fairview", later to be changed to "Avalon", several miles out of Krumbach and beside the road to Nabiac. He took up government grants in his and the names of other members of the family. On this land he harvested the timber and later the land became farms.

In the village that grew around the mill, twenty workmen's cottages were built as well as a bachelor's hall, a flour mill, a blacksmith's shop and a post office and later a telephone exchange. A two storied building had stables and a hay shed on the bottom floor and the upper floor was used for social events and a church.

John Wright built a home with a good orchard and garden in which he spent some time. His eldest son, Sid, and later Edwin managed the mill. Sid lived at Silverfern, one of the land grants and Edwin built Avalon House at Avalon



Above: Avalon House in 1912. Image credit: www.flickr.com/photos/blackdiamondimages

In 1901 when he married Alicia Edwards. Sid married an American, Ina Inez Smith, granddaughter of Joseph Smith, founder of the Latter Day Saints Church. John's men, Colvin, Delore and Mills from Tuncurry helped develop this mill. The timber was taken by bullock team to the Bullock Wharf at Nabiac and down the Wallamba River by log punt to the ocean going ships. The mill at Avalon flourished but closed in 1918 when the timber supply waned.

Below: Avalon House photographed by Jillian Graham in 2020.





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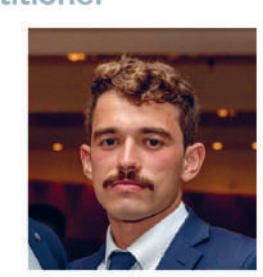
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'Out and About'



Young 'crew' eager to learn

Coomba Aquatic Club's Junior Learn to Sail Days on 1 and 8 October were a great success.

Around 40 - 50 children from Coomba Park, Pacific Palms and Forster Tuncurry registered for the two classes under the supervision of the club's volunteer trainers, plus the parents who lent a hand. They were a great group of kids - well behaved, courteous, eager to develop their sailing skills and simply have fun on the water.

'Awesome' was the verdict from the great crew of kids, aged from five to 15, after they tried



Photo of Junior Sailing Day at Coomba Park (1 & 8 October 2024) by Ian Peden. Other photos by Laurie Sullivan.



their hand at sailing in one of the club's Open Bic dinghies on Wallis Lake off the club wharf.

Some of the youngsters had previous experience and were keen to show the newbies how it was done. Most of the kids master the basics quickly, giving them a taste for the speed of one of the club's catamarans, which ventured further out onto the lake under full sail in the capable hands of skipper, Craig Emmelhainz. When not learning the ropes in one our skiffs the kids had the chance to paddle a kayak, help crew the club's catamaran or take a ride in the safety boat.

Our trainers assess the young sailors on their initial abilities, keenness to learn and overall skill level after each training session.

Club President John Price said the club had introduced a rating system to track each child's progress throughout the sailing season, with

the chance to receive \$1500 towards their sailing development and study goals under the club's annual Sailing Scholarship program. The two recipients will be announced at the end of the season.

After expending so much energy the kids were famished on both occasions and tucked into Sue Hutchinson's sausage and onion sandwiches.

It all adds up to heaps of aquatic fun and made them all the keener to return when the club's free Learn to Sail school holiday program for kids under 16 resumes next year on Tuesday, January 7.

Thank you to volunteers

Our volunteer sailing instructors spend hours in the water patiently coaching the kids. Some have been

devoting their time to the task for decades with no reward other than the satisfaction of sparking a love of sailing in new generations.

We always need volunteers. Please call Peter Felton on 0418 112 598 to join our crew.

www.coombaaquatic.club



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The Grin Bin



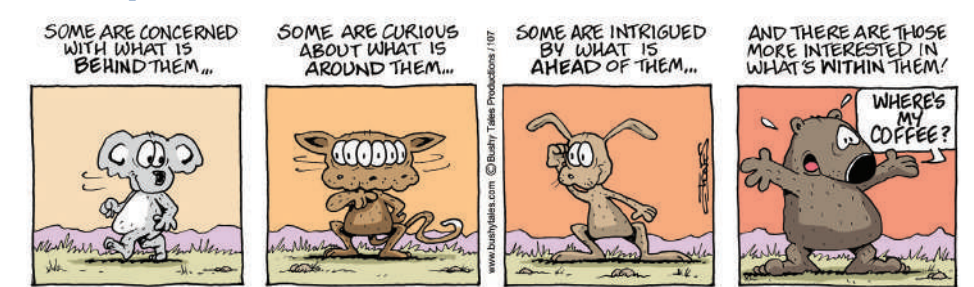
Doodley Squat



Swamp



Bushy Tales



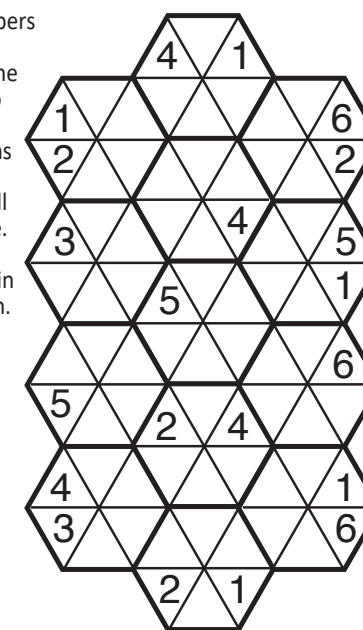
Sudoku

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

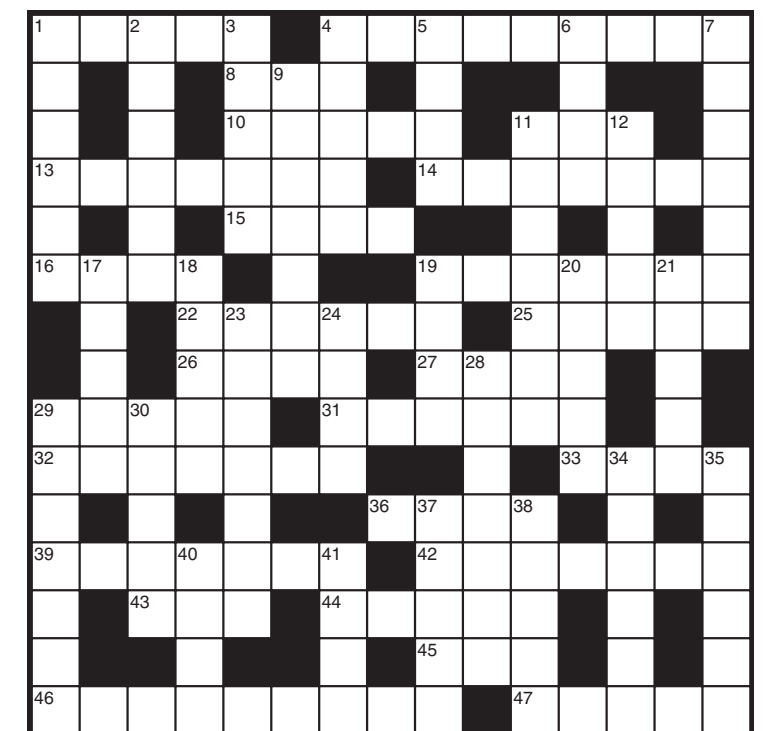
		2	9	6				
9	1	7		2	3			
	3				7			
		4		1				
	6		8	3				
		8						5
	4				6		3	
	8		3		4		1	
						2		7

Quick Workout

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



Crossword



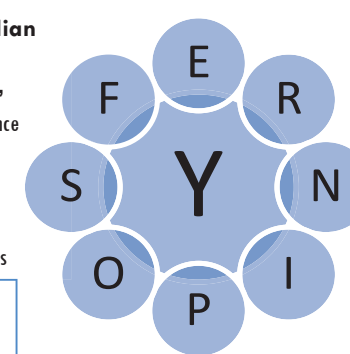
- ACROSS**
- 1 Postpone
 - 4 Copy
 - 8 Frozen treat
 - 10 Ballot choices
 - 11 Type of lettuce
 - 13 Admit
 - 14 Encourage
 - 15 Hazard
 - 16 Prosecutes
 - 19 Elusive
 - 22 Combined
 - 25 Climbing plants
 - 26 Festive
 - 27 Dash
 - 29 Saturn's largest satellite
 - 31 Part of a coat
 - 32 Everlasting
 - 33 Duelling sword
 - 36 Worry
- DOWN**
- 1 Circular plate for throwing
 - 2 Country
 - 3 Waterway
 - 4 Festive occasions
 - 5 Bludgeon
 - 6 Make fast a vessel
 - 7 Shows clearly
 - 9 Supplement to a will
 - 11 Mobile home
 - 12 Beer tankard
 - 17 Not suited
- ACROSS**
- 39 Earthenware
 - 42 Language of Christ
 - 43 Distress signal
 - 44 Keyboard instrument
 - 45 Large deer
 - 46 Moves elsewhere
 - 47 Grass-like plant
- DOWN**
- 19 Biblical garden
 - 20 Burn superficially
 - 21 Enthusiasm
 - 23 Children's nurses
 - 24 Lofty
 - 28 Generous
 - 29 Storm
 - 30 Biblical quotations
 - 34 Unruffled
 - 35 Plea
 - 37 Angry furries
 - 38 Army weapons
 - 40 Rent
 - 41 Joining contrivance

Focus

An All Australian Word Game

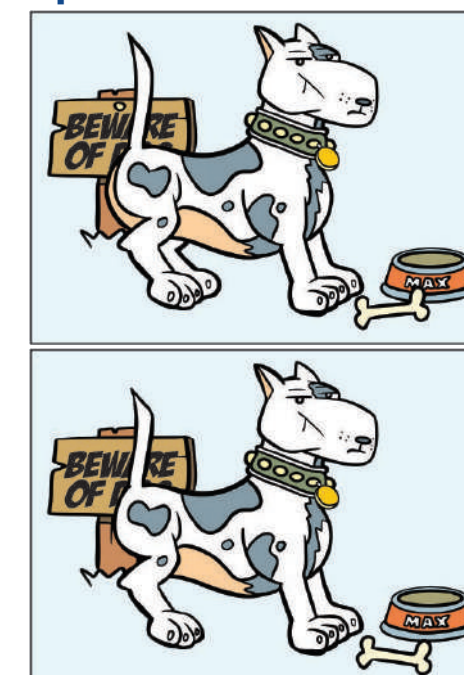
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S Good: 8 words
FOCUS Very good: 13 words
Excellent: 28 words

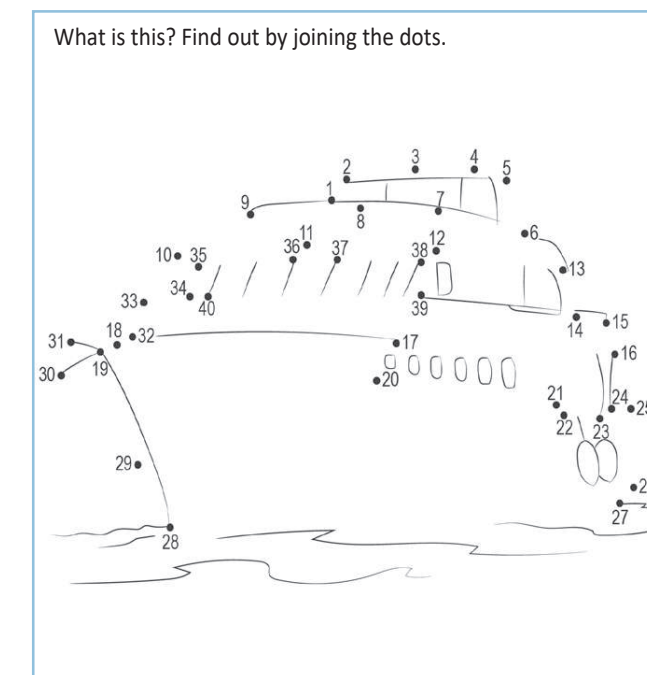


Reference: Macquarie Concise Dictionary
Focus No. 3941

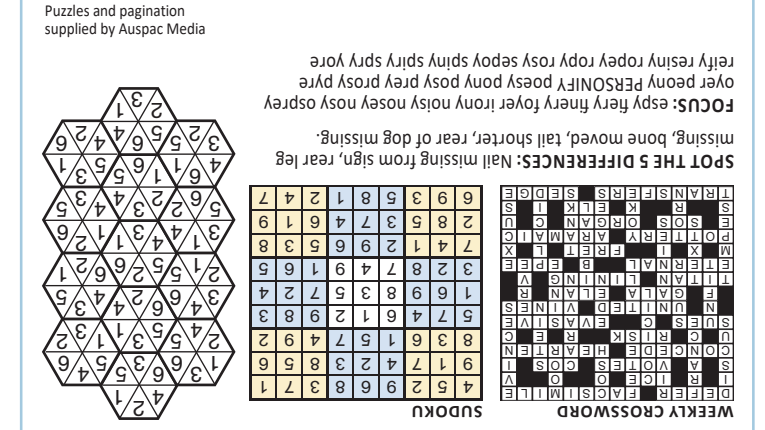
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- **Rehabilitation:** Support after surgery or recovering from illness.
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October 17 - 23

	ABCTV	SBS	SEVEN	NBN	TEN
THURSDAY	6.00 Morning Programs. 1.00 Grand Designs Australia. 2.00 Brush With Fame. 2.30 Back Roads. 3.00 Myster Dogs. 3.55 Love Your Garden. 4.45 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30. 8.00 Grand Designs Australia. 9.00 Return To Paradise. 9.55 Fake Or Fortune? 10.55 News. 11.10 The Business. 11.30 Take 5 With Zan Rowe. 1.15 Grand Designs. 12.45 Killing Eve. 1.25 Love Your Garden. 2.15 Rage. 3.35 Catalyst. 4.30 Gardening Australia. 5.30. 7.30.	6.00 WorldWatch. 2.00 The Point: Road Trip. 2.55 Yvill. 3.05 Railway Journeys UK. 3.40 The Cook Up. 4.10 Hampton Court: Behind Closed Doors. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Great Australian Walks. 8.30 National Parks From Above. 9.25 Paris Has Fallen. 10.20 SBS News. 10.50 Fallen. 12.30 Wolf. 3.45 Paddington Station 24/7. 4.35 Barnaby. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Ruthless Renegades. (2020) 2.00 House Of Wellness. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: Jerry Maguire. (1996) (M) Tom Cruise, Renée Zellweger. 11.30 GetOn Extra. 12.00 To Be Advised. 12.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Journey To Ipirinia. Italy. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 RBT. (PG) 8.30 RPA. (PG) 9.30 A+E After Dark. (M) 10.30 9News Late. 11.00 The Equalizer. (M) 11.50 Resident Alien. 12.40 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Intrepid Adventures. 8.30 Bold. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 To Be Advised. 11.30 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Family Feed. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Family Feed. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Top Gear Australia. 8.55 Gogglebox Australia. 9.55 Cheap Seats. 10.55 News. 11.20 The Project. 12.20 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 News. 10.00 Planet America. 10.30 Take 5 With Zan Rowe. 11.00 Fake Or Fortune? 12.00 News. 1.00 Joanna Lumley's Spice Trail Adventure. 1.55 The Princess And The Peas. 3.00 Myster Dogs. 3.55 Love Your Garden. 4.45 Grand Designs Revisited. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Gardening Australia. 8.30 Miniseries: Nolly. (M) 9.20 Question Everything. 9.50 Hard Quiz. (PG) 10.35 News. 10.50 Miniseries: Nolly. (M) 12.20 Rage New Music. 5.10 Rage.	6.00 WorldWatch. 2.00 Plat Du Tour. 2.05 Yorkshire Ripper: The Secret Murders. 3.00 NITV News: Nula. 3.30 Canary. 3.40 The Cook Up. 4.10 Hampton Court: Behind Closed Doors. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Lost Treasures Of Ancient Rome. 8.30 Castle Secrets. 9.25 Rise Of The Nazis. The Downfall. 10.35 SBS News. 11.05 The Allegation. 12.25 Miniseries: Four Lives. 3.40 Paddington Station 24/7. 4.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Ruthless Renegades. (2020) 2.00 House Of Wellness. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: Jerry Maguire. (1996) (M) Tom Cruise, Renée Zellweger. 11.30 GetOn Extra. 12.00 To Be Advised. 12.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Zoe's Having A Baby. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. Pacific Championships. Week 1. Australia v Tonga. 10.00 Pacific Championships: Australia Vs Tonga Post-Match. 10.30 MOVIE: Criminal. (2016) (MA15+) 12.40 Tipping Point. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Shopping. 5.30 Postcards.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Cook With Luke. 8.30 Bold. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 Top Gear Australia. 11.45 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Family Feed. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Family Feed. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Sort Your Life Out. 8.45 Have You Been Paying Attention? 9.45 To Be Advised. 10.45 News. 11.10 The Project. 12.10 Stephen Colbert. 1.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Unforgotten. (M) 1.15 Grantchester. (M) 2.05 Question Everything. 2.35 Matthew Bourne's Swan Lake. 4.55 Take 5 With Zan Rowe. (PG) 5.30 Landline. 6.00 Australian Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Grantchester. (PG) 8.20 Vera. (M) 9.50 Return To Paradise. (M) 10.45 Miniseries: Betler. (M) 11.45 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 2.00 Bouddi Wild Swim. 3.05 Portillo's Greatest Railway Journeys. 4.00 Wonders Of Scotland. 4.25 The Bride Flights. 5.30 Mauthausen: Camp Of No Return. 6.30 News. 7.30 Inside Windsor Castle. 8.25 Bombing Brighton: The Plot To Kill Thatcher. 9.55 So Long, Marianne. 10.50 Something Undone. 11.20 Something Untrue. 11.50 Rex In Rome. 12.45 Rex In Rome. 1.40 Rex In Rome. 3.30 Paddington Station 24/7. 4.20 Barnaby. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Caulfield Cup Carnival and TAB Everest Day. 5.30 Border Security. 6.00 Seven News. 7.00 The Great Outdoors. (PG) 7.30 MOVIE: Ghostbusters II. (1989) (PG) 9.45 MOVIE: Venom: Let There Be Carnage. (2021) (M) 11.45 Australia's Most Dangerous Prisoners. (MA15+) 12.45 Taken. (M) 2.00 Shopping. 4.00 Larry The Wonder Pup. 5.00 My Greek Odyssey. (PG)	6.00 Morning Programs. 12.00 Our State On A Plate. 12.30 My Way. 1.00 Great Australian Detour. 1.30 Innovation Nation. 1.40 The Block. 4.30 Garden Gurus. 5.00 9News First At Five. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. Pacific Championships. Week 1. Fiji v Papua New Guinea. 9.00 MOVIE: John Wick. (2014) 11.00 MOVIE: Concussion. (2015) 1.20 Customs. 1.50 Innovation Nation. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 8.00 Fish. 8.30 The Chef's Garden. 9.00 My Market Kitchen. 9.30 Drew Barrymore. 10.30 To Be Advised. 12.30 Everyday Gourmet. 1.00 Planet Shapers. 1.30 Motorcycle Racing. MotoGP. Round 17. Australian Grand Prix. Qualifying. 4.00 My Market Kitchen. 4.30 Farm To Fork. 5.00 News. 6.30 Dog House. 7.30 Thank God You're Here. 8.40 Dog House Australia. 9.40 Ambulance Australia. 10.55 Ambulance UK. 12.10 Cheap Seats. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 12.00 News. 12.30 Landline. 1.30 Gardening Australia. 2.30 Darby And Joan. 3.15 Nigelia's Cook. Eat. Repeat. 4.00 Restoration Australia. 5.00 Antiques Roadshow. 6.00 Grand Designs Australia. 7.00 News. 7.30 Spicks And Specks. 8.30. 8.30 Plum. 9.25 I Was Actually There. 9.55 You Can't Ask That. 10.30 Melbourne Comedy Festival: Allstars Supershow. 12.30 Fires. 1.25 Miniseries: Ridley Road. 2.20 Rage. 3.05 Australia Remastered. 4.00 Gardening Australia. 5.00 Insiders.	6.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Yorkshire Ripper: The Secret Murders. 3.00 Plat Du Tour. 3.10 The Cook Up. 3.40 Black Cockatoo Crisis. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Into The Amazon With Robson Green. 8.30 8 Out Of 10 Cats. 9.25 Never Mind The Buzzcocks. 10.05 Have I Got News For You U.S. 11.00 SBS News. 11.30 Suspect. 11.55 Exterior Night. 12.55 Exterior Night. 2.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 House Of Wellness. 1.00 The Voice. 3.00 Beach Cops. 3.30 Border Security. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00 The Voice. (PG) 8.30 7News Spotlight. 9.50 Crime Investigation Australia: Most Infamous. (M) 11.05 Autopsy USA. (MA15+) 12.05 The Starter Wife. (M) 2.30 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Hello SA. 6.30 ACA. 7.00 Weekend Today. 10.00 Wide World Of Sports. 11.00 Cross Court. 11.30 Fishing Australia. 12.00 Drive TV. 12.30 Pet Rescuers. 1.00 Explore. 1.05 Bondi Vet. 2.05 The Block. 4.30 Explore TV. 5.00 9News First At Five. 5.30 RBT. 6.00 NBN News. 7.00 The Block. (PG) 8.40 60 Minutes. 9.40 9News Late. 10.10 See No Evil. (M) 11.10 The First 48. (MA15+) 12.00 Bondi Vet. 1.00 Fishing Australia. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 Destination WA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.30 My Market Kitchen. 10.00 Drew Barrymore. 11.00 Amazing Race Australia: Celebrity Edition. 12.00 Intrepid Adventures. 12.30 Cook With Luke. 1.00 Motorcycle Racing. MotoGP. Round 17. Australian Grand Prix. 4.30. 3.30 GCB. 6.00 Farm To Fork. 4.30 Luxury Escapes. 5.00 News. 6.00 Sunday Project. 7.00 Amazing Race Australia: Celebrity Edition. 8.10 The Graham Norton Show. 9.10 FBI: International. 11.00 Sunday Project. 12.00 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Vera. 2.30 Creative Types With Virginia Trioli. 2.55 Myster Dogs. 3.55 Love Your Garden. 4.45 Grand Designs Revisited. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 Louis Theroux Interviews... 12.25 Grand Designs Revisited. 1.10 Love Your Garden. 2.00 Rage. 3.30 Catalyst. 4.30 Gardening Australia. 5.30. 7.30.	6.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Yorkshire Ripper: The Secret Murders. 3.00 Plat Du Tour. 3.10 The Cook Up. 3.40 Black Cockatoo Crisis. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Into The Amazon With Robson Green. 8.30 8 Out Of 10 Cats. 9.25 Never Mind The Buzzcocks. 10.05 Have I Got News For You U.S. 11.00 SBS News. 11.30 Suspect. 11.55 Exterior Night. 12.55 Exterior Night. 2.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 The Voice. 2.00 Catch Phrase. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 9.10 The Rookie. (M) 10.10 S.W.A.T. (M) 11.10 The Latest: Seven News. 11.40 Lopez Vs. Lopez. 12.40 Miniseries: Deadline Gallipoli. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.30 Explore TV. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. (PG) 8.40 Miniseries: Ball 2002. (MA15+) 10.40 9News Late. 11.10 The Brokenwood Mysteries. (M) 11.00 Cross Court. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. (PG) 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 Bold. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 Amazing Race Australia: Celebrity Edition. 11.40 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Family Feed. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Top Gear Australia. 8.55 Gogglebox Australia. 9.55 Cheap Seats. 10.55 News. 11.20 The Project. 12.20 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Tony Armstrong's Extra-Ordinary Things. 2.00 Brush With Fame. 2.25 Space 22. 2.55 Makers Of Modern Australia. 3.55 Love Your Garden. 4.45 Grand Designs Revisited. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30. 7.30. 8.00 Back Roads. 8.30 Take 5 With Zan Rowe. 9.05 Louis Theroux Interviews... 9.45 Brush With Fame. 10.15 Kitchen Cabinet. 10.50 News. 11.05 The Business. 11.20 Four Corners. 12.05 Q+A. 1.10 Late Programs.	6.00 WorldWatch. 2.00 Have I Got News For You U.S. 2.50 Inferno. 3.05 The Weekly Football Wrap. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Inside Balmoral. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Shaun Micallef's Origin Odyssey. 8.35 Red Flag: Music's Fabled Revolution. 9.50 SBS News. 10.20 In The Box. 10.50 Babylon Berlin. 11.45 Babylon Berlin. 12.40 Don't Leave Me. 2.45 Paddington Station 24/7. 3.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 My Kitchen Rules. 1.40 Border Security: Int. 2.10 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 9.10 Alert: Missing Persons Unit. 10.10 Made In Bondi. (M) 11.15 The Latest: Seven News. 11.45 Chicago Fire. (M) 12.45 Your Money & Your Life. (PG) 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.30 Getaway. 1.40 Innovation Nation. 2.00 Commission. 3.00 Tipping Point. 4.00 9News. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. 8.30 The Hundred With Andy Lee. (M) 9.30 True Story. 10.30 9News Late. 11.00 Transplant. 11.50 Tipping Point. 12.40 Pointless. 1.30 TV Shop. 2.30 Garden Gurus. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Neighbours. 8.30 Bold. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 To Be Advised. 11.40 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Family Feed. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Taskmaster Australia. 8.40 Cheap Seats. 9.40 Law & Order: SVU. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 1.55 Brush With Fame. 2.25 Space 22. 2.55 Makers Of Modern Australia. 3.55 Love Your Garden. 4.45 Grand Designs Revisited. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30. 8.00 Fisk. 9.35 Planet America. 10.05 Spicks And Specks. 10.40 News. 10.55 The Business. 11.10 In Limbo. 12.10 Grand Designs Revisited. 12.55 Killing Eve. 1.40 Love Your Garden. 2.25 Rage. 3.30 Catalyst. 4.30 Late Programs.	6.00 WorldWatch. 2.00 Secrets Of The Royal Palaces. 2.50 Scotland: Escape To The Wilderness. 3.45 The Cook Up. 4.15 Inside Balmoral. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Portillo's Andaluca. 8.20 Titanic Revisited. 9.20 Four Years Later. 10.30 SBS News. 11.00 Carmen Curiers. 12.05 Carmen Curiers. 11.50 Romulus. 4.45 Barnaby. 4.55 Destination Flavour China Bitesize. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 My Kitchen Rules. 1.40 Border Security: Int. 2.10 Catch Phrase. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 9.10 Alert: Missing Persons Unit. 10.10 Made In Bondi. (M) 11.15 The Latest: Seven News. 11.45 Chicago Fire. (M) 12.45 Your Money & Your Life. (PG) 1.15 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 The Hundred With Andy Lee. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. 8.30 Listening Melbourne. 9.40 Britain's Most Expensive Houses. 10.45 9News Late. 11.15 Law & Order: Organized Crime. 12.05 Tipping Point. 1.00 Drive TV. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Neighbours. 8.30 Bold. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 To Be Advised. 11.30 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Family Feed. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Family Feed. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Top Gear Australia. 8.55 Gogglebox Australia. 9.55 Cheap Seats. 10.55 News. 11.20 The Project. 12.20 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.

October 24 - 30

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THURSDAY	6.00 Morning Programs. 1.00 Grand Designs Australia. 1.55 Brush With Fame. 2.25 Space 22. 2.55 Makers Of Modern Australia. 3.55 Love Your Garden. 4.40 Grand Designs. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30. 7.30. 8.00 Grand Designs Australia. 9.00 Return To Paradise. 9.55 Fake Or Fortune? 10.55 News. 11.10 The Business. 11.30 Take 5 With Zan Rowe. 1.15 Grand Designs. 12.45 Killing Eve. 1.25 Love Your Garden. 2.15 Rage. 3.35 Catalyst. 4.30 Gardening Australia. 5.30. 7.30.	6.00 WorldWatch. 2.00 Secrets Of The Royal Palaces. 2.50 Scotland: Escape To The Wilderness. 3.45 The Cook Up. 4.15 Inside Balmoral. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Great Australian Walks. 8.30 National Parks From Above. 9.25 Paris Has Fallen. 10.20 SBS News. 10.50 Fallen. 12.30 Wolf. 3.45 Paddington Station 24/7. 4.20 Barnaby. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Switched Before Birth. (2021) 2.00 Your Money & Your Life. 2.30 Border Security. Int. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. 7.30 Home And Away. 8.30 Australia's Most Dangerous Prisoners. 9.30 Ron Idles: The Good Cop. 10.30 The Latest: Seven News. 11.00 Soham: Catching A Killer. 12.00 Magnum P.I. 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Ruthless Renegades. (2020) 2.00 House Of Wellness. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: Jerry Maguire. (1996) (M) Tom Cruise, Renée Zellweger. 11.30 GetOn Extra. 12.00 To Be Advised. 12.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Cook With Luke. 8.30 Bold. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 Top Gear Australia. 11.45 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Family Feed. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Family Feed. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Top Gear Australia. 8.55 Gogglebox Australia. 9.55 Cheap Seats. 10.55 News. 11.20 The Project. 12.20 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 News. 10.00 Planet America. 10.30 Take 5 With Zan Rowe. 11.00 Fake Or Fortune? 12.00 News. 1.00 Joanna Lumley's Spice Trail Adventure. 1.55 The Princess And The Peas. 3.00 Myster Dogs. 3.55 Love Your Garden. 4.45 Grand Designs Revisited. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Gardening Australia. 8.30 Miniseries: Nolly. (M) 9.20 Question Everything. 9.50 Hard Quiz. (PG) 10.35 News. 10.50 Miniseries: Nolly. (M) 12.20 Rage New Music. 5.10 Rage.	6.00 WorldWatch. 2.00 Plat Du Tour. 2.05 Yorkshire Ripper: The Secret Murders. 3.00 NITV News: Nula. 3.30 Canary. 3.40 The Cook Up. 4.10 Hampton Court: Behind Closed Doors. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Lost Treasures Of Ancient Rome. 8.30 Castle Secrets. 9.25 Rise Of The Nazis. The Downfall. 10.35 SBS News. 11.05 The Allegation. 12.25 Miniseries: Four Lives. 3.40 Paddington Station 24/7. 4.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Ruthless Renegades. (2020) 2.00 House Of Wellness. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: Jerry Maguire. (1996) (M) Tom Cruise, Renée Zellweger. 11.30 GetOn Extra. 12.00 To Be Advised. 12.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Zoe's Having A Baby. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. Pacific Championships. Week 1. Australia v Tonga. 10.00 Pacific Championships: Australia Vs Tonga Post-Match. 10.30 MOVIE: Criminal. (2016) (MA15+) 12.40 Tipping Point. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Shopping. 5.30 Postcards.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Cook With Luke. 8.30 Bold. 9.00 Drew Barrymore. 10.00 Judge Judy. 10.30 Top Gear Australia. 11.45 Ent. Tonight. 12.00 Everyday Gourmet. 12.30 Family Feed. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Family Feed. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Sort Your Life Out. 8.45 Have You Been Paying Attention? 9.45 To Be Advised. 10.45 News. 11.10 The Project. 12.10 Stephen Colbert. 1.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Weekend Breakfast. 9.00 Rage. 12.00 News. 12.30 Unforgotten. (M) 1.15 Grantchester. (M) 2.05 Question Everything. 2.35 Matthew Bourne's Swan Lake. 4.55 Take 5 With Zan Rowe. (PG) 5.30 Landline. 6.00 Australian Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Grantchester. (PG) 8.20 Vera. (M) 9.50 Return To Paradise. (M) 10.45 Miniseries: Betler. (M) 11.45 Rage. (MA15+) 5.00 Rage. (PG)	6.00 WorldWatch. 2.00 Bouddi Wild Swim. 3.05 Portillo's Greatest Railway Journeys. 4.00 Wonders Of Scotland. 4.25 The Bride Flights. 5.30 Mauthausen: Camp Of No Return. 6.30 News. 7.30 Inside Windsor Castle. 8.25 Bombing Brighton: The Plot To Kill Thatcher. 9.55 So Long, Marianne. 10.50 Something Undone. 11.20 Something Untrue. 11.50 Rex In Rome. 12.45 Rex In Rome. 1.40 Rex In Rome. 3.30 Paddington Station 24/7. 4.20 Barnaby. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Caulfield Cup Carnival and TAB Everest Day. 5.30 Border Security. 6.00 Seven News. 7.00 The Great Outdoors. (PG) 7.30 MOVIE: Ghostbusters II. (1989) (PG) 9.45 MOVIE: Venom: Let There Be Carnage. (2021) (M) 11.45 Australia's Most Dangerous Prisoners. (MA15+) 12.45 Taken. (M) 2.00 Shopping. 4.00 Larry The Wonder Pup. 5.00 My Greek Odyssey. (PG)	6.00 Morning Programs. 12.00 Our State On A Plate. 12.30 My Way. 1.00 Great Australian Detour. 1.30 Innovation Nation. 1.40 The Block. 4.30 Garden Gurus. 5.00 9News First At Five. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. Pacific Championships. Week 1. Fiji v Papua New Guinea. 9.00 MOVIE: John Wick. (2014) 11.00 MOVIE: Concussion. (2015) 1.20 Customs. 1.50 Innovation Nation. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 8.00 Fish. 8.30 The Chef's Garden. 9.00 My Market Kitchen. 9.30 Drew Barrymore. 10.30 To Be Advised. 12.30 Everyday Gourmet. 1.00 Planet Shapers. 1.30 Motorcycle Racing. MotoGP. Round 17. Australian Grand Prix. Qualifying. 4.00 My Market Kitchen. 4.30 Farm To Fork. 5.00 News. 6.30 Dog House. 7.30 Thank God You're Here. 8.40 Dog House Australia. 9.40 Ambulance Australia. 10.55 Ambulance UK. 12.10 Cheap Seats. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 12.00 News. 12.30 Landline. 1.30 Gardening Australia. 2.30 Darby And Joan. 3.15 Nigelia's Cook. Eat. Repeat. 4.00 Restoration Australia. 5.00 Antiques Roadshow. 6.00 Grand Designs Australia. 7.00 News. 7.30 Spicks And Specks. 8.30. 8.30 Plum. 9.25 I Was Actually There. 9.55 You Can't Ask That. 10.30 Melbourne Comedy Festival: Allstars Supershow. 12.30 Fires. 1.25 Miniseries: Ridley Road. 2.20 Rage. 3.05 Australia Remastered. 4.00 Gardening Australia. 5.00 Insiders.	6.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Yorkshire Ripper: The Secret Murders. 3.00 Plat Du Tour. 3.10 The Cook Up. 3.40 Black Cockatoo Crisis. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Into The Amazon With Robson Green. 8.30 8 Out Of 10 Cats. 9.25 Never Mind The Buzzcocks. 10.05 Have I Got News For You U.S. 11.00 SBS News. 11.30 Suspect. 11.55 Exterior Night. 12.55 Exterior Night. 2.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 House Of Wellness. 1.00 The Voice. 3.00 Beach Cops. 3.30 Border Security. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00 The Voice. (PG) 8.30 7News Spotlight. 9.50 Crime Investigation Australia: Most Infamous. (M) 11.05 Autopsy USA. (MA15+) 12.05 The Starter Wife. (M) 2.30 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise 5am News. 5.30 Sunrise.	6.00 Hello SA. 6.30 ACA. 7.00 Weekend Today. 10.00 Wide World Of Sports. 11.00 Cross Court. 11.30 Fishing Australia. 12.00 Drive TV. 12.30 Pet Rescuers. 1.00 Explore. 1.05 Bondi Vet. 2.05 The Block. 4.30 Explore TV. 5.00 9News First At Five. 5.30 RBT. 6.00 NBN News. 7.00 The Block. (PG) 8.40 60 Minutes. 9.40 9News Late. 10.10 See No Evil. (M) 11.10 The First 48. (MA15+) 12.00 Bondi Vet. 1.00 Fishing Australia. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 Destination WA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.30 My Market Kitchen. 10.00 Drew Barrymore. 11.00 Amazing Race Australia: Celebrity Edition. 12.00 Intrepid Adventures. 12.30 Cook With Luke. 1.00 Motorcycle Racing. MotoGP. Round 17. Australian Grand Prix. 4.30. 3.30 GCB. 6.00 Farm To Fork. 4.30 Luxury Escapes. 5.00 News. 6.00 Sunday Project. 7.00 Amazing Race Australia: Celebrity Edition. 8.10 The Graham Norton Show. 9.10 FBI: International. 11.00 Sunday Project. 12.00 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Vera. 2.30 Creative Types With Virginia Trioli. 2.55 Myster Dogs. 3.55 Love Your Garden. 4.45 Grand Designs Revisited. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 Louis Theroux Interviews... 12.25 Grand Designs Revisited. 1.10 Love Your Garden. 2.00 Rage. 3.30 Catalyst. 4.30 Gardening Australia. 5.30. 7.30.	6.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Yorkshire Ripper: The Secret Murders. 3.00 Plat Du Tour.			

Local Calendar

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

October

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 Capel St Tuncurry. Enquiries: 6554 6275



Above: Photo of Leigh Vaughan by Shane Chalker.

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

Sun 27 Oct - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

November

Sun 3 Nov - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088

Sun 3 Nov - Black Head Bazaar Market
8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures.
www.facebook.com/blackheadbazaar



Sun 10 Nov - Forster Town Market (above)
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.

Sun 10 Nov - Tallwoods Village Market
9am - 1pm at 61 The Blvd, Tallwoods Village
Opposite the Tallwoods Golf Club
Contact Caileen 0488 508 846

TUNCURRY MARKETS
John Wright Park
Saturday 26 Oct
8am - 1pm
Bookings Essential
Enquiries 0417 400 994

What's on around town & beyond!

'Three Choirs and an Orchestra'



Above: Photo of Leigh Vaughan by Shane Chalker.

Our Mid North Coast Orchestra, Sinfonia MNC continues to celebrate 25 years, with a Concert at the Manning Entertainment Centre, on Sunday 24th November at 2pm. Sinfonia will play together with three local Choirs - Kantabile, Company of Voices and the young choir of the Manning Valley Anglican College.

A beautiful programme of orchestral music and choral works includes Dvorak's 8th Symphony (the 4th Movement), Elgar's Chanson de Matin, as well as three well known Choral works by the French composer Faure. The finale is a celebration of African inspired music including 'Africa' made famous by the group Toto, plus John William's 'Dry your Tears, Afrika.'

This event marks the first time since 2019 that Sinfonia has combined with Kantabile and Company of Voices, and, once you add the young voices of Manning Valley Anglican College, this will be a truly remarkable local event.

In talking with Forster Fortnightly, Leigh Vaughan OAM said, "You asked, what is my favourite piece in this concert? It's all the music that gives me joy. The fact that my choral group Company of Voices is joining with like-minded

friends Kantabile and with the joyous addition of a choir of young voices, is wonderful."

Leigh said, "To quote the great Ella Fitzgerald 'The only thing better than singing, is MORE singing!'

"Some years ago, I came across a most beautiful piece of choral music - Gabriel Fauré's Cantique de Jean Racine. We will be singing this work together at the Manning Entertainment Centre on 24th November. When I first heard it, I fell instantly in love and have been ever since. It never ceases to move me."

"These words by Katie Kamara resonate, I am sure, with us all involved in this concert... 'There are moments when no advice, conversation or book can reach the depths of your heart. But a song can lift you, and remind you of who you are, beneath the layers of pain and experience... we are never alone.'

Leigh concluded, "In this final concert for 2024, we bring to an end Sinfonia's 25th year. As the founding Chair of this organisation, I am so proud now to be able to now sit back and enjoy playing (back desk cello) without the stress of all the organising, as more new committed community members step up to the Board."

Kantabile is a community-based Choir, with musical direction shared between Lyanne Macfarlane and Elizabeth Berry, together with Sandra Kwa (accompanist). Kantabile frequently performs at the Manning Regional Art Gallery in Taree.

Company of Voices is led by Leigh Vaughan and frequently performs in Forster and Tuncurry, where they has raised funds to support local charities.

For further information and booking for "Three Choirs and an Orchestra", see the advertisement (below) and scan the code or go to: www.manning.sales.ticketsearch.com/sales/salesevent/139712

Nourish to Flourish is just what you need this spring



The Nourish to Flourish program is coming to your local MidCoast Council Library and many of the activities are completely free, so book soon!

Nourish to Flourish is all about nourishing the mind, body, soul, and environment through a series of engaging activities across the library network during October and November.

From sauerkraut to nutrition, electric vehicles to permaculture, it's a perfect opportunity to explore something new.

"Libraries are a centre of learning and development, so it's appropriate that our facilities host this diverse educational experience for the community," said Manager Libraries, Community and Cultural Services, Alex Mills.

"The more we know about ourselves and our environment and the more skills we develop, the more our community will thrive."

"This is a great opportunity to gather in our libraries for some fun and interesting learning."

Just by attending a workshop, you'll go into the draw for a double pass to a show at the Manning Entertainment Centre during November. Tickets you could win include Dreams - Fleetwood Mac Tribute, and Arj Barker - The Mind Field.

Free local activities below:

- Thursday 31 October**
- Limestone Permaculture 10am, Forster Library
 - Weed workshop 10:30am, Hallidays Point Library
 - Sauerkraut demo with Anna Axisa 10:30am, Wingham Library
- Friday 1 November**
- H2O for a better tomorrow 10am, Forster Library
 - Get fluent about effluent 11:15am, Forster Library
- Saturday 2 November**
- Fruit Bat Walk & Talk 10am, Wingham Library
- Thursday 7 November**
- Help Yourself Nutrition and Dietetics 10:30am, Forster Library
- Friday 8 November**
- H2O for a better tomorrow 10am, Taree Library
 - Help Yourself Nutrition and Dietetics 10:30am, Wingham Library
 - Driving the future: The electric vehicle revolution 10:30am, Forster Library
 - Get fluent about effluent 11:15am, Taree Library

See the complete program and book online at: www.eventbrite.com/cc/nourish-to-flourish-3628199 or contact MidCoast Council Libraries on 7955 7001.

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

What's on around town & beyond!

Lakeside Festival 1-3 November
Your best weekend ever!

Grab your friends and family and make a huge weekend in our beautiful backyard. The Lakeside Festival incorporates three massive days of Comedy, Music and Food. Guaranteed you will chill out, connect with our beautiful coastal paradise and laugh, dance, sing, dine and party.



Now in its 12th year, the highly respected cultural celebration of The Lakeside Festival has become a firm date on the calendar.

FRIDAY 1ST NOVEMBER

Your weekend kicks off at the iconic Club Forster for a Friday night of belly-aching laughter. Before the show begins, dine at one of the Clubs amazing in-house restaurants including Kenny's Thai Kitchen or 242ate Café and Bar.

The 2024 Lakeside Certified Comedy Night promises to be the funniest yet headlined by the incredible Troy Kinne with side splitting performances by Des Dowling, Ellen Briggs, Brett Nichols and Steve Hoskins.

SATURDAY 2ND NOVEMBER

Get ready to party from 10.30am at the Lakeside Music Festival at John Wright Park. As well as incredible live performances, there will be loads of kid's activities and local food trucks and the Lakeside Pop Up Bar.

2024 sees the introduction of two performance stages which will allow for a continuous flow of music throughout the day, showcasing an outstanding line up of local and world class artists.

Up and coming performers from school and community groups will perform with home grown superstars The Goodfellas and Anna-Vees Blue Smoke kicking up a storm. Later in the day, rock on to the legendary Kevin Borich Express, Brooke and Adam, James Keith Band and Owen Campbell. The Rogue Traders will then light up the stage and the beautiful night sky.

SUNDAY 3RD NOVEMBER

We know you partied hard over the past couple of days, so now it is time to chill out with the Lakeside Long Lunch and take in the spectacular views of Wallis Lake.

3 EVENTS - 3 DAYS NOW WITH 2X STAGES!

LAKESTIDE AMPLIFIED MUSIC FESTIVAL
1-3 NOV 2024

LAKESTIDE CERTIFIED COMEDY NIGHT FRI NOV 1
TROY KINNE, DES DOWLING, ELLEN BRIGGS, BRETT NICHOLS & STEVE HOSKINS

LAKESTIDE FORTIFIED LONG LUNCH SUN NOV 3
THE LAKES & OCEAN HOTEL, 33 DEGREES, THE DECK & PARADISE MARINA

SPONSORED BY: BNM, MAX, FORSTER, WIN, KAZAM, ORBIT, KENNARDS TAREE, TAPE NSW, TUNCURRY FORSTER JOCKEY CLUB, REFLECTIONS HOLIDAYS, JR RICHARDS, BARRINGTON COAST TOURISM, MIDCOAST COUNCIL

Turn a new page
AUTHOR TALK SERIES

ASHLEY KALAGIAN BLUNT
21 OCTOBER - FORSTER LIBRARY
Hear about Ashley's bestselling psychological thriller, Dark Mode, and the research she did after her personal information ended up poster for sale on the dark web.

JULIE BENNETT & SUSAN MACKIE
21 NOVEMBER - FORSTER LIBRARY
Great Admirers of each other's work, Julie and Susan meet for the first time. Listen as they compare and contrast techniques, content and experiences in the writing industry.

MITCH JENNINGS
30 NOVEMBER - FORSTER LIBRARY
Raised in Forster, Mitch Jennings is a writer, journalist, radio host, sports commentator, podcaster, comedian and pub-enthusiast. His debut novel, A Town Called Treachery, was shortlisted for the 2022 Banjo Prize.

BOOKINGS ESSENTIAL.
Scan the Qr code for more information.

VICTOR CUSACK
22 OCTOBER - HALLIDAYS POINT LIBRARY
Victor Cusack discusses his illuminating book, A Dramatic Inheritance, and other works including 'Bamboo World'.

ALICIA THOMPSON
25 NOVEMBER - TEA GARDENS LIBRARY
28 NOVEMBER - FORSTER LIBRARY
29 NOVEMBER - WINGHAM LIBRARY
An in-conversation discussion about Alicia's latest book, influences and techniques.

ANNE GATELY
5 DECEMBER - HALLIDAYS POINT LIBRARY & FORSTER LIBRARY
6 DECEMBER - TEA GARDENS
Anne hopes to inspire Australians to bring about a change in the Australian culture which is currently priming us for skin cancer. A solution to skin cancer lies with all of us, it is a WE problem, not just a ME problem.

MIDCOAST COUNCIL
library.midcoast.nsw.gov.au

Mixed bag and Feedback

Letters to the Editor

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

Response to David Gillespie's latest claims re nuclear energy

In his latest four-page newsletter on nuclear energy, Dr Gillespie [MP for Lyne] has once again made statements at odds with experts from CSIRO and the Australian Energy moderator.

Dr Gillespie states that underwriting renewables is putting pressure on coal-fired power stations to close when in fact our remaining power stations are reaching the end of their lives with the last set to close by 2038. Given that nuclear power plants will take at least 15 years to build, this form of power simply can't fill the gap left by closure of coal-fired power stations. It is this that has the capacity to bring about an energy crisis, not the roll out of solar and wind generated power as claimed. He states that two nuclear power projects will start producing energy by 2035 and that nuclear power plants will allow us to reach net zero emissions by 2050.

This plan depends on when and if they are elected, their ability to remove current bans, find the technology and finance, and the sites to host it.

The Coalition claims nuclear energy will be cheaper, but still haven't provided any costings. This claim contradicts CSIRO's Gencost report (22nd May 2024) that states a combination of wind and solar remains our cheapest options. CSIRO's figures also show that small modular reactors could cost up to eight times more than renewables (complete with their associated transmission and storage costs). This is backed up by the Clean Energy Council's report (18 May 2024) that nuclear energy will be up to six times more expensive than solar and wind.

Dr Gillespie claims that Australians are paying some of the world's highest electricity bills. Comparisons to other countries (Australian Energy Council 3rd February 2022) show for example that our average prices are well below the OECD average and less than many European countries.

Of further alarm is that the Coalition plans to fund the nuclear power plants from the public purse meaning that billions of dollars will be removed from vital areas such as education and health.

Damien Nicks, CEO of AGL, Australia's biggest supplier of coal generation and baseload power, states (15th March 2024) there is no room for nuclear in Australia's transition to renewables—neither on a grid dominated by wind and solar nor at its coal sites that it intends to transform. Two of AGL's coal generation sites have been identified by the Coalition for nuclear power plants.

AGL has no intention of giving up assets for nuclear power plants, despite threats of compulsory acquisition, as they have their own plans. It says the site of the recently shut Liddell coal generator in the Hunter Valley is already accounted for, with plans for a giant battery, solar module manufacturing, panel recycling, a link to a planned 400 MW pumped hydro facility and multiple green industries.

ABC's Four Corners program (7th October) also presented some alarming facts re the types of nuclear power plants that the Coalition proposes.

Of further concern is that nowhere in the newsletter is there a single mention of how and where the nuclear waste will be stored.

Dr Gillespie continues to criticise the cost of the government's transmission system—Rewiring the Nation Project—through which investment in new transmission lines aims to deliver affordable, reliable renewable energy to cities, towns, and regional communities, a key part of how we respond to climate change. He also ignores that we are one of the world's most sparsely populated countries with large distances between inland settlements. The National Energy Market stands as one of the world's longest interconnected electricity systems, spanning across Queensland, New South Wales and Victoria linking to South Australia and Tasmania via undersea cables. It is the most complex single integrated capital infrastructure in the Southern Hemisphere. *Sue Baker - Dunbogan.*

Quote from MP Dr David Gillespie's media release

"In my adjournment speech (at House of Representatives) on Wednesday night (9 Oct), I spoke about nuclear waste to answer questions that have been raised with me in discussions.

"There are well-established international protocols, which were worked out in the 1960s, and there is huge, deep monitoring of all nuclear waste by International Atomic Energy Agency protocols and procedures. The waste from Australia's nuclear reactor—and we've had three—is not wasted. It's taken by France and put through their recycling plant. They filter out the reusable uranium and put it in with freshly dug up enriched uranium to power reactors. They use it time and time again. The final leftover products of fission are then transported in dry casks, which are well engineered, totally impervious and built to exacting standards to survive car crashes, truck crashes, train crashes, being dropped from height, being incinerated for an hour or more in hundreds of degrees of heat or being immersed in deep water, with all being safe and secure at the end of it."



www.moir.com.au

Labor shows commitment to environment by issuing new coal mining approvals on recycled paper

POLITICAL SATIRE: Saying it showed how serious the Government is about action on climate change, Environment Minister Tanya Plibersek has confirmed that recent approvals for three new coal mines that will emit 1.3bn tonnes of greenhouse gas, were issued on 100% recycled paper.

been green-lit using uncoated, 100% recycled stock.

"Sure, that may mean we have to put up with a slight brown, graininess on the approval documentation. But that's a small price to pay for knowing we've done everything we can to protect our environment," she said.

"We owe it to our younger generations to make sure that, when we're rubber stamping the extension of coal mines for the next 30-40 years, that we do it on paper made from recycled kraft pulp," Plibersek said.

"I don't want to live in a future where our economy is reliant on fossil fuel mining that's been approved on virgin paper. I'm for a future where we're reliant on fossil fuel mining that's



www.theshovel.com.au

Book Review

Charles Todd's Magnificent Obsession

One forgets that prior to the telegraph, messages were essentially hand-carried - on foot, horseback, ship, and then mail-bag by steam train. Even with the advent of the telegraph, there was still the telegram boy for the last mile. One forgets, too, how valuable timely information is and people were prepared to pay for that. It was big business, whether for market prices, a newspaper scoop, or for important family matters.

David Dufty's book Charles Todd's Magnificent Obsession is an account of the adversities encountered in putting the telegraph through from Adelaide to Darwin, and thence connecting Australia to Java and the rest of the world by undersea cable that was laid to match the expected completion of the link to Darwin. Where a message might take months to reach Europe and return, now it would take a day or two allowing for the necessary retransmission by telegraphists at a series of telegraph stations as the signal attenuated.

Charles Todd really was an exceptional man with his drive, people skills, and technical qualifications. The first telegraphs in England were alongside railway lines so that station-masters knew when to expect the next train and that experience was Todd's advantage over a commercial rival that tried, and after two years failed, with a competitive line from Adelaide to Port Adelaide. There was skulduggery from the outset. Queensland wanted the undersea cable to terminate in Burketown on the Gulf of Carpentaria, and thence to Bowen and Brisbane, thereby making it the commercial centre of Australia. They said a line through unsurveyed central Australia was doomed to fail. (John Stuart had made maps of his explorations but these were insufficient for installation of a telegraph line that was a major logistical exercise requiring hundreds of bullocks for bullock trains with the necessary food and equipment for the installation teams.) The government surveyor failed to find the gap through the MacDonnell Ranges; one of

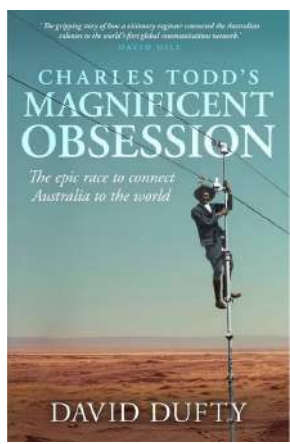
Todd's own men found that. The southern part of the line was completed on time. Not so the northern part under the government appointed contractor, Patterson. Douglas the Resident governor of the Territory was more interested in having a stone house built than a jetty which meant horses and bullocks had to swim ashore. Patterson was incapable of meeting the challenges of the tropical wet season and the diseases and inability to supply the teams with food and equipment. Yet, he wanted the kudos. When the two halves met south of Daly Waters, near Frew's Ironstone Ponds, the first messages went through at midday 22 August 1872 but Patterson had the line cut so that he could claim he actually connected it; at 3pm it was rejoined at the time he had announced it would be.

So, the line was late, penalties applied, but it was done and Todd's efforts were well recognised in Adelaide. Mail no longer need to go from Darwin by fast clipper to Colombo and back to Australia. Australia was directly connected to the world.

But Todd didn't stop there. Is weather a matter of daily interest? Todd thought so and did something about it.

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

Movie review by Harriet Kelly.

Still: A Michael J. Fox Movie (APPLE TV)

If you are ever looking for the ultimate inspirational viewing - then this doco hits the spot!

Michael J Fox, 80's superstar and probably the most prominent actor of this decade - bad stuff is just not supposed to happen.

This documentary is beautifully crafted, switching between his early symptoms of Parkinsons Disease and his mega rise to international movie fame. In his mid-20's, Michael J Fox sits at a precipice of feeling like a 'fame god' sitting way above his own human existence (yet at the same time is dealing with a very real human condition).

Initially riding the 'fame train' and somewhat in a state of denial, his symptoms eventually become apparent and he gracefully shifts to become an ambassador and fund raiser for this most challenging of diseases.



With the unwavering support of his wife and family, this individual's true gift is revealed - Michael J Fox is intent of living life to the fullest and seizing every opportunity (even when struggling just to stay upright!)

There is not a hint of 'self-pity' or keeping his symptoms hidden from the world - this is who he is and this is the best role he will play.

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Public Notice

The Great Lakes Museum at 1 Capel Street Tuncurry will now be open:

Mondays 10am to 1pm
Tuesdays 10am to 1pm
Wednesdays 10am to 1pm
Fridays 10am to 1pm
Sundays 1pm to 3pm



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Community News

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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: vvagforster@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.

Great Lakes Historic Automobile Club Inc.
Meets first Wednesday every month at 7pm Tuncurry Beach Bowling Club
Visitors are welcome. Laurie 0402 315 215

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

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

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

Great Lakes Vietnam Veterans Association Sub-Branch meet at Unit 3/80 Kularoo Drive, Forster, between 10am to 1pm
Email: vvagforster@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, 9:30am to 11:30am
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
Pebly 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

Community News

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

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

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

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

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

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

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

Twin Towns Tennis Club
7.30am Mixed Social every Saturday, Capel St
Tuncurry. Contact Ellise 0411 476 063.

Sundays

Forster Tuncurry Dolphin Dancers
Meet every Sunday 2pm to 5pm at Senior Citizens Hall Breeze Parade Forster
Enquiries Warwick on 0409 600 294.

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

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

Coomba Park Tennis Club
Every Sunday 8 - 10am Mixed Social Tennis
Enquiries: Text Melissa 0403 309 807

Weekly Diary 2

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

October

Thurs 7 Nov - Manning Great Lakes Birdwatchers. Cooperook Wetlands and State Forest. Enquiries: 0431 878 395

Sat 16 Nov - Manning Great Lakes Birdwatchers. Cattai Wetlands. Enquiries: 0431 878 395

Great Lakes Prostate Cancer Support Group

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

Next meeting 22 October

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

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



Proudly sponsored by the Prostate Cancer Foundation of Australia.

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

Community Meals & Pantry



Tuncurry Community Morning Tea & Lunch

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

10:30am - Doors open for cake & coffee, place names for produce market.

11am - Produce Market, \$5 bag of staples & meal ingredients are available.

11:30am to 1pm - Lunch served

Enquiries: Pastors Nicole & Tony Bezzina on 6554 6101. www.facebook.com/Forstersalvos/

Forster Community Lunches

The Forster Community Kitchen is serving lunches to the community Monday to Thursday 12 - 1pm.

All are welcome. Lunches are served in the CATHOLIC CHURCH HALL located behind the Catholic Parish at 33 Lake Street, Forster.

People can also bring a bag and choose which food items they would like to take home from the produce tables.

Enquiries: Volunteer Coordinator Meg Loring on 0409 840 054 or the CatholicCare Office on 6539 5900.

Tuncurry Community Brunch

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

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

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

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

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

Forster Library Free programs



• Mahjong games afternoon - Mondays 2 - 4pm.

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

• Family History Advisory Group - provides support with family history research. Volunteers will be available Tuesday & Thursday 10am - 12 pm, Monday, Wednesday & Friday 2pm - 4pm in the Family History room on Level One of the Library. Or email familyhistory@gmail.com

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

Star Pet



Name: Bella

Breed: Alaskan Malamute

Age: 7 years

Likes: Waking up the neighbours, screaming, cuddles and digging holes.

Dislikes: Sharing and not being the centre of attention.

Claim to Fame: Dug a hole so deep that a tradie slipped down it. When he grabbed the edge on the way down, his feet hadn't even touched the bottom. The total depth is still unknown today.

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

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The Great Lakes Concert Band Forster NSW

is seeking a

Musical Director



• We rehearse on a Thursday Evening from 5pm-7pm.

• We are under the sponsorship of Club Forster with a group of 21 players.

• Modest stipend is offered

If interested, please contact ~

Lynne Christie [Interim Director] • 0488 146 915
Ken Heffernan • 0402 671 993

Our Local Wildlife



Koala

There is perhaps no more iconic Australian animal than the Koala (Phascolarctos cinereus). Adored across the world, this animal alone is believed to bring in 3.2 billion of 'koala' tourist dollars to Australia each year and to support 30,000 jobs (Australia Koala Foundation).

Koalas are stocky marsupials, with large heads and round, fluffy ears, large, dark noses and no tails. Modern adult koalas have a body length of between 60-85cm and weigh between 4-15kg (once there were 20 different species of koala dating back 24 million years, one weighing 23 kilos).

Fur colour ranges from silver grey to chocolate brown, dependant on the sub-species, with northern koala populations typically smaller and lighter in colour. Patterns of light and dark skin on koalas' noses are as individually distinctive as their fingerprints, and, like humans, are unique to each individual. Unlike other animals, koalas do not moult seasonally,

making them particularly vulnerable to increased climate temperatures and heat stress.

As folivores, or leaf eaters, they consume between 500-800 grams of leaves a day. Midcoast Council have lists of local preferred koala trees, some of which are themselves now considered threatened or near-threatened species, for example, Swamp Mahogany, Red Mahogany, Tallowwood and Grey Gum. Koalas have a specialised digestive system with elongated caecums, specialised bacteria and a low metabolic rate (which is why they spend so much time sleeping) to cope with this low-nutrient, low energy, high toxicity diet. It is a myth that koalas don't need to drink - they lick tree trunks of dew and rain, drink from water filled hollows and will come to ground to drink in dry periods. Despite their appearance, koalas have no fat reserves and survive in a delicate nutritional balance.

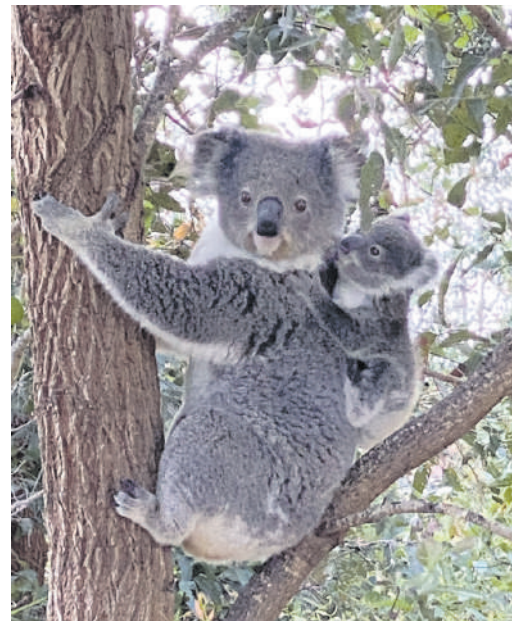
Koalas are born tiny, 0.5 grams, and hairless. Their first challenge is to crawl into their

mother's pouch where they will live for the first six to seven months. At 12 months the joey is fully weaned but will stay with its mother until about 18 months to 2 years and then will need to find a territory of its own. It is at this time they are particularly vulnerable to predators, motor vehicle strikes and conflict with other koalas.

Legislation to protect koalas is not new. They were first declared a protected species in 1898. Despite this, koalas were snared and harvested for their fur to make cuddly toys and gloves at a rate impossible to contemplate: 57,933 were exported from Sydney in 1908, 1 million in one six month 'hunting' season in 1919 and another 600,000 killed in one month, August 1927.

Similar to today, it was not Australian governments that ended the slaughter but interventions from wildlife conservationists who appealed directly to US President Hoover in 1930 to stop the trade.

Currently of course, the koala is considered on the brink of extinction in NSW, not from the fur industry this time, but from the aggressive destruction of its habitat, including logging native forests primarily for wood chips and paper pulp.



Above: Photo of mum and joey in the Redhead koala corridor by Sheila Coppersall. Story by Kym Kilpatrick - FAWNA Hallidays Pt.

Local Identity - Sally McRobert



go to Queensland for 12 months to spend time with their family. Sally's diagnosis suggested 2 1/2 to 3 years.

Sally resumed life and took up golf which she thoroughly enjoyed and tried to play 2 to 3 times a week when possible.

Sally and Terry then did some voluntary work for the NSW Cancer Council which involved taking clients for treatment, fundraising, holding a very successful golf day and joining the committee of "The Relay for Life." For 10 years they organised some very successful relays. They had a committee of 8 to 10 people and raised over \$400,000 for the New South Wales Cancer Council. This was an amazing effort and a fine example of a town getting behind a great local cause.

In 2016, Sally was playing golf and by the time she reached the 17th hole she was in severe pain in her rib area so she finished the game and took herself off to the doctors for x-rays. The result was "Metastatic Renal Cell Carcinoma" with several tumours, much to everyone's surprise and shock. Unfortunately, this type of cancer doesn't respond to chemotherapy and the diagnose was for 2 to 2 1/2 years!

Sally said, "I guess the only way I can describe handling such news is to click into "auto pilot" and discuss things with family."

It was suggested to Sally to make herself known to an oncologist which she did. As luck would have it, the doctor she chose was doing trials on a new immunotherapy drug. Unfortunately, Sally wasn't eligible as she had been on a previous drug that ruled her out. The oncologist explained she could still go on the drug but the cost would be a million dollars or \$14,000 each fortnightly treatment for the rest of her life. Once they got over the shock they wrote to local members, attended meetings and knocked on politicians' doors to no avail. After a few weeks Sally had a call from her oncologist who had contacted the drug company. The company granted Sally the drug for 2 years on compassionate grounds, "How lucky was I?" Sally began treatment immediately and responded very well with few side effects so the time she had with family was quality.

Sally and Terry returned to Forster a year later as she was able to transfer her treatment to "Sal's Oncology Unit" in Forster Hospital, named after Sally Whitehouse, who passed away with bowel cancer. Sally said, "We are so lucky to have this facility in our small town and I cannot praise Dr Ted Livshin and the staff enough for their dedication and hard work."

Whilst having treatment Sally heard a nurse from Taree talking about fundraising in Forster for a "Scalp Cooling Machine" or "Cold Caps" which is proven to be an effective way of combatting chemotherapy-induced hair loss and can result in a high level of retention or completely preserves the hair. This helps to control and maintain a patient's privacy and encourage a positive attitude towards treatment. Sally saw this as an opportunity to add to our local Oncology Unit that has been



Sally and Terry set out fundraising to add a 'Scalp Cooling Machine' (above) to the Oncology Unit in Forster in 2011.

up and running since 2011. If this facility wasn't available to our local patients, they would have to travel to Taree or Port Macquarie for treatment adding to their costs and stress levels.

Sally and Terry set out fundraising, having a very successful high tea and raffles. The Hospital Board generously offered to match them \$ for \$ towards the project and in just 6 months they had raised more than enough to buy the much-needed machine as well as a large blanket warming cabinet. Sally is passionate about the cause as all the money raised stays in the local area helping local people public and private.

Now for the best part! After 10 years and approximately 210 treatments Dr Ted Livshin cannot see any active cancer on Sally's PET scan that she had done in July! She has yet to follow up with him to decide whether she needs to continue her treatment but, "I will do whatever it takes to keep on enjoying my life."

"I would like to say if anyone has the opportunity of going on immunotherapy treatment after their cancer diagnosis, from my experience it is a miracle drug and I would be happy to discuss my journey with them if it would help."

"Finally, I would like to say a huge thank you to my husband Terry who has been with me all the way, many a day reading the paper and talking to patients whilst I was having my treatment. This journey involves all those close to us and sometimes it is just as hard or even harder than the person going through it. I couldn't have done it without him and now we can continue our life and play more golf."

"I would also like to thank all the very generous people, businesses and clubs who have donated so generously. A special thankyou to Dr Ted Livshin our wonderful oncologist not only for his valued support but for always being there and to the wonderful staff at the Oncology Unit for your empathy and sincerity." My motto in life is "Everything happens for a reason and to focus on the positives and NOT the negatives". We only get one chance at this life.

Right Terry and Sally McRobert.

Ann Turner - friend and sporting partner said this of Sally...

"Sally is a strong person, not only in life but also in her sporting pursuits, excelling at both tennis and golf. She is someone I count as a dear friend and our friendship was nurtured on a golf course; I liken Sally's cancer journey to one of her most challenging sporting contests.

Sally viewed her first cancer diagnosis, as a daunting opponent but one she met head-on. Sally's determination and sustained courage led her to victory as she was considered cancer-free.

Always wary of a return bout, Sally, after a period of time, relaxed and she considered her foe vanquished. But this was not to be.

Many years later, Sally's opponent raised its ugly head, but she showed herself to be a worthy and ready opponent.

As before, any important challenge, sporting or otherwise, Sally was not immune to nervous anxiety. Sally had been warned that this time her opposition was serious, but she had a well-developed game plan. She was ready for the fight, facing it with tenacity, an intelligent game plan, common sense and focus.

When plan A did not appear to be working, Sally regrouped and adopted plan B. Plan B proved to be the long game, but one which achieved results.

Sally has always acknowledged that she has not faced her battle alone. Her support team, managers, coaches, family and friends - all have played vital roles. She has also been selfless in her moral and practical support of others facing the challenge of cancer. Her involvement in raising awareness and funds has allowed others suffering as she has, tools vital for recovery.

Sally has learned much through her journey against such a fierce and determined opponent. She understands the tenacity of her adversary, an enemy of resolve - but a match for Sally's drive and obstinacy? I don't think so!"



Australian Security Leaders Climate Group calls for overhaul of federal government's climate threat preparedness strategy

A group of former national security leaders says the federal government needs to radically overhaul the way it plans for climate threats, warning that Australia is totally unprepared to deal with the cascading and existential risks that climate change presents to the region and the world.

The starkly worded new report by Australian Security Leaders Climate Group (ASLCG) - which includes former Australian Defence Force chief Chris Barrie - says that climate change presents such a serious security threat that it demands an "emergency mobilisation" in response.

"Today, unimaginable new climate extremes confront us: record-breaking droughts and floods, cruel heatwaves, unstoppable bushfires, broken infrastructure, and coastal inundation. Worse is to come," it says.

"Great pressure will be placed on the Australian Defence Force, and emergency and disaster relief agencies, to pick up the pieces in the face of accelerating climate impacts," it reads.

The ASLCG says the federal government must make sharper and faster cuts to emissions, as well as pressing the largest polluters to collaborate on driving down carbon pollution.

They're also calling on the government to establish a new climate threat intelligence branch and early warning system to assess the impacts with "brutal honesty," while improving planning for the disruptions climate change will bring. The group says the intelligence branch should be housed within the Office of National Intelligence (ONI) and that it should provide a declassified briefing to parliament ever year, so Australians are more aware of the emerging dangers.

It's also calling on the government to bolster support to countries across the region to help them prepare for climate impacts, and work

with them to protect food production and energy security in the face of climate pressures which could render large swathes of the tropics almost "unliveable".

Admiral Barrie said that the latest climate science showed that large parts of northern Australia "could become uninhabitable within 30-40 years, threatening military bases, communities, and the economy.

"Yet there is little recognition of this level of threat to Australia, leaving the nation severely exposed to the devastating costs," he said. He also warned that climate change was also likely to stoke a "deepening regional food and water crisis that will destabilise nations and cause the mass displacement of people."

Admiral Barrie said the security threats from climate change dwarfed those posed by China, and the government had to set it priorities correctly.

"All the billions of resources being put into confronting China will not help one iota in dealing with the greatest threat to our future security in Australia and the region - and that is climate disruption."

Federal Minister for Emergency Management Jenny McAllister told the ABC's Afternoon Briefing the federal government was receiving similar advice to the ASLCG's report. "We understand that we're going to get more frequent events and they are likely to be more intense," Ms McAllister said.

However, she said the issue required a collaborative approach so the government's efforts were directed at "bringing people together". She added that reducing emissions was also important.

By Stephen Dziedzic. Published 8.10.24 Edited from www.abc.net.au

Save Bulga Forest



Continued from page 3.

Sharyn O'Dell and taken to Taree Police Station, processed and released on bail at 9pm that day.

Sharyn O'Dell had not intended to be arrested. "I stood in solidarity with my friend, as she was alone with the logging crews. I know they are feeling frustrated about not being able to work and I sincerely hope that governments start working out a transition plan for these workers," she said, "because the native forest logging industry has no future."

Ned was suspended from a tree with ropes attached to the giant logging machinery. "I'm a climate scientist. I've spent the last four years advising governments and corporations around the world about the risk from increasingly extreme and erratic weather events.

"Climate change is resulting in massive impacts to biodiversity. We need to preserve as much of every remaining ecosystem as possible. We need to stop native forest logging now.

"Leaving the mature trees standing and these intact ecosystems is fundamental to having a chance of a liveable environment. I can't believe, with all the information we have available to us, that Australian governments are not only still cutting away at our future, but actually subsidising it. It meets the definition of insanity."

Marg, Sharyn and Ned are some of the 12 protesters to have been arrested during October this year.

www.savebulgaforest.org

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There's always something happening at the Palms!

Saturday Fishing Club Raffle starts at 3pm & 4pm Happy Hour 3pm to 5pm Kids Meals \$5 (16y)	Sunday Every Sunday-BBQ, Bowls & Tunes Chook Run Bowls from 10:30am Outdoor Bar 1pm - BBQ 2pm Live Music at the Green from 2:15 Kids Meals \$5 (16y)
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<p style="font-size: 0.8em;">DJ Emil Fri 18 Oct</p>	<p style="font-size: 0.8em;">Glen Mead Fri 25 Oct</p>
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Smiths Lake Landcare revitalised



Above: Smiths Lake Landcare volunteers had a recent training session on regeneration strategies.

Smiths Lake Landcare had its first inception about 20 years ago with volunteers working at Cellitlo. These days the Cellitlo reserve is doing very well with a bit of maintenance work by contractors. Since those days, the group has had a couple of iterations working on the Smiths Lake Foreshore near Frothy Coffee before falling quiet in the last couple of years.

In 2024 the group found new energy and inspiration with Mike Gibson, retired National Parks ranger, leading the charge. A solid group of volunteers has recently been getting together on Monday mornings from 8.30am-10.30am, finishing with group morning tea.

On Monday 16th September, the volunteers had a training session with MidCoast Council bush regeneration contractor Miles Dixon and Local Landcare Coordinator Joël Dunn, walking the foreshore from Frothy Coffee and looking at regeneration strategies, plant ID and weed management techniques. The group got a practical lowdown on treating

local "transformer" weeds like Coastal Morning Glory, Ground Asparagus, Bitou Bush, Lantana and Senna. An outlying infestation of Fishbone Fern was mopped up and carried out, containment of a nasty Black Eyed Susan patch was commenced, and a good selection of the usual suspect weeds met their maker.

If you would like to join the volunteer effort in this beautiful spot, please contact Mike on 0427 670 352 or mikegibbo@gmail.com

Local Manning Coastcare group meeting dates

Diamond Beach Coastcare Group - Meets Friday mornings. Contact Neville at npsemmler@gmail.com for more information and to get involved.

Hallidays Point Coastcare Group - Works at Black Head on Monday and Tuesday mornings. Contact Alan at alan.pursch@gmail.com for more information and to get involved.

Advertising Feature

It's Sunrise Village's 20th birthday & we're inviting you to the party!

Since opening just over 20 years ago, Sunrise Village on Chapmans Road in Tuncurry has become part of the Forster Tuncurry landscape.

On November the 1st we'll be throwing open the doors to our beautiful village to the community to come and visit. There will be over 20 market stalls, coffee van, tours of the village and the chance to meet and chat with our wonderful Village team.

Now with 106 one and two bedroom villas, Sunrise Village has become a vibrant community of active retirees who value independence and a lifestyle of their choice with the convenience of onsite services including emergency support 24/7.

As a vibrant retirement community, Sunrise Village offers a host of things that may surprise you. Like regular group sunset walks along the Tuncurry Breakwall, a commercial kitchen with not one, not two but three chefs! Out of town bus trips to places like Coffs Harbour, Charlestown Square and Hunter Valley Gardens and speciality shops! There are regular on-site activities like Paint and Pastels, Tai Chi and Rummikub not to mention local activities like snooker at Club Forster and trips to Stocklands and Woolies for all your regular shopping.

As a locally owned and operated business, we've been creating local jobs for over 20 years and along with our sister company, Sunrise Home Care, we've grown to now employ over



Above: Sunrise staff and friends at the recent Spring Festival on Wharf Street Forster.

100 people. We are an independent non-denominational Village for older Australians,

If you've ever been curious to see what's happening at Sunrise Village, or considering your next steps, come and join us on November 1st between 9am and 2pm and see why our motto is 'All we do is care'.



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Slam dunk start as Iron Arena breaks ground



Member for Myall Lakes, Tanya Thompson, and Federal Member for Lyne, Dr David Gillespie, turned the first sod this week to officially commence the Iron Arena Expansion project – a state-of-the-art sporting facility in Taree.

"This is a project that my predecessor Stephen Bromhead was so passionate about. I am so excited to see this project finally moving ahead," said Mrs Thompson.

Left: MP Tanya Thompson and MP Dr David Gillespie turning the first sod at the Iron Arena site in Taree.

Initially announced with funding of \$8.251 million in November 2020, the Iron Arena project faced delays due to COVID-19 disruptions and increased costs of building materials.

"Despite these challenges, the project's budget has been revised to \$12.9 million to ensure completion, with the facility expected to be operational by 2025.

The Iron Arena is set to expand the current Saxby Stadium, with the addition of four multi-purpose courts that will accommodate a variety of sports, including basketball, futsal, volleyball, and indoor hockey. The facility will also have the capacity to host trade shows, concerts, and other major events, positioning Taree as a destination for regional, state, and national competitions.

Mr Gillespie said, "When complete, the Iron Arena will provide a transformative change for the region's economy attracting a range of high-profile events."

The project is a joint initiative, supported by the NSW and Commonwealth Governments through the Bushfire Local Economic Recovery Fund.

Tanya's Community Update



It's been so wonderful being back home in the electorate recently, with lots of great local events happening like the Spring Festival and the Old Bar Beach Festival.

75 YEARS OF MOORAL CREEK HALL

What a wonderful celebration it was for Moorall Creek Hall's Diamond Jubilee, with the official opening of the 'Deck the Hall' upgrades.

Thanks to a \$142,960 Stronger Country Communities Grant awarded to the Moorall Creek Progress Association, the hall now has a brand new deck, upgraded accessible toilets, and fresh playground equipment for the community to enjoy.

PINK UP FORSTER TUNCURRY

October is Breast Cancer Awareness month and Forster Tuncurry is turning pink to fundraise for McGrath Breast Care Nurses. There are so many wonderful local businesses taking part in this cause.

Scan the QR code below to get involved, make a donation or find out more.

GOOD LUCK YEAR 12

Good luck to all Year 12 students right across the Myall Lakes starting their HSC exams. Remember, this is just one step in your journey, and no matter the outcome, there are so many paths to success!

Forster's Clubhouse opens for Weekend of Surf

Continued from page 28.

the carnival.

A special mention was made of young water safety officers including 2022 SLS NSW Youth State Development participants Ruby O'Leary (Tathra), Sophie Burns (Elouera) and Brayden Lee (Forster) who make the WoS an annual opportunity of reunion.

Awards for senior officials were made to Mel Kelly and Ben Forrester.

Being placed 9th overall on the WoS inter-club championship, Black Head Surf Club Team Manager, Sandi Kippax, said that the older children, after a one-month layoff following

last season, had trained hard through winter on surf skis, kayaks and boards in preparation for the Coolangatta Gold to be held on 12-13 October 2024 on Queensland's Gold Coast.

This commitment was reflected in the WoS Under 15 Female championship wherein Bronte Kippax of Black Head SLSC was placed first.

For the younger children, she said that they were really looking forward to enjoying the carnival by starting or enhancing their surf sport skills at the Forster WoS.

The WoS Club Championship was awarded to Redhead SLSC (Newcastle) with a competition tally of 556 points, from Swansea-Belmont

(Newcastle) SLSC on 288 points, closely followed in third position on 284 points by Manly (Sydney) SLSC.

Apart from participation in the Coolangatta Gold, members of the six clubs in the Lower North Coast Surf Life Saving Branch will also contest the 2025 NSW Country Championships at Warilla Barrack Point from 24-26 January, and the 2025 NSW Surf Life Saving Championships, 28 February-16 March, at Queenscliff, North Steyne and Freshwater SLSCs.

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

Community Recognition Statement - Kaitlin Perry

Tanya Thompson MP recently recognised Forster Aquatic Swim Club member Kaitlin Perry, in Parliament, for being named in the Hunter Academy of Sport swimming program for 2024.

Kaitlin is one of just 17 swimmers to earn a place in this prestigious program, which offers athletes access to quality, holistic development opportunities delivered by professionals.

Since June, Kaitlin has participated in monthly specialised skill sessions led by high-performance coaching staff, designed to complement her regular training.

Tamara Perry, Kaitlin's mum, said the Hunter program went for 12 weeks up to September and involved monthly swimming at Mingara Pool on the Central Coast and weekly gym sessions at New Lambton in Newcastle. They also covered a range of training components such as nutrition, stretching and yoga.

Tamara said Kaitlin's swimming has really improved by joining coaches Pete Sanders and Adele Gregory with the morning squad at the Great Lakes Aquatic Centre in Forster about 4 years ago.

Tamara said, "We live near Gloucester. We have to be very organised. It's a big commitment to get up at 4am for the drive to Forster but we are happy to support Kaitlin with her goals in swimming and school. Her swimming goal is to make the national competition as an individual swimmer after reaching the nationals as part of a team relay."

Peter Sanders, Head Coach at the Great Lakes Aquatic Centre in Forster, said, "Kaitlin is very determined and comes from Barrington to train 4 to 5 times a week with us, which is an hour's drive each way. She enjoys the company and



training with the squad. We are going through the process of qualifying for country, state and national competitions. She is very easy to get along with and is just a lovely kid."

Kaitlin recently competed at the 2024 Country Championships in Darwin, held 28 and 29 September, with two other swimmers from Gloucester - Emily Perry (younger sister of Kaitlin) and Sebastian House. She had some excellent results over the course of the meet:

A Finals - 200 individual medley 9th, 50 backstroke 10th, 100 breaststroke 8th, 50 breaststroke 6th, 50 butterfly 5th, 100 backstroke 10th

B Finals - 100 freestyle 7th, 50 freestyle 2nd
Interviews by Mary Yule with information from the Office of Tanya Thompson MP.

State Bowling Carnival returns to Forster for 2025

Bowls NSW is excited to confirm that the much-loved State Carnival will return to the Barrington Coast Region from 5-9 May 2025.

Following the success of the 2024 event, which attracted more than 900 women from across the country, the Barrington Coast Region will again welcome players with Forster Bowling Club securing the rights as the main host venue.

The five-day festival of bowls remains a standout fixture on the annual calendar, providing the perfect mix of competition and socialising in one event.

The event, played in the fours format, is open to all female bowlers from anywhere in Australia, with no requirement for players to belong to the same club. Participants are guaranteed three days of play at various venues, with the final two days of post-sectional play set to take place at Forster.

Forster, Hallidays Sports, Pacific Palms, Club West Taree, Old Bar, Taree Leagues, Tuncurry Forster Sports, and Tuncurry Beach Bowling



Above: State Carnival Winners 2024 from Soldiers Point Bowling Club.

Clubs are all locked in as venues, with the possibility of additional venues to be added to the event.

Doubles Challenge Carnival at Forster Croquet Club



Above: Jenny Charnock and Annabelle Geddes with Andrew Bissex and Helen Cooper, winners in Block B. Photos supplied.



Above: (L to R) Eric and Jill Drury with Andrew Bissex, winners in Block A.

Forster Croquet Club held their Annual Doubles Challenge Carnival on the 7-9th October. This event was played between 20 teams comprising of 40 players of varying handicaps from all over NSW.

The tournament was played in 2 blocks of 10 teams. Winners of Block A were Jill and Eric Drury from Port Macquarie winning 7 of their 9 games. The runners up were Peter Coles and Marion Casey who won 6 of their 9 games. Winners of Block B were Jenny Charnock and Annabelle Geddes from Woolgoolga who won all of their 9 games. The runners up were Marj Haines and Sue Bryan, also from Woolgoolga, who won 7 of their 9 games. The final between Block A and Block B winners was declared a tie after it was cancelled due to heavy rain.

This was a very good carnival with many players playing their first major competition.

Many thanks to all the helpers on the 3 days and for all the preparation prior to the event.

By Helen Cooper - Forster Golf Croquet Captain



Above: Marj Haines and Sue Bryan, runners up in Block B



Above: Marion Caruso and Peter Coles with Andrew Bissex, runners up in Block A.

Ron finally receives his Australian Title

When Ron Gallager came second in the 2019 Australian Hill Climbing Championships (race cars), in Bathurst, he knew a mistake had been made at the time but let it go. After watching the 'marvellous young athletes winning medals' at the recent Olympic games in Paris, he decided to speak up and be acknowledged for his title win.

"I wanted my son and grandchildren to know what I had achieved after retiring from car racing 2 years ago," said Ron. "I've won state titles, but this was a National Title and I had deserved it."

Back in 2019, Ron had just registered for his race at Bathurst when another race driver walked past and said he was sorry that he had been put in the same 2 litre class as Ron. There were around 10 classes to enter at the championships and you can only compete in

one class. Both drivers knew that they might have had the same engine size but the other man's car had more power to weight from modifications he had made. He had clearly been placed in the wrong class.

The hill climb race consists of practice on Saturday and 4 race run throughs on the Sunday. The driver with the best time on Sunday wins. Ron had the second best time in 60.1 seconds. The other man beat him by 8 seconds in his more powerful car.

In the last month, after being inspired by the Olympics, Ron wrote a letter to the Bathurst organisers to state his case. They had a meeting and agreed to recognise his win and be corrected in their records. They also sent him a decorated trophy stating he had won the 2019 Hill Climb Championship.

Ron wants to personally thank the President of Bathurst Light Car Club and his friend Bob Lundy-Jenkins for correcting the mistake. He said there is always good sportsmanship at these events and people help each other if a car breaks down, but on this occasion, he needed to stand up for himself.

Ron concluded, "This was a lesson well learned. If you are unhappy at the time - speak up!"

Story and photo by Mary Yule.

Right: Ron Gallager holding his Australian Title for Hill Climbing (race cars) that he rightly won in 2019.



Forster Parkrun acknowledges Global 20th Anniversary



Above: 213 parkrunners & walkers took part in Forster's Parkrun on 5 October (Global 20th Anniversary of Parkrun) Photo by James Quiring.

20 years ago, in Bushy Park UK, 5 volunteers and 13 friends set off for a 5km run. Little did parkrun founder Paul Sinton-Hewitt know - that friendship would grow to more than 10 million over 2 decades, across 23 countries and at 2500 different locations.

At Forster Parkrun, local volunteers did well to manage a whopping 213 participants during the October long weekend.

Run Director (RD) for the week, Kay Worley said, "213 parkrunners and walkers and 12 volunteers took part in our parkrun today (Saturday 5 October) in what turned out to be great weather! It was great to see lots of visitors from far and wide. Thanks for joining us and thanks to the volunteers, without whom we wouldn't be able to run parkrun."

Kay added, "A big thanks to James Quiring for running around the course to capture parkrun

participants this morning on Parkruns Global 20th Anniversary and to Dave Hughes for

assisting toward the end.



This free community 5km run/walk takes place 8am every Saturday at the Peppy Beach playground off Head Street in Forster. Newcomers are encouraged to arrive at 7:45am for an event briefing. Register for free and bring your printed parkrun ID.

To register for free with Parkrun Australia, please visit: www.parkrun.com.au

Photos of Forster Parkrun over the October Long Weekend by James Quiring and Dave Hughes.

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Forster's Clubhouse opens for Weekend of Surf



in a lucky draw by 12-year-old Ivy Tarasenko of The Lakes SLSC.

President Quinn also acknowledged the officials under the leadership of carnival referee, Bernadette Nicholson, the orange army of water safety personnel, and the unsung work parties for their essential roles in conducting

Continued on page 25.

Above: Record entries at the Weekend of Surf, Main Beach Forster, hosted by the Forster Surf Club (new clubhouse in background). Photo by Mary Yule.

Story and photos by Annie Evans.

The 27th Professionals Forster Weekend of Surf (WoS) during the 2024 Labour Day long weekend was yet another outstanding occasion in the event's history.

Forster Surf Life Saving (SLS) Club has the annual honour of being the first surf carnival on the SLS NSW calendar. This year, the carnival attracted record entries and, with supporters and holidaying visitors, crowds on the beach were estimated to exceed two thousand on each of Saturday and Sunday competitions.

Organiser, Beth Lee from the Forster Surf Club, said that there were 36 surf clubs in attendance

from along the length of the NSW coastline. There were 388 male and female competitors in the Iron (formerly Ironman) from junior to senior age groups, and 640 entrants across all carnival events.

Under idyllic conditions, the two-day event had air temperatures in the mid-twenties, water temperature of 22 degrees, gentle breezes and a surf height which offered sufficient challenge to enable the competitors to display their skills.

The carnival atmosphere had an enormous boost with the new Forster Surf Life Saving (SLS) Club building being open to the public for the first time. The official opening of this magnificent cornerstone of the proposed

redevelopment of the Forster foreshore precinct will be held early in 2025.

Being justifiably proud to be able to host the Professionals WoS through using the new facilities, Forster SLSC President, John Quinn, acknowledged the continuing support of major sponsors Richard Crowther and Darrell Roche of The Professionals Real Estate for the 17th year.

Other sponsors mentioned included Webber Architects, designers of the new building, Beaches International accommodation, Engin Swimwear and Krakka Racing Surfcraft. Krakka donated a \$1,495 racing board which was won



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