

July School Holiday
fun! p16 & 17

Local Visitor
Rosemary Gattuso 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

Wednesday 25 June 2025

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Rally for more flood recovery funding



Above: Thousands joined a Community Flood Rally at the Manning River Rowing Club, 23 June, to demand urgent Category D disaster funding from the NSW Government. Photo credit: MP Tanya Thompson Office. More details & photos on p12. See p3 for funding message from Mayor Claire Pontin.

Right: State MP Tanya Thompson (with microphone), Federal MP Alison Penfold and Nationals representatives at the rally. Photo by Geordie Yule.



Students take on scientific challenges



By Mary Yule

The challenge of hands-on scientific and technical activities was taken on by local year 5 and 6 primary students during two big RYSTEM Engagement Days organised by John Walton and his volunteer crew from Rotary and representatives from Mid Coast Council.

Left: Students from Pacific Palms Public School working on a design challenge as a team. Photo supplied.

"We organise these big days for kids to experience science-based activities and to hopefully encourage them into a future employment path from RYSTEM (Rotary Youth Science, Technology, Engineering and Maths)," said John.

"Two groups of high school students at the Great Lakes Forster Campus (12 June) and Tuncurry Campus (18 June) were fantastic on the day at helping to supervise the different activities on each table," said John.

"We catered for 160 primary students at Forster Campus and 180 at Tuncurry. The winning schools at Forster were Pacific Palms and Bungwahl Public Schools. The winning schools at Tuncurry were Tuncurry and Hallidays Point Public Schools.

John added, "The Highschool student helpers will be presented with a Certificate of Appreciation for their effort in supervising at a school assembly soon by a local Rotarian."

Continued on page 4.

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Photo by Patricia Macvean.

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Bungwahl

Bungwahl Fuel & Liquor

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Assistance for Primary Producers

Disaster survey

NSW Department of Primary Industries

Primary Producers are encouraged to complete a simple online survey from the NSW Department of Primary Industries. Your input can help direct assistance and resources to where it's most needed.

Complete the survey at:
<https://bit.ly/4dbNarR>



Recovery assessment

Hunter Local Land Services

Hunter Local Land Services is inviting primary producers to attend a flood recovery information session this week. Sessions will provide practical help and advice with:

- Pasture assessments
- Animal health & welfare
- Herd management
- River rehabilitation & erosion control

Sessions:

Oxley Island: Thursday 26 June, 8am-10:30am

Lansdowne: Thursday 26 June, 1pm-3:30pm

Wingham: Friday 27 June, 10am-12:30pm

Gloucester: Saturday 28 June, 10am-12:30pm

Register here: <https://bit.ly/4l1l6lY>



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Pet of the Fortnight

Adorable Phoebe

Phoebe is an adorable fun-loving girl who adores everyone she meets, especially where belly rubs are involved. She is a French Bulldog, desexed and is 11 months old.

She would love a family where she is centre of attention or a family with a very neutral dog as she loves it to be all about her.

Phoebe would love someone who will further her socialisation and training to ensure she grows up to be a very good girl.

Please contact Forster Tuncurry Boarding Kennels & Cattery on 6555 3145.

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A message from the Mayor - push for Category D funding

Claire Pontin - MidCoast Council Mayor

I want to reassure everybody that I am continuing to lobby for Category D funding for the MidCoast Council region. I know people need help and they need it now.

I have asked the Premier to seek agreement from the Federal Government for this increased funding. What the State Government has asked Council for is a detailed breakdown of the estimated damage, so they can use this to support any request to the Federal Government.

Council staff have been working hard to put this information together – using the best estimates they can assemble by talking to businesses, primary producers and support agencies. The information they have gained is taken directly from carrying out assessments on damaged houses and buildings and talking with the community on the impact of the flood event. It will also include estimates of damage to public infrastructure, including roads.

Obviously when the State and Federal Governments consider this, they need the best economic and financial information we can give them.

As soon as this information is available, I will be following it up with more discussions with both State and Federal Ministers.

I met with Kristy McBain, the Federal member for Emergency Management on Monday 23 June and made the strongest case I could for the Federal Government to agree to any NSW request for Category D funding by presenting new flood-damage figures.



Category D funding

Category D funding, which supports longer-term recovery needs and community well-being, is a top priority for the Mayor.

"This level of funding allows us to address broader recovery needs — mental health support, community programs, and restoring public assets like parks, sportsgrounds and community halls," Cr Pontin said.

"These are essential parts of our community that help people get their lives back on track."

"This is not about asking for a handout — it's about giving our communities a fair go," she said.

"We can't keep rebuilding the same roads and bridges and expect different results. Our residents deserve safer infrastructure, better planning, and real support to recover and thrive."

For more information head to Council's Flood Recovery Hub midcoast.nsw.gov.au/floodrecovery

TBBC donates \$20K to Sailo's for flood recovery

Tuncurry Beach Bowling Club

In a powerful show of community solidarity, Tuncurry Beach Bowling Club (TBBC) has donated \$20,000 to the Taree Aquatic Club — affectionately known by locals as Sailo's — to support the club's recovery following the catastrophic 2025 Major Floods.

Taree Aquatic Club, a much-loved landmark on the Manning River, has been severely impacted by recent floodwaters, with significant damage sustained to its property, equipment, and facilities. Due to the extent of the flooding inside the venue, the Club will be closed until further notice.

Taree Aquatic Club Secretary Manager, Peter Hemingway, expressed deep gratitude for the donation, saying the funds will go directly toward repairing damage and restoring operations.

"Our hearts go out to everyone affected — our members, board, staff, and the wider community — many of whom have lost homes, vehicles, and personal possessions," said Mr Hemingway. "We also acknowledge the hardship faced by other local businesses and our farming community during this challenging time."

Tuncurry Beach Bowling Club said the donation was made to support a fellow community



Above: Sailo's has received a \$20K donation from TBBC. Photo supplied.

cornerstone in a time of great need. In addition to the financial contribution, the club also played a vital role in the flood response, opening its doors as an evacuation centre during the height of the disaster. The venue provided emergency shelter, food, and bedding to displaced residents from the surrounding area.

"Taree Aquatic Club is more than just bricks and mortar — it's part of the fabric of Taree. We hope this contribution helps lift spirits and support their efforts to rebuild," said Thomas Heffernan, Manager of Tuncurry Beach Bowling Club.

Updates on Taree Aquatic Club's recovery and reopening timeline will be provided as more information becomes available.

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TUNCURRY BEACH BOWLING CLUB
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Students take on scientific challenges



Continued from page 1.

Great Lakes Foster Campus stated, "The kids had a fantastic day, with lots of positive learning experiences. The real stars on the day were our SRC (Student Representative Council), working hard all day, and being great representatives for our school."

Next year John is planning a new activity called 'Eco-house'. Primary students will design and make a house that needs to withstand a tornado.

John said, "Their designs will be tested on a seismic machine to give it a good rattle!"

When asked how he manages to keep organising multiple RYSTEM Engagement Days each year with big numbers of students and volunteers involved, John said, "I wouldn't have it any other way. It's great. My 19 year old grandson Ethan Gardiner volunteered on both days and will help me again next week at Wingham."

John said the program is well sponsored annually with a total of \$17,000 this year from Mid Coast Council,

Stratford Coal, AGL and Engineering Australia.

John also said that anyone is welcome to volunteer and spend a wonderful day with local students. For more information, please call John on 6558 8272 or email wendyjohn@bigpond.com

Right: Pacific Palms and Bungwahl won the challenge at Forster Campus. Organiser John Walton (RYSTEM) is on the far left and Johnathan Osbourne (MidCoast Council) is at the back.



Above: SRC students who helped supervise from Great Lakes Tuncurry Campus (above) and Forster Campus (below left). Photos supplied.



Come join in the fun!

PCYC NSW 'Fit for Life Program'

Where: Forster Public School on Head Street (in the Hall)

When: 7am-8am Tuesdays and Thursdays during school terms

Why: The PCYC NSW Fit for Life Program includes structured morning exercise, a healthy breakfast, and positive role modelling to support young participants. The program fosters physical fitness, wellbeing, and personal growth, while promoting prosocial behaviours through mentorship. Additionally, participants are transported to school, ensuring they start their day positively.

The Fit for Life Program includes young people aged 10-16. Participants should demonstrate a willingness to engage in physical fitness activities, nutritional learning, and social engagement. The program is designed to be accessible to all, with no barriers to participation, and aims to support



Above: Come down to the Hall at Forster Public School on Tuesday and Thursday mornings and join the fun!

participants with access to positive role models and community connection.

For more info go to: <https://www.pcycnsw.org.au/youth-programs/fit-for-life/>

HSC Study Nights coming soon



MidCoast Libraries

Get your mates ready! HSC Study & Pizza nights to start up after the July school holidays at Forster and Taree Libraries.

Flood funds raised by Forster Public School

Mrs Jacqueline Blanch - Forster Public School

As many of you know, our neighbouring towns were significantly affected by the floods a few weeks ago. The Forster Public School Student Representative Council (SRC), along with Mrs. Blanch and Miss Breese, aimed to support the impacted families and communities by organising three different fundraising events.

We kicked off with a "Dress Up as a Farmer" day, where we raised \$560. Students enjoyed participating in various farm-themed games, including sack races, horse races, egg and spoon races, quoits, and a team dress-up animal game. Prizes were awarded to two students from each grade for the best



costumes, and we even had a surprise visit from Mr. Chicken Jones!

Currently, we are running a donation drive until the end of the term, encouraging students, families, and the wider community to contribute non-perishable items to support families affected by the floods. Additionally, this Thursday, we will be hosting a cake and toffee stall to raise more funds for this important cause. Many teachers and students from class 6/29 have been busy baking cupcakes, cookies, toffees, and chocolate crackles.

We are enthusiastic about contributing our funds to our neighbouring towns as a way to express our support and bring some joy to their communities





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feel new



in sydney



Nurturing the love of fibre arts and building a strong community

Great Lakes Knit and Spin

The ladies of Great Lakes Knit and Spin would like to thank members of the community and visitors for attending our recent Open Day. The proceeds of the day allow us to help other community organisations. Since November last year we have donated \$500 to Palliative Care, \$500 to the Forster Neighbourhood Centre and \$1000 to the Australian Hay Runners to assist our local farmers recover after the recent floods.

As Great Lakes Knit and Spin look to the future, the focus remains on nurturing the love of fibre arts and building a strong, supportive community. New members are always welcome, as they bring new ideas and talents to the group. Great Lakes Knit and Spin meet every Wednesday from 9.30am to 12.00 noon at the Forster Civic Centre in the Wallamba. Enquiries: Kayleen on 0416 184 684.

Below: Great Lakes Knit and Spin annual Open Day. Photos supplied.



Members of the Great Lakes Knit & Spin who meet at the Forster Civic Centre



Wingham bouncing back!



Above: Helen Kemp and Lee Murray from Brush Turkey Books are part of the new "Wingham Market Days". Photo supplied.

Brush Turkey Books

Wingham has been through a lot (like so many in our area), but we're bouncing back.

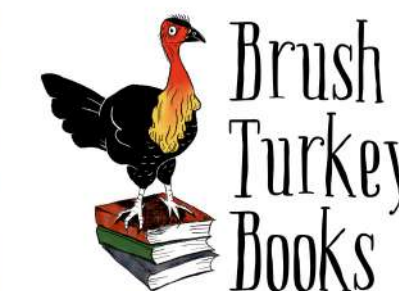
We're very excited to announce that we are taking part in the new "Wingham Market Days" initiative!

Wingham Market Days is happening every Thursday and involves most Wingham

shops staying open late, till 6 or 7pm, with some also offering specials.

Our book shop will be open till 6pm on a Thursday and we will have a table of specials out the front. Our heaters will be going and it will be lovely and cosy in store for a cheeky after-work book browse.

Wingham has some truly amazing shops and there really isn't much you can't find here.



- new and used books
- new and used vinyl records
- board and card games

38 Bent Street, Wingham

Open Wednesday to Sunday ph 6551 4081

follow us on socials: @brushturkeybooks



Biomedical Sports Podiatry

Dr. Haralumboss (Harry) Stivactas
Podiatric Biomechanical Practitioner

New Podiatry Clinic Opens in Forster, Bringing Expert Care for Feet, Ankles, Knees, and Hips

Led by Dr. Haralumboss Stivactas (POD MED), the clinic offers expert diagnosis and tailored treatment plans for a range of lower limb conditions, including:

- Heel and foot pain
- Ankle instability and knee pain
- Hip alignment and mobility issues
- Children's foot health and growing pains
- Sports injuries & performance optimization
- Arthritis and chronic lower limb conditions
- Veteran (DVA) foot care and D904



Utilising modern biomechanical assessment tools, custom orthotics, joint mobilisations, and evidence-based therapy, Biomedical Sports Podiatry is dedicated to finding the root cause of pain and supporting long-term recovery and performance.

"We're thrilled to be moving into this central Forster location to better serve the community," said Dr. Stivactas. "We don't just treat the foot — we look at the full lower limb chain, from the foot all the way to the hip."

The clinic continues to operate its satellite service in Gloucester, providing consistent care across the region.

**Biomedical Sports Podiatry is moving to our new location
Unit 62, 12-16 Wallis Street Forster.**

📞 0466 - 691 - 935

✉ info@biomedicalsportspodiatry.com

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Mid Coast Motorfest 2025



Left: This superb Jaguar E-Type was very popular with the public. Photo by John Hunt.

Equally popular, a new event for 2025 was the Rocker/Valve Cover race. Essentially, it features 'Race Cars' made from rocker covers to which wheels are added, with the 'cars' then racing in tandem down a specially constructed sloping track for the occasion. Through a series of eliminations, an eventual winner is chosen and appropriate trophies are awarded. Very popular overseas, so it's set to be on the Club's calendar for next year!

Meanwhile, back in the real world, the volunteer judges are hard at it, looking for 'the best' in some 33 classes on display, with a wide variety of trophies on offer.

By Brian Payne - Great Lakes Historic Automobile Club

Once again the Great Lakes Historic Automobile Club has been an outstanding success! Held annually over the King's Holiday weekend, it is the Club's prime event and once again enjoyed perfect weather in John Wright Park at Tuncurry.

Over 240 assorted old and classic vehicles were on display, many coming from out of town to display their own personal Pride and Joy". The day was officially opened by local State Member Tanya Thompson and saw over 4,000 locals and visitors share in this now iconic annual event which is now in its 30th year!

Of the 250 vehicles on display, it is estimated that about 1/3, make the trek from outside our local regional area. A special feature this year was the Australian Army Band from Newcastle, entertaining everybody with a series of classic renditions over several 30 minute brackets throughout the day.

Right: GLHAC members Brian Payne and Ron Pulling. Photo by Geordie Yule.



Readers Relish BBA



Above: (L-R) Dael Haughton, Chris Jones, Gemma Bellanto, Marion Johnson and Steve Nicholas at the 2021 BBA. Photo supplied.

Big Book Arvo

One thing is for certain; there are very many residents of Great Lakes who love to read books. This area has an enormous number of people who are avid readers of books and who are members of local book clubs. Not enough of them are aware however of a fantastic event that has been occurring annually in Forster for eight years now; and this year's event will be number nine.

One local book club, the Forster Fellas has been organising a Big Book Arvo (BBA) to give locals a chance to share their love of books. The event is run by locals, carried out by courageous volunteers and enjoyed by those who attend each year.

The BBA is a bit like the ABC's First Tuesday Book Club, which was coordinated by Jennifer Byrne, and sadly is no longer run by the ABC. Our BBA is a community discussion of three wonderful books, facilitated by ex-Great Lakes Chief Librarian Chris Jones, with panellist volunteers from the community. The panellists and the audience discuss each book and enjoy an afternoon tea/drinks session to share their own thoughts and ideas.

coordinates the event says that "each year the Forster Fellas wonder if we should keep doing this event, and people who attend say please don't stop. It's the only community literature event of its kind held locally and we want you to do it again."

Club Forster provides the venue; tea coffee/afternoon tea and drinks are available, and for a small fee of \$20 anyone can attend. All funds raised support the Great Lakes Education Fund, an organisation focused on supporting local disadvantage students with their tertiary studies.

"We are going again" says Steve, "but I hope more people will learn about this event and will join us on the day".

If you have any interest in books, please put the Big Book Arvo in your diary. It is not essential but there is value in reading the books before the event.

We hope to see you there.

(See BBA advertisement in the next Forster Fortnightly edition)

The event is held during a Saturday afternoon; this year on 9 August. The books to be discussed this year;

• There are Rivers in the Sky by Elif Shafak

• Yellowface by R.F. Kuang

• Orbital by Samantha Harvey

Steve Nicholas who

Bulky waste resumes



MidCoast Council

Bookings have now reopened for our regular bulky waste service. Thank you for your patience while services were redirected to assist with the flood cleanup. We will endeavour to allocate a collection week within 4 weeks of your preferred booking, but in busy times this may not be possible. If your confirmed collection week does not occur within four weeks, please contact us.

Eligible households receive one free bulky waste collection per financial year. Additional collections cost \$180 each.

Properties with six or more dwellings must arrange a combined bulky waste collection - contact your strata/body corporate or managing agent for more information.

All general bulky waste and e-waste will be landfilled, so please try rehoming any re-usable items instead or recycling at one of our waste management facilities.

You can book your collection online at: <https://www.midcoast.nsw.gov.au/Services/Waste-and-recycling/Bulky-Waste>

Manning - Great Lakes Police District Update

Manning Great Lakes Police District

Dear Readers,

Policing in the modern world has many challenges, and while many say it is "...a front row seat to the greatest show on earth...", at times it can be testing of an officer's physical, emotional and psychological strength and resilience. Police rely on the support of colleagues, family, friends and community members to build resilience and maintain their wellbeing in the face of the adversity they face each and every shift. Below are just two examples of the some of the everyday challenges your local police face to reduce crime and maintain public safety.

On 13 June, local officers attended a home at Koorainghat to speak to a 33-year-old man in relation to an alleged domestic violence incident. Police spoke to a woman within the home, before the man appeared and verbally abused police. Police then attempted to speak to the woman outside the premises, when the man appeared allegedly armed with a compound bow and further threatened police before returning to the premises. A short time later, the man exited the property unarmed and was arrested without incident. He was taken to Taree Police Station where he was charged with stalk/intimidate intend fear physical harm, destroy or damage property and use offensive weapon to prevent lawful detention. The man was refused bail.

On 19 June, local police attended an address at Taree in response to a "concern for welfare" call. Upon arrival, police observed an adult female on the floor inside the premises. Police forced entry, quickly ascertained her condition and then commenced CPR. Following assistance from NSW Ambulance, the female was transported to Manning Base Hospital for treatment. It is hoped she makes a full recovery.

A reminder of things to do (and not to do!):

- Don't drive at an excessive or inappropriate speed.



20 June was "Bring Your Dog to Work Day 2025". In the photo is "Bear", attending to some computer work at Forster Police Station. I'm not sure of the quality of his work, but he sure was dogged in his efforts...

- Don't drive under the influence of alcohol or drugs.

- Don't drive whilst fatigued.

- Don't drive without wearing your seatbelt (or your helmet if on a motorcycle).

- Don't drive "distracted" – put your phone away!!

- Always lock your car and don't leave valuables in it.

- Don't leave your car keys in your car (yes – people regularly do this!)

- Lock all doors and windows (including garage

and shed doors/windows) when you go out or retire for the night.

- Secure your bicycle/s – use a good quality chain and keep them out of sight of prying eyes.

- Report suspicious activity in your street. Call us to check out suspicious persons and vehicles. We do it. We like doing it. It's our job.

Finally, 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

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Pacific Palms Bowling Club

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Monday
Monday Curry Night \$15

Tuesday
Happy Hour 3pm to 5pm
Members Swipe Draw at 5:30pm
Bingo From 10:30am
Pizza's L \$20 / S \$15
\$15 Seniors Lunch Deal

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

Thursday
Mufti Bowls & Raffle from 12:30pm
Happy Hour 3pm to 5pm
Ribs Night \$20

Friday
Raffles from 6pm
Super 100 Draw after Raffles
Tradies Lunch + Beer \$20
Live Music Every Friday 8pm

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)

No Control
Fri 27 June

Glen Mead & Friend
Fri 4 July

Open 7 Days
11:00 till Late
Lunch 12pm & Dinner 5:30pm
Courtesy Bus from 4pm

8 Paradise Drive, Smiths Lake
Ph: 6554 4333
www.pacificpalmsbowlingclub.com.au
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Club Forster donates Heart of the Home to seriously ill children and their families

Ronald McDonald Family Retreat

Club Forster General Manager, Peter Clark along with Board Members, Neil Stuckey, Maxine Calladine and Peter Rayner recently attended the Ronald McDonald Family Retreat (RMFR), for the unveiling of the new kitchens and entertainment packages installed in the cabins.

In 2024, Club Forster granted a total of \$20,000 to the Family Retreat in Forster to upgrade two of the kitchens and purchase new televisions and entertainment technology for all the cabins. These upgrades were to ensure the best possible experience for families during their stay.

Rylee and her family recently enjoyed a getaway at the Family Retreat. Her Mum shared "Our family thoroughly enjoyed our stay at the Forster Family Retreat - my daughter had such a fabulous time. My daughter has special dietary requirements so we tend to cook her meals at home, and the kitchen had everything we needed to do this for her. It felt just like being at home, but better."

Located on the shores of the beautiful Wallis Lake in Forster, the Ronald McDonald Family Retreat offers families with a seriously ill child a much needed escape to, rest, recharge and reconnect as a family. The serene setting provides a calm, relaxing environment where families can unwind, reduce stress, and spend quality time together.

The cabins and picturesque location provides a calm and relaxing environment for families and sick kids to relax and recharge, helping to reduce stress and fatigue, as well as spend quality time together.

Community Engagement Coordinator, Sarah Wilkinson said, "The kitchen is the heart of any



Above: (L-R) Sarah Wilkinson from RMFR with Neil Stuckey, Peter Clarke, Maxine Calladine and Peter Rayner from Club Forster.

home, so after 18 years of memories made, our Cabin kitchens needed refurbishment with new features and modern design."

By maintaining well-kept cabins that are also presented with a fresh, clean aesthetic, the Retreat ensures that families can focus on enjoying their holiday and creating precious memories together.

Club Forster's ongoing support is deeply appreciated: "We are so grateful to the Club for their continued generosity and for the memories they help create for the families who visit the Family Retreat for a well-deserved break."

"Quilts of Love"



Mac Quilters (for McDonald Retreat)

"Quilts of Love" are made by volunteers at Forster Arts & Crafts Centre (Breese Parade Forster) with the aim of giving every sick or recovering child who attends the Forster Ronald McDonald Family Retreat, a quilt to take home. Siblings receive a knitted or crocheted rug.

We were delighted to receive some quilts made and donated by the Laurieaton Quilters and with their permission are raffling a beautiful quilt in blue tones, more suited to an adult - with funds going towards the purchase of material and supplies so that we at Forster can make more quilts and bring comfort to more children. Tickets @ \$1 are available at the Centre, where you are welcome to browse the beautiful craft for sale. Entry is free. The Raffle will be drawn at the Centre on 25th July 2025.

If anyone is interested in joining the Mac Quilters - beginners welcome - come along on from 10am to 12pm the last Friday morning of every month. For enquiries, please call Christine Armstrong on 6557 5627.

What a year for the Lions!



Above: Lions Club members from Forster Tuncurry and Taree cooked dinner for flood relief volunteers coming into the Taree area from all over the country. Photos supplied.

By Dot Monks - Lions Club of Forster Tuncurry

New board for 2025-2026

The Lions Club of Forster Tuncurry installation of the new board for 2025-2026 by Lions Zone Chairperson Denise Bruce took place at the annual Change Over Dinner on Tuesday night June 10th at Club Forster.

The incoming board is made up of President Peter Sloan, Secretary PDG Mick McGrath, Treasurer Dot Monks, 1st Vice President John Monks, 2nd Vice President Patty Murray, Director Bev Old, Director Jenny Olsen, Director Brian Braithwaite and Immediate Past President Sue Newton. The board is looking forward to another successful year.

Donated over \$95,000

During 2024-2025 we saw our club donate over \$95,000 to both Lions Foundations

such as Diabetes 1 and Seeing and Hearing Dogs, many various community organisations and educational scholarships. Our major donation was a new bus for Forster Tuncurry Neighbourhood Centre so keep your eyes out for the bus around town, it will have our Lions emblem on it along with the Community Centre's. The most recent are donations of money to assist in fodder delivery and flood affected residents of Taree and surrounding areas.

Many Club activities

The main Club activities through the year were manning our Trampoline and Mini Golf Park during school holidays and for party bookings, our annual Xmas Trailer Raffle at Stockland, monthly Bunnings BBQs, Ronald McDonald House Golf Day BBQ, annual Jayco visit BBQ, Dragon Boat Race BBQ, Recycling for the Women's Shelter, Viking Soccer Challenge

traffic management, maintenance of the beach viewing stations and tables and chairs, hosting a Diabetes Type 1 Camp and a Youth Exchange Camp, we also assisted Narromine Lions with their annual Forster Camp Elim camp for over 100 all abilities people from regional NSW by holding a BBQ at the Bull Ring and opening the trampoline and mini golf park for the day. Most recently we cooked a 3 course dinner for flood relief volunteers coming into the Taree area from all over the country, these were very special people helping clean up after disasters. We also assisted Hallidays Point Lions on Sunday June 8th with a Motorfest BBQ, serving over 700 people.



Above: New members Duncan and Chrissy.

Welcome to join us!

As well as our monthly meetings we also enjoyed many member social events during the year and welcomed new members such as Chrissy and Duncan.

If you would like to serve your community and enjoy the friendly company of like-minded people why not give our membership person, Bev Old, a ring on 0428 273 037.

King's Birthday Honours List

By Mary Yule

In June 2025, three residents from the Mid North Coast were recognised in the King's Birthday 2025 Honours List

Medal of the Order of Australia (OAM)

• Dr David Walkom - For service to the communities of Manning Valley and Great Lakes. Dr Walkom is a well-respected obstetrician who delivered hundreds of babies over a period of 32 years at the Manning Base Hospital in Taree.



Above: Dr Walkom, photo: social media.

Awarded Australian Police Medal (APM)

• Superintendent Shane Cribb - For distinguished service as a member of an Australian police force. Superintendent Cribb is the Mid North Coast Police District Commander and has been policing for 34 years. He has overseen police responses to floods, bushfires and the Covid pandemic across the district in recent years.



Above: Superintendent Cribb, photo: ABC News.

• Detective Sergeant Craig Ryan - For distinguished service as a member of an Australian police force. Detective Sergeant Ryan is from the Manning Great Lakes Police District and has worked in a range of proactive crime squads across the district for 35 years.

New playground for Forster Heights Park

By Mary Yule

A new playground is currently being installed in Forster Heights Park on Garden Street, which is two blocks to the east of the Boronia Park Sports Complex. The old playground was identified in MidCoast Council's playspace



strategy for replacement and received a budget of \$130K. The successful supplier was Austek Play.

When completed, the playground will have two bay swings (infant and basket), a sensory play panel, a play unit incorporating a slide, deck, wall climber, pommel walk, spider nets and abacus panel, and timber steppers and balance logs.

The brief to tenders was: A range of adaptable play opportunities for people of different sizes, abilities and ages

• Informal and imaginative play opportunities that encourage creativity

Left: Construction has started. Photo by Mary Yule.



Above: MidCoast Council plans for the new playground at Forster Heights Park.

• Some sensory focused and natural elements components.
• Identify the four elements in line with MidCoast Council Playspace Strategy, with

swing, slide, climb and balance.

The new playground is expected to be completed by 30 June.

LET YOUR *love* FLOW

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Tanya's Community Update

SIGN THE FLOOD RECOVERY PETITION

It's been over a month now since devastating floods swept through the Mid North Coast and Hunter regions, leaving many homes, farms, and businesses damaged or destroyed. Across our community, people are still cleaning up, counting the cost, and trying to find a path forward.

In times like these, we come together and right now, one way you can help is by adding your name to a petition calling for increased disaster recovery support for our region. The petition seeks urgent assistance to help affected families, farmers, primary producers, and small businesses rebuild and recover.

From local dairy and beef farms to oyster producers and small shopfronts, many are still struggling with the long-term impacts of the floods. This petition is about making sure our region receives the support it needs not just to survive, but to thrive again.

Signing the petition takes less than a minute and could make a huge difference for those hit the hardest.

To sign, scan the QR code below or visit my website for more information: www.tanyathompson.com.au

Please reach out to my office should you need assistance with anything: 6555 4099 myalllakes@parliament.nsw.gov.au

Tanya Thompson
Member for Myall Lakes



Rally for more flood recovery funding



MP Tanya Thompson Office

A powerful show of community strength unfolded in Taree on Monday 23 June as an estimated 3,000 people gathered for the Community Flood Rally to demand urgent Category D disaster funding from the NSW Government.

Supported by Member for Myall Lakes, Tanya Thompson, the rally brought together flood-affected residents, farmers and business owners, who shared a clear message: "We need serious help, and we need it now."

Held at midday on the banks of the Manning River at the Manning River Rowing Club, the rally featured a line-up of local voices. Speakers included dairy farmer Jane Polson, beef farmer Mark Bourke, agronomist Josh Hack, oyster farmer Ian Crisp, real estate agent Dan Shultz, insurance broker Matthew Fawcett, and Dr Simon Holliday. Each shared firsthand accounts of the devastating and ongoing impact the recent floods have had on their industries, livelihoods, and communities across the Mid-North Coast.

"The floods have passed, but the pain they left behind hasn't," said Mrs Thompson.

"This community is doing everything it can, but without Category D support, recovery will be painfully slow, if not impossible."

Mrs Thompson said the rally was not about politics, but about people. "Resilience is not a recovery plan; the NSW Government must step up and deliver."

Mrs Thompson thanked everyone who attended and will take the community's message directly to NSW Parliament.

By Georgie Yule

MidCoast Council General Manager Adrian Panuccio (pictured above at the rally) said Council has been trying to use the available funds efficiently and not wasting it on quick fixes. The recovery work from the 2021 floods did not stand up to the May floods. He said better design and stronger infrastructure will be needed for the future.

ABC Mid North Coast

In the wake of the floods, the MidCoast Council estimates there has been \$100 million in damage to the region's public spaces and parks alone, with more than 600 homes and 100 businesses damaged.

Currently, grants of up to \$25,000 are available for small businesses, primary producers and not-for-profits to help them recover.

Residents are calling for Category D funding to be made available, which would provide grants of up to \$75,000 jointly funded by the state and federal governments.

Left: Beef Farmer Josh Hack speaking at the rally. Photos by Georgie Yule.





Tanya THOMPSON MP

Member for Myall Lakes

SIGN THE FLOOD RECOVERY PETITION

Homes lost. Lives uprooted. More support is needed.

Support flood affected communities in the Mid North Coast and Hunter region.

SCAN TO SIGN ONLINE





1-9 Manning Street, Tuncurry



02 6555 4099



tanyathompson.com.au



myalllakes@parliament.nsw.gov.au



TanyaThompsonForMyallLakes

Authorised by Tanya Thompson MP, 1-9 Manning Street, Tuncurry NSW 2428, funded using Parliamentary Entitlements June 2025.

The Grin Bin



Swamp



Doodley Squat

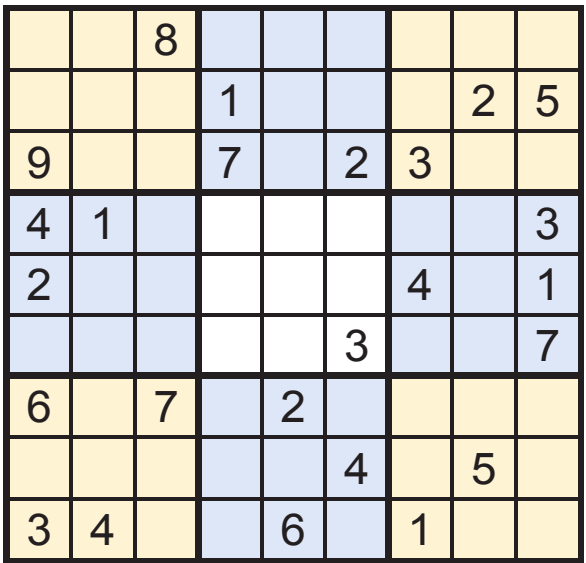


Bushy Tales



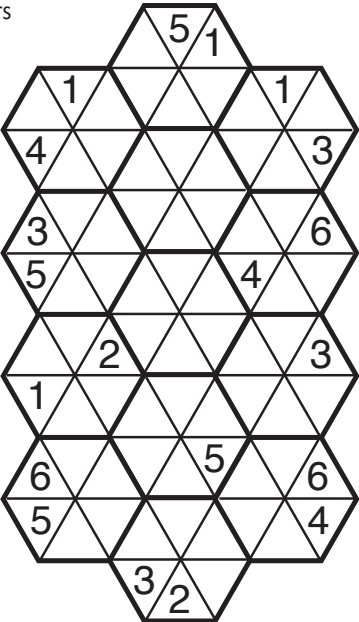
Sudoku

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

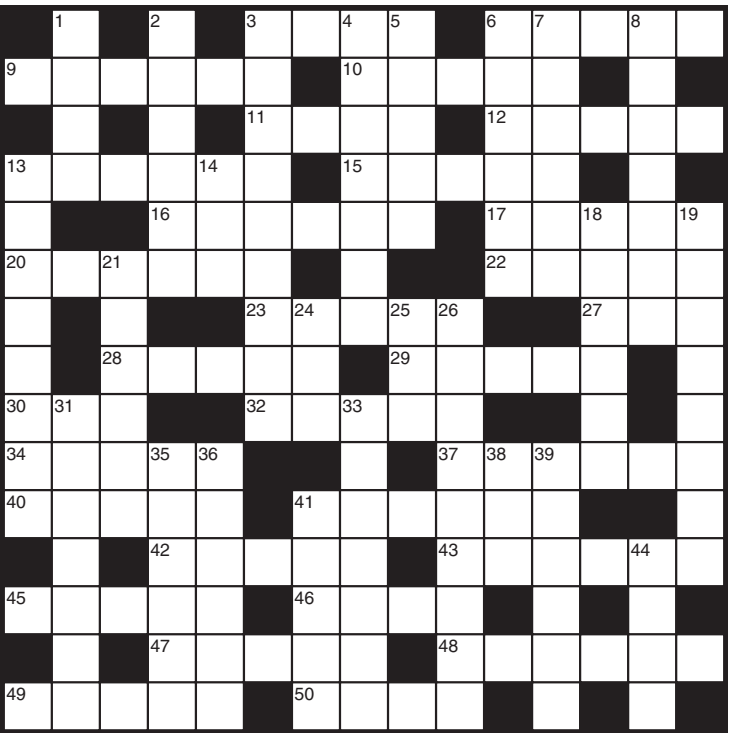


Quick Workout

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.



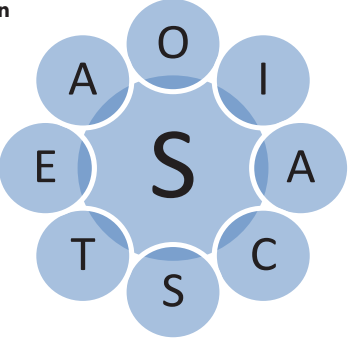
Crossword



Focus An All Australian Word Game

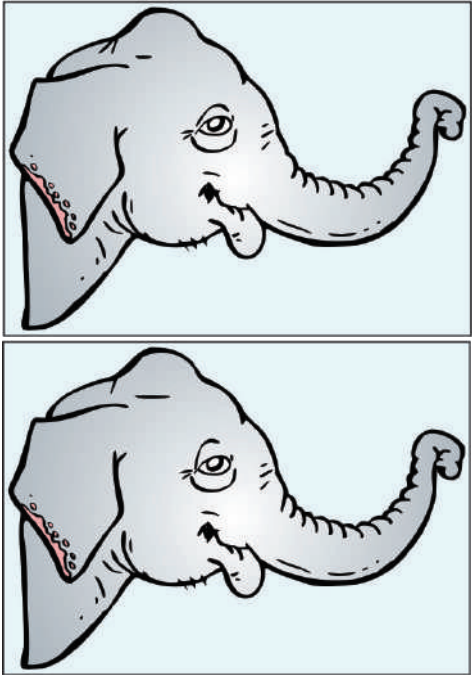
* Each word must contain the centre 'Focus' letter and each letter may be used only once
* Each word must be four letters or more
* Find at least one nine letter word
* No swear words
* No verb forms or plurals ending in 's'
* No proper nouns and no hyphenated words

TODAY'S FOCUS Good: 9 words
Very good: 16 words
Excellent: 27 words

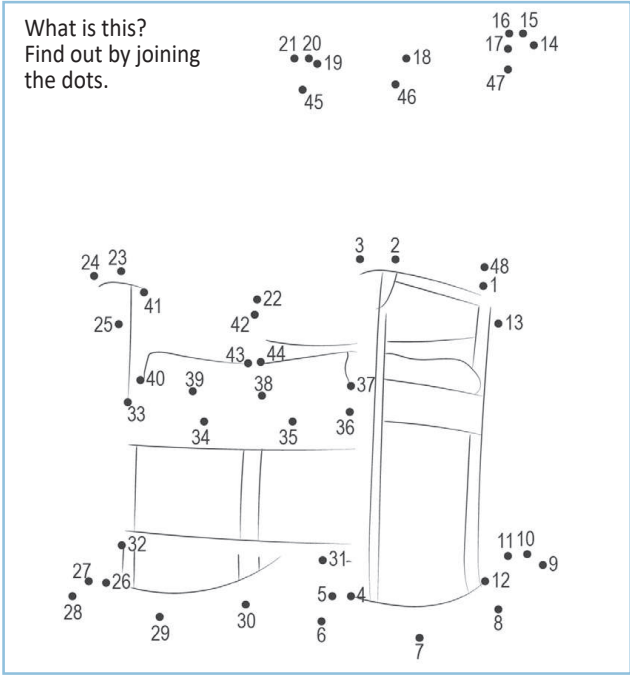


Reference: Macquarie Concise Dictionary
Focus No. 3961

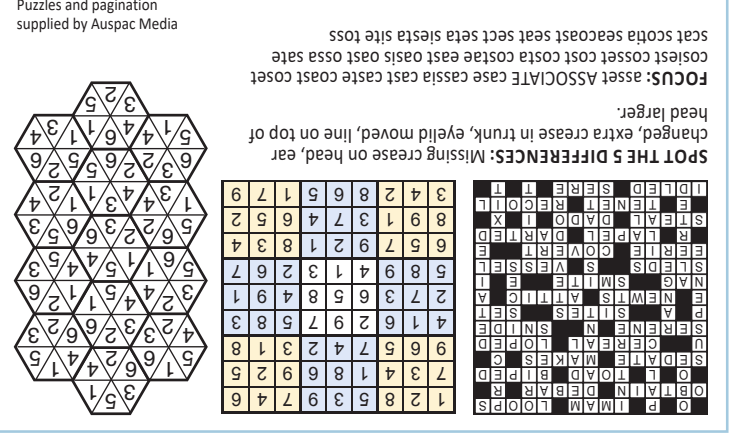
Spot the 5 Differences



Join the Dots



Solutions



June 25 - July 1

July 2 - 8

ABC TV

SBS

SEVEN

NBN

TEN

6.00 Morning Programs. 1.35 Media Watch. 2.00 A Bite To Eat. 2.30 Back Roads. 2.55 Love Your Garden. 3.40 Fake Or Fortune? 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Gruen. 8.35 Guy Mont Spelling Bee. 9.25 Spicks And Specs. 10.00 Q! 11.00 News. 11.15 The Business. 11.35 You Can't Ask That. 12.05 You Can't Ask That. 12.35 Love Your Garden. 1.20 Long Lost Family. 2.10 Rage. 2.35 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.

6.00 Morning Programs. 1.00 WorldWatch. 2.00 Distinct. 2.30 Insight. 3.30 The Cook Up. 4.00 Great Coastal Railway Journeys. 4.35 Jeopardy! 5.00 Letters And Numbers. 6.00 Mastermind America. 6.30 News. 7.35 How Disney Built America. 8.25 The King & The Prince's Secret Millions. 9.20 The Veil. 10.35 SBS News. 11.05 My Brilliant Friend. 12.20 L'Opera. 4.05 Growing A Greener World. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.

6.00 Sunrise. 9.00 The Morning Show. 12 News At Noon. 1.00 MOVIE: For Love And Honor. (2016) 3.30 The Chase. 4.00 News. 5.00 The Chase. Aud. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Ashley Cain: Into The Danger Zone. (MA15+) 11.20 Stars. (MA15+) 12.20 Touching Evil. (MA15+) 1.20 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.

6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: A Royal Recipe For Love. (2022) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 To Be Advised. 8.30 Tennis. Wimbledon. Day 3. From the All England Lawn Tennis and Croquet Club, London, England. 12.00 Tennis. Wimbledon. Day 3 Late. 5.00 Today Early News. 5.30 Today.

6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Everyday Gourmet. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 MasterChef Aust. 8.40 Elsbeth. (M) 9.40 FBI: International. (M) 10.30 News. 10.55 10 News+. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

6.00 Morning Programs. 1.00 The One That Got Away. 2.00 A Bite To Eat. 2.30 Back Roads. 2.55 Love Your Garden. 3.45 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Joanna Lumley's Danube. 8.45 Grand Designs. 9.45 Griff's Great Australian Rail Trip. 10.35 News. 10.50 The Business. 11.05 Love Your Garden. 11.55 Long Lost Family. 12.40 Rage. 2.30 Parkinson In Australia. 4.30 Gardening Australia. 5.30 7.30.

6.00 Morning Programs. 1.00 WorldWatch. 2.00 Supertunels. 3.00 Living Black. 3.30 The Cook Up. 4.00 Great Coastal Railway Journeys. 4.35 Jeopardy! 5.00 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Treasures With Bettany Hughes. 8.25 7/7: The Best Days Of Our Lives. 9.45 SBS News. 11.15 The Silence. 11.55 Pagan Peak. 3.00 The Best Of The HAVASI Symphonic. 4.40 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.

6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Cupids On Beacon Street. (2021) 3.30 The Chase. 4.00 News. 5.00 The Chase. Aud. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 Clarkson's Who Wants To Be A Millionaire US. (PG) 9.30 Air Crash Investigations. (PG) 9.30 Million Pound Piano. (PG) 11.30 Evil By Design. (M) 12.30 Life. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.

6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: You, Me, And That Mountain Retreat. (2023) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL Women's Premiership. Round 1. Cronulla Sharks v Parramatta Eels. 10.00 Tennis. Wimbledon. Day 4. 12.00 Tennis. Wimbledon. Day 4 Late. 5.00 Today Early News. 5.30 Today.

6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Airport 24/7. 8.30 The Great Kim Kardashian Robbery. 9.30 Law & Order: SVU. 10.30 News. 10.55 Cheap Seats. 11.55 10 News+. 12.55 Stephen Colbert. 2.00 Shopping. 4.30 CBS Morning.

6.00 News. 9.00 News. 10.00 Poh's Kitchen. 10.30 Take 5. 11.00 Little Disasters. 12.00 News. 1.00 Bay Of Fires. 2.00 A Bite To Eat. 2.30 Back Roads. 3.00 Love Your Garden. 3.45 Fake Or Fortune? 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.35 Gardening Aust. 8.35 Patience. (M) 9.25 Gruen. 10.00 Guy Mont Spelling Bee. (PG) 10.45 Spicks And Specs. (PG) 11.15 News. 11.35 Silent Witness. 12.40 Rage New Music. 5.00 Rage.

6.00 Morning Programs. 1.00 WorldWatch. 2.00 Megadams. 3.00 Nula. 3.30 The Cook Up. 4.00 Great Coastal Railway Journeys. 4.35 Jeopardy! 5.00 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Shetland: Scotland's Wondrous Isles. 8.25 Ross Kemp: Shipwreck Treasure Hunter. 9.20 Robson Green's Weekend Escapes. 9.55 Robson Green's Weekend Escapes. 10.30 SBS News. 11.00 7.30 Crook. 12.05 True Colours. 3.50 Growing A Greener World. 4.20 Bamay. 4.50 Late Programs.

6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Members Appreciation Day. Flemington Finals Race Day and Cauldrona Cup Day. 6.00 News. 8.30 Border Security. 6.00 News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: Evan Almighty. (2007) (G) 9.30 MOVIE: No Hard Feelings. (2023) (MA15+) 11.40 TBA. 1.00 News. (M) 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)

6.00 Hello SA. 6.30 ACA. 7.00 Weekend Today. 10.00 Wide World Of Sports. 11.00 NRL Sunday Footy Show. 11.45 Rugby League. NRL Women's Premiership. Round 1. Sydney Roosters v New Zealand Warriors. 1.30 Rugby Union. International Test Series. Game 1. Australia v Fiji. 3.30 Rugby League. NRL. Round 18. Manly Sea Eagles v South Sydney Rabbitohs. 6.00 News. 7.00 Travel Guides. (PG) 8.30 60 Minutes. 9.10 Tennis. Wimbledon. Day 7. 12.00 Tennis. Wimbledon. Day 7 Late. 5.00 Today Early News. 5.30 Today.

6.00 Mass. 6.30 Key Of David. 7.00 Joseph Prince. 7.30 GCBC. 8.00 Pooches At Play. 8.30 Exploring Of The Grid. 9.30 Start Me Up. 10.00 Are You RV Safe? 10.30 10 Minute Kitchen. 11.00 Everyday Gourmet. 11.30 Roads Less Travelled. 12.00 MasterChef Aust. 1.10 My Market Kitchen. 1.30 Cook With Luke. 2.00 All 4 Adventure. 3.00 GCBC. 3.30 Farm To Fork. 4.00 News. 5.00 News+. 6.00 10 News+. 7.00 MasterChef Aust. 8.15 Fake. (M) 9.15 FBI. (M) 11.05 10 News+. 12.00 Shopping. 4.30 CBS Morning.

6.00 Morning Programs. 1.00 Compass. 1.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Joanna Lumley's Danube. 3.15 Nigella Bites. 3.40 Martin Cuthbert: Islands Of America. 4.40 Walking With Dinosaurs. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Spicks And Specs. 8.40 Bay Of Fires. 8.55 Little Disasters. 9.00 Long Lost Family. 9.30 Antiques Roadshow. 11.00 Take 5. 11.35 Rage. 3.00 Ask The Doctor. 3.30 The Art Of. 4.00 Gardening Aust. 5.00 Insiders.

6.00 Morning Programs. 1.00 WorldWatch. 2.00 Going Places. 2.55 Yiyi. 3.05 The Cook Up. 3.35 Jeopardy! 4.00 Letters And Numbers. 5.00 Cycling. 6.00 News. 7.30 The Best Of The HAVASI Symphonic. 8.20 Sue Perkins: Lost In Thailand. 9.15 Cycling. Tour de France. Stage 2. 9.00 Great Coastal Railway Journeys. 2.35 Great Coastal Railway Journeys. 3.00 Eva Longoria: Searching For Mexico. 3.55 Growing A Greener World. 4.25 Late Programs.

6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Border Security. Int. (PG) 3.00 The Chase. 4.00 News. 5.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Stranded On Honeycomb Island. (M) 9.05 9-11. (M) 11.05 The Agenda Setters. 12.05 You, Me And The Apocalypse. (M) 1.05 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.

6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: How To Find Forever. (2022) (PG) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Parental Guidance. (PG) 9.00 100% Footy. (M) 10.00 Tennis. Wimbledon. Day 8. 12.00 Tennis. Wimbledon. Day 8 Late. 5.00 Today Early News. 5.30 Today.

6.00 Morning Programs. 8.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 MasterChef Aust. 8.40 Have You Been Paying Attention? 9.40 Inspired Unemployed (Impractical) Jokers. 10.10 News. 10.35 10 News+. 11.35 Stephen Colbert. 12.30 Shopping. 4.30 CBS Morning.

6.00 Morning Programs. 1.00 Call The Midwife. 2.00 A Bite To Eat. 2.30 Back Roads. 2.55 Love Your Garden. 3.45 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Walking With Dinosaurs. 8.50 Wildlife Wisdom. 9.40 Long Lost Family. 9.30 Antiques Roadshow. 10.30 The Business. 10.45 Four Corners. 11.35 Media Watch. 11.50 Lucy Worsley Investigates. 12.40 Brush With Fame. 1.10 EXPOSED: The Case Of Kell Lane. 2.10 Rage. 3.40 Late Programs.

6.00 Morning Programs. 1.00 WorldWatch. 2.00 Going Places. 2.55 Going Places. 3.25 Where The Dreamings Come From. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France. Stage 2. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Portillo's Andalusia. 8.20 Sue Perkins: Lost In Thailand. 9.15 Cycling. Tour de France. Stage 2. 9.00 Great Coastal Railway Journeys. 2.35 Great Coastal Railway Journeys. 3.00 Eva Longoria: Searching For Mexico. 3.55 Growing A Greener World. 4.25 Late Programs.

6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Written In The Stars. (2021) 3.30 The Chase. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Stranded On Honeycomb Island. (M) 9.05 9-11. (M) 11.05 The Agenda Setters. 12.05 You, Me And The Apocalypse. (M) 1.05 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.

6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Parental Guidance. 1.30 Getaway. 2.00 Pointless. (PG) 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 ACA. 7.30 Parental Guidance. (PG) 9.00 100% Footy. (M) 10.00 Tennis. Wimbledon. Day 8. 12.00 Tennis. Wimbledon. Day 8 Late. 5.00 Today Early News. 5.30 Today.

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COME TO THE TIP OF AUSTRALIA

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THE CAPE YORK EXPEDITION !!

13TH- 22ND SEPT 2025

10 Days & 9 nights
Includes - return airfare ex Port Maquarie,
Free day in Cairns
meals, transfers and tours

ONLY 3 ROOMS LEFT !!

Experience Torres Strait, Cooktown,
Thursday Island, Seisia, The Tip,
Musgrave, Weipa, Bramwell Station
& Cape Tribulation

\$ 7,680pp twin share
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13TH- 23RD NOV 2025

11 Days & 10 nights
Includes - return airfare ex Sydney,
pre & post accommodation in Sydney,
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Experience Christchurch, Queenstown
Trans Alpine Scenic Rail, Southern Alps
Franz Josef Glacier, Milford Sound
Fiordland, Larcharch Castle & Dunedin

\$ 8,540pp twin share
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<https://www.tuncurrycoaches.com.au/new-zealands-south-island/>
ph: 0412 647 790

What's on around town and...

Local Calendar

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

June

25 June to 27 July - Together Exhibition
Open Fri, Sat & Sun 10am - 2pm and when the flags are flying at Forster Gallery, 34 Lake St Forster. See advertisement below.

Sat 28 June - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

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

July

Sat 5 July - Real Food Market
8am - 11am Pacific Palms Community Centre. Come meet your local farmers. Enquiries: Sue Williams 0438 433 063.

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

Wed 9 July - NAIDOC Community Day
10am to 2pm Tobwabba Reserve. Cultural dancing and activities. More information in advertisement on opposite page

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

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

Free Author Talk - Judy Bloom



MidCoast Council Libraries

Free author talk. Join Lucy Bloom for her lively discussion on creativity, AI and her books.

Date and time: Saturday, June 28 - 2 - 3pm

Location: Forster Civic Centre

About this event:

Lucy Bloom has so far had three careers, written three books and raised three children. Lucy is an early adopter, an innovator and a cracking good speaker. In this one hour talk you'll learn how to innovate using AI without a creative bone in your body and why killing off characters in her latest book was the cheapest therapy she's ever had.

Lucy's Books:

A memoir: Get the Girls Out, A memoir of love, loss and letting loose.

A Novel: The Manuscript, A story of revenge.

A Guide: Cheers to Childbirth, a dad's guide to childbirth support

Bookings essential at:
www.library.midcoast.nsw.gov.au/Whats-on

Music in the Atrium at Forster Civic Centre



MidCoast Council

Join Estampa, a world folk jazz band evoking visions of Parisian laneways, South American sensuality and the unbridled joy of jazz at the Forster Civic Centre on Saturday 28 June from 11:30am to 1pm.

There will be a pop-up cafe onsite with coffee, toastie and cake. No bookings required.

ESTAMPA is a world folk jazz band based in Brisbane, Australia. The band consists

of Rebecca Karlen on violin and voice, Paul Henderson on guitar, John Reeves on accordion, and Samuel Vincent on double bass.

22 Years of Local Rotary Book Fairs



By Mark Davies - Rotary Club of Lower MidCoast

First held in July 2003 at the Forster Primary School and in a variety of locations, and since 2019, at the Tuncurry Memorial Hall.

Entry is Free so come and enjoy exploring a vast range of Fiction books organised by the Author's surname A-Z and a boutique Sci Fi/ Fantasy section. Then look for treasures to enjoy in the expanded range of Children's Books that awaits at an amazing family budget friendly price of only 50 Cents each. Other

Books are \$3 each (a few Antiquarian/Rare Books may be pre priced at a higher value). Then take the opportunity to explore an intriguing and eclectic range of Non-Fiction books in the 2nd Room. These are sorted into over 15 categories.

Cash and Eftpos Welcome.

Contact Mick Larter on 0414 652 401 or see the Rotary Club of Lower Midcoast Facebook page for more details at:
www.facebook.com/RotaryTuncurryForster

(See advertisement below)

Twice Yearly

BOOK FAIR

Rotary Club of Lower MidCoast Forster Tuncurry

Fri 11th - Mon 14th July 2025

Tuncurry Memorial Hall

Free Entry - Doors open 9am to 4pm*

Two Rooms (2)

1: Fiction & Extensive Children's Section

2: Non-Fiction

Cash & EFTPOS Welcome 7 Point Rd Tuncurry (Closing hours may vary*)

...July school holiday activities!

Driftwood Challenge – building connections, not just structures



Soaring Into The Wilderness Inc - proudly supporting R U OK?

From June 14–30, we're calling on everyone across the Mid Coast to get outdoors, get creative, and most importantly—connect.

Build a driftwood structure on your local beach (solo or with mates), snap a photo or short video giving us the okay sign, and you could win some epic prizes — including \$500 cash!

This isn't just about building cool stuff—it's about taking a break, having real conversations, and supporting mental wellness in our community.

but their strength is unpredictable — let's keep it safe.



A few gentle reminders:

- Leave the driftwood where it lies. Use what's already drifted up on the beach – don't take it home.
- Build above the high tide line. Let's protect the ocean and each other.
- No climbing. These structures are beautiful,

July School Holiday program

MidCoast Council Libraries

Don't miss out! To book a spot in a free fun activity during the July School Holidays with our local MidCoast Library, please visit: www.library.midcoast.nsw.gov.au/home



NAIDOC Week exhibitions

MidCoast Council

Council's Libraries, Community and Cultural Development team is delivering NAIDOC exhibitions throughout the region.

This year's theme - The Next Generation: Strength, Vision & Legacy, celebrates a powerful milestone: 50 years of honouring and elevating Indigenous voices, culture, and resilience.

An exhibition showcasing the iconic NAIDOC Week posters from the past 50 years will be on display at two locations, Yalawanyi Ganya (MidCoast Council administration site in Taree), and Forster Civic Centre, from 25 June to 1 July.

Plus, with the support of the Coastline Bank Community Foundation, the Manning Regional



Art Gallery (Taree) will also host emerging artist Keisha Mitchell with new works of Biripi community members from 1 to 12 July.

TUNCURRY MARKETS

John Wright Park

Saturday 28 June

8am - 1pm

Bookings Essential

Enquiries 0417 400 994

FORSTER TUNCURRY LIONS CLUB

TRAMPOLINE & MINI GOLF PARK

OPEN OVER JULY SCHOOL HOLIDAYS

10AM - 6PM

5th - 20th July

TRAMPOLINES: 10 minute sessions \$5 per person

MINI GOLF: \$5 per head (9 holes)

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FRIDAY 11TH - KOORIOKE NIGHT @ CLUB FORSTER (18+ ONLY) 6PM - 10PM. FINGER FOOD PROVIDED.

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IF YOU WISH TO HAVE A STALL AT THE EVENT ON WED 9TH PLEASE CONTACT FLALC ON 6555 5411

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

Quarry on Shallow Bay Road

I live in Pitchfork Place in Shallow Bay. We have not been advised by anyone associated with the proposal.

Anyone living or using Shallow Bay Road knows how just a little rain erodes the road surface. Council recently graded and rolled the surface. Great job...most of the potholes have now been repaired. The trucks proposed for use will cause great damage.

Who will be responsible for regular inspections and supervise repairs?

The projected noise is also not acceptable for the area. Recently, it would appear some crushing noise has been apparent.

Facts should be facts. This is not a project suitable in this location.

Ian Faragher – Shallow Bay

The Forster Fortnightly has now published substantial information on the quarry proposal. For more information, go to the Council link at: <https://www.planningportal.nsw.gov.au/daex/exhibition/465-shallow-bay-road-shallow-bay-hard-rock-quarry-extractive-industry>

Reply to Letter to the Editor

In response to the Letter “Urgent call for stronger action on Gaza humanitarian crisis” (11 June 2025) some reality check is needed.

1) Australia is only a very tiny cog in the huge wheel of international politics (insignificant).

And in rebuttal to the “urge the Australian government to “Join other nations around the world in applying sanctions on Israel”

One must remind the author that:

2) On October 7 2023, more than 1,000 Hamas militants accompanied by Palestinian groups stormed into southern Israel and went on a killing spree, murdering 1,200 men, women and children and abducting another 250 people to take back to Gaza. It was the deadliest massacre of Jews since the Holocaust.

Tuncurry resident (name validated by this newspaper)

Statement from Forster Fortnightly

Australia does have a noticeable impact on the world stage with strong ties with North

Screen Reviews

TV Show Review by Leon Batman

Dept Q - Netflix, Crime Thriller. Released May 2025, 9 Episodes

Occasionally you come across a show that grabs you so much that you just have to binge watch it (over 2 nights). Dept Q is one of them.

Edinburgh Detective Carl Morck returns to work, full of guilt after a fellow officer is murdered and his partner is badly injured whilst investigating a murder. Carl Morck, whilst a good detective, seemingly rubs everyone around him the wrong way. Morck is given a new position, investigating cold cases in an old office known as Dept Q. Using a team of misfits, they begin to find the answers to a cold case.

The story line is great, as is the acting, keeping you on the edge of your seat through each episode.



The Serial Killer’s Wife - Prime Paramount, British Thriller. Premiered December 2023, 4 Episodes

Beth is stunned when her husband is arrested at his 40th birthday party, accused of the murder of his assistant. The show continually keeps you thinking who the actual killer is. Is there more than one murder or more than one killer? Many twists and turns will have you spellbound till the last episode.

The Ex Wife - Drama Mystery, Prime Paramount. Released October 2022, Season 1 - 4 Episodes. Season 2, released April 2025 - 4 Episodes

Young Tasha is happily married to middle aged Jack with baby Emily, but is Jack the baby’s father? Jack divorced his previous wife as she was unable to conceive a baby for him, yet she continues to be around stressing Tasha. Tasha suspects Jack and the ex are conspiring against her, and her fears are realised when Jack and Emily go missing. I’ll leave it there so as not to spoil the series. The series has many surprises and leaves you wanting to know who will win right to the end. I can’t wait for season 2 to arrive.



www.moir.com.au

Minimum wage hike could lift people out of poverty, business groups warn

www.theshovel.com.au

POLITICAL SATIRE: The Fair Work Commission’s decision to increase the minimum wage from \$24.10 per hour to \$24.94 an hour could have the unintended consequence of providing workers with the necessary money to buy food and water, business leaders have cautioned.

Noting that the 3.5% increase was ‘well above’ the current CPI rate, business industry spokesperson Jeremy Fadden said the ruling meant workers would essentially be getting free money. “All this is doing is providing millions of Australians with excess money to buy luxuries like groceries and rent, or three litres of petrol”.

He said the new wage rate was unworkable and has called for it to be scrapped. “How can

corporations be expected to run their businesses if they are forced to pay their workers enough to live off? It’s not sustainable”.

Fadden said a more cautious approach was required. “We’d all love to get paid more – I mean, I haven’t had a pay rise since 2021, and that was only a 4% raise, or \$26,000 a year. We all need to make sacrifices and think about the impact this will have on the economy”.



Book Review

Book review by John King - Pacific Palms Librarian

A Bunker in Kyiv

“I don’t need a lift. I need ammunition” will go down in history as one of the great sayings by a wartime leader. John Lyons’ book A Bunker in Kyiv encompasses his third visit to Ukraine where he speaks with Ukrainians about their views and contribution to resisting Putin’s invasion. The book is subtitled The Astonishing Story of the People’s Army Defying Putin.

Ukrainians everywhere have consolidated behind their President Zelensky. There is a revival of Ukraine as an entity and culture in its own right – indeed it predates Russian culture and counters Russian propaganda that they, the Russians are the superior civilisation with Ukrainians as the peasants. Russian civilisation??? A grandmother in Bucha, twenty kilometres from Kyiv, a place of slaughter, and virtually a suburb was forced to watch her husband murdered and her daughter and granddaughter raped. “Give me a rifle” she said “I have nothing else to look forward to.”

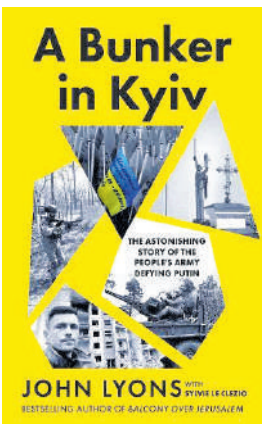
Ukrainians everywhere know their existence is imperilled and that Putin wants to wipe them out and resettle Russians there; indeed that is already happening in occupied Mariupol on the Sea of Azov.

Lyons has spoken with a small group of security experts who saw the war coming even when most people thought it unlikely. He spoke to a punk rocker who set up a pop-up medical clinic in the first days of the invasion, another now makes drones, a third is involved with hacking Russian communications and countering their attacks. All are helping whether by driving supplies to soldiers in the front line or helping soldiers to recuperate with the aid of horses and other animals. The level of resilience against the psychological war which is the basis of nightly missile and drone attacks is amazing as is the range of ways civilians have found to

contribute not just by enlisting in the army but behind the lines also.

They used to regard Russians as colleagues; not any more, they are the hated enemy. Whereas speaking Russian was common, now it is only Ukrainian. Putin’s aim has backfired, including revitalising NATO and turning Sweden and Finland from being neutral into NATO members. That said, Russia is slowly gaining ground.

What is especially dispiriting is America’s dragging its heels, not just under Trump but under Biden as well. Yet American support is critical. In the chapter on Putin, Lyons makes clear the hard-line KGB mindset, of which Putin is not the most extreme exponent, to recover Imperial Russia. On Trump, Ukrainians and Europeans fear being sold out by a “transactional” president who seems to admire Putin and is quite amenable to Russia holding onto any territory it occupies, including the Crimea. After the infamous meeting between Trump, Vance and Zelensky in the White House, the recent face-to-face meeting between Trump and Zelensky in the Vatican perhaps offers a ray of hope as does European solidarity (mostly) ramping up its support. Lyons makes clear that whatever happens, with the revival of Ukraine’s national spirit, Ukraine will not be the pushover that Putin and his KGB thugs expected.



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Forster Tuncurry U3A AGM

The Annual General Meeting for Forster Tuncurry U3A will be held at 10am on Monday 28th July 2025 at Cape Hawke Surf Lifesaving Club One Mile Beach Forster.



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Early schooling

Great Lakes Museum

Early schooling in Tuncurry

In 1877, Catherine Wright and her 4 children travelled from Bungwahl to join her husband, John Wright in their new home at North Forster. Being early days, the children had to attend George Underwood's school in Forster, taken across the channel by Mr Colvin in a row boat. This could be a very hazardous trip. Concerned for the safety of the children, John provided a room at the rear of his home, Tuncurry House, as a small school for his children and also those of his mill and shipyard employees. Miss Susan Smith was employed as the teacher from 1878 until 1881. The schoolroom was also used for church services. With more families coming to the area, John Wright along with R C Kirkwood and Abraham Mills, applied to the colony's Education Authorities for a provisional school for the town known as North Forster. Wright offered to provide the building at a peppercorn rental. Inspector J Leslie Smith was sent from Maitland to investigate the situation. The channel crossing was indeed far too dangerous and the nearest school, Failford was ten miles away, Smith sent his approval for the proposed school.

Specifications were received from the Authority for the school building to accommodate 18 pupils, the building to be erected on Government land and ownership vested to the authorities. Mr Wright then added a 4 room house for the teacher to his proposal and with much discussion this offer was accepted. On June 24th 1881, Mr Charles Snape was



Above: Tuncurry School 1881.

appointed temporary teacher in charge of the provisional school with 30 pupils in his care. In 1886, the first departmental school, North Forster, was built by John Wright on Taree Street was opened. The school officially changed its name from North Forster to Tuncurry in 1891. In February 1981, Keith Dee donated the original school building (which had been taken to Minimbah in 1925), and was moved to the Museum site Capel Street alongside of the old National Bank of Forster, Cheers Cottage from Peel Street and the old Tuncurry lockup donated by the Sinclair family. Susan Smith married Captain Frank O'Beirne Master of Wrights tug, Marion Mayfield, was the Tuncurry Post Mistress until 1926, 37 years of loyal service.

Great Lakes Museum

1 Capel Street, Tuncurry
Open Tuesday, Wednesday, Friday 10am-1pm and Sunday 1pm-3pm.

Our Local wildlife



Kym Kilpatrick - FAWNA Hallidays Point Silvereyes

When great wildlife migrations come to mind, most people perhaps think of whales or wildebeest on the African plains. Currently visiting our area, however, is a tiny little bird that is one of the migrating wonders of the world.

It is the Silvereye (Zosterops lateralis). Silvereyes, named for the thin white rings around their eyes, are between 110 and 130 millimetres long and weigh about 10 grams. Although there are some permanent residents in our area, there are others that migrate some 1,600 kilometres from Tasmania across the Bass Strait, to winter along the coastal areas of NSW and South Queensland and then return again in Spring.

There are a number of different sub-species of Silvereyes distinguishable by slightly different colourations. The local residents generally have grey backs and olive-green head and wings, and during breeding season, yellow throats, pale buff flanks and white on the undertail. The migrating birds from Tasmania also have olive-green wings and heads but have grey throats, chestnut flanks and yellow on the undertail.

Those that migrate come in their hundreds and they are not confined to the East Coast of Australia, being also found in South Australia and Western Australia. There are populations in New Zealand and Fiji as well who were believed to have been blown off course when crossing the Bass Strait in the 1830s.

Migration tends to take place at night, or during dawn and dusk. Research has shown that they navigate by magnetic fields, by polarized light from the setting and rising sun, but also by learned and remembered landmarks.

Once here, they will readily mix with local more sedentary populations in large flocks. Some flocks will then linger around the sam small mainland region while others tend to migrate further northward following defined routes along the coastal plains.



Silvereyes prefer to forage in thickets and low bushes in a range of vegetation, and part of their amazing adaptability is their omnivore diet. They eat a variety of insects – beetles, wasps, flies and aphids they hunt amidst the foliage but will also consume nectar from flowering plants, pick up occasional seeds and hang upside down to eat fruit, including introduced fruit varieties. They rarely linger long, flying between bushes in fast, low, dipping undulations. They are, however, frequent visitors to birdbaths, where they love to drink and bathe.

When flying they keep in contact with each other through constant whistle-chirps, a thin 'psip'. Despite their social behaviours, Silvereyes are monogamous, forming pair bonds as adolescents in their first year of life.

Breeding season is between August and late January to early February. Both parents build the small, cup-shaped nest made from fine grasses, cobwebs, animal fur and hair in a horizontal tree fork up to 5 metres above the ground. Two to three pale blue to blue-green eggs are laid and both take turns with incubation. Eggs hatch after 13 days and the young fledge in nine to twelve days. In any given season two to three broods may be raised. With luck, Silvereyes can live to be 10 years and their conservation status is believed to be stable.

Local visitor – Rosemary Gattuso

Interview by Vanda Gooley

Rosemary Gattuso is an author, facilitator and trainer who merges her expertise in law, neuroscience and trauma with practical strategies for overcoming personal adversity. She specialises in family mediation and restorative justice and serves as a mediator for the Family Court of Australia. A chronic overthinker, she reframes ruminative tendencies into a powerful tool for mindful introspection and personal growth.

Recently, Rosemary visited Forster and the Mid North Coast to promote her book, It's Not You, It's Me! A Chronic Overthinker's Guide to Self-Reflection, sharing her ground-breaking method with community groups and libraries. She has a long connection to the region—her family used to pass through Forster during school holidays en route to the Gold Coast, and she still maintains ties here through a close family friend.

Born and raised in Sydney's multicultural South-Western suburbs alongside three siblings, Rosemary absorbed Italian traditions from her nonna and nonno—learning family recipes, celebrations and ways of relating. Though her Italian wasn't fluent at the time, she now speaks confidently and treasures the richer meaning it brings to her memories.

Growing up, Rosemary felt at ease in an environment where being "different" was the norm: most of her classmates were children of migrants, cultural traditions were upheld and strong family ties were a given. Despite being shy, she was drawn to law and to working with families. For as long as she can remember, she wanted to study law at the University of Sydney and specialise in family law. A compulsory subject in alternative dispute resolution during her diploma unexpectedly resonated with her strengths, even though she worried her personality didn't fit the stereotypical image of a solicitor.

Determined to pursue her dream, Rosemary completed a Diploma of Law in 2000 and, in 2005, a Master of Laws (Dispute Resolution). Classes were held at night, assessments hinged on one final exam, and a towering contracts lecturer famously warned that only one in eight students would finish the diploma. She balanced late-night study and exam preparation with caring for her aging grandparents—moments she remains forever grateful for—and persisting through that single high-stakes exam paid off when she graduated.

Her legal studies introduced her to alternative dispute resolution and mediation, fields that aligned far more with her collaborative nature than litigation. She trained at Harvard University to become a mediator and, in 2011, completed Graduate Diplomas in both Family Dispute Resolution and in Couple & Family Therapy. These qualifications allowed her to integrate counseling techniques with mediation, equipping her to support couples and families through separation, loss and change.

Rosemary began her professional journey as a solicitor before transitioning into mediation and negotiation roles. She worked across private and public sectors—at Westfield, La Trobe University and the Health Care Complaints Commission—before joining Interrelate at the Sutherland Family Relationship Centre as a family dispute resolution practitioner. In each role, she championed a strengths-based, trauma-informed approach, using legal reasoning alongside neuroscience insights to guide clients toward self-compassion, curiosity and lasting change.

Outside her professional life, Rosemary's passions include travel, studying Italian and cooking. She immersed herself in Bologna to refine her language skills and took cooking classes in Tuscany, experiences that deepen her understanding of cultural connection and nourishment. She savours food and wine festivals near and far—from small regional gatherings to large city events—and often reflects on what these shared moments teach



Above: Rosemary Gattuso - author, facilitator and trainer. Photo supplied.

about community. To unwind, she enjoys romantic comedies—a simple way to quiet the mind and step back from daily pressures.

Her adventures—from Machu Picchu to Uluru—reflect a love of cultural immersion and personal challenge. She's participated in a full-moon sweat lodge on Paros and celebrated New Year's Eve in Times Square, experiences that feed her curiosity and enrich her work.

Her proudest achievement is self-publishing It's Not You, It's Me!, a project that challenged the misconception that self-publication implies lesser quality. She approached her manuscript as an asset and insisted that any publisher demonstrate their ability to safeguard her intellectual property. This journey mirrors a central message of her work: recognise your own value first, rather than waiting for external validation.

Committed to community service, Rosemary volunteers as a trainer at Curious Grace, a volunteer-led drop-in centre founded in Mildura. She writes and delivers modules

on the art of listening—an essential skill for fostering genuine connection and support—and contributes to creating safe spaces where people can share skills, learn from one another and build meaningful relationships.

Inspired by the resilience of her family, who migrated to Australia in pursuit of new opportunities, Rosemary carries forward their legacy of courage and determination. She believes wholeheartedly that "there are no mistakes, just learning opportunities," and applies this mantra to her mediation practice, her personal growth and every new endeavour she undertakes.

Testimonial from Claudia Da Silva from Claudia's Counselling

"I've had the pleasure of working with Rosemary Gattuso for many years, and I can say without hesitation that she is one of the most professional, dedicated, and compassionate people I've ever worked with. Rosemary has an incredible ability to truly listen to others, always giving them her full attention. Her honest and open approach makes her a reliable and trustworthy colleague, and her warmth is always evident, whether in the office or social settings.

Rosemary excels at seeing the bigger picture, which has greatly enhanced her family with separating parents as they navigate the uncertainties of separation. Her commitment to her work is clear in everything she does, and she brings the same level of dedication to her family, which is truly admirable.

Her sense of humour is contagious, and she knows how to keep things light, even when challenges arise. She's also a fantastic cook, often bringing homemade cakes and treats to share at work. Rosemary's combination of professionalism, care, and positivity makes her a pleasure to work with and spend time with outside of work."

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Pacific Cape Lodge

Kularoo Drive Forster

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You'll find plenty of cozy spaces to relax and socialize, including our welcoming sitting rooms, lounges, and dining areas. These areas are perfect for unwinding or spending quality time with friends and family in a friendly atmosphere.

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Surf Life Saving offseason update



Australian Lifeguard Service course at Black Head SLSC with training officer James Turnham. Photos supplied.

By Annie Evans - Forster Surf Club

It is only a few weeks ago that 20,000 volunteer life savers on New South Wales beaches lowered the iconic red and yellow flag, then packed away their yellow shirts and red shorts. In general, 450 professional beach lifeguards have also hung up their red shirts and red shorts; however, it is far from taking a few months off for all these people.

Already, both groups are undertaking maintenance and upgrading of qualifications.

At Black Head, a class of professional lifeguards have undertaken a new and compulsory 2-day

Beach Operations and Management Course under the guidance of Australian Lifeguard Service's James Turnham (Mid NSW Life Guard Coordinator and Port Macquarie Supervisor).

According to James Turnham, "Being a lifeguard isn't just about donning a red uniform and sitting by the water's edge. Having a lifeguard accreditation is a journey filled with excitement, and difficulties, and opens doors for personal and professional growth. There is also physical fitness, development of leadership skills, and the opportunity to have diverse workplace settings including overseas work."

"In particular, there can be a consideration of part-time or full-time hours, which really suit senior high school students who are 17 or 18 years of age as this can provide remuneration during Year 11 and 12, and a possible income source while undergoing later tertiary education. Information on becoming an ALS lifeguard can be found at www.lifeguards.com.au"

Meanwhile, volunteer life savers are also undergoing accreditation with Lower North Coast Surf Life Saving Branch (LNCSLSB) Director of Education, Scotty Graham, organising multiple courses at his home club, Cape Hawke SLSC.

These courses, free to all LNCSLSB active members, included certificates in First Aid (21



Lower North Coast Surf Life Saving Branch (LNCSLSB) Director of Education, Scotty Graham, dispensing first aid.

June 25), Advanced Resuscitation (22 Jun 25) and Silver Medallion Patrol Captain to come (30/31 Aug 25). Other training courses will also be available prior to the 20 September 2025 launch of the 2025-2026 surf season.

The 'off season' will also be marked with recognition of accomplishments from the 2024-2025 season and planning for the next season.

Cape Hawke SLSC celebrates Annual Awards & Life Member

By Karen Rands - Cape Hawke Surf Life Saving Club

Cape Hawke Surf Life Saving Club held its annual presentation night on June 14, 2025, celebrating the achievements of its dedicated members. The evening was full of smiles and applause as, education, surf sports, lifesaving, meritorious awards, along with national surf lifesaving awards. With the Ray Mc Donagh Honour award being presented to John Mansour.



Above: Ian Reynolds (Life Member) and Gary Curtis (Club President).

A highlight of the night was the awarding of Life Membership to Ian Reynolds. Ian joined the club in 1999 and earned his Bronze Medallion the same year. Over 25 years of service, he has completed 1061 patrol hours—maintaining 100% patrol attendance for 21 years—and has served as Patrol Captain for 19 years.

Ian holds 73 Surf Life Saving Australia awards, including Silver Medallions in Beach Management, Advanced First Aid, and IRB Driving. He has served as Director of Administration for the past eight years, playing a vital role in club operations.

His dedication has been recognised with numerous honours, including the Distinguished Service Award, Ray McDonagh Honour Award, President's Award, and the National Medal for Service to the Commonwealth. He has also received all levels of the National Patrol Service Award, culminating in the 25-Year Long Service Award in 2024.

On receiving Life Membership, Ian said he was "blown away" and described Cape Hawke SLSC as "more than just a club – it's a family."

The night was a testament to the strength of volunteerism and commitment at Cape Hawke, ensuring the ongoing safety and spirit of the local community.



Above: Robert Cornhill - Distinguished Service Award.



Above: Kaylee Rands - Junior Patron Award



Above: Linda Forrester - Tim Koch Service Award. Photos supplied.

Pacific Palms SLSC Awards

By Michael Patroni - Pacific Palms Surf Live Saving Club

On Saturday the 14th June the Pacific Palms Surf Live Saving Club (PPSLSC) held our annual Awards night after another successful season with everyone that attended getting into the Black & White theme.



Above: Award recipients at the PPSLC Clubhouse. Photos supplied.

Quite a number of awards were handed out on the night and all the award recipients are listed below. This year did not include the Nipper Awards as they were awarded on the last day of the Nipper season and the details can be found in the February 2025 issue of The Huey.

As has become tradition, members are asked to bring along a curry to share and there was an exceptional array of curries to choose from with many going back for seconds.

A special thanks to the following people who helped make the night a success:

• Julie Marsh & Jeanette Allen for coordinating food and adding the special touches to the venue

• Saturday set up – Julie Mash, Jeanette Allen, Jerrad Allen Arthur Muzelenga, Peter Gesling, Sue Smith, Cathy Dodds

• Presenters – Jerrad Allen MC for the night, Michael Patroni, Peter Gesling, Mark Martin, Paul Martin, David Ellis ESM

• To all those that brought in the fabulous Curries

• Clean up – to everyone who pitched in on the night

• All those that bid for the auction items (all lots were sold)

• Ian & Heike Carmichael for attending the Bar

Awards

Chilli Award – awarded to Paul Martin for successfully starting a fire out the front of the gear shed when flushing out an IRB motor.

Roll-over award – awarded to Harry Vogelzang for his efforts on the IRB driver assessment day. Special recognition to Matt Dransfield who was the only trainee driver to not roll an IRB on assessment day.



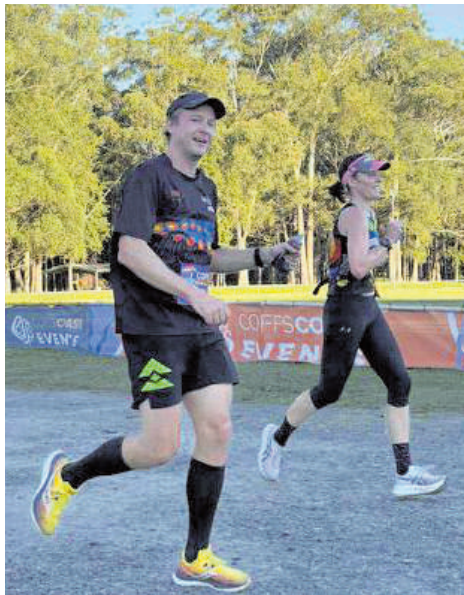
Jerry Edwards and Sue Smith.

Coffs Harbour BYU

By Dave Hughes – Forster Runners

I'm sure some people would prefer BYO but what is BYU?

This is a relatively new concept known as Back Yard Ultra and is gaining popularity worldwide. It was created by Gary "Lazarus Lake" Cantrell who was also the founder of the famous Barkley Marathons (which only a handful of people have completed in the 30 years since inception).



Matty Whight did an incredible 15 laps.

The concept: The Coffs course is a stunning out and back wooded and creek line area of 6.67 km. The race and first lap commenced at 8 am and all those wishing to continue in the race must be back in the starting corral at 9 am for lap number two. This continues every hour on the hour until the second last runner decides that they have had enough and rings the "retirement" bell. And then the eventual winner must run one more loop of 6.67km. Now this distance seems like a randomly odd number however there is some logic. 24 laps equals 24 hours representing 161km which is equivalent to 100 miles.

So here we go: Can you imagine entering a race knowing full well that you will not finish? The BYU is such a race and was held on the June long weekend. There were 374 entrants to this event. And only one winner. The other 373 entrants "Ingloriously" received a wooden spoon with DNF (Did Not Finish) in big bold letters and had the "shameful" task of ringing the bell to signify the completion of their efforts.

The distance of 6.67km is easily run by most people within the hour and some actually completed a lap by walking at a fast pace. The majority of runners would complete the course in 45 minutes thus allowing 15 minutes to refuel (take on some carbs), rehydrate, change equipment and use the bathroom.

There were 205 runners left after the completion of 4 laps (27 km). After 8 laps (similar to an ultra marathon distance) the field was reduced to 85 runners. It's now dusk and those remaining needed to ensure their safety by donning head lamps. As dawn broke on day two there were just a handful of competitors

left (161k has been recorded at this stage). Tactics were interesting and vital at this stage as sleepiness became a major issue. Do you put in a quick 35minute lap and catch a few winks in the "sleep room" or slow down your pace to ensure you finished the lap in time to "just do one more lap"?

Eventually, after 37 hours, Oliver Sheeky was the last man standing with a jaw dropping performance of 248km.

Local running groups: Trailblazers and Forster Runners were well presented with 21 participants. Some notable performances came from Matty Whight (15 laps...an incredible effort after recently completing 100 km race in the Blue Mountains just three weeks ago). Other lap results include Nicole Ingram (13 laps), Ashley Birks (12 laps), Jessica Whight (11 laps), Katrina Hayes (11 laps) and Lisa Hewett (10 laps).

There is a certain risk with trail running (face planting on tree roots, loose stones etc) and unfortunately two of our local running group ended up in hospital with facial injuries (James



Forster Runners and MNC Trailblazers at the BYU start. Photos supplied.

Quiring) and knee issues (Kylie Williams). Both have recovered and were last seen checking out where their next run will be.

In summary, this event (in its second year) was superbly supported by volunteers and ably led by young run director Keelan Birch. Keelan is selfless in his quest to promote the sport of running and is very conscious of the environment. As such his events do not promote medals that he believes will eventually end up as landfill. Keelan also is keen to gather feedback from runners to ensure each event he directs improves on the year before.

This event will return annually and be held on the June long weekend.

Dolphins prevail on Old Boys Day with gritty win over Ratz

By Chris Simon - Forster Tuncurry Dolphins

The Forster Tuncurry Dolphins turned on the style and steel in front of a spirited home crowd on Old Boys Day, outmussling the Manning River Ratz in a hard-fought encounter on a somewhat unusual sunny Saturday. After the devastation of floods in the local region and the uncertainty about the sporting season looming, the season finally resumed after what was a tough few weeks for the region.

In the corresponding game last year, the Dolphins nearly let the Ratz take home the chocolates, a memory that stayed with them for 12 months. In what was a bruising affair, both teams threw themselves into the contest with ferocity. Heavy collisions were a hallmark from the opening whistle, with heavy scrums and bone-rattling tackles setting the tone for a physical battle. The Dolphins, however, managed to absorb the early pressure and gradually gained the upper hand.

It was the forward pack that lit the spark, showing unexpected flair with some enterprising play in the opening stages. A series of quick passes and strong carries opened up space down the blind side, and it was young gun Reef Cato-Symonds who took full advantage. Cato-Symonds opened the scoring in the corner and went on to have a good day



The Dolphins turned on the style and steel. Photo by Geordie Yule.

out, crossing the line three times in a solid individual performance.

The Dolphins continued to apply pressure, with Joel Cross turning in a standout performance

that earned him Players' Player, 3 points in the best-and-fairest count, and the Old Boys' Dolphin of the Day. Cross was electric on both sides of the ball, cutting through the Ratz defence with regular line breaks and delivering scything tackles that halted their big forwards' momentum.

Despite the scoreline eventually favouring the Dolphins, the Ratz were no pushover, bringing physicality which led to a few moments of push and shove. They matched Forster Tuncurry in the trenches for large stretches, especially through the middle third, where scrums became a war of attrition. But as the second half wore on, the Dolphins' superior fitness and execution began to show. Joel Cross, Sam Laurie and Maison Wise had etched their names on the scorers sheet by full time.

With the Old Boys cheering from the sidelines, the final whistle capped off a memorable day for the club. The current generation paid fitting tribute to the past, delivering a performance that combined guts, grind, and glimpses of brilliance—everything Dolphins rugby is built on.

Final Score: Forster Tuncurry Dolphins 38 vs Manning River Ratz 7

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Jerry Edwards and Sue Smith.

Joel thanks Forster Swim Club

By Mary Yule

Joel Fleming represented his Forster Aquatic Swim Club (FASC) one last time at the World Swimming Trials in South Australia over 5 days in June this year.

The Forster Aquatic Swim Club stated, “Joel took to the national stage and competed in four events among the country’s fastest swimmers:

Men’s 50m Freestyle in 23.53 – 33rd place, winning time: 21.30 (Cameron McEvoy)

Men’s 50m Butterfly 26.00 – 64th place, winning time: 22.89 (Kyle Chalmers)

Men’s 100m Freestyle 53.07 – 65th place, winning time: 47.29 (Kyle Chalmers)

Men’s 100m Butterfly 57.21 – 57th Place, winning time: 51.00 (Matthew Temple)

“Well done, Joel – you’re an inspiration to all our swimmers at FASC! We are so proud of Joel’s dedication, grit, and determination. To step onto the blocks with Australia’s elite is a huge accomplishment – and he did it with composure and class.”

Joel said, “I love the South Australian pool. It’s great. They have the 50m competition pool and a big warm pool. There was a pretty good atmosphere. It is all enclosed and there was always a decent crowd. It was fun and I had my family from Forster there.”

“I’ve swum better but it was a good benchmark event while moving from age to open competitions.”

Joel finished year 12 at the Great Lakes Senior Campus last year. He now has plans to move to Sydney towards the end of July and join the Carlie Swimming Competitive Squad at the Ryde Aquatic Centre.

“They have two swimmers in the Australian Dolphin Team and an Olympian in their squad.”

“I’ll make the most of it and do some hard training. See what we can do.”

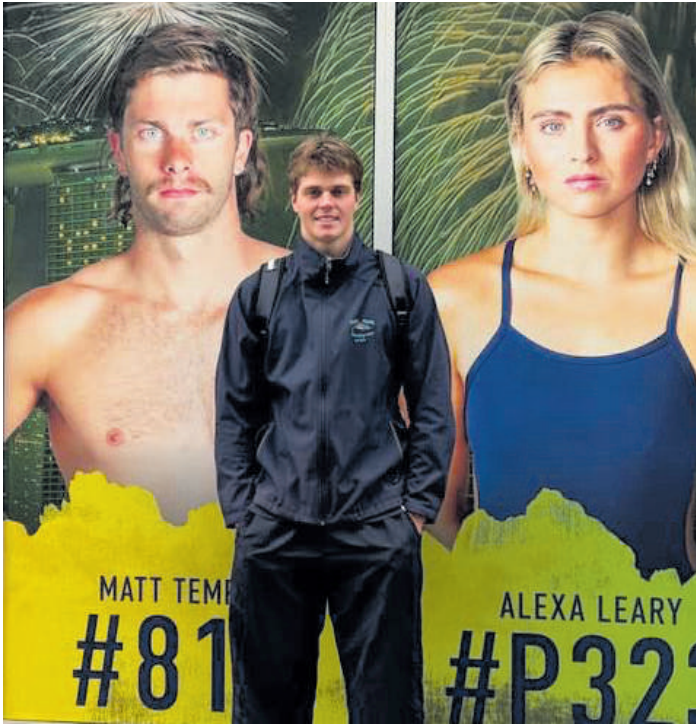
Joel wants to thank the people back home who have helped him.

“A big shout out to my coaches Pete Saunders and Adele Gregory who have looked out for

me. A big thanks to the Forster Swim Club. Also to Thrive Wellness Hub in Tuncurry. And all my family and friends who have supported me on my journey so far!”

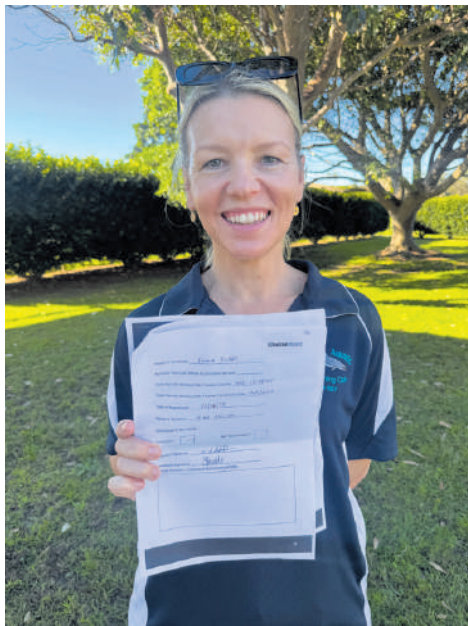
After a bit more time exploring Australia with his family (on the way back from South Australia), Joel is looking forward to a new stage of life in Sydney. As well as working and swimming, he has started a bit of trail walking and already has the Lane Cove National Park in his sights to visit when he moves.

Right: Joel Fleming at the Australian World Swimming Trials in South Australia. Photo supplied.



Many personal bests for Forster Club at Short Course Champs

By Melissa Westaway – Forster Aquatic Swim Club



Above: Congratulations to Emma Dodds, officially signed off as a SNC Official and was Chief Timekeeper.

Swimmers from the Forster Aquatic Swim Club (FASC) competed in the 2025 Swimming North Coast (SNC) Short Course Championships at the Great Lakes Aquatic Centre over the weekend, the 21st and 22nd of June. The SNC Championships are split into two events. This was the South Championships. The North Championships have been held at Evans Head over the same weekend. Results from both competitions will be collated to work out medals for the overall SNC Championships. A short course refers to a 25m length pool.

The South Championships in Forster had 148 competitors with 22 swimmers from FASC. Many personal best times (PB) and country qualifying times were achieved by the swimmers.

Well done to all our swimmers for representing FASC with pride and energy across the weekend. A huge thank you to our coaches, Pete and Adel, and families for the support poolside!

Day 1 FASC results

Byron Vicory (13 yr boys) competed in the 100m breast, 50m breast and 200m medley relay.

Liam Lenkic (12 yr boys) 3rd 50 breast, 2nd 12/u medley relay and did a short course country qualifying time in the 50 breast and 100 breast.

Lucas Lenkic (9 yr boys) 3rd 100 breast, 2nd 12/u medley, 3rd 100 breast and 2nd 12/u medley relay.

Sophie Scislo (15 yr girls) 1st butterfly, 2nd in 200 IM, 100 back, 3rd 100 breast

Kaitlin Perry (15 yr girls) 3rd 50 fly, 1st 100 breast, 1st 50 breast

Darcy Every (14 yr boys) PBs in 3 out of 4 races – 50m Fly, 200m IM, and 100m breast

Harper Dodds (9 yr boys) 6 second PB in 50m breast

Levi Dodds (13 yr boys) second PB in 50m fly

Riley Brown (16 yr boys) did 3 PBs in 3 races, 3rd 100m breast, 2nd 50m breast

Yasi Cassidy (15 yr girls) 2 PBs in 2 races, 2nd 50m

Jayden McDonald (12 yr boys) 2nd 100m breast, 3rd 50m breast and 2nd 12/u medley relay

Ky Westaway (9 yr boys) 1st time qualifying for this meet and enjoyed swimming his 1 race 50 breaststroke with a PB

Toby Westaway (just turned 12 yr boys) 3 swims, 3rd 100 back, 2nd 12/u medley relay

Murphy Ralston (14 yr boys) 1st 200 Freestyle and a PB, PB in 50 fly and a country qualifying time, 3rd in the 13 and over 200 medley relay

Grace Murphy (10 yr girls) had an awesome day representing her club and cheering on her teammates. Competed in 50 fly and 200 mixed medley relay

Day 2 results

Riley Brown (16 yr boys) 8 races 8 PBs (over the weekend) including 50 freestyle PB, 2nd 200m breast and a country time, 100m fly, 100m individual medley, 50 free

Byron Vicory (13 yr boys), 1st 100 free and PB and a country time, 1st 50m free and a country time, 6th 50m back

Above: 12 & under girls relay team (L-R) Sara Uppity, Grace Murphy, Kayla Farlow and Harper Dodds.



Above: Forster Aquatic Swim Team on day two at the Great Lakes Aquatic Centre. Photos supplied.

Kaitlin Perry (15 yr girls) PB in 100 free, 1st place and PB in 50 back, 2nd and PB 100 IM.

Yasi Cassidy (15 yr girls) 1st 50 free and 1st open free relay



Above: Pool side fun (L-R) Darcy Every, Liam Lenkic, Toby Westaway and Levi Dodds.

Liam Lenkic (12 yr boys) 2nd 200 breast, 2nd 12/u 200 free relay and country time for 100 IM

Lucas Lenkic (9 yr boys) 3rd 100 IM, 2nd 12/u 200 free relay

Kayla Farlow (10 yr girls) first time qualifying, great effort, 5 sec PB in 50 back

Harper Dodds (9 yr boys) PB in 50m breast

Levi Dodds (13 yr boys) PB in 50 fly, 50m back and 50m free

Hudson Keegan (8 yr boys), PB’s in 50 free, 100 free, 100 IM, 50 back and 100m breast

Toby Westaway (12 yr boys) 100 free PB and a country time, 1st and PB in 50 back, 2nd and PB in 50 free, 2nd and PB in 12 and under boys 200 freestyle relay, 1st in 14 and under boys 200 free relay

Ky Westaway (9 yr boys), big pb dropping 5.23 seconds in 100 free, PB by 10.75 in 100 IM and PB by 2.09 in 50 free

Murphy Ralston (14 yr boys), 2nd and PB in 100 free, PB in 50 back, 1st 14 and under 200 free relay

Grace (10 yr girls) PB in 100 free, PB in 50 back

Kiara G swam 5 races with great determination and is always one cheering on her fellow club mates

Sara Upperty (12 yr girls) PB in 50m breast, back, fly and free

Sophie Scislo (15 yr girls) 1st 100 IM, 1st 100 fly, 2nd 50 free, 1st 100 free, 1st in 200 relay

Sophia Lee (16 yr girls) 1st 50 free, 2nd 50 fly, 200 IM, 1st women 200 free relay

Tanna Davey (Open female) 3rd 100 free, 2nd 50 free and 1st open relay free

Stuart Small (Open males) 3rd 200 IM, 50 breast

Mixed Pairs Tournament

By Allan Hughes – Forster Bowling Club

What a weekend it was with sunshine and no rain! Thirty-six teams contested in the Forster Bowling Club (FBC) Priceline Mixed Pairs Tournament. Starting on the Friday, most of the teams were getting used to playing on the greens again after one would say a month of bad weather.

Saturday saw the field even out with Chris William’s team first and Col Nichol’s team second, not too far behind Chris.

Play on Sunday saw the team of Rod and Lorraine Austin take first position with Terry Rowe’s team second and Rob Cramp’s team third.



Above: (L-R) Rob Austin, Lorraine Austin and Harry Williams Vice President. Photo supplied.

It’s on-again next year so make sure you get your entries in.

John Cribb Memorial Trophy

By David Blanchard - Forster Mens Vets Golf

On the 16th of June, 80 players hit off at the Tuncurry course for a nine-hole event to compete for the annual John Cribb Memorial Trophy. John Cribb was a well-remembered, longstanding and popular Captain of the men’s Vets for some years and his legacy is shown in the standing of the Vets today in the golf community on the Mid North Coast.

The day was celebrated by a monster meat raffle and other prizes and many thanks again to our major sponsor for the day, Evermore Solaris Retirement Living.

The winner of the John Cribb Trophy this year was Greg Mathews with a score of 24 points.



Above: (L-R) Winner Greg Mathews and Vets Captain Tony George. Photo supplied.

We would welcome new members both locals and who have recently moved into town and enquiries can be made at the Forster Golf Club House.

June Fishing Comp

By Dave Nash - Club Forster Bluewater Fishing Club

After the weeks of seemingly endless rain, and despite a weather forecast of changeable weather, the Club Foster Blue Bluewater Fishing Club (CFBFC) Competition Outing for June was held under perfect skies on Sunday 15th June.

Sea conditions were a little lumpy early on but levelled out to perfect glassy seas as the day got older. The day saw 6 boats log on for the competition outing with 10 anglers contesting. A big welcome back to long time competition regular Joe Bujalski as he returned with a new boat after a several month hiatus. However, the new boat failed to bring any great good fortune to either Joe or most of the rest of the fishers for the day. Fish catches were a little down with catch rates being lower to average. This resulted in nine of the 10 fishos catching a title of only 30 fish for the day at a weight of a little under 20 kilos. A real highlight of the day was a nice long tail tuna caught by Bill Greene. John Meyn’s skills were also rewarded with an agreeable 1.36 kilograms snapper.

Without any question of doubt, bucking the trend of the average catches for the day was angler Martyn Barry with a mammoth 20 fish being a little over 19 kilograms. Best of the day for Martyn was a snapper weighing over 2 1/2 kilos. Martyn’s angling skills regularly see him being able to ‘plumb the depths’ for good



Above: Martyn Barry’s angling skills regularly see him being able to ‘plumb the depths’ for good catches.

Below: Martyn’s catch. Photos supplied.

where they wish to and where they can, and promote greater sustainability in fishing practises.



Above: The real highlight of the day was a nice long tail tuna caught by Bill Greene.



For those interested in joining the Club Forster Blue Water Fishing Club, please contact Barry Wrench on 0428 557 090.



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Nash Wilkes joins Australian Dolphin Swim Team

By Mary Yule

“We are beyond proud to share that former Forster Aquatic Swim Club (FASC) swimmer Nash has officially qualified for the Australian Dolphins Swim Team and will be representing our nation at the 22nd World Aquatics Championships in Singapore (11 July – 3 August), a global gathering of over 2,500 elite athletes from 210 national federations, competing across six aquatic sports!” stated FASC.

“To see one of our own reach this level is nothing short of inspiring. Nash’s dedication, resilience, and passion for swimming have brought him to the world stage—and we couldn’t be prouder!”

Twenty three year old Nash Wilkes won the 50m and 100m breaststroke at the Australian Swim Trials, held 9-14 June in Adelaide, to automatically qualify for the Worlds. He swam the 50m event in 27.52 (a personal best of 3 tenths of a second) and the 100m in 1:00:1 (a PB by nearly a second). By winning the 100m in his stroke he has also automatically qualified for the 4 x 100m relay at Singapore. There are 40 swimmers in this year’s Dolphin Team.

“It was the swim meet of my life,” said Nash. “It’s been my life goal to be on the Dolphin Team to represent Australia.”

“It’s crazy how much I have improved in the last 5 months with my coach Mel. I’ve always

worked hard but I think it’s the combination of believing in yourself and having a coach believe in you too. Obviously, you can’t get out of the hard work required as well. We had 13 swimmers from Mel’s squad go to the trials and 4 of us qualified for Worlds.”

Nash met Mel while on some overseas swim camps when training with his swimming friend Adam Peaty from England - who currently has the WR for the 50 and 100m breaststroke and has won 3 Olympic medals.

“When Mel got the job as Head Coach of the High Performance Swim Squad at Griffith Uni in Queensland, I instantly moved there to join her at the beginning of this year.”

“I was nothing special as a swimmer when I was younger. I just want to tell kids you can do it. You might not believe it when your young but if you put the time in it will make sense later and you will do well.”

“I would like to come back to Forster and do a clinic with the local Forster Aquatic Swim Club sometime. It’s good to give back to where you started.”

Training at an elite level is demanding. With the High Performance Squad, Nash swims twice a day on Mondays, Tuesdays and Thursdays, and once a day on Wednesdays and Fridays with Sundays completely off. Each swim session goes for one and a half to two hours. Swimmers complete up to 5km in each session.

Nash explained, “In a hard training week we swim around 40 to 50km a week but it really is about quality, not quantity. We do gym strength training and injury prevention sessions for an hour and a half three days a week and half hour spin (stationary bike sessions) twice a week in a heated room to improve our cardiovascular fitness. We also have physio sessions, treatments and ice baths when needed throughout the week. The strength work at the gym is very important for us sprinters.”

Left: Nash (2nd from left) caught up with (L-R) Joel Fleming, Ryan Brown and Hamish Carmichael (FASC members) at the 2024 NSW Country Champs. Photos supplied.



(L-R) Josh Edwards-Smith, Zac Stubble-Cook (Olympic medalist), Mel Marshall (Coach), Ella Ramsay (Olympian) and Nash Wilkes.

“We don’t have to get up too early to train as we have all finished school. In the morning, I arrive by 6 or 6:15am to do a dry land warm up before jumping in the pool by 7am. After breakfast we do our gym or spin session. After lunch we head home and return at 4pm for another 45 warm up before a second swim session.”

“We start to taper for a few weeks before race meets and then are back into heavy training within days. I’m already fully back into it (interviewed on 18 June) after the World Trials in Adelaide.”

Nash said, “In my downtime I have started playing golf for fun and I’m getting better at it. It’s a bit like swimming – if you try too hard you can stuff it up. I also hang out with friends, go to the beach and watch other sport. It’s important to have mental breaks. You would burn out if you were thinking of swimming all the time.”

Pete Sanders, Head Coach at FASC stated, “It just goes to show that your swimming career is never over if you have persistence and



Above: Nash shaking hands with Dawn Fraser. Photo credit: Seven News

determination. Believing in yourself should never be underestimated, and staying humble is a powerful formula for success.”

“From the entire FASC family, congratulations Nash! We’ll be cheering you on every stroke of the way in Singapore!”

See FASC results from Short Course on p 26.



Left: Nash (2nd from left) caught up with (L-R) Joel Fleming, Ryan Brown and Hamish Carmichael (FASC members) at the 2024 NSW Country Champs. Photos supplied.



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