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# Forster Fortnightly

Your local independent community newspaper distributed to  
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FREE

Wednesday 6 August 2025

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.127

## Flood Relief Concert

Flood Relief Concert at Tuncurry Bowling Club on 3 August with four local bands - The Big Fins, The Replacements, Loco Motive (pictured below) and Vicki And The Gang (pictured left). Money was raised by a raffle, chocolate wheel and lucky envelopes with donated prizes from local businesses. Photos by Matilda and Georgie Yule.



## Health and recovery top Penfold's agenda in first speech to parliament

### Office of MP Alison Penfold

On Wednesday, 30 July, Alison Penfold MP delivered her maiden speech in the House of Representatives – her first formal address as the newly elected Member for Lyne.

"To work hard, listen, care and deliver for my constituents and the people of Australia" was the promise Ms Penfold made in the chamber.

Her speech marked an historic milestone, as she became only the second woman from the NSW Nationals elected to the House of Representatives in Australian Parliament history.

Ms Penfold used the opportunity to highlight the recent experiences of her electorate – particularly its resilience following the devastating May floods and its ongoing recovery.

"The physical scars are there for all to see... But what is less visible are the mental scars. Most people have tried to pick up the pieces of their



Above: Federal Minister for Lyne, Alison Penfold, giving her maiden speech.

lives. Got on with the clean-up. Got on with the rebuild. Got on with filling out the vast reams

of paperwork for a few quid. But underneath is the loss, the shock and the question of 'Can I ever go home?'

Ms Penfold also addressed the ongoing challenges facing flood-affected communities, noting that while Category D funding was eventually granted to primary producers, the same support has not been extended to small businesses.

"We needed governments and bureaucracy at their best. We are still waiting, still hoping, still fighting."

She outlined her vision for collaborative governance and the role she intends to play in Parliament.

"My job in this Parliament will be to work constructively with the Government so that together we can solve problems and provide the resources, services and infrastructure my communities need to improve living standards, to live with dignity, to grow, to be rich in spirit and diverse in activities.

Ms Penfold also used the occasion to call for urgent investment in local healthcare, urging the Government to fund an Urgent Care Clinic in Taree, an election commitment she made which has yet to be matched by Labor, despite similar clinics being announced elsewhere.

"In good faith, under the umbrella of the Prime Minister's commitment to govern for all, I ask for the Government's goodwill to work with me to deliver one in Taree and help improve the health outcomes of the people of the Manning Valley.

In addition to local concerns, Ms Penfold addressed a broad range of national and regional challenges – including energy production, climate policy, national defence, immigration, and the broader direction of the country.

Ms Penfold also paid tribute to her predecessor, the Hon. Dr David Gillespie, acknowledging his many contributions to the electorate.



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Photo by Patricia Macvean.

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- When submitting stories, please note - around 300 words is best with high resolution photos sent separately (in largest size). Please include names for photos left to right and your contact details.
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Pollards General store  
Coomba Aquatic Centre

Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store

Quilts of Love raffle drawn



Above: Some members from Quilts for Love and Friendship Quilters at the Forster Arts & Craft Centre with Sarah Wilkinson (on the far right). Their handmade quilts are on display in the background. Photo by Mary Yule.

By Mary Yule – Forster Fortnightly

A raffle organised by two quilt clubs to raise money for Ronald MacDonald Family Retreat (RMFR) in Forster was drawn on Friday 25 July at the Forster Arts & Craft Centre. A beautiful handmade blue quilt was won by Alison Weeks from Canberra. The raffle raised \$350 which was presented on the day to Sarah Wilkinson from RMFR.

Quilts of Love (Forster Arts & Craft Centre) and LUSC Friendship Quilters (Laurieton) already have a good relationship with the retreat and regularly provide quilt vouchers for sick kids when they stay in Forster. Every month, children staying at the retreat bring their vouchers to the Centre to choose from

the huge display of quilts made by the two groups. Their siblings are also invited to choose a knitted or crochet blanket. Older children can choose a journal cover or pillow cover.

Quilts of Love thanked the Friendship Quilters, who made and donated the quilt to raffle, at the presentation.

Coordinator Diane Kisi and Christine Armstrong said, “We are really happy to unite with LUSC Friendship Quilters to provide quilts for the children at Ronald McDonald House and are having lunch with them today to thank them.”

See Weekly Diary (page 18) on a Friday for when Quilts of Love meet.

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Pet of the Fortnight

By Margaret Steel - Great Lakes/Manning Branch of Animal Welfare League NSW

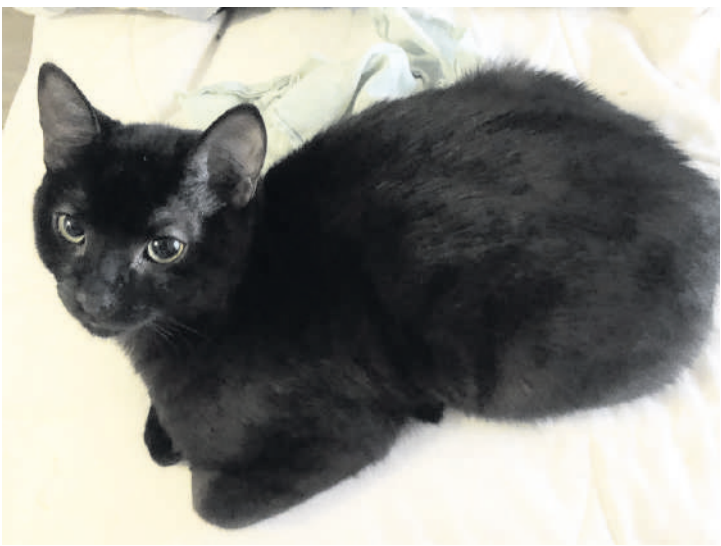
Gorgeous Kittens

We have 2 gorgeous black kittens in care (12-14 weeks old) and both are an absolute delight. They are full of fun and want to play, then ready to curl up on a nice warm lap for a snooze.

These and a little grey boy can be viewed at Windam Sea Vets in Macintosh Street Forster by appointment.

We also have 4 grey kittens and a beautiful fluffy black and white cat at Mid Coast Vet in Tuncurry.

All our animals come with most of their vet work done - microchipped, flea and worm treated, desexed and have had at least one vaccination. At \$150 they are a real bargain.



Thank you to all who patronize our Op Shop in the Dolphin Arcade Tuncurry which raises funds to be able to look after the animals in our care.

We now have a dog welfare officer so we will soon have a couple of dogs up for adoption.

Rehoming number R251000212



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Forster Fortnightly reaches 5 years next edition

The Forster Fortnightly reaches 5 years in the next edition (Edition 128 on 20 August). Please feel welcome to send in any comments or images on what this newspaper has meant for your family, community, organisation or business.

Please send to: [info@forsterfortnightly.com.au](mailto:info@forsterfortnightly.com.au) by 13 August.

Thank you, Mary Yule - Editor.



Forster Running Festival

The annual Forster Running Festival will be held on Sunday 17th August from 7am – 12pm with around 2,000 runners and walkers participating. The event will be staged at the Forster Beach precinct and spans from the Tuncurry Breakwall, Forster Breakwall, Forster Beach and the Bicentennial Walk at Pebble Beach.

There will be a number of car park closures and roads affected during the event with partial and full closures over the course of the weekend.

MidCoast Council - Mayoral column

Mayor Claire Pontin

• You may have seen that Local Government NSW has released its latest independent review into the costs that the State and Federal Government push on to Local Governments in NSW each year. I have been campaigning for the State and Federal Governments to put a stop to their cost shifting patterns that are increasing the financial burden placed on local council's and their ratepayers.

As a result of that cost shifting every ratepayer in NSW is forking out almost \$500 a year extra in their rates and in other fees and charges that we need to pass on.

The latest cost shifting report released by Local Government NSW revealed a total extra burden to councils of about \$1.5 billion per year.

This cost shifting forces Councils to assume responsibility for infrastructure, services and regulatory functions without providing sufficient funding to cover the costs.

• Now that the State Budget process has been finalised, I am urging the Health Minister to include funding for the complete redevelopment of Manning Hospital in next year's budget.

Not only does the Stage 2 work need additional funding to provide the full suite of services but discussions need to start now on the money required to complete Stage 3 as well.

The Manning Hospital is not fit for purpose and in a steady state of decline due to inadequate infrastructure funding from previous State Governments and that this has not been adequately addressed by the current Government.



The residents of this area know full well that they were neglected by the previous government and now they fear that this government will also continue this pattern. This would be neither fair nor equitable.

The aging and increasing population of the MidCoast area points to the need for improved and increased levels of service, especially for cardiovascular care, not further under-servicing.

I have also written to the State Member for Myall Lakes, Tanya Thompson, urging the MP to call for improved health facilities and services for MidCoast residents well ahead of next year's budget decisions.

• The extension for emergency and immediate road reconstruction funding has been granted. Under standard disaster recovery arrangements, state and federal governments typically reimburse councils for eligible works completed within three months. The extent of the damage at the moment is over \$232 million, and expected to climb, and crews have only managed to get through a small fraction of that work. I issued an urgent request for an extension from three to six months. That extension was granted on Monday 28 July. This support has now been extended until December. This was a small but important win. It means we can continue with the job of recovering from one of the worst floods in history.



Above: Council is waiting on the engineer's assessment report on the Bight Bridge that connects Tinonee and Wingham.

MidCoast Council crews have been working tirelessly over the past two months to repair extensive flood damage on the Thunderbolts Way. The main highway that connects the MidCoast with the New England region has been closed ever since the devastating May floods and it is planned for reopening on Monday 11 August.

Work will begin soon to restore a permanent water supply to Wingham after the pipeline that had supplied the town since the 1960s was damaged during the floods. This fast-tracked project is expected to be completed in December.

• Registrations for on-site temporary accommodation pods are now available for eligible residents. To find out more or apply, visit the Taree Flood Recovery Centre or call 13 77 88 to discuss your options.

From Monday 4 August, the Taree Recovery Centre is moving to the Taree Function Room, 3/21 Manning River Drive, Taree (adjacent to the Manning Entertainment Centre).

For more flood recovery info and support, visit our Flood Recovery Hub: [www.midcoast.nsw.gov.au/floodrecovery](http://www.midcoast.nsw.gov.au/floodrecovery)

• On the floods, I am continuing to press for a fair go for our residents who have still not received sufficient support. I have written to Government Ministers requesting implementation of various housing and financial support packages and a better deal for our impacted local businesses. I will be accompanying our local MP, Tanya Thompson and a group of local business owners in a delegation to discuss these matters directly with State Ministers in August.

I've been warned by the Mayor of Lismore that this advocacy will be required for years. He is still engaged in this, 3 years after the Lismore floods. I'm up for it. While certain circles in the media and government departments have gone quiet and seemed to have moved on, I am continuing to demand more for those who were so badly affected.

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# Taree small businesses ask minister for more flood recovery grants

By Marina Trajkovich & Emma Siossian - ABC Mid North Coast

In short:

Dozens of Mid North Coast small business owners have met with New South Wales Recovery Minister Janelle Saffin, advocating for more disaster funding during roundtable talks.

About 15 business owners in the Mid Coast local government area say they will not reopen, sparking fears for Taree's CBD.

What's next?

Ms Saffin says she has heard local concerns, with the roundtable discussions to inform state government decision-making on further "category D" requests for small business owners.

Two months after record-breaking floods tore through New South Wales' Mid North Coast, Taree's business owners say they are still battling sleepless nights spent fearing for their future.

"We don't sleep," Sportfirst owner Craig Griffiths, who lost over \$100,000 worth of stock, said.

"We're awake all hours of the night just thinking about what we can do to try to get ourselves going again."

The Griffiths's were among dozens of business owners who met with New South Wales Recovery Minister Janelle Saffin and Reconstruction Authority Recovery coordinator Dave Owens during roundtable discussions on Thursday 24 July.

While small businesses are eligible for up to \$25,000 in recovery reimbursements from the state and federal governments, they are calling to be included in the flood disaster's "category D" declaration, which could unlock up to \$50,000 in grants.

Taree Business Chamber president Matthew Fawcett said \$25,000 was not enough for several businesses who spent "every dollar they had recovering from the 2021 floods".

"We're looking at one street that is majority vacant currently because the businesses haven't got the money to buy new stock or rebuild," he said.

Taree's CBD suffering

Mr Fawcett said more than 200 Taree businesses had applied for the grants and about 15 would not reopen, sparking fears for the future of the town's once-thriving CBD.

The Mid Coast Council estimated about \$24 million in business losses.

"They're just giving up and getting employment elsewhere or moving out of town ... because they don't want to go through it again, as they can't afford to go through it again," Mr Fawcett said.

"They haven't got the money in the bank to go and support themselves."

Left: Craig and Kerrie Griffiths's sporting goods store was inundated. (ABC Mid North Coast: Emma Siossian)



Above: Dave Owens, Janelle Saffin and local member Tanya Thompson at the roundtable. (ABC News: Sophia McCaughan)

Slow recovery in Kempsey

Similar roundtable talks were held with business owners in Kempsey, some of whom are facing losses of hundreds of thousands of dollars.

"Some businesses may never open again," Anthony Patterson from Patterson Glass Works, who was at the meeting, said.

Mr Patterson said while uncertainty around further financial assistance had taken its toll, he was confident local concerns had been heard.

"If businesses can't get that funding, it's not months or a year ... it's years and years of recovery," he said.

Ms Saffin said discussions in Taree and Kempsey were positive.

"I know what they're asking for, I'm not promising to deliver that, but what I promise is

to heed their message [and] take that message to Sydney for further discussions with the government," she said.

Ms Saffin said as a Lismore resident, she was confident business communities in Taree and Kempsey would bounce back as recovery continued.

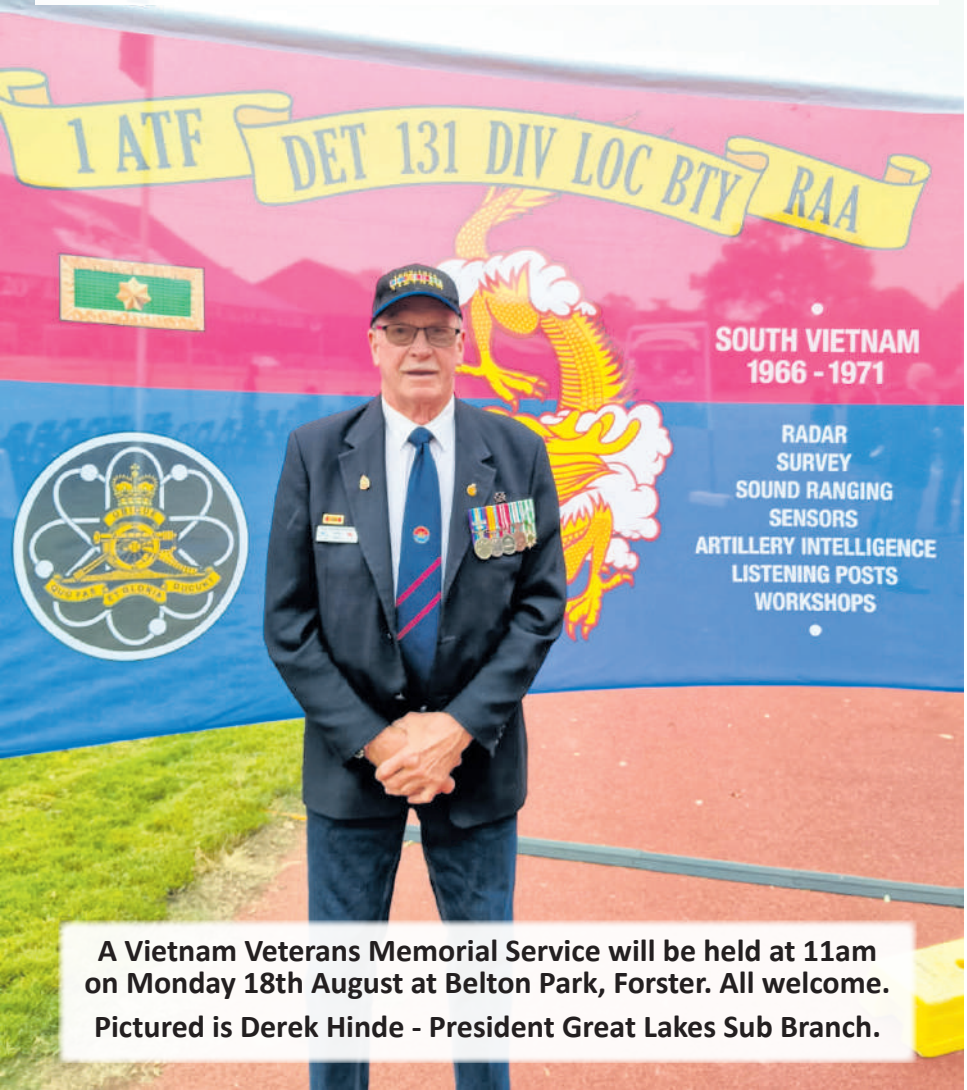
"I've seen them come back, so I don't want to be all doom and gloom because that doesn't help the community either," she said.

Ms Saffin announced more than 50 temporary housing pods were on the way for farmers.

Mr Owens said he urged those seeking funding assistance to submit grant applications.

"We use that data so I can go to government and lobby on their behalf," he said.

# Vietnam Veterans Memorial Service: Forster 18 August



# Dying to Know Day



Above: Speaker Robyn McIntosh.



Above: Speaker John Vaughan.

By Deidre Stokes - Great Lakes Palliative Care Support

We're not here to whisper about death. We're here to yell about life.

We are all impacted by death in our lives. It might be for the people we love, or it might be our own.

"Dying to Know" is a public campaign of recognition held each year through the month of August. Each year the theme is changed, and this year the emphasis is on personalising final arrangements and building community. At its core, **Nobody Knows - 'The Secret I'm Glad I Shared'** is a call out. Because if nobody know s-they never will. Share them now. Why? Because only, \*53% of Australians feel comfortable talking to a family member about their end of life. Spoiler alert - 100% of us will face the end one day.

Our mission is to help all Australians to feel supported and inspired by their own wishes for their final arrangements. Together we can break down the stigma and sense of awkwardness associated with conversations about death, dying and grief.

Each year Great Lakes Palliative Care Support holds a free community awareness session to encourage folk to think about their end-of-life wishes and to find out how to put in place the things that are needed to make it not only easier for themselves, but for those close to them, when death does occur. Whether we want to think about it, death does touch each of us, it is unavoidable. **"What do you need to know before you go?"**

This year, on Friday, 22nd August at Sporties Tuncurry 10am to 12:30pm We will have some interesting speakers covering various aspects of end-of-life care and planning. Our speakers: Robyn McIntosh (Community Palliative Care Nurse) Nicole Mangone (Voluntary Assisted Dying Service Manager) John Vaughan (Solicitor) and Adam Gersbach (Allan Pearse Funerals)

Resources will be available and the opportunity to ask questions will be possible. To RSVP and for further information please contact Deidre GLPCS on 0437 830 818.

\*\*"YouGov" online survey 2022.

(See advertisement below)

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# Summary - 23 July 2025 MidCoast Council meeting

## Wingham Central Park master plan

The Wingham Central Park master plan has been adopted by Councillors.

Implementation of the plan is largely dependent on securing external funding to deliver the works. Other funding sources like development contributions will also be considered in the future. The purpose of the master plan is to guide future development of the site aligning future recreational infrastructure with the site's heritage and cultural values.

## Walking, cycling & trail-based activity strategy 2025-2035

The new strategy was adopted by Councillors. Council provides and maintains a variety of open spaces and recreation facilities to cater for the recreational and play pursuit of the community and visitors to the region.

The strategy was on public exhibition from 28 March to 7 May during this time 100 formal submissions were received. (See examples of short-term priorities for the Forster - Tuncurry region below.) Head to Council's website to see the plan in full.

## Food surveillance activity report

As of June 2025, there were 444 food businesses classified as high or medium risk within the MidCoast Council area. These premises require inspection annually or biannually.

Overall compliance is strong with about 90% of businesses achieving a five star (excellent) or four star (very good) rating.

There were 11 improvement notices, one prohibition order and four penalty notices handed out during 2024-2025. Additionally, there were two prosecutions undertaken for non-compliance with the State Food Standards attracting almost \$100,000 in fines.

## Gloucester Holiday Park

Council will take over operations of the Gloucester Holiday Park. The existing lease expired on 30 October 2019 and has been 'a holding over' basis ever since with either party able to terminate on a month's notice.

The General Manager will also be delegated to negotiate the purchase of assets. If a purchase is not agreed upon Council will still take back operations of the park.

## Audit Office performance report

In November 2022 the NSW Audit Office commenced a Financial Management and Governance Audit on MidCoast Council. That report came back with seven recommendations. All of the recommendations were addressed with final updates provided on each recommendation and can be found in full here <https://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes>

## Development assessment numbers

During April – June Council received 1570 customer requests in relation to development assessment and building certification. That equates to 10% of all requests lodged.

MidCoast Council's average time to determine a development application is 84 days which is an improvement from the previous two financial years.

In comparison for the last financial year the average time for all Councils is 101 days and the average time for Regional Councils which is where MidCoast is grouped is 96 days.

For full details of all reports please see: <https://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes>

The next Ordinary Council Meeting is on Wednesday 20 August.

# Coomba Christmas in July

By Peter Felton - Coomba Aquatic Club

The Coomba Aquatic Club had the pleasure of hosting a Christmas in July luncheon for 30 people from the Kirinari Aged Community Centre in Forster on Wednesday 23rd July. Whilst the weather outside assured us it was winter, the Clubhouse was warm and cosy.

Volunteers from the Club provided a hot Christmas meal including pork, chicken, roast vegetables and all the festive trimmings. Dessert followed with pavlova, assorted slices and tea and coffee.

Live music was provided by Committee Members - Steve and Fran Martin who quickly had some of the guests up and dancing.



Everyone agreed it was a lovely afternoon and plans are underway to host the group again in December for another Christmas function.



# Short-term walking, cycling & trail priorities for Forster-Tuncurry

## MidCoast Council

Below are some of the short-term priorities (0 – 3 years) for the Forster-Tuncurry region from the new Walking, Cycling and Trails-based Activity Strategy. For the full list of priorities in the MidCoast go to: <https://www.midcoast.nsw.gov.au/walkandcycle>

## Walking & Cycling Action Plan

### 7. Forster

a) Investigate completing missing links and formalisation of the Lakes to Ocean walking circuit in Forster.

b) Investigate, design and construct improvements to Rotary Walk at One Mile Beach.

d) Investigate developing pedestrian linkages through drainage reserves – Cape Hawke Drive to Lakes Estate to Lakes Drive.

8. Forster - Extend the Pelican Boardwalk on the river foreshore in Forster.

23. Tuncurry - Investigate continuing path from the park around the slipway. This is a missing link, from John Wright Park up to the Rockpool.

27. Various - Investigate more cycling racks, especially in major centres, such as Taree, Wingham and Forster.

## Bushwalking & Trail-based Activity Action Plan

28. Tuncurry - Investigate the formalisation of the existing firetrails to create a multi-use trail from Tuncurry to Black Head.

30. Boomerang - Investigate a trail from Boomerang Beach to the southern end of Blueys Beach.

40. Seal Rocks - Work with NPWS and other landowners to investigate the provision of a walking trail linking Blueys Point, Smiths Lake, around the lake to Tarbuk Bay and down to Seal Rocks.

## The importance of town loops

A number of actions in the first action plan are to investigate providing town loops for walking, and to a lesser extent cycling.

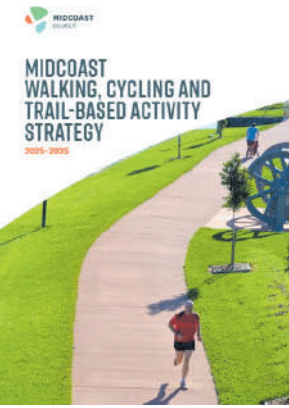
The MidCoast region is quite unique, in that we have 195 towns, villages and settlements. The majority of these are small, with low populations.

These small towns were settled many years ago, in some cases in the late 1800's or early 1900's. They have narrow two-lane roads through town. Many of these towns have limited or no footpaths.

With the significant increase in participation in walking in Australia there is a greater need to provide for these activities. However, with many of our towns not having off-road paths this is difficult. We have heard through consultation that people are walking on the sides of roads, often very busy roads, to undertake their regular walks.

It is considered important that we provide opportunities for walking in our small settlements, and providing town loops is the way to do that. The action is to investigate each town loop, and to confirm where these off-road trails can go.

In some cases it may not be feasible or viable to provide a town loop. Many of our towns have creeks and rivers through them, often creating barriers where very expensive bridges are the only option. Even though creating walking opportunities is important, costs may be prohibitive.



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We can't fix the things we don't know about, so when you see an issue that needs addressing let us know.



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[midcoast.nsw.gov.au/TellUs](https://midcoast.nsw.gov.au/TellUs)  
02 7955 7777

Your work in progress



# Community Hub to re-open on Mondays!

By Corinne Stephenson - Forster Neighbourhood Centre

Last November, Forster Neighbourhood Centre was forced to close its doors on Mondays due to a lack of government funding. After two years of advocacy, the community hub made the difficult decision to reduce its days of operation.

As the Great Lakes community so often does, we set about how we could solve our own problem. As part of Neighbourhood Centre Week in May, we launched our 'one cup of coffee per month' campaign where we aimed to have 1500 community members sign up for at least a \$5/month donation to help us get the support we needed to re-open on Mondays.

Through the support of our wonderful community and some larger donations from Club Forster, Forster Bowling Club, Forster/Tuncurry Historical Auto Club and philanthropic sponsors we have raised enough funds to re-open our central Community Hub on Mondays as of 11 August, 2025. In response to our request for help, community support has been wonderful, and we thank everyone who has contributed.



## The funds raised will go directly towards:

- A new Client Services Coordinator (15 hours/week) to support the Community Hub
- An ongoing social work student placement, for 3 days per week to be available to support clients presenting in crisis

In a further development, we are excited to announce that we will shortly be providing an extended range of financial well-being services to better support the community. Watch this space!

We appreciate and value the fantastic support we have had to date from the community, and ask that you continue to assist us to keep the doors open and the light on! Donations can be made through our website at [fnc.org.au/donate](https://fnc.org.au/donate) or by dropping into the centre.

# Unfortunate restrictions for use of Forster Surf Club

By Annie Evans – Forster Surf Club

In preparation for the commencement of the 2025/26 surf season in two months, the Forster Surf Life Saving club (SLSC) held its Annual General Meeting (AGM) on 27 July.

In his annual report, the 2024/25 Forster Club President, John Quinn reported on the opening of the magnificent new surf club building at the commencement of the 2024/25 surf season. He continued to report on the unfortunate continuing restrictions on the use of the new club due to unresolved bureaucratic regulations. These restrictions limit the use of the \$8.5 million structure to surf club events and prevent the opening of a downstairs cafe/restaurant as a commercial enterprise and the use of upstairs public areas for critical fundraising events such as weddings.

John was also able to report that, "It has been a rewarding year for our club, marked by dedication, teamwork, and community spirit. Our volunteer patrols kept beaches safe with

professionalism and care. We saw impressive engagement by our young nippers, growth in membership and training participation. Fundraising efforts and local partnerships have supported vital equipment upgrades. I thank our committee, lifesavers, and supporters for their tireless contributions."

As with the other five clubs in the SLS NSW Lower North Coast Branch (Crowdy Head, Taree Old Bar, Black Head, Cape Hawke and Pacific Palms), Forster SLSC holds weekly 'Sips' at the bar for members which may also be attended by members of the public and are a welcome source of fundraising.

For the twentieth year in succession, John Quinn was returned as president. Also returned were Karen Kelly as Director of Administration (formerly Secretary), and Bruce Higgs as Director of Lifesaving (formerly Club Captain). Following his four years as Director of Finance (formerly Treasurer), Phil Mumford has stood down with club stalwart and Life Member, Beth Lee, taking on that role.



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TUESDAY NIGHT

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Members only. Visitors \$25  
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Guiding lights

Great Lakes Museum  
Seal Rocks, off Sugar Loaf Point near Forster, had long been a Principal Landmark for mariners on the NSW coast. This area had a reputation for being one of the most treacherous, along the beaches and foreshores of the coast and in 1863 inquiry had recommended a lighthouse be placed there. Built in 1875 Sugar Loaf Lighthouse was

designed by James Barnett, a Colonial Architect (1865-1890) The lighthouse was built of cement rendered brick, painted white with a bluestone balcony and elegant black gunmetal railings. This is also one of a few Australian Lighthouses built with a staircase on the outside of the tower. The Head Keepers cottage, 2 assistant keepers cottages, signal house and paint store were constructed below the lighthouse on the southern side of the headland to avoid

the harsh elements of the coastal environments. The original light source was a multiple wick oil burner converted to a vaporised kerosene lamp in 1911, which was upgraded on 1st April 1923 to a carbide lamp. In 1966 the lighthouse was converted to electricity.

The Catterthun disaster remains one of the worst shipping tragedies to have occurred on the NSW coast. The steamer left the Eastern and Australian Steamship Company's wharf in Sydney, August 7th 1895 en route to Singapore. By the next morning the steamer had sunk in heavy seas at Seal Rocks near Forster, with the loss of 55 lives. The number one lifeboat was launched successfully in the mountainous seas saving twenty six persons. Along with the many lives lost, the Catterthun's precious cargo of gold sovereigns, in excess of 10,000 were also lost. In 1896 a record breaking salvage by British divers Briggs and May, successfully recovered most of the lost sovereigns.

Photo from [trove.nla.gov.au](https://trove.nla.gov.au)

Great Lakes Museum - 1 Capel Street, Tuncurry. Opening hours: Tuesday, Wednesday, Friday 10am-1pm and Sunday 1pm-3pm.



Above: Sugar Loaf Lighthouse at Seals Rock.

Jeans for Genes Day

Interview with Bruce Hopper – Genetic Service, Hunter New England Local Health District

What has prompted your involvement in this event for so long?

I have been involved for as long as there was an existing Jeans for Genes Day committee in the Manning area with an enthusiastic committee. I was then very happy to be involved as it raises awareness and funds for the Children's Medical Research Institute (CMRI) – it was also a way to launch the new Genetic Counselling Service to the community. I have had many radio interviews and TV interviews each year as well as newspaper interviews. A great way to do a dual communication to the public

– in a non-socially awkward way – just wear your jeans. This year Jeans for Genes Day is on 7th of August.

How much have you raised?

Over the many years I have not kept a tally of how much I have raised – it is not about the money raised



Bruce Hopper.

from my perspective – but the engagement of the community with Genetics and talking about conditions that can potentially run in a family.

Does the money raised go to any local organisations?

If so, who? Not directly – but one of NSW health's clinicians has a CMRI grant to help gene therapy with Retinitis Pigmentosa. There are currently 15 people who have had their sight restored by the use of gene therapy by this service.

How long have you worked in health?

I have been the first and only Genetic Counsellor for the Lower Mid North Coast for 28 years now.

What made you want a career in health?

During an evening lecture in a science course at Newcastle University, a Professor of

Genetics explained genetic counselling and the application of what she was presenting to a real family. To me that sounded like "science" – but not stuck in a lab or teaching. I talked to the lecturer afterwards and then to the course coordinator of the University of Newcastle course at Waratah Genetic Service – the course had only just started in Australia. The next thing I know I was doing the Graduate Diploma – and then at the end of that year I got the job up here in Taree and Forster.

What's been the most rewarding thing/event/achievement in your career?

Now seeing the children and grandchildren of people/families I have consulted over the years. Genetics is quite different to most areas of medicine where we see family members who are not clinically affected and often there is a family member who keeps us updated about their family history.

Our Local wildlife



By Kym Kilpatrick – FAWNA Hallidays Point

Scarlet Honeyeaters

The smallest of honeyeaters in Australia is the Scarlet Honeyeater (Myzomela sanguinolenta). However, at 9 to 11 centimetres long and an adult weight of 8 grams (2 teaspoons of sugar), this is a mighty little bird.

What Scarlet Honeyeater lacks in size though, it more than makes up for in brightness of colour, or at least the male does. The adult male is bright fire-engine red on his head, nape and upper breast, extending as a central stripe down his back to his rump. On his breast the red becomes more mottled with grey on his belly and sides. The female though is more camouflaged, with a brown head and neck, a pale grey-brown throat and chin but sometimes pinkish or reddish patches on the forehead, throat and cheeks. Both have a relatively long wingspan for their bodies of 18 centimetres. They have long, downwards curving beaks with brush-tipped tongues.

These are also highly vocal birds, with a variety of calls including a bell like tinkling of six

notes that has been described as the sound of cork on glass (a search on-line will provide recordings). It is the male again who is the most vocal, and usually when singing he perches himself prominently, suggesting his call is both territorial and perhaps advertising for a mate. Both male and female keep in contact with each other with a soft 'chiew chiew' call during feeding and early morning.

Although there are stationary populations, Scarlet Honeyeaters also migrate up the coast and into our region at this time of year following their food source of flowering trees and bushes. Their natural habitat are forests, where they actively forage, sometimes hovering near blossoms, or perching on twigs to sip nectar, mainly in the upper tree canopy of dry sclerophyll forests and woodlands where there is little understorey. However they also frequent planted bottlebrushes and other nectar-rich species. Although they rely primarily on nectar they will also feed on insects.

Breeding season is from winter through to summer, generally beginning around July or August and a pair may raise two broods in a year if the season is good. They prefer to nest

in trees with dense foliage such as lillypilly, turpentine, paperbarks, eucalyptus or wattle. Both parents construct the tiny nest of around 5 centimetres in diameter made of shredded bark with spiderweb, taking about 8 days to do so.

Two to three tiny white eggs flecked with dull-reddish purple at the larger end and only the female incubates. The chicks spend 11 to 12 days in the nest before fledging and are fed by both parents. They have been known to live for up to 10 years.

Scarlet Honeyeaters are not considered to be endangered but appear to be disappearing from the urban areas where they were once common. Larger honeyeaters such as



Above: Photo of a Scarlet Honeyeater by Brian Champion.

friarbirds and noisy miners will harass and chase them, and loss of habitat will of course impact them. However, gardeners can help out these stunning little birds by planting winter-flowering dense natives, particularly bottlebrush, providing clean water sources near dense foliage and protecting the tall mature trees they need for nesting.

Hazards of ghost fishing

By Mary Yule – Forster Fortnightly

Ghost fishing is a problem that John Marshall would like people to be more aware of after a large turtle was found dead at Forster Keys on 22 July. John, and other volunteers from Dad's Navy, came across the turtle after it became trapped in an abandoned crab pot and rose to the surface after drowning. John explained that these derelict crab or lobster pots continue to "ghost fish" when left unchecked or abandoned. Derelict fishing gear, sometimes referred to as "ghost gear," is any discarded, lost, or abandoned, fishing gear in the marine environment. This gear continues to

fish and trap animals, entangle and potentially kill marine life, smother habitat, and act as a hazard to navigation. Derelict fishing gear, such as nets or traps and pots, is one of the main types of debris impacting the marine environment today.

"The turtle was likely a Green Turtle listed as vulnerable, was quite large and probably very old. We've also come across a shark, fish and birds who have become trapped. It's very sad to see an animal die that way," said John.

John said people need to think when they go out and buy lots of pots to throw in the water



and forget about them, particularly tourists who leave the pots behind when they head back home.

"I belong to some active local volunteer groups at Forster Keys including Dads Army/Navy, Water Watch and Clean Up Australia Day. These groups really care about the environmental health of our waterways and we want people to be aware and look after our slice of Paradise."

Left: A large turtle trapped in an abandoned crab pot at Forster Keys. Photo supplied.

# What's On

## club forster

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**ULTIMATE GIRLS NIGHT OUT?**

**FRIDAY 29 AUGUST 2025**

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# Glaica House

## Flora Parade Tuncurry

Are you considering a cozy and convenient living option that provides comfort and care? We invite you to explore the newly completed private wing at Glaica House, located at Flora Parade in Tuncurry.

Our exclusive private wing features 15 exquisitely appointed, air-conditioned rooms, each spanning approximately 28 square meters and equipped with a stylish ensuite bathroom. Designed with your comfort in mind, every room is furnished with modern decor and a flat-screen TV for your entertainment.

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**Don't miss the opportunity to discover this exceptional living arrangement tailored for comfort and care. To arrange a personal tour, please contact the friendly Glaica Team today at**  
**02 6554 5521**  
**Glaica House — where comfort meets community care, making your living experience a joyful one.**

## ACTION REQUIRED

**MINISTER HOENIG HAS NOW GIVEN THE GUNDAGAI TUMBARUMBA COUNCIL THE GREEN LIGHT TO DEMERGE**  
(ABC News 17 July 2025)

**YOU, OUR THREE LIBERTARIAN COUNCILLORS, WERE ELECTED ON THE BASIS OF GETTING A DEMERGER HERE**

**WHAT ARE YOU NOW DOING TO ACHIEVE THAT?**

**IT'S TIME FOR ACTION**

*Authorised by John King, 2 Kula Close Boomerang Beach.*

Tanya's Community Update

I'm on the road again this August and September for the second leg of my 2025 Community Catchup Tour, and I can't wait to reconnect with more towns across our beautiful Myall Lakes electorate.



Earlier this year in April, I visited a range of communities to hear directly from locals about the issues that matter most to them. Now, I'm heading to even more suburbs, some I haven't toured previously, to make sure more constituents have the chance to be heard.

I'll be meeting face to face with residents, businesses and community groups. These catchups are a chance to raise concerns, share ideas, and discuss opportunities to strengthen our region, no appointment needed.

For me, there's no substitute for getting out and talking directly with the people I'm here to represent. This tour helps me better understand each community's unique needs, so I can advocate more effectively for you in Parliament.

If you can't attend one of the scheduled visits, please don't hesitate to contact my office. I'm always here to help.

02 6555 4099  
or myalllakes@parliament.nsw.gov.au

I look forward to seeing you on the road!

Tanya Thompson MP

Manning - Great Lakes Police District Update

Dear Readers,

This fortnight I will focus on examples of great police work regarding arrests of offenders committing serious crimes; positive youth and Aboriginal engagement – and some recruiting!

• A man has been charged with alleged sexual assault, firearm and drug-related offences during a search warrant northwest of Taree on Thursday 24 July. Officers from Manning Great Lakes Police District commenced investigations following a report a 44-year-old woman was allegedly sexually assaulted in Coolacuripa – about 82km northwest of Taree. Following ongoing investigations, about 6.30am on Thursday 24 July, with the assistance of the Tactical Operations Unit, Tactical Operations Regional Support, Police Negotiators, Dog Unit, and Police Rescue, executed a search warrant at a home on Enfield Range Road. During the search, police allegedly located and seized a .32 five shot revolver, additional .32 rounds, .22 rounds, a 12-gauge shotgun shells, cannabis leaf, a butterfly knife, sling shot, and homemade nunchaku. A 55-year-old man was arrested at the home and taken to Taree Police Station, where he was charged with twelve offences, including stalk/intimidate intend fear physical etc harm (personal), two counts of aggravated sex assault-victim with cognitive impairment, possess unauthorised pistol, not keep firearm safe, three counts of possess prohibited weapon, and possess and supply (deemed) prohibited drug. The man was refused bail.

• A 24 year old man was bail refused after leading police on a pursuit from Forster to Coolongolook. About 7am Sunday 27 July, a Mitsubishi Pajero was observed on Head Street Forster, and police attempted to stop the vehicle for a traffic offence. The driver failed to stop and a pursuit was initiated. The vehicle was pursued on the Lakes Way towards Taree, then south on the Pacific Highway. Road spikes were deployed near Coolongolook and the driver was arrested. Subsequent enquiries revealed the driver, had moments before the pursuit, allegedly failed to pay for fuel at a petrol station on Head Street Forster. Additionally, the vehicle was unregistered, and the driver only had a Learners Permit. A search of the vehicle found a number of machetes and knives. The driver was charged with Dishonestly obtain property by deception, Police Pursuit - not stop - drive dangerously, Learner not accompanied by driver and custody of a knife.

• Manning Great Lakes Police District in partnership with the South Sydney Rabbitohs Rugby League Football Club have continued with the successful Bush to Posts program in 2025, this program is designed to support Aboriginal youth in the Taree and Purfleet communities. On Saturday 26 July, NSW Police attached to Manning Great Lakes Police District, staff from the Taree PCYC and Biripi Aboriginal



Above: Manning Great Lakes Police District and South Sydney Rabbitohs continue their successful Bush to Posts program in 2025.

Corporation Medical Centre took 11 Aboriginal youth from the Taree and Purfleet communities to the NRL game between the South Sydney Rabbitohs and Cronulla Sharks at Polytec Stadium at Gosford. The Bush to Posts program was developed in consultation with the Biripi Aboriginal Corporation Medical Centre, Taree PCYC, and the various high schools in the area to support Aboriginal youth in making the right choices in life. The program around rugby league is a perfect fit because Aboriginal children in Taree and Purfleet communities live and breathe rugby league and idolise, Latrell Mitchell, Shaquai Mitchell and Cody Walker. This program was designed to make a real difference in children's lives by teaching them to make better choices by attending school to help them reach their goals whether it by moving in apprenticeships, going to university, completing a TAFE course or by obtaining a job in the workforce. The Bush to Posts program also encourages more interaction between the youth and their Elders who have been assisting NSW Police to reinforce these positive changes for the youth in their communities. The program is in its second year in Taree, and it has been an enormous success, the feedback has been phenomenal, and the youth involved in the program have continued to exhibit good behaviour and school attendance which is certainly a win for them and the community.

• On Thursday 31/07, police attached to Manning Great Lakes Police District (including Bike trained operatives), Traffic and Highway Patrol Command and the Rescue and Bomb Disposal Unit, attended CareerQuip at Taree TAFE, looking for our next generation of Police Officers! With 200 job pathways the NSW Police Force has so much to offer - with an attractive starting salary and paid training! It was great to meet so many fantastic young people who are keen to embark on a challenging and exciting career path.

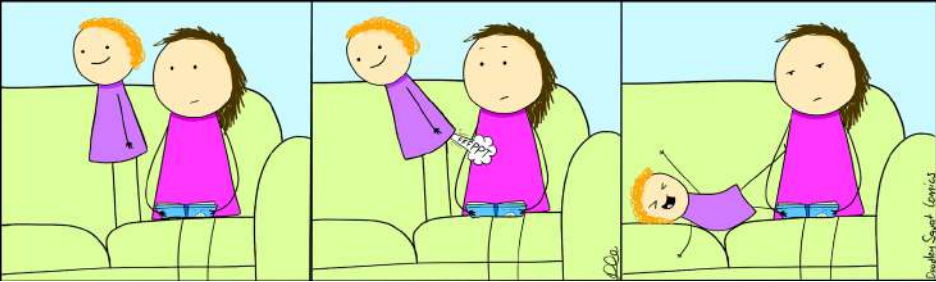
Finally, please remember to be kind to each other and don't forget to say "G'day!" to your local police!

Chief Inspector Timothy Bayly - OIC Forster Police Station

The Grin Bin

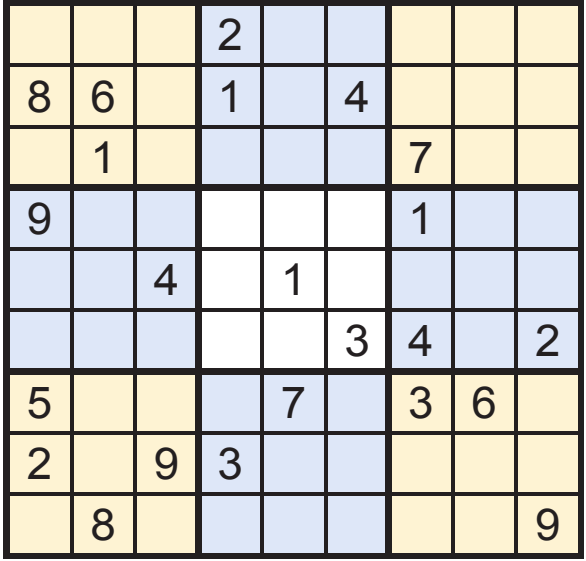


Doodley Squat



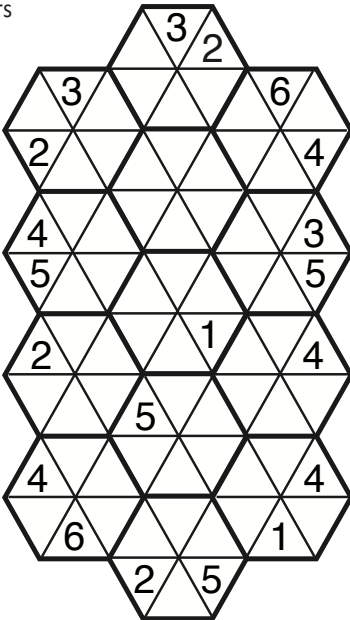
Sudoku

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

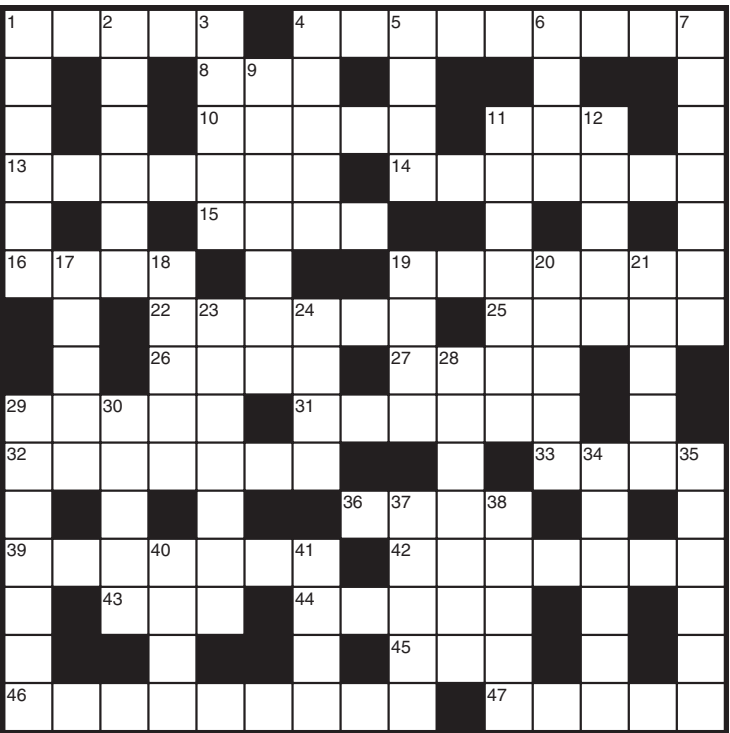


Quick Workout

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



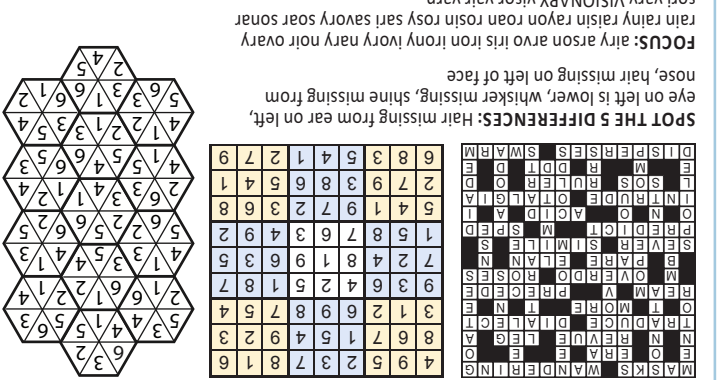
Crossword



- ACROSS
- 1 Disguises
  - 4 Roaming
  - 8 Period of time
  - 10 Stage show
  - 11 Limb
  - 13 Slander
  - 14 Regional speech
  - 15 Additional
  - 16 Quantity of paper
  - 19 Go before
  - 22 Carry too far
  - 25 Flowers
  - 26 Trim
  - 27 Dash
  - 29 Cut off
  - 31 Expressed comparison
  - 32 Foretell
  - 33 Hurried
  - 36 Sour
  - 39 Enter uninvited
- 42 Earache
- 43 Distress signal
- 44 Sovereign
- 45 Banned insecticide
- (init)
- 46 Scatters
- 47 Body of honey bees
- DOWN
- 1 Wise counsellor
  - 2 Musical composition
  - 3 Liquid part of blood
  - 4 Falter
  - 5 Require
  - 6 Stagger
  - 7 Beards trimmed to tufts
  - 9 Regain health
  - 11 Of the side
  - 12 Units of inheritance
  - 17 Live coal
- 18 Yielded to listless apathy
- 19 Verse form
- 20 Ice-cream holders
- 21 Thick
- 23 Sundry
- 24 Repose
- 28 Restricted
- 29 Pampered
- 30 Outlets
- 34 Eastern temple
- 35 Crown
- 37 Common ailments
- 38 Game of skill
- 40 Lively frolic
- 41 Does wrong

Solutions

Puzzles and pagination supplied by Auspacc Media



# Tanya THOMPSON MP

Member for Myall Lakes

## COMMUNITY CATCH UP TOUR

*I'll be visiting YOUR TOWN SOON*

I'm hitting the road during August & September to meet face to face with constituents, listening to your concerns.

*Your voice matters*

I look forward to meeting you, no appointment required.

| DATE                 | TIME                    | LOCATION                                   |
|----------------------|-------------------------|--------------------------------------------|
| Thursday 14th August | 9:30am                  | FAILFORD   The White House Nook & Cafe     |
|                      | 11:00am                 | OLD BAR   Club Old Bar                     |
| Thursday 21st August | 10:10am                 | COOMBA PARK   Coomba Aquatic Club          |
|                      | 11:40am                 | PACIFIC PALMS   The Recky                  |
| Monday 25th August   | 10:00am                 | SEAL ROCKS   Number One Beach Reserve      |
| Friday 29th August   | 10:00am                 | WALLABI POINT   Wallabi Point Coastal Cafe |
|                      | 12:30pm                 | SMITHS LAKE   Frothy Coffee Boatshed       |
|                      | 2:00pm                  | GREEN POINT   Green Point Community Centre |
|                      | Monday 1st September    | 10:00am                                    |
|                      | 11:15am                 | KRAMBACH   Krambach Pub                    |
|                      | Wednesday 3rd September | 9:30am                                     |
|                      | 11:00am                 | FORSTER KEYS   Shopping Village            |
|                      | Thursday 4th September  | 10:30am                                    |
|                      | 11:45am                 | BULAHDELAH   RTC & Library                 |
|                      | 2:30pm                  | WOOTTON   Community Hall                   |
| Friday 5th September | 10:00am                 | BUNYAH   Bunyah Hall                       |
|                      | 11:45am                 | BURRELL CREEK   Burrell Creek Hall         |

1-9 Manning Street, Tuncurry

02 6555 4099

myalllakes@parliament.nsw.gov.au

tanyathompson.com.au

TanyaThompsonForMyallLakes

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



Local Calendar

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

August



Above: Our Winter Exhibition has a featured artist wall of Bettina Digby's wonderful work.

**Sat & Sun thru August - Winter Exhibition**  
10am - 4pm and when flags are flying at Forster Gallery, 34 Lake St Forster. (closes 14 Sept)

**Sun 10 August - Forster Town Market**  
8am to 1pm, Town Park, Oyster Pde Forster. Search Forster Town Park Market on Facebook.

**Sat 16 August - Forster Farmers Market**  
8am to 12pm Forster Info Centre, Little St. Enquiries: Linda 0421 347 273

**Sat 23 August - Tuncurry Market** 8am to 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

**Sun 31 August - Pacific Palms Market**  
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.

*Devonshire Tea & Crafts*  
16th August  
Forster Civic Centre  
Lake Street Forster  
9:30 - 12pm

UNITED WOMEN'S SHARPshoot N.S.W.

Forster Gallery and Great Lakes Art Society proudly presents our

**Winter Exhibition**  
30 July - 14 September 2025

FORSTER GALLERY - 34 Lake St, Forster  
Open Saturday and Sunday, 10am - 2pm and when the flags are flying  
www.forstergallery.org

What's on around town & beyond!

Big Book Arvo this weekend

Booklovers are eagerly anticipating this weekend's Big Book Arvo at 2pm on Saturday 9 August. Everything is ready to go for another great afternoon's discussion of the three fabulous books chosen for this year's event:

**Yellowface** by R F. Kuang  
**Orbital** by Samantha Harvey.  
**There Are Rivers in the Sky** by Elif Shafak.

Another wonderful group of volunteers have come forward this year to be panellists for the event. They are;

**Dael Allison** -who writes poetry, fiction and essays and happily indulges in the pedantry of editing. She was awarded her PhD in creative writing last December

**Elena Filipczyk** - is an autistic German-Australian writer, activist and PhD candidate. Her writing has been published by the ABC, Sydney Morning Herald, Canberra Times, and others. She is completing a PhD thesis in cultural studies at Monash University and writing a memoir about autism and grief.

**Lisa Mumford** - is an educator and artist with a background in performance making. Formerly the Education Manager at Sydney Theatre Company, Lisa recently relocated to the Mid North Coast, where she now pursues her passion for the arts as an English and Drama teacher.

**Susan Glenn-Hume** - and husband David were grey nomads looking for somewhere to retire to when they discovered the Mid North Coast. It ticked all their boxes. She started the Diamond Beach Book Club which has been going for 4 years and has 7 very committed members.

**Wayne Gooley** - is a physiotherapist who has worked in Sydney and London and now retired, enjoys an active lifestyle swimming, cycling, golfing and reading.



**Julie Lyford OAM** - migrated to Australia in 1975 as an 18 year old 10 pound Pom. She was formerly a Registered Nurse, Local Government Councillor/Mayor, Chair Groundswell Gloucester, The Sunrise Project Board Director and Greens Federal candidate, and is now Chair of WELA (Women's Environmental Leadership Australia), a Green Institute Board Director and Social Impacts Alliance NSW member.

**Phil Grisold** - a retired physiotherapist who now loves travelling and is a member of the Forster Fellas Book Club.

**Helen Kemp** - studied agriculture at Tocal college near Maitland, but realised this wasn't quite the rural idyll she had imagined. She then went on to study Environmental Science at Newcastle University. She has since been fortunate enough to work predominantly in the community-support side of environmental

management and is currently very happy in the role of Local Landcare Coordinator

**Matt Hanlon** - is a High school science teacher in Biology at Taree who mainly reads non-fiction. He is a part time musician playing bass for a local band on the Mid North Coast.

We hope you might join us either again, or for a first time this year. Even if you have not read any of the books, it is a great to hear the different views that the panellists and the audience hold on these books. You are likely to be inspired to read the books after the event.

It is sure to again be a great literary afternoon in the pleasant environment of Club Forster. Tickets (\$20) are available at the Sitting Wombat in Wharf Street or on the day at Club Forster. We hope to see you there.

Bringing Drama, Choir and Carpentry!

Jonker and Michaela Burger (pictured right) moved to Pacific Palms in 2024 after returning home from Europe (previously living in Melbourne). Jonker is originally from South Africa and Michaela grew up in the middle of the Australian desert, Coober Pedy.

Meeting in London they both realised that they had similar values and were drawn to the ocean, a slow paced life and strong community. They'd visited Pacific Palms since 2005 and felt drawn to the lifestyle. In 2016 they decided to move to the area. Who knew that it would take another nine years before the circumstances would fall into place? They are over the moon with their new home and are thankful each day for the great community that they are becoming a part of.

Both Burgers work for themselves and gladly offer their services to the community. Jonker has worked as a handyman, carpenter, cabinet and bespoke furniture maker and has won



a Melbourne furniture award for one of his pieces. Michaela is a critically acclaimed, award winning performer, writer, singer, actress and producer and has been fortunate enough to tour the world with her work.

Jonker offers any type of handyman work and Michaela offers everything performing arts based i.e. kids drama and choir classes, adults voice classes, private singing lessons, private vocal coaching, public speaking, corporate training, Free Your Natural Voice workshops, singing for gigs/weddings/functions/birthdays/ special occasions, school workshops and many more.

They'd love to connect and see how they can support you or your business. To speak to Jonker email hello@jonkerburger.com or call 0487 325 816 and to contact Michaela email info@michaelaburger.com or call 0405 693 979. [Currently running Kids Drama 3:30pm and 4:35pm Kids Choir every Friday upstairs @SIPS Boomerang, 4 Red Gum Rd Pacific Palms.]

(See Michaela's advertisement below and page 17 for Jonker's advertisement in Trades & Services).

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Above: Brendan Robert, Head Chef Kaine Wood and Ryan "Bootie" McChesney.

**By Ashleigh Lambert - Pacific Palms Bowling Club**

This year, we took part in the 2025 Perfect Plate Competition, proudly run by Clubs NSW. With three categories to choose from—Pizza, Main Meal, and Dessert—we decided to take on the challenge and enter the Main Meal category.

Our entry? A delicious Thai-Infused Sesame Crusted Salmon served with Asian greens, rice, and our special house-made Asian sauce.

Over the six-week competition, our team poured their heart and soul into every single plate, ensuring that each dish met the highest standards—flavour, presentation, and consistency.

As this was our very first time entering the competition, we weren't expecting to walk away with a trophy. So, to place 3rd in our debut year is an exceptional achievement and a

proud moment for our entire club.

This result is a true reflection of how far our food operations have come in the past 18 months. It's a credit to our Head Chef, Kaine Wood, and the entire Bistro team—culinary legends who continue to raise the bar and serve up quality meals for our community.

The Board and Management are incredibly proud of this result and even prouder of the hardworking, passionate team behind it. Kaine and the crew go above and beyond every day, and this recognition is so well deserved.

Well done, team—what a plate, and what a result!

(See our 3rd Perfect Plate Award Winning Dish below: Thai-Infused Sesame Crusted Salmon served with Asian greens, rice, and our special house-made Asian sauce.)

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

### ‘Genocide Concern Rating Scale’ Launched

theshovel.com.au

**POLITICAL SATIRE:**  
A new rating scale, launched this week, will allow Western governments to more clearly express which meaningless platitude they are using about the situation in Gaza today.

Advocates say the new system will help reduce confusion about exactly what empty statement is being expressed, while Governments continue to do nothing. “I had a situation last week where I thought my government was Profoundly Troubled by the slaughter of civilians in Gaza, but it turns out they were only Deeply Dismayed. This new system will make things a lot clearer and avoid any confusion,” Australian Jess Koh said.

American Thomas Dalian said it was important to know just how disappointed his Government was in the missile attacks they are funding.

#### GENOCIDE CONCERN RATING

TODAY YOUR GOVERNMENT IS:



“When the US helps fund the destruction of a village, it helps to know if they are Gravely Concerned or just Severely Displeased about the impact of that destruction. This is a great tool”.



www.moir.com.au

## Weekend of wild weather



Above: Tree fallen on a house at Pacific Palms on Saturday night 2 August. Luckily no one was injured. Photo supplied.

Last weekend’s wild weather kept SES and Essential Energy crews busy clearing fallen trees and restoring power across the Mid North Coast and New England. At 9am on Monday 4

August, 2,800 homes and businesses were still without power at Smiths Lake, Pacific Palms, Coomba Park and surrounds.

## Christmas in July - Forster Shores Combined Probus



Above: Photo from Christmas in July for the Forster Shores Probus Club by Bob Smith.

### By Gail Henley - Forster Shores Combined Probus Club

What is better than celebrating Christmas? Celebrating it twice each year of course!

The Forster Shores Probus Club (FSPC), like many other community groups, celebrated it in style with a special lunch at Forster Golf Club.

We had the lot! Christmas lunch, celebratory drinks, music and Christmas movie trivia.

Special thanks to Sue Elliott for her organisation. It is less than six months before we can do it all again. This group certainly knows how to enjoy themselves.

Forster Shores Combined Probus meet on the Tuesday of the month, 2pm at Sporties Club, Tuncurry. To attend contact Col Jay on 0448 918 645 and Linda Lovell 0447 473 510.

## Screen Reviews

TV Show Review by Leon Batman - Tuncurry



### Code of a Killer: TV Mini Series Police Drama 2015 Netflix

Although a few years old this excellent miniseries covers the discovery of DNA fingerprinting and the first use of this (then) new technology to catch a double murderer on a case being worked by Detective David Baker. Professor Alec Jeffrey’s new technology is used to catch the murder but in the process nearly costs the Professor not only his health but also his marriage. For his work on discovering the DNA technology the Professor is knighted. A very interesting series to watch on how DNA testing came about.

### Ballard: TV Police Series 2025 Prime

Now that the long running Police Drama has finished, a number of spin off series have arrived to watch. One excellent spin off is Ballard, an LAPD detective series based around Detective Renee Ballard who in charge of the underfunded Cold Case division. The storyline’s inter weave between cold cases and police corruption and throughout retired Detective Bosch makes a number of appearances. This is extremely interesting to watch especially when trying to work out who the corrupt police are. Watch for the final sting.



### North of North: Comedy Series 2025 Netflix 8 Episodes

A rather quirky comedy about Siaja a young Inuk woman living in the Canadian Arctic. Siaja is married to the local town hero and feels suffocated in her life where she plays second fiddle to her husband. Siaja wants to make something of her life away from her husband and so the story starts. For a laugh and a look at the way people live in the remote Arctic towns the show is well worth watching, but it is quirky.

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FDPC June Results 2025

By Keith Pascoe – Forster Digital Photographic Club

For the month of June the Forster Digital Photographic Club (FDPC) had two Set Subjects. The first one was “Bridges” that attracted 62 images and the second one was “Travel” that saw 58 entries. Overall a very good response with some beautiful images in both subjects.

Results for Bridges

**Merits:** Sunrise Surprise by Marguerite Lamb (also Judges Choice), No Longer Safe by Lesley Walter, Crossing Over Melbourne by Helen Walker, **Credits:** Bridge across Lagoon by Lesley Walter, Way Home on



Above: How deep is it by Cozette Leonard.



deep is it by Cozette Leonard, Sabah Markets by Wanda Amos, Lord Howe Mountains by John Hulme, Learning the Ropes by Keith Pascoe.

**Credits:** Street Eats Hoi An by Lesley Walter, Venice by Cozette Leonard, Late Night at the Colosseum by Helen Walker, Fun at the Rock by Robyn Pascoe, Mekong Markets by Dale Rabbett, Singapore Waterfront by Keith Pascoe.

Above: No Longer Safe by Lesley Walter.

Brisbane Bridges by Grahame Wilson, Anzac Bridge by Marguerite Lamb, Cant Remember by Keith Webster.

Results for Travel

**Merits:** Evening with a Gypsy by Anna McKendry (also Judges), Lantern Festival Hoi An by Lesley Walter, How



Right: Lantern Festival Hoi An by Lesley Walter.

Annual Kew Curry Cup

By David Blanchard – Forster Men’s Vet Golf

On the 21st July the Kew Golf Club Vets were welcomed to our Tuncurry course to finalise the Annual Kew Curry Cup (Kew vs Tuncurry).

105 players teed off in great weather at last and upon completion of 18 holes were treated to a magnificent BBQ lunch prepared by our wonderful volunteer ladies, followed by a monster raffle and prize giving.

The game resulted in Kew retaining the trophy this year with a score of 660 to our score of 641 over 2 rounds. Kew was represented by Craig Keen who heaped praise on our Committee for putting on such a great day and confirmed our relationship over the years.

The day was once again sponsored by Evermore Solaris Retirement Living and we thank Chris



Above: (L-R) Tony George, Chris Garroway and Craig Keen.

Garroway for their continued support. For membership enquiries to our great club contact Forster Golf Club directly.

Ladies Major Singles Champs

By Alan Hughes – Forster Bowling Club

The final of the Forster Ladies Major Singles was between Sarah Boddington and Claire Kelly. Both ladies had won this championship before and many spectators turned up to see this battle.

The final started off with Sarah on the fifth end leading seven to nil. The tide then turned when Claire took the lead on the twelfth end with fourteen to seven. On the fifteenth end it was fourteen all. By the seventeenth end Sarah took the lead again with twenty-three to twenty. Claire could not catch up with Sarah and the final score was twenty-five to twenty.

Right: (L-R) Yvonne Hughes and Sarah Boddington. Photo supplied.



Local Identity – Emma Tucker

Interview by Vanda Gooley - Forster

**37-year-old Emma Kate Elizabeth Tucker has undergone a complete life transformation in the past few years. She’s gone from burnout and being 80kg overweight to becoming an Ironman triathlete and known through her social media presence @emz2ironman as someone who helps others believe they can do hard things too and it’s never too late to start something new or change your life. Emma is driven by growth, grit, and showing others what’s possible especially when you refuse to settle.**

Emma grew up in a country town, Kurrajong, and had a very fun childhood. She spent a lot of time outdoors, swimming in the local river and hanging out with friends.

Emma attended school in the Hawkesbury region. She met her now husband in high school at Hawkesbury High. They were really good friends, sharing similar values and interests. Emma then moved into the corporate world at a young age. She’s completed several professional development programs across leadership; Lean Six Sigma, and operational excellence including completing an MBA (Master of Business Administration) at the Australian Institute of Business. Most of Emma’s education has come from nearly two decades of leadership experience in high-pressure environments.

“Where I grew up feels very similar to Krumbach”, which is where Emma and her husband have lived for the past three years. She said that is what drew her husband and her to this part of the world.

most incredible things. Emma spent almost 20 years at Westpac, rising through the ranks into senior leadership across customer experience, outsourcing, and transformation. She has led national teams, driven multimillion-dollar change, and now works across industries helping businesses lead with purpose and precision.

Emma has had many times in her life that have been full of adventure. As a teenager, she had great times camping with friends in the summer, “I feel really lucky to have been able to grow up in such a beautiful part of the world.” However, she said right now, “I am currently in the most exciting part of my life.” Emma experienced a major wakeup call from a health scare which resulted in a life changing journey. Emma thought she was having a heart attack while working at home. She then found out she had a fatty liver and was prediabetic. Emma had help losing weight through bariatric surgery. She had gastric sleeve surgery and through that process became very disciplined with eating better and exercising.

Emma lost 80kgs and discovered something that “absolutely lights me up”, in triathlon. She loves endurance sports and is putting everything into her buildup for the Ironman World Championships in Kona this October. The distances for the Ironman are not for the faint hearted with a 3.8k swim, 180k cycle and 42.2k run.

Emma is married to Daniel Tucker, who has served full-time in the Australian Defence Force since 2006 and has been deployed on multiple operations. They have two fur babies. Although they call Krumbach their home, they commute back and forth to Sydney for work.

Triathlon and cycling are Emma’s absolute passions. “I also love storytelling and helping people step into the best version of themselves. I share my story and my road to Ironman publicly on Instagram. I love fast cars (I have a Mustang), long rides, ocean swims, and good espresso.”

Emma competed in the Ironman Australia in Port Macquarie in May. After completing the race she received the unexpected surprise of qualifying for the Ironman World Championships in Kona. Emma said, training for an Ironman feels like a daily expedition in itself. She considers her greatest achievement is taking control of her health and mindset—and proving to herself and others that it’s never too late to completely change your life. “Kona is a symbol of that, but the real win was showing up for myself every day when no one was watching.”

Emma’s career has presented her with so many amazing opportunities, such as working in India, meeting people from completely different walks of life, immersing herself in the culture and experiencing some of the

Emma’s training schedule leading up to Kona is pretty gruelling. “I train 6 days a week generally with two sessions a day. Over a week my training is generally somewhere between 12 to 16 hours which I fit around work. I get up at 4am and then train again after work most



Above: Emma Tucker has undergone a complete life transformation in the past few years. Photos supplied.

days. This generally consists of 3 runs, 3 rides, 3 swims and 2 gym sessions.”

Emma’s journey has had lots of challenges along the way, including burnout, obesity, self-doubt, and navigating personal reinvention. Transitioning out of a long corporate career to pursue a more meaningful life path has also come with a lot of uncertainty but she wouldn’t trade it. Emma has changed industries recently, going from banking to manufacturing, changing her city office for factory life. Emma was made redundant from her previous role after 18 years, giving her the opportunity to explore new things that looked exciting. “I now lead a team of service specialists in Roll Form Steel Manufacturing. This is a fairly new role, but I am absolutely loving the change in pace and the friendly and warm culture of this building industry.”

Emma mentors others navigating weight loss or athletic goals. She speaks publicly about transformation and resilience, “I am an ambassador for NSW Triathlon.”

Emma’s motto is “Be the proof that it’s possible.”

She also often reminds herself: “You can do hard things”—especially on the tough training days or when doubt creeps in.

Emma and her former boss and good friend, Carly, cohead a podcast together now called the Reinvention Project “We are your midlife mentors, helping you find your favourite version

of you because it’s never too late to start something new or completely change your life. We talk all things mindset, fitness, weight loss, starting over, juggling health, happiness, careers, families... you name it, we’ve got a story to tell.”

**Carly Clifton – colleague and friend said the following of Emma...**

“I’ve had the privilege of knowing Emma for over 12 years—first as a colleague, and now as a close friend. What she’s achieved is nothing short of extraordinary. She hasn’t just lost 80 kilograms—she’s completely rewritten the story of her life. From someone who once doubted her own strength, she has become an Ironman-in-training, showing us all what’s possible when courage meets commitment.

Watching Emma transform has been deeply moving. Every step of her journey has been powered by grit, intelligence, and an unshakable belief that life can be more. As the weight came off, her spirit seemed to expand. Her determination grew fiercer, her energy brighter, and her mindset sharper. She didn’t just change her body—she awakened something powerful within herself.

What makes Emma truly special, though, is that she brings others along with her. She’s shared her journey with such honesty, humour, and generosity—making people feel seen, inspired, and capable of their own change. Her story isn’t just inspiring—it’s soul-stirring.

I am endlessly proud of her. And as she lines up in Kona, Hawaii for the Ironman, I hope she feels the full sense of what she’s accomplished—not just for herself, but for everyone who has ever dared to believe that a new beginning is possible.”



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# Great Lakes Cheerleading conquers the USA



Above: Team Jaws were Grand Champions (Level 1) at the "Nfinity The Finals Orlando 2025" cheerleading competition. Photos supplied.

## Great Lakes Cheerleading

Imagine pouring your heart and soul into something for an entire year, dreaming big, working tirelessly, and then – boom! – you're standing on a world stage, surrounded by thousands, ready to make history. That's exactly what 13 incredible athletes from Great Lakes Cheerleading did this April/May, trading our beautiful Forster for the dazzling lights of Orlando, Florida.



Above: (L-R) Head Coach Australia Broke Bowne, Zero Hitchcock and Great Lakes & Team Australia Coach Shayla Sanders.

For a full year, our athletes were on a mission. Their journey kicked off with an epic choreography weekend at The Great Aussie Bush Camp, where world-class choreographers and tumbling coaches helped craft routines that felt like magic. From then on, it was weekly tumbling classes and rigorous training sessions.

Landing in the USA, the energy was palpable! Our Great Lakes Cheerleading embraced daily training sessions and showcases, fine-tuning every stunt, jump, and tumbling pass.

When it was time to hit the mat, we unleashed two powerhouses: our Electric Eels and Jaws teams.

Our Electric Eels dove into the highly coveted Youth Summit, an invite-only event where only the best get to compete.

Imagine being one of just two Australian youth teams facing over 70 formidable contenders! But our Electric Eels, fuelled by their incredible resilience and a year of hard work, didn't just compete – they soared. They powered through to an astonishing top 20 finish, delivering two phenomenal zero deduction routines. And if that wasn't enough, they then electrifyingly snagged 3rd place at the Nfinity Finals! Absolutely outstanding!

Not to be outdone, our Jaws team made a colossal splash at the Nfinity Finals. They didn't just win; they dominated, securing an astounding 1st place and clinching the coveted title of Grand Champion of Level 1! Their routines earned the second-highest scores of the

entire competition, a thunderous testament to how their unwavering commitment and relentless hard work translated into unparalleled success.

Right: Team Electric Eels were in the Youth Summit finals and third at the Nfinity Finals.

## World Champions among us: Great Lakes Athletes represent Team Australia!

The pride of Great Lakes Cheerleading swelled even further as two of our very own athletes, and one incredible coach, stood tall representing Team Australia at the prestigious International Cheer Union (ICU) World Championships, also held in Orlando Florida in April this year.

Zakaryah Penfold electrified the stage with her incredible talent on the All Abilities Hip Hop and Cheerleading team, dancing her way to a phenomenal first place for her hip hop routines. Talk about bringing home the gold!

Zero Hitchcock proudly represented Australia on the Youth Coed team, expertly guided by Great Lakes Cheerleading's very own phenomenal coach, Shayla Sanders.

Both Zakaryah and Zero returned home as World Champions, marking a monumental first time representing Australia on the ICU World stage. This incredible feat is a testament to their individual commitment, hard work, and the foundation of respect for their sport that shines brightly from Great Lakes Cheerleading.

And speaking of shining, this was Coach Shayla Sanders' third time being selected to coach Team Australia! It's a huge honour and a testament to her consistent excellence and unwavering commitment to the sport. In just three years, she's brought home an impressive haul of two gold medals and two silver medals. Her selection process is incredibly tough, with only 10 coaches chosen from across the entire county. Truly inspiring!



Above: Zakaryah Penfold won gold for her hip hop routines at the ICU World Championships.

Reflecting on this extraordinary experience, Coach Shayla shared, "It's such an honour to get to represent Australia doing what I love. This year was very special getting to share the experience with Great Lakes Cheerleading."



# Today TV Show visits Hallidays

By Annie Evans – Forster Surf Club

It might still be the coldest month of the year at Hallidays Point but that did not stop locals and visitors from hitting the water and the beach when television Channel 9 Today Show came calling on 16 July 2025.

An early 6am live broadcast from the BIG4 Happy Hallidays Holiday Park revealed that many visitors still took to the park pool via the water slide. These hardy parents and children then walked to join the large gathering of more than 100 people of all ages at the local Black Head Surf Club for a further 8.30am live broadcast.

In opening his 8.30am broadcast, Tim Davies, the Weekend Today Weather Presenter and Nine News Reporter, referred to the local communities of Hallidays Point and Black head as 'hidden jewels' on the Mid North Coast.

Black Head Surf Club, now one of the six SLS Lower North Coast Branch clubs, is a renowned surf sports powerhouse. Having established a rich history of competitive excellence, the club has produced numerous state and national champions across various disciplines of surf sports. The most recent national success was at the 2025 'Aussies' (Australian Surf Life Saving Championships, held on the Gold Coast from 29 March - 6 April) during which the club's Under 15 Female Cameron team of Amaya Cross, Bronte Kippax, twins Ashleigh and Ella Pegrum took the gold medal.

The Black Head Surf Life Saving (SLS) Club has ensured beach safety for 100 years. Under



Above: National Champions Ella Pegrum & Ashleigh Pegrum, Channell 9's Tim Davies and Black Head SLSC President Terry Aldridge. Photo by Annie Evans.

the leadership of current club president, Terry Aldridge, Centenary Celebrations have been planned for later this year.

Festivities commence on Friday 17 October 2025 with an invited Honoured Members Luncheon, followed by the Official Centenary Celebrations on Saturday 18 October 2025, and finishing with a Memorabilia Display, Rescue Display, and Sealing of a Time Capsule on Sunday 19 October 2025.

The club's strong community spirit, state-of-the-art facilities, and emphasis on youth development ensure a steady pipeline of talent. Black Head continues to be a pivotal force in shaping the future of surf sports and beach safety within the region.

# Life is fuller as a Pearler

By Kathy Miceli - Great Lakes Pearl Dragons

Joining the Great Lakes Pearl Dragons had been in my thoughts since retiring and seeing the paddlers on our beautiful aqua Breckenridge Channel. Having a long held love for our pristine waterways, health and fitness, it sounded perfect. I just needed to take the leap.

The nudge came last November from a long time family friend via a text that he was coming to Forster to paddle in his first regatta with the Newcastle's Dragon Hunters held by the 'Pearlers'. The vibe was friendly and exciting as the dragon boats raced down the Forster Keys channel with drummers urging the paddlers on.

That was it, now or never. Information was gained from our effervescent Captain Janis and the journey began. "The dragon boat pass" allows people to try free for four weeks before deciding to join the team.

I can honestly admit to feeling nervous meeting new people and learning a new skill. I need not have as I was welcomed by every Pearler by name, with genuine warmth and smiles, with all ages and abilities from 14 to 92!

There was much to learn from safety and techniques to paddler language, all taught by our very experienced coaches and swimmers. I became a member in January, starting with Saturday morning Active Recreation, progressing to Monday evenings and recently early mornings as fitness, strength and endurance have improved. Apparently, I now have "the bug" as I look forward to my first regatta.

Suffice to say, I have found my people - along with the privilege of witnessing stunning sunrises, sunsets, rainbows, full moons and the locals getting up close and personal. (Like the fun night during the mullet run when not one but two fish decided to jump in and try out the dragon boat as well!)

The beautiful added bonus has been the friendships found in the wider Dragon Boat community with the ability to paddle with clubs far and wide.

Recently, whilst visiting Newcastle I was warmly welcomed by the Dragon Hunters making



new friends, paddling, learning, honing skills and viewing Newcastle's foreshore by foggy mornings and twinkling lights at night.

There were many highlights, such as being invited to join the club celebrating the Dragon Boat blessings by the Newcastle and Hunter Valley Chinese Association. This is the annual cultural celebration of the origin of Dragon Boat racing. Lots of fun was had with food, dragon dancers and a chance for visitors to jump in, tasting the power of the boats racing to the shore.

Inspiration was also found in witnessing the amazing six women Dragon Hunters, selected to represent in the Australian team the Auroras in Germany at the World Dragon Boat Racing Championships, training in their green and gold!

Many of our Pearl Dragon team have also enjoyed the hospitality of clubs whilst travelling. Recently three of our Pearlers were welcomed by both the 1770 and Hervey Bay Dragon Boat clubs in Queensland. Whilst another pair joined friends paddling with the Ryde 'Ryders' Dragon Boat club in Sydney.

# Singles Club Championship

By Warren Warner - Club Forster Social Golf Club

At our recent Annual General Meeting (AGM) our entire office bearers were re-elected. We congratulate them for their excellent past work and re-appointment.

## Singles Club Championships

The first round of our Singles Club Championships were played at the Tuncurry Course on Sunday 27 July. It was cool early, the course was mostly dry and we had an enjoyable day.

### Results

A div: 1st. Ken Woods 72, 2nd. Dave Thompson 73, 3rd. John Burgess 73.

B div: 1st. Tom Welch 66, 2nd. Allan Bowden 70, 3rd Damien Vaughn 71.



Above: Damien Vaughn and Dave Thompson.



Above: (L-R) Jimmy Lovegrove, Paul Nicholson.

Ladies: 1st. Marlene Meyer 68, 2nd. Robyn Poole 73, 3rd. Sharon Evans 73.

Nearest to the pin 2nd shot:

4th hole: Paul Nicholas, Garry Cook, Robyn Rogers.

9th hole: John Burgess, Gary Cook, Robyn Rogers.

14th hole: Dave Thompson, Len King, Robyn Rogers.

16th hole: Ken Woods, Damien Vaughn, Robyn Rogers.

### Next game 10 August

Our next game is on 10th August at Forster for the 2nd round of our Club Championships at 7.30am for a 8am hit off.

For all enquiries contact Ken Woods on 0401 767 25.

# Graham Barclay Tackle World Report

As winter draws to a close, the rain is still hanging around, but we've had some decent breaks in the weather—and some cracking fish caught during those windows. July saw us run a successful fishing competition with some standout entries: the biggest bream measured 41cm, tailor hit 61cm, and the largest snapper went 81cm. A surprise 36cm golden trevally earned a young angler our "random catch of the month," a great sign for the estuary.

Wallis Lake has held up well despite the conditions. Bream and flathead are the standout species, with good reports coming from the bridge area and around the oyster leases. The coffee rock along Wallis Island is holding schools of bream and the occasional flathead. While the upper lake has been slower due to recent rain flushing it out, fishing top of the tide over weed beds and sandflats with hardbodies is still producing results. Blackfish are now about in good numbers—albeit a bit later than usual. Fresh green weed remains

the best bait, but a green weed fly under a float (about 1.5ft of line) is also effective.

The breakwall and local ledges are holding plenty of jewfish, along with the occasional snapper and longtail tuna. Live baits are ideal for jewfish, but dead baits and lures work too,

Author Tristan with a Mac Tuna on a recent trip testing out a new lure from Lumi Predatory Angling—call in and see Tristan about their range!

so it's worth rigging multiple rods with different setups. Longtails are being landed off the rocks on floating live baits and large stickbaits. Bonito are also active and offer a bit of fun while waiting for the bigger bites.

Offshore fishing has been hit-and-miss thanks to patchy weather. However, boats that have made it out are landing nice snapper and trag. Tuna are busting up bait schools from Black Head down to Lattitude Rock. Early morning sessions are best for quality snapper, while daytime fishing still produces decent pan-sized fish. The artificial reef is currently holding some solid jewfish, with live baits dropped near the structure being most effective. Slow-pitched jigs around the reef are also getting results.

All in all, despite the rain and variable conditions, there's still great fishing to be had for those putting in the time and effort. Whether it's chasing bream and flathead off local wharfs with the kids, or heading out for snapper, kingfish, and tuna—or even deep dropping for bar cod and other toothy critters—Barclay Marine/Tackle World Forster has you covered. Your one-stop shop for everything boating and fishing.

Whether it be chasing bream and flathead on the local jetties and around the lake to chasing Snapper, Marlin and other offshore predators, we have something for you at Barclay Marine/Tackle World Forster. Your one stop fishing and boating shop.



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 †html for full details. \*Recommended Drive Away Price (Price) for new MV Triton includes all On Road Costs covering 12 months registration, CTP insurance Cost Estimate, Stamp Duty and an estimated Dealer Delivery charge. Actual price may vary depending on state/territory, individual circumstances, insurer, metallic/pearlless/premium paint and any options/accessories selected. Contact Mitsubishi Motors Dealership to confirm final price. Private Buyers only. T&Cs & exclusions apply to 10 Year Warranty/10 Year Capped price Service. Visit [mitsubishi-motors.com.au](http://mitsubishi-motors.com.au) for full details. While stock lasts.