

MidCoast Council
Updates

Meet Local Legend
Julie May Milne-Hurst



Star Pet
Bonnie
May

The Forster Tuncurry



FREE

Your local independent community newspaper distributed fortnightly to
Hallidays Point, Black Head, Tallwoods Village, Tuncurry, Forster
Pacific Palms, Charlotte Bay, Smiths Lake, Coomba Park, Bungwahl and Seal Rocks.

Wednesday 28th April 2021

Owned and Loved by Locals

Circulation 6000

NO.19

See page 17 on how
the TV Black Spot
Programme started in
the Great Lakes exactly
21 years ago.



See
back
for
three
pages
of
local
sport!



Anzac Day 25th April 2021



A huge number of people came out to support the Dawn Service and Anzac March at the Lone Pine Memorial in Tuncurry last Sunday in beautiful sunny conditions. Many service men and women, veteran associations, community organisations, town and government representatives, and schools, marched along Manning Street to the sound of the Great Lakes Town Band.

Cecil Miller, President of RSL Sub -Branch spoke of "Honouring the daughters and sons of our nation who have protected our freedom and liberties for the last 100 years since Gallipoli. We will never take for granted the sacrifices they have made. We also show continual respect for our service men and women today, some of whom are presently engaged in Afghanistan. Lest we forget."

"Thanks to the community for a marvellous turn out to help us commemorate Anzac Day," said Bob Ferns, secretary of the RSL Sub-Branch. "This morning we welcomed our very first student guest speaker, Luke Meyer, from the Great Lakes Senior College. We would also like to thank Mid Coast Council, the police and the SES for their support today."
Mary Yule

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The Forster Tuncurry

The next deadline is 5pm Wednesday 5th May to be published on Wednesday 12th May.

We welcome your stories and letters.

All submissions: www.theforstertuncurry.com.au

Our commitment is to provide a newspaper that is factual, informative, and full of local stories and community news to share. We are here to promote and support our amazing local volunteers, community groups, sporting groups, schools, events and businesses.

Editor: Mary Yule Phone: 0413 410 492

Email: info@theforstertuncurry.com.au

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The Forster Tuncurry: Proud to be a locally owned family business.

Thank you: To Vanda Gooley and Roberta Pearce for their expertise behind the scenes.

We acknowledge the Worimi People, the traditional custodians of the land, waterways and sky of the Worimi Nation where this newspaper is published. With great respect we acknowledge their Elders, past, present and future.

Advertise with us

"We have gained new exposure through advertising with The Forster Tuncurry newspaper. It has opened up our business to a wider age group", says Kim Fryer, owner of Flashskip Bins.

Advertising enquiries: 0413 410 492 Email: info@theforstertuncurry.com.au



Left: Kim with driver Josh, grandson Benjamin and son Daniel. See Kim's ad on page 14.



The Forster Tuncurry is available from Hallidays Point to Seal Rocks

Rainbow Flat

Access Fuels Service Station

Hallidays Point

Foodworks Hallidays Point
Diamond Beach Takeaway
Tallwoods Country Club

Tuncurry

Tuncurry Resource Centre
Oasis Service Station
Woolworths
TSG Stop n Go
Access Fuels Service Station
Tully's Tuncurry News
Thoughtful Things on Manning
Relections Holiday Park
Big 4 Caravan Park

Forster

Beach Bums Café Main Beach
Tulls News on Wharf St
Forster Information Centre
Little Mart on Little St
Pearl Energy Service Station
Farmers Patch on Lake St
Great Lakes YMCA
Forster Bowling Club
Plunge Café on Boundary St

Tradies Takeaway on Kularoo

Coles Service Station
MidCoast Library
Coles
Woolworths
Stocklands Customer Care
Forster Keys Mini Mart
Lakesway Bakery

Pacific Palms

Blueys Supamart
Kembali Café

Charlotte Bay

Metro Petroleum
Foodworks Charlotte Bay

Smiths Lake

Smiths Lake Friendly Grocer

Coomba Park

Pollards General store

Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store
Reflections Holiday Park

Anzac Day 2021



Top ten tips for winter fire safety



Winter is the most dangerous time for house fires; children and the elderly are most at risk. Here are our top ten tips:

- check and clean your smoke alarms, changing batteries if necessary
- keep keys close to dead bolted doors and windows
- teach children to call 000 and how to "get down low and go, go, go"
- develop and practise a family escape plan
- keep flammable items at least one metre from any heater
- check that chimneys and flues are clear and clean
- place a sturdy fireguard around any open fire
- check electrical cords, double adaptors, extension leads, power boards and chargers for signs of fraying or damage
- clean your lint filter and range hood regularly
- consider placing a small fire extinguisher and fire blanket near the kitchen and learn how to use them.

For further information please visit: www.rfs.nsw.gov.au
Or call the RFS Midcoast District Office on 1300midcoast or 1300 643262.
Or contact Rainbow Flat Community Engagement Officer Robyn King on 65592041 or 04900 13182.

Holy Name poppies for Anzac Day



Holy Name School students and staff preparations for the Anzac Day march last Sunday with the local community. Students involved in our lunch time Art Club prepared poppies and laid them on our own memorial garden. Lest We Forget. Simone Maloney

Manning - Great Lakes Police District



Above: Chief Inspector Tony Moodie

This is my first article in which I hope to be a regular opportunity for me to address some local issues, seek your support in making our great area safe, and provide general discussion on what has been occurring locally.

Given I am relatively new to the Manning Great Lakes Police District, I will use today's article to introduce myself.

I am a Chief Inspector of Police with my office currently situated at Forster Police Station. I transferred here in mid-February this year after spending just under 3 years out west as the Officer in Charge of Wilcannia within the Barrier Police District. I have been an Inspector for just over 12 years having previously been an Inspector at Bega on the Far South Coast and Albury on the NSW/Victorian border.

In the short time here, I have identified a few issues relating to crime in the Forster Sector, such as break-ins, stealing of push bikes and family and domestic violence. In all these areas your local police continue to work hard to investigate, locate and arrest offenders. We have over the past month made some significant arrests in the above areas, and I expect further arrests to be made in relation to push bike theft and break ins.

Family and Domestic Violence is an area where we WILL continue to target offenders, and WILL be knocking on your door if you have a current apprehended violence order. We will be reminding you of your obligations, and checking in with the person requiring protection, to ensure you are complying. You breach your Order, you will go back to Court. If you punch, kick or intimidate your partner, we will investigate, and you will be put before the Court.

Having spent 32 years in the NSW Police, and been stationed at numerous police sectors, I can tell you that crime in the Forster Sector is most definitely not out of control, and part of this is that locally, people care. Your local police, and me personally, are looking to work together with you, including the business community, to keep this area great to work and live in.

Kind regards, Chief Inspector Tony Moodie

Bridge closed last week due to major car accident

On the 22nd of April, emergency services and Officers from Manning Great Lakes Police District attended a late night collision involving multiple vehicles on the bridge at Manning Street, Tuncurry.

One male died at the scene. Two male off duty police officers attempted assistance and suffered smoke inhalation. They were treated at the scene by NSW Ambulance paramedics before being taken to Manning Base Hospital.

The bridge was closed for approximately 10 hours while Officers investigated the circumstances surrounding the crash. Drivers were required to turn back on the Tuncurry side and return to Forster via Buladelah.



Great Lakes Evening View Club High Tea

Great Lakes Evening View Club thoroughly enjoyed a wonderful morning out for High Tea at the Lakes and Ocean Hotel on Wednesday 14 April 2021 with 30 members in attendance. Well done to the hotel management and staff. The food was excellent and beautifully presented. Our members participated in the concept of a High Tea by wearing our best outfits while some of our ladies even wore fascinators and hats!

Covid put a stop to a lot of our usual fund raising functions for the Smith Family, but for now, there are quite a few plans in the pipeline. We have fingers crossed that the rest of this year will be a good one for all.

VIEW stands for the Voice, Interests and Education of Women. This organisation is a great way to meet and make new friends and having fun at the same time whilst raising funds to support the Smith Family.

If you are interested in becoming a member of our View club, feel free to come along to a dinner meeting held on the 4th Monday of the month at the Sporties at 6pm. Just make yourself known at the door where you will be welcomed!

Right: (L-R) Bev Maunder, Fran Vrbanc, Pat Hardy and Anne Wall.



Great Lakes Band is back

The Great Lakes Band is back better than ever after a long Covid-19 break. We lost our rehearsal place due to restrictions last year, however we are now back in action and have a new home. We have been very lucky to have been rescued by Peter Clarke and the board at Club Forster, who provide a weekly rehearsal room.

We are a community band and rehearse Monday nights from 5pm - 7pm at Club Forster, excluding school holidays. We are rehearsing and looking forward to performing at the many functions we have booked in 2021, including last week's Anzac Day. New players welcome.

Heidi Parsons - Conductor
www.facebook.com/TheGreatLakesBand/



Brommy's Community Update



I'm calling on all local fishos and the wider community to help Forster secure the next Offshore Artificial Reef by submitting an expression of interest through the NSW Department of Primary Industries website.

The million-dollar reefs which have previously been installed are an underwater oasis which create unique habitats for fish and aquatic organisms to call home. Our coastline already boasts some of the best spots to wet a line, so securing an Offshore Artificial reef would be another feather in our cap which would benefit locals and tourists alike.

Our region already boasts several deep sea fishing charter and diving businesses so the addition of an Offshore Artificial Reef would provide another exciting experience for the many tourists.

The environmental benefits of these Reefs have been scientifically studied and shown to be up to four times greater compared with natural temperate reefs, so this would be a great draw card for our community.

People have until the 17th of June to complete the survey at www.dpi.nsw.gov.au/fishing/recreational/resources/artificial-reef

Forster Public Hospital takes next step

In a milestone step for Forster Public Hospital an independent consultant has been appointed by the Health Department to assess and make recommendations to the NSW government on the various location options for the facility.

Member for Myall Lakes, Stephen Bromhead said the appointment of the independent consultant is the next step in delivering a Forster Public Hospital. "More than 10 000 people helped me in the fight for Forster Public Hospital by signing our petition, so I'm overjoyed to share that the planning process is now honing in to select the right location."

Amongst some of the many options that might be considered are - working with the existing Cape Hawke Hospital, buying the old Council Chamber site in Forster for a rebuild, or buying vacant land and building a new hospital. Any option will have plans to provide an Emergency Department in Forster for its many residents as well as a number of other services. Ultimately the site chosen will be guided by the Independent Consultant. The

consultant will work at arm's length from the government and the community to ensure that the recommendations are without bias.

"I know how important this hospital is to our community so as planning continues to progress on the project, I promise to continue keeping you up to date with the latest developments", said Stephen Bromhead.

Golden Ponds Retirement Resort and Village Manager, Stephen McGarrigle said today's announcement was very positive. "I'm elated to see the planning for Forster Public Hospital taking the next step," Mr McGarrigle said.

"Forster Tuncurry is already a retiree's dream location and having a local public hospital will ensure the regions health infrastructure is better equipped to support the many that choose to make that dream a reality."

"We have 270 residents and around 60 -70 residents visit the Manning Base Hospital by ambulance every year. A local public hospital will also help resource the ambulance service.



Above: Golden Ponds Manager Stephen McGarrigle and MP Stephen Bromhead.

They won't have to drive back and forth to Taree all day."

It's expected the consultant's report will be complete in a few months.

A response to ANZ Forster's planned closure

I was beyond disappointed when I received news that another bank in our region would be closing its doors. The Forster ANZ branch is the latest in a string of banks which have made what they're calling a "commercial decision" to close branches in the Myall Lakes. ANZ, Commonwealth, Westpac, NAB and more have already closed branches across our region.

These banks have walked out, putting profit above their social responsibility. These banks are leaving behind the countless seniors and

others in our communities that rely on "in person" transactions without a second thought.

The way banks are turning their backs on regional communities is unacceptable. In light of ANZ's recent decision I advise local customers to re-evaluate who they are banking with and consider switching to banks which are continuing to support our region with face-to-face banking services.



Did you know?



The Fern Shed

A new industry is important to any area and especially to new settlers in an unimproved area.

In 1908, Mr Eric McMaster came to Nabcac. He was a buyer of giant maiden hair fern for Mr Brown of Woy Woy who sold the fern overseas for use in dried floral arrangements. Mr McMaster stayed and eventually formed his own Company.

The ferns were gathered from Karuah to Nambucca. They were carefully selected, fronds chosen for shape and maturity, cut and tied into bundles and tied with forest grass and packed on hessian carries always flat and with care. They were carried out and loaded on flat decked lorries.

On arrival at the fern shed at 'Glen Ora' in Nabcac, they were laid out on hessian racks to dry and turned at regular intervals. When dry, they were graded according to size. The unprocessed ferns were packed, under pressure, into cases 8 ft x 4 ft. and sent on the 'Victory' to Tuncurry or the 'Allenwood' to Sydney and then overseas. The processed ferns were bleached white and dyed either green or red, green and yellow.

World War 1 stopped export. Then the forests were closed to the pickers and the fern shed closed.

Extract from 'Radio Talks', 1993. Researched by late Dawn McMaster, Nabcac.

Anne Masters Volunteer at The Great Lakes Museum

Recent concert in the Historic WW1 Memorial Hall

The Management Committee, together with our Bookings Manager Nyaree Donnelly, are working really hard to bring community awareness back to our lovely hall as a fantastic performance venue.

This last venture as a collaboration with the Festival of Small Halls was another huge success. A wonderfully enthusiastic audience showed their appreciation of the varied acts presented on the night.

MNC representative Heath Lancaster opened the show and proved he will be a performer to watch. Bobby Alu brought his wonderful mix of Polynesian enthusiastic



Above: Kate Atkinson Photography of all performers in collaboration at end of the show.

Below: Green Point RFS provided the BBQ.



percussion, and a voice that demanded attention. Add in a ukulele played with great skill and style, made a great musical mix.

When it came to This Way North, the audience were amazed with the skill and versatility of these two young women. Cat Leahy on the drum kit managed to sing as well and engaged us with her

drive and energy. Leisha Jungalwalla was an appropriate foil with her keyboard and guitar skills. Their voices blended in a way that showed professionalism and skill (and much practice!).

Many thanks to the Green Point RFS for providing a great BBQ! It added a special family tone to the evening.

All in all, a great night.

Leigh Vaughan OAM

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Authorised by Stephen Bromhead MP, 1-9 Manning Street, Tuncurry NSW 2428 funded using Parliamentary Entitlements April 2021.

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Keeping Mid Coast Business local

The Mid Coast business chamber are hoping to strengthen the local economy thanks to a \$217 000 joint investment from the Federal and State Governments Bushfire Community Resilience and Recovery Fund.

Federal Member for Lyne, Dr David Gillespie, State Member for Myall Lakes, Stephen Bromhead, Business NSW and the MidCoast Business chamber today announced the Bigger Backyard Project for MidCoast which will aim to improve local business relationships and create a more diverse and resilient region.

Dr Gillespie said the Nationals in Government were committed to getting the community back on its feet after the bushfires. "Even though Black Summer was over a year ago, I can tell you that it is still early days in their recovery, particularly since people's capacity to access services and connect with each other has been undermined by the pandemic."

Mr Bromhead said he looked forward to our region reaping the benefits of this tried and tested program. "In the face of drought, bushfires and flooding we've seen our community pull together, this program will encourage that mentality to extend into our business communities' everyday practice," Mr Bromhead said.

Business NSW Regional Manager, Kellon Beard said this program will help the Mid Coast to harness the significant purchasing power that



Above: Megan Lewis, Stephen Bromhead, Ivor Thomas, Mike Parsons, Dr David Gillespie, Kellon Beard, Cliff Hoare and Paul Fellows.

The local business community represents. "Bigger Backyard has been successfully launched in Northern Rivers and Central Coast with their economies experiencing a threefold return when businesses spend locally so this would be a welcome boost to business sustainability across the MidCoast if we did the same," Mr Beard said.

President of the Mid Coast Business Chamber John Stevens said the Bigger Backyard Mid Coast project will deliver significant benefits to our region. "We know there is already strong support to shop local within our direct neighbourhoods. This project will take that to the next level – encouraging businesses to pledge to swap out of region purchases for a local one and to explore opportunities for partnership across the whole LGA (Local Government Area)," Mr Stevens said.

Bigger Backyard MidCoast is expected to launch in July.

Yalawanyi Ganya building on time & under budget

The final cost of MidCoast Council's administration and customer service centre at Yalawanyi Ganya, Taree has been reported to Councillors and the community - coming in just under the \$18.646 million budget.

In reporting the final costs to the March meeting of Council, it was revealed the project came in at \$18.471 million, including all head contractor costs, workstations, furniture and fittings, professional services and the move itself.

"It is very pleasing to be able to report to the elected body that this project came in both under budget and on time," General Manager, Adrian Panuccio, commented.

Mr Panuccio said a review of those involved in the project revealed more than half the contractors who worked on the new administration and customer service centre were from the MidCoast local government area.

An additional 37 per cent were from other regional areas, including the Port Macquarie-Hastings region with only eight per cent of the contractors from metropolitan areas.

Mr Panuccio said the centralisation was already starting to realise savings in operating one building over the former three locations.

The rationalisation of printers alone is expected to save \$1 million over five years, with 26 less printers in operation than there was at the three former offices.

The centralised administration centre has also dramatically reduced electricity expenses, with the bill \$5,000 a month less than the total



electricity costs for the previous three offices.

"At this stage we only have two months' worth of data for electricity costs, so we will continue to monitor over a 12-month period to obtain more accurate data," Mr Panuccio said.

This saving has been gained by both the centralisation and the use of solar panels on the new building.

Mr Panuccio said the financing strategy to fund the project - which relied on a combination of loans, property sales and lease arrangements - was also on track.

"Our financing strategy was based on \$20 million for the design and construction elements of the project, and given the project has come in at \$18.471 we are ahead of our projected position."

The former water office in Muldoon Street, Taree has been leased to a State Government agency and vacant land on The Lakes Way, Tuncurry has been sold, with funds from both going towards the office centralisation project.

The former Council offices in Pulteney Street, Taree and 16 Breese Parade Forster have been marketed, along with a vacant block at 18 Breese Parade.

Alesco College gains Greater Mid North Coast Community Funding



Students at Alesco Senior College recently celebrated more than just the end of term one after taking out the March round of the Greater Mid North Coast community funding program.

The Alesco Senior College Tuncurry Campus is a small independent school offering individualised education programs to vulnerable and disadvantaged students from Years 9 to 12.

The \$2,000 they receive as winners of the latest funding round will go directly towards initiatives to benefit the school's 45 students.

Kate Townsend, Head Teacher at Alesco Senior College Tuncurry Campus, is thrilled to receive the funding and said the list of possible uses is full of exciting prospects for the students.

"We have a very close-knit campus that includes four dedicated teachers and two support staff who work hard to ensure our students receive a tailored learning experience that matches their individual needs," said Kate.

"As a not-for-profit educational institution, community support such as this makes a big difference. We will use the funds to help cover the cost of flexible seating in the classrooms to support our diverse learners. We will also use a portion of the funding to subsidise student excursions throughout the year."

Greater Bank's Mid North Coast Regional Sales

Manager, Karl McLean, is delighted to support a small but passionate local institution striving to make a difference in the lives of young people and families in need.

"Education is life, and it is wonderful to provide this type of support to a grassroots organisation that is working hard to ensure equal access to education for all," Mr McLean said.

"The Greater Mid North Coast has already made a huge difference to community groups across the region since launching the program in November last year and we look forward to providing this continued support."

The April round of the #GreaterMidNorthCoast program is now open with Birpai Dolphins Boys and Girls Rugby League, St John Ambulance and Taree Craft Centre vying for a share in the \$3000 funding.

The public can cast their vote online at greater.com.au/greatermidnorthcoast or by visiting a Greater Bank branch. Voting closes at 5pm on 27th April 2021.

Greater Bank is also calling for nominations from community groups across the Mid North Coast for future funding rounds. They can do so by visiting greater.com.au/greatermidnorthcoast and explain in 100 words or less, how their organisation is helping to improve lives of locals.

PCYC'S Fit For Life youth program for Forster

The PCYC (Police Citizens Youth Club) is set to run its first outreach program for young people in the Forster Tuncurry region in a few months. This organisation is unique as it is the only one with a partnership between the community and the NSW Police Force. The program is intended to start with one morning a week at the Great Lakes College Campus in Tuncurry and then one morning at the Forster Campus.

Manning and Great Lakes Police District Commander Chris Schilt said, "This program encourages young people to have a great start in the morning by rising early for some fitness and fun before going to school. It also helps develop healthy relationships between young people and the local police."

This program is able to expand into this area due to the support of the joint Federal and NSW Governments' Bushfire Community Resilience and Recovery Fund.

Federal member for Lyne Dr David Gillespie and State member for Myall Lakes, Stephen Bromhead were ecstatic to announce a more than \$55 000 grant, which will allow PCYC to run their fit for life program twice a week in Forster Tuncurry. Member for Myall Lakes Stephen Bromhead said this program will provide support to young people in our community who have struggled with the impacts of drought, bushfires, the pandemic and now flooding.

"Our community has been calling out for a PCYC in Forster for years and this program is the perfect way to start their interaction with the Forster Tuncurry community," Mr Bromhead said. "Fit for life is a program with a proven track record of empowering youth from



Above: PCYC Manager Justin Hayes, Superintendent Chris Schilt, MP Dr David Gillespie, MP Stephen Bromhead and Senior Constable Cherie Harmer.

ages 10 to 17 through fitness, nutrition and social engagement."

Dr Gillespie said the Nationals in Government were committed to getting the community back on its feet after the bushfires. "PCYCs are terrific organisations. They're a great example of community policing at work. We know local communities are in the best position to recognise local problems and develop local solutions. The strength of regional communities is dependent on young people having the opportunity to thrive and be the best versions of themselves."

Taree PCYC Manager Justin Hayes said he's thrilled this funding will extend the reach of the PCYC into Forster Tuncurry. "The Fit for Life program aims to improve the overall wellbeing of its participants while prevent them from falling into offending behaviours. It has already seen great results for youth in Taree and across NSW, so its expansion into Forster Tuncurry is a win for everyone."



NSW Government recognition for Ossie's dedication to Junior Tennis

Forster resident Ossie Selwood was recently awarded a certificate for his continual efforts in supporting tennis for our local community.

"This award stands out for me because it is recognition from the NSW Government, which is quite a big step," said Ossie.

The award reads...
Ossie Selwood from the Forster Tennis Club 23rd March 2021

"Speaker, I recognize Ossie Selwood from Forster Tennis Club, on his outstanding volunteer efforts for the club. Ossie has been Club Captain since 1993 and is a life member of the club. He goes above and beyond for the club and has been running weekly raffles at the Forster Bowling Club for almost 15 years. All the proceeds from the raffle go into a special fund for the development of Junior Tennis at the Forster Tennis Club. The program primarily helps kids starting out in the sport, with families able to apply for financial assistance to cover the costs associated with tournaments and coaching. The program also occasionally supports kids to purchase quality

racquets or funds their first tennis lesson."
Stephen Bromhead MP
Member for Myall Lakes



COMMUNITY NEWS

MIDCOAST FOCUS

Careers at Council

- We are seeking suitably qualified people to fill the roles of:
- Business & Administration Manager - Ageing & Disability Serv.
 - Catchment Weed Biosecurity Officer
 - Domestic Assistants - Tea Gardens
 - Executive Manager - Liveability and Sustainable Development
 - Investigations Engineer - Transport
 - Marketing Officer
 - ROM Operators
 - Supervisor Mechanic Services

Visit our website for further information and to apply.

Have your say

- We are seeking community feedback on:
- Integrated Development Proposal - MOD2021/0018 - Modifications to Civic Precinct - 34-36 West Street, Forster
 - Glenithorne employment area rezoning
 - Draft MidCoast Cultural Plan 2036
 - Act on Adaptation: Coastal Wise Communities Survey
 - Wingham CBD Masterplan

Visit the Have Your Say page on our website for further info.

FLOOD RECOVERY HUB
midcoast.nsw.gov.au/floodrecovery

Contact our recovery team for assistance:
9am - 5pm weekdays / 10am - 4pm Saturdays
2 Pulteney St Taree, or phone 1300 545 040

Flood recovery outreach visits

A series of outreach visits and community meetings will be held over the coming weeks:

- Thursday 29 April - Wingham Town Hall - community outreach from 2-5pm and community meeting from 6-8pm
- Tuesday 4 May - Coopernook School of Arts - community outreach from 2-5pm and community meeting from 6-8pm
- Thursday 6 May - Mitchells Island School of Arts - community outreach from 2-5pm and community meeting from 6-8pm

Rate harmonisation

As required for all merged councils, a new region-wide rating structure will be introduced from 1 July 2021, replacing the three different rating systems currently in place.

While the new system does not increase the total amount of rates we can collect (which is regulated by IPART), it will result in a more consistent and fairer distribution of rates across the region.

Details about how this impacts individual rate-payers will be made available soon.

For more information visit www.midcoast.nsw.gov.au/rates.

Bitou Bush aerial spraying

We will be carrying out aerial herbicide spraying (using drones) at selected locations along our coastal strip, for the control of Bitou Bush. Scheduled works will occur on a number of days during the month of May 2021, weather permitting.

This activity is undertaken as a part of a broader, collaborative and coordinated program with other public authorities and land management agencies on the Mid North Coast of NSW.

Council's contractors, experienced in aerial spraying, will be following recommendations contained within the "best practice guidelines for aerial spraying of Bitou Bush in New South Wales", as published by The Department of Environment and Conservation, Natural Heritage Trust and National Parks and Wildlife Service.

Two herbicides will be utilised within different areas determined by site specific requirements. Lynx WG (Metsulfuron methyl 600g/Kg) will be applied at 20 - 30g/ha or Mactspred Glymac 360 (Glyphosate 360g/L) will be applied at 2 L/ha. These herbicides will be applied, as per requirements of APVMA off label permit 12251 for the control of Bitou Bush in coastal sand dunes, bushland and grass land.

The areas listed below will be closed to public access temporarily for the duration of the spraying or from 7am till 5pm on the specific treatment days.

Crowdy Head Reserve (Harrington Beach)
Areas adjacent to Crowdy Head Reserve; may be closed for utilisation as Helipads/ staging areas.

Council apologise for any inconvenience this may cause. For further information, please contact Council.

Bulky waste

The annual bulky waste and scrap metal kerbside collection in the Manning area is finished. Crews will complete the Gloucester region this week and will commence in the Great Lakes area next week.

The message is loud and clear - don't put your waste out any earlier than specified for your zone or you may be fined.

You can find full details, including when and how to place your waste on the kerb on our website www.midcoast.nsw.gov.au/bulkywaste.

Herbicide spraying

We will be carrying out a range of herbicide spraying activities in various waterways, open drains, and retention ponds; on roadsides and reserves; and on sporting fields, parks, pools surrounds, cemeteries and Council building surrounds within the entire MidCoast Local Government area during the months May, June and July 2021.

These activities will be targeting general vegetation, grasses, reeds, bindii, broadleaf, annual, perennial and environmental weeds and each program is subject to weather conditions. Only qualified operators will be undertaking works.

On the roadsides and reserves, subject to availability and need, registered herbicides Weedmaster Duo, Sixgun 360, Biochoice 360, Glymac 360 (360g/L glyphosate), and/or Metsun 600, Lynx WG, Kenmet, Kenzon and/or Grazon extra will be used as per the requirements of the label and APVMA off label permit 9907 where applicable.

In various waterways and retention ponds Herbicides Weedmaster Duo, Sixgun 360, Biochoice 360 and/or Glymac 360 (360g/L glyphosate) will be used as per the requirements of the label and APVMA off label permit 9907 where applicable and as a precaution residents are advised to refrain from using, drinking or swimming in the water for two weeks following treatments.

Registered herbicides, chemicals Spearhead, Kamba M and Broadside will be used as per label directions on sporting fields, parks, pools surrounds, cemeteries, reserves and Council building surrounds.

Scheduled areas will be assessed individually and treated as required. Individual areas will be sign-posted at the times of treatment in commonly accessed areas. A list of areas to be treated is available by calling us on 7955 7777.

Young Local

Name: Olivia Hayes

Background: Liv has lived in Forster since she was 10 years old. She attended Forster Public School, then Great Lakes College and finished the HSC last year. She is now a full-time student at The University of NSW in Sydney. She is studying toward a Bachelor of Advanced Science majoring in Psychology and, during term, lives on campus at New College. Liv is a Great Lakes Education Funded student.

Favourite food & sport: My favourite food is anything Mexican, or Korean BBQ, anything a bit cultured, oh - and home baked bread and pastries. My favourite sport is running on One Mile Beach and, in the past, it has been snowboarding and skiing but I'm a uni student now.

Favourite local place to hang out: Burgess Beach when there's no one else there and when the water is clear and blue. Or in a punt on Wallis Lake at sunset.

What do you think is going well now in our local area and Australia?

The way that we have handled COVID is just great. We're even able to dance now. Also, the way that the community has supported one another through the recent floods has been amazing.

What do you think could be done better?

The health system in regional areas could do with more support, especially in the area of mental health. Coming to the city to study has highlighted to me the disparity between services in country and city areas.



If you are 21 years or under and would like to feature in Young Local please submit a high resolution photo and answers to: www.theforstertuncurry.com.au

Our Local Wildlife by Kym Kilpatrick



Owlet-nightjar

Above: Photo of Owlet-nightjar by Vikki

Owlet-nightjars (Aegotheles cristatus) are fairly common throughout Australia but rarely seen. They are the very smallest of our nocturnal birds and range in size from 210 to 230mm long including their tails (females are slightly larger).

They are extremely cute and look a lot like possums with big brown eyes that, unlike other birds, do not reflect in torch-light. They have a central stripe that runs down their heads and another black stripe over each eye that joins together at the back of the neck. Although their mouth is wide their bill is small and they have long bristles or whiskers on their face that they use for catching insects in flight. Males are grey but females can also be a reddish brown. They have white bellies but speckled and barred breasts.

Owlet-nightjars need large wooded areas or forests, preferably eucalypts and/or wattles, with lots of tree hollows as they move between them and although mating for life, rarely share a nest instead roosting alongside each other. As well as nesting hollows they will also roost in rock crevices and human provided nesting boxes. Although hiding during the day, sometimes on cold days they will 'sun' themselves in the entrance. They line their nests with green leaves, particularly eucalyptus, to control mites and other insects.

They eat insects including small beetles, ants,

grasshoppers and spiders they will catch in flight or pounce on the ground. Their flight is undulating and silent. Their call is a 'churring' sound or a high pitched chirr-chirr-chirr. There are a number of recordings of their calls online, for example, Wild Ambience on youtube (www.youtube.com/watch?v=GlzR5Cj1-c).

Owlet-nightjars breed from August to December and lay two to five pure white eggs. They raise one brood per season and both parents incubate and raise the chicks. The young will fledge in 20 to 30 days but will stay with their parents for several months. They then need to find their own territory that will have both lots of trees/woodlands and hollows.

The two biggest threats to owlet-nightjars are habitat destruction because of their need of forested areas and nesting hollows, and free-roaming cats. Being insectivores they can also be threatened by insect population crashes.

In the last 18 months FAWNA rescued 13 owlet-nightjars but also helped provide hollows through our Nest Box programme.

Kym Kilpatrick

Hallidays Point



Local wildlife photos by Brian McCauley



Above: The Golden Whistler is found throughout the Manning Great Lakes Area and is often found in gardens nearby to bushland areas. He is a stunning little bird and has a beautiful song.

CSIRO's Dish to support one of first commercial Moon landings

The iconic Parkes radio telescope, owned and operated by Australia's national science agency, CSIRO, will help businesses to literally reach for the Moon by providing ground station support for one of the first commercial lunar landings later this year.

CSIRO has signed a new five-year agreement with Houston-based aerospace company Intuitive Machines to support multiple lunar missions, including their first flight under NASA's Commercial Lunar Payload Services (CLPS) initiative.

The Parkes telescope, also known as Murriyang, is valuable for spacecraft tracking due to its large dish surface and advanced data acquisition systems, which are used primarily for astronomy research.

The 64-metre telescope will be the largest and most sensitive receiving ground station for Intuitive Machines' upcoming missions, maximising the return of the scientific and engineering data for the lunar exploration program.

CSIRO Chief Executive Dr Larry Marshall said the partnership was an exciting new chapter for the iconic Dish, with the partnership tapping into CSIRO's expertise and proven track record supporting spacecraft programs.

"It was 50 years ago that Australia played a critical role in the original Moon mission, but innovation never sleeps, so we're proud to support the latest innovations heading to the Moon's surface," Dr Marshall said.

"Australia is growing a vibrant space industry, underpinned by our unique strengths in agriculture, mining, and materials, and because we know innovation thrives on collaboration, we're supporting the entire international space community."

CSIRO's Acting Chief Scientist Dr Sarah Pearce said CSIRO was proud to have its world class scientific facilities be part of the global team that will help Intuitive Machines and NASA deliver science instruments to the Moon.

"Along with NASA's Honeysuckle Creek station near Canberra, the Parkes radio telescope helped share the Apollo 11 Moon landing with more than 600 million people around the world. And now we are proud to support the first companies extending their reach to the Moon's surface, advancing knowledge that can benefit life both on Earth and, one day, on the Moon," Dr Pearce said.

"Australia is growing a vibrant and respected space industry, underpinned by world-class national infrastructure and a long history in enabling space exploration. This is another example of Australian capability supporting the international space community."

Intuitive Machines will launch its Nova-C Moon lander on a SpaceX Falcon 9 rocket towards the end of 2021, delivering commercial cargo and five NASA experiments to investigate the local geography and test technology required for future human exploration.

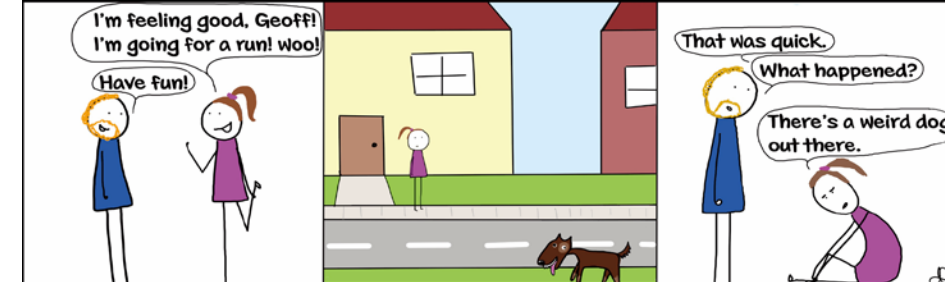
CSIRO



The Grin Bin



Doodley Squat



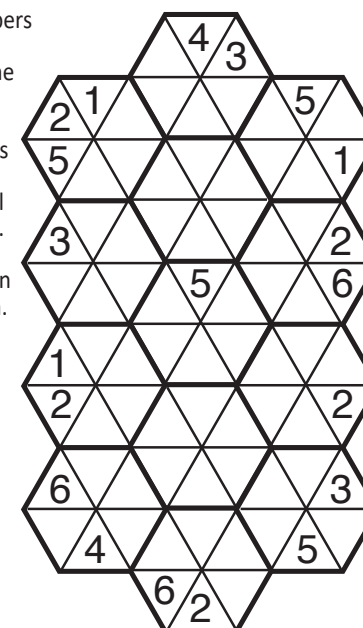
Sudoku

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

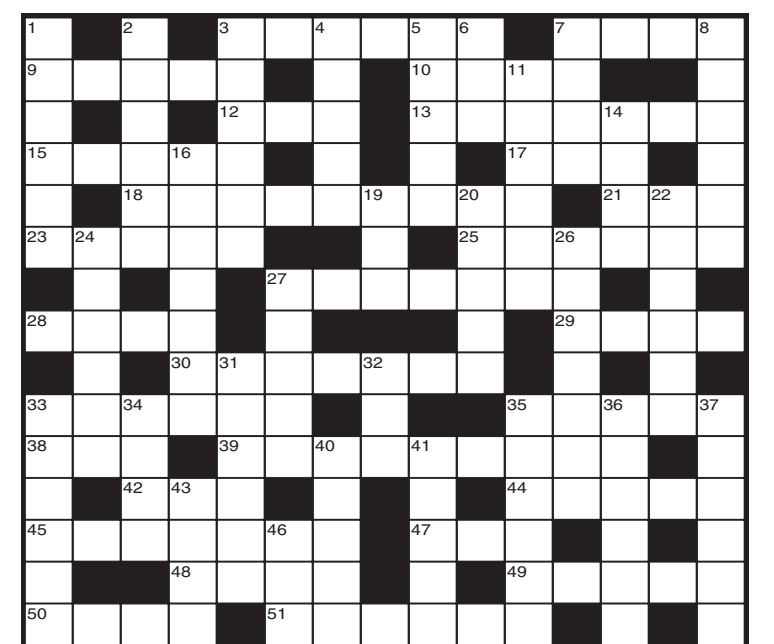
2						9	5	
						1		
	1			3				
9	8		7					
6						7		
	4		1	6	5			
				7		4		
		7		1	9	5	3	
		6	4	3				8

Quick Workout

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



Crossword



- ACROSS**
- 3 Hypnotic condition
 - 7 Wagers
 - 9 American state
 - 10 Above
 - 12 Zodiac sign
 - 13 Equilibrium
 - 15 Shock
 - 17 Stain
 - 18 Come about
 - 21 First woman
 - 23 Added clause
 - 25 Wears away
 - 27 Remonstrate
 - 28 Notion
 - 29 Relief for the needy
 - 30 Sorrows
 - 33 Consented
 - 35 Representative
 - 38 Female deer
 - 39 Relating to geometry
- DOWN**
- 1 Make worse
 - 2 Gave a gratuity
 - 3 Bank employee
 - 4 Take as one's own
 - 5 Hooded serpent
 - 6 Girl's name
 - 7 Heehaw
 - 8 Views
 - 11 Church office holders
 - 14 Require
 - 16 Common run
- ACROSS**
- 42 Make a mistake
 - 44 Hooked claw
 - 45 Ease a burden
 - 47 Small imaginary being
 - 48 Male deer
 - 49 Combine
 - 50 Look for
 - 51 Pendent ornament
- DOWN**
- 19 Flying Saucer
 - 20 Rains heavily
 - 22 Obnoxious creatures
 - 24 Colour
 - 26 Earache
 - 27 Company of lions
 - 31 Rue
 - 32 Vigour
 - 33 Embellishes
 - 34 Scottish dance
 - 35 Cunning
 - 36 Rich cake
 - 37 Offer
 - 40 Greek letter
 - 41 Water pitchers
 - 43 Chance of loss
 - 46 Large tank

Star Photos

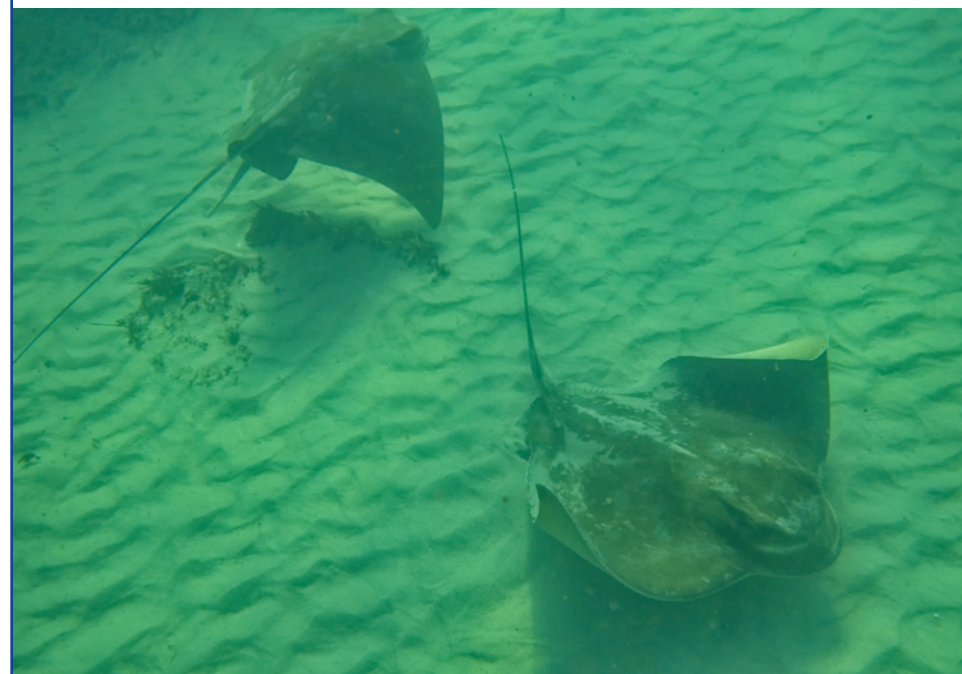


Photo of Eagle Rays off Forster Headlands by Steve White.

Do you have a great celebration, wedding, new baby or amazing photo to share? Please send your high resolution photos to: www.theforstertuncurry.com.au

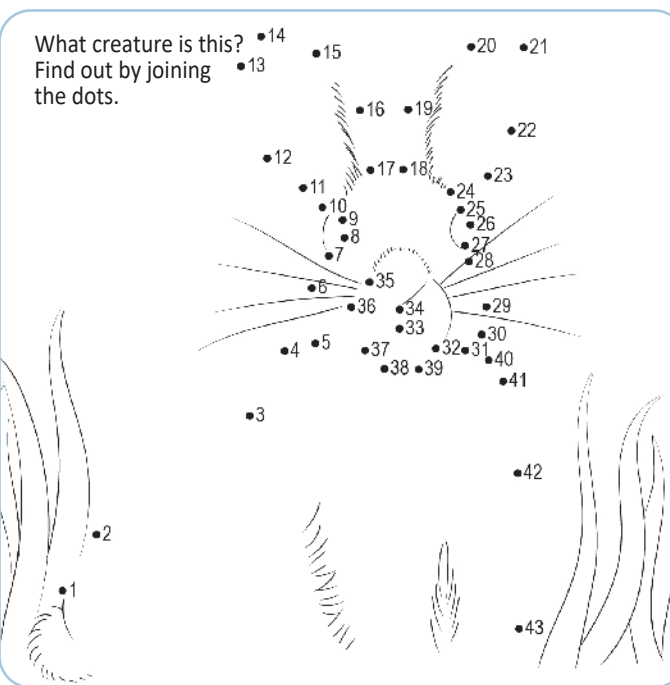
Word Find

L	M	E	T	S	Y
R	E	V	I	L	D
F	T	A	P	E	R
D	I	G	S	E	E
U	D	A	E	H	W
E	Y	D	O	A	N

Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

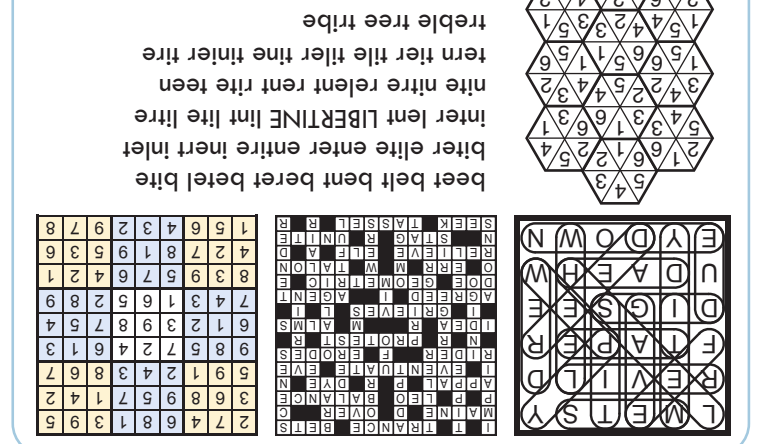
- Deer
- Digs
- Down
- Drew
- Due
- Dye
- Fee
- Gave
- Head
- Item
- Leash
- Liver
- Pew
- Ply
- Spit
- Stem
- Tape
- Tidy
- Wheel

Join the Dots



Solutions

Puzzles and pagination supplied by Auspac Media



YOUR FORTNIGHTLY TV GUIDE

April 28 - May 4

	ABC TV	SBS	PRIME7	NBN	WIN
WEDNESDAY	6.00 Morning Programs. 12.00 ABC News At Noon. 12.30 Press Club. 1.35 Media Watch. 1.55 Informer. 3.00 ABC News Afternoons. 4.00 Think Tank. 4.55 The Repair Shop. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Hard Quiz. 8.30 The Weekly. 9.00 You Can't Ask That. 9.35 QI. 10.10 The Set. 10.40 ABC Late News. 11.10 Four Corners. 11.55 Media Watch. 12.15 Black Comedy. 12.45 Back In Very Small Business. 1.15 Rage. 3.30 The Code. 4.30 The Drum. 5.30 7.30.	6.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 Julian. 3.40 The Cook Up With Adam Liaw. 4.10 Queen Victoria And Her Nine Children. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Tony Robinson's History Of Britain. 8.30 Building The Channel Tunnel. 9.30 Miniseries: Deadwater Fell. 10.25 SBS News. 10.55 The Crimson Rivers. 11.50 The Crimson Rivers. 12.45 Miniseries: Hungry Ghosts. 2.45 George Clarke's Shed Of The Year. 3.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Pregnant At 17. (2016) 2.00 Autopsy USA. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 PRIME7 News. 6.30 PRIME7 News @ 6.30. 7.00 Home And Away. (PG) 7.30 Big Brother. (PG) 9.00 Reckoning. (MA15+) 10.00 7NEWS Presents: Murder In The Outback - The Falconio And Lees Mystery. 11.00 The Latest: Seven News. 11.30 Autopsy USA. (MA15+) 12.30 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 Ellen DeGeneres. 1.00 Explore. 1.10 Driving Test. 1.40 LEGO Masters. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 Travel Guides. (PG) 8.30 Doctor Doctor. (PG) 9.30 New Amsterdam. (M) 10.30 The Enemy Within. (M) 11.20 Timeless. (M) 12.05 Tipping Point. (PG) 1.00 Garden Gurus. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 5.00 ACA. 5.30 Today.	6.00 Headline News. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 2.20 Ent. Tonight. 2.30 Everyday Gourmet. 3.00 Judge Judy. (PG) 3.30 My Market Kitchen. 4.00 GCBC. 4.30 Bold. (PG) 5.00 News. 6.30 The Project. 7.30 MasterChef Australia. 8.40 Bull. (M) Bull is hired to help a woman. 10.40 The Project. 11.40 WIN's All Australian News. 12.40 The Late Show With Stephen Colbert. (PG) 1.30 Home Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 11.00 Greta Thunberg: A Year To Change The World. 12.00 ABC News At Noon. 1.00 Hard Quiz. 1.30 The Weekly. 2.00 Informer. 3.00 ABC News Afternoons. 4.00 Think Tank. 5.00 The Repair Shop. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Back Roads. 8.30 Q+A. 9.35 Trump Takes On The World. 10.35 ABC Late News. 11.10 Employable Me Australia. 12.10 Black Comedy. 12.40 Back In Very Small Business. 1.15 Rage. 4.30 The Drum. 5.30 7.30.	6.00 WorldWatch. 2.00 Nazi Megastructures. 2.55 Magic Alps. 3.10 The Perfect Serve. 3.40 The Cook Up With Adam Liaw. 4.10 Queen Victoria And Her Nine Children. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 World's Greatest Bridges. 8.30 The Handmaid's Tale. 10.20 SBS News. 10.50 Baghdad Central. 11.45 Bosch. 12.35 Miniseries: The Hunting. 2.35 Cruising With Jane McDonald. 3.30 Alex Polizzi: The Fixer. 4.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: He Loves Me. (2011) 2.00 Autopsy USA. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 PRIME7 News. 6.30 News. 7.00 Home And Away. (PG) 8.30 Ramsay's 24 Hours To Hell And Back. (M) 9.15 The Clown And The Candyman. (MA15+) 10.30 The Latest: Seven News. 11.00 The Front Bar. (M) 12.00 Zumbo's Just Desserts. (PG) 1.30 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 Ellen DeGeneres. 1.00 Doctor Doctor. 2.00 Desperate Housewives. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 8. Canberra Raiders v South Sydney Rabbitohs. 9.45 Thursday Night Knock Off. 10.30 Manifest. (M) 11.20 Prison. (MA15+) 12.10 Tipping Point. (PG) 1.00 Xtreme Colkition. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 5.00 ACA. 5.30 Today.	6.00 Headline News. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 2.10 Ent. Tonight. 2.30 Everyday Gourmet. 3.00 Judge Judy. 3.30 My Market Kitchen. 4.00 GCBC. 4.30 Bold. 5.00 News. 6.30 The Project. 7.30 MasterChef Australia. 8.40 William And Catherine: Saving The Crown. 9.40 Law & Order: SVU. (M) 10.40 The Project. 11.40 WIN News. 12.40 Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 ABC News Mornings. 9.55 Q+A. 11.00 George Clarke's Amazing Spaces. 12.00 ABC News At Noon. 1.00 Back Roads. 1.30 That Pacific Sports Show. 2.00 Doctor Foster. 3.00 ABC News Afternoons. 4.00 International Jazz Day Melbourne. 5.00 The Repair Shop. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 Gardening Aust. 8.30 Vera. (M) 10.00 Keeping Faith. (M) 11.05 ABC Late News. 11.20 The Vaccine. 11.35 The Weekly. 12.05 You Can't Ask That. 12.40 Rage. 5.00 Rage.	6.00 WorldWatch. 2.00 Destination Flavour China Bitesize. 2.10 Nazi Megastructures. 3.00 NITV News: Nula. 3.30 Lucknow. 3.40 The Cook Up With Adam Liaw. 4.10 Queen Victoria And Her Nine Children. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Hunting Egypt's Lost Treasures. 8.30 London: 2,000 Years Of History. 9.20 Patriot Brains. 10.15 8 Out Of 10 Cats Does Countdown. 11.10 SBS News. 11.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 Seven Morning News. 12.00 MOVIE: Jesse Stone: Sea Change. (2007) (M) 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 Seven News At 4. 5.00 The Chase Australia. 6.30 PRIME7 News @ 6.30. 7.00 Better Homes And Gardens. Adam Knowlton builds a stylish shelving unit. 8.30 To Be Advised. 12.30 Home Shopping.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 Ellen DeGeneres. 1.00 MOVIE: St. Vincent. (2014) 3.00 Tipping Point. (PG) 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 8. Brisbane Broncos v Gold Coast Titans. 9.50 Golden Point. 10.35 MOVIE: Creed. (2015) (M) 1.05 Award Winning Tasmanian. 1.30 TV Shop. 4.00 Global Shop. 4.30 TV Shop. 5.30 ACA.	6.00 Headline News. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 2.00 Ent. Tonight. 2.30 Everyday Gourmet. 3.00 Judge Judy. (PG) 3.30 My Market Kitchen. 4.00 GCBC. 4.30 Bold. (PG) 5.00 News. 6.30 The Project. 7.30 The Living Room. 8.30 The Graham Norton Show. (M) 9.30 To Be Advised. 10.30 The Project. 11.30 WIN's All Australian News. 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Shopping.
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April 28 - May 4

	ABC TV	SBS	PRIME7	NBN	WIN
WEDNESDAY	6.00 Morning Programs. 12.00 ABC News At Noon. 12.30 Press Club. 1.35 Media Watch. 1.55 Informer. 3.00 ABC News Afternoons. 4.00 Think Tank. 4.55 The Repair Shop. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Hard Quiz. 8.30 The Weekly. 9.00 You Can't Ask That. 9.35 QI. 10.10 The Set. 10.40 ABC Late News. 11.10 Four Corners. 11.55 Media Watch. 12.15 Black Comedy. 12.45 Back In Very Small Business. 1.15 Rage. 3.30 The Code. 4.30 The Drum. 5.30 7.30.	6.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 Julian. 3.40 The Cook Up With Adam Liaw. 4.10 Queen Victoria And Her Nine Children. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Tony Robinson's History Of Britain. 8.30 Building The Channel Tunnel. 9.30 Miniseries: Deadwater Fell. 10.25 SBS News. 10.55 The Crimson Rivers. 11.50 The Crimson Rivers. 12.45 Miniseries: Hungry Ghosts. 2.45 George Clarke's Shed Of The Year. 3.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 News. 12.00 MOVIE: Pregnant At 17. (2016) 2.00 Autopsy USA. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 PRIME7 News. 6.30 PRIME7 News @ 6.30. 7.00 Home And Away. (PG) 7.30 Big Brother. (PG) 9.00 Reckoning. (MA15+) 10.00 7NEWS Presents: Murder In The Outback - The Falconio And Lees Mystery. 11.00 The Latest: Seven News. 11.30 Autopsy USA. (MA15+) 12.30 Shopping. 5.00 News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 Morning News. 12.00 Ellen DeGeneres. 1.00 Explore. 1.10 Driving Test. 1.40 LEGO Masters. 3.00 Tipping Point. 4.00 Afternoon News. 5.00 Hot Seat. 6.00 NBN News. 7.00 ACA. 7.30 Travel Guides. (PG) 8.30 Doctor Doctor. (PG) 9.30 New Amsterdam. (M) 10.30 The Enemy Within. (M) 11.20 Timeless. (M) 12.05 Tipping Point. (PG) 1.00 Garden Gurus. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 5.00 ACA. 5.30 Today.	6.00 Headline News. 8.30 Studio 10. 12.00 Dr Phil. 1.00 To Be Advised. 2.20 Ent. Tonight. 2.30 Everyday Gourmet. 3.00 Judge Judy. (PG) 3.30 My Market Kitchen. 4.00 GCBC. 4.30 Bold. (PG) 5.00 News. 6.30 The Project. 7.30 MasterChef Australia. 8.40 Bull. (M) Bull is hired to help a woman. 10.40 The Project. 11.40 WIN's All Australian News. 12.40 The Late Show With Stephen Colbert. (PG) 1.30 Home Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 11.00 Greta Thunberg: A Year To Change The World. 12.00 ABC News At Noon. 1.00 Hard Quiz. 1.30 The Weekly. 2.00 Informer. 3.00 ABC News Afternoons. 4.00 Think Tank. 5.00 The Repair Shop. 5.30 Hard Quiz. 6.00 The Drum. 7.00 ABC News. 7.30 7.30. 8.00 Back Roads. 8.30 Q+A. 9.35 Trump Takes On The World. 10.35 ABC Late News. 11.10 Employable Me Australia. 12.10 Black Comedy. 12.40 Back In Very Small Business. 1.15 Rage. 4.30 The Drum. 5				

Local Calendar

May

Sun 2nd May - The Big Heart Hike
6am start, 28km Blackhead to Cape Hawke For Marine Rescue Forster Tuncurry www.bigheartnike.com.au

Sun 2nd May - Blackhead Bazaar Market
8am-1pm Wylie Breckenridge Park www.halldayspointinfo.com

Sun 2nd May - Lions Club Car Boot Sale
8am-12pm Halldays Point Shopping Village 1st Sunday of the month
Bookings: Alan Stewart 0488 160 126

Thur 6th May - Manning Great Lakes Bird-watchers, 8am Cooperook State Forest. For more detail phone 0431 878 395

Sat 8th May - Mid North Coast National Parks Walking Group
Goonook Nature Reserve near Taree Contact Coleta for details on 0425 229 503

Sun 9th May - Forster Town Market
8-2pm Forster Town Park
Enquiries: 0437 634 056

13th to 15th May - Forster Ocean Paddle
Part of the Australian Ocean Racing Series www.oceanpaddler.com/ocean-events/

Sat 15th May - Manning Great Lakes Bird-watchers, 8am Tuncurry Area. For more details phone 0431 878 395

Sat 15th May - Super Garage Sale
GL Palliative Care
8-2pm 32 Manning St Tuncurry
Opposite John Wright Park

Sat 15th May - Forster Farmers Market
8am-12pm Forster Info Centre Little St 3rd Saturday of the month
Enquiries: Linda 0421 347 273

Sun 16th May - NSW Heritage Day for Classic Cars, 9-2pm John Wright Park
11-12pm Emergency vehicle display
Enquiries: John 040 770 4853

Sat 22nd May - NSW Tri Club Championships
7:30am onwards from Forster Main Beach Competitors compete for their Club. www.eliteenergy.com.au

Sat 22nd May - Tuncurry Market
8-1pm John Wright Park
Bookings essential
Enquiries: Anne 0417 400 994

Sat 22nd May - Mid North Coast National Parks Walking Group
Queens Lake Nature Reserve, contact Evelyn/Keith for details: 0490 746 553

Sun 30th May - Pacific Palms Market
9am-1pm Pacific Palms Community Centre Last Sunday of the month
Enquiries: Jennifer Doyle 0401 968 516

Sun 30th May - Pacific Palms Self Drive Arts Trail Start Pacific Palms Markets from 9am near The Recky. Check times at pacificpalmsartsinc.org.au

June

Tues 11th June - Myall Lakes Senior Concert
10:30am & 2pm Club Forster
www.clubforster.com.au

We encourage you to support our local advertisers who help make this paper FREE to pick up and read each fortnight.

What's on around town and beyond

Big Heart Hike is on again

Looking for something fun, challenging and support The Forster Tuncurry Marine Rescue at the same time?

On Sunday the 2nd of May the 5th Big Heart Hike is on again. This is a 28km hike, following the spectacular coastline of the Great Lakes area from Blackhead to Cape Hawke. All participants are treated to a breakfast at the Marine Rescue base along the way and a cold beverage at the end!

This event was founded by Lori Belic who wanted to honour her father as well as give thanks to the Forster Tuncurry Marine Rescue who saved her father's life. Forster Tuncurry

Marine Rescue is totally reliant upon donations and community support and \$40 from your entry fee will go towards the work that they do.

Starting at Blackhead Beach Surf Club at 6am, the walk will take in the beautiful sunrise over Nine



Mile Beach on the way to Tuncurry. After crossing the bridge to Forster, breakfast will be provided at the Marine Rescue base at the 16km mark. The walk then continues along the gorgeous coastline of Forster towards One Mile Beach and up to Burgess Head. Here the toughest part of the course continues over Burgess Head through the Booti

National Park and towards Cape Hawke Road. It culminates in a walk to the top of Cape Hawke lookout before returning to One Mile Beach Surf club for a well-deserved swim and refreshments.

Late entries are welcome and will be catered for. The first 100 registered will receive a bag of goodies.

For more details and to enter please visit: www.bigheartnike.com.au

Left: Photo from Big Heart Hike in 2019 by Liz Archer.

Above: Photo of Marine Rescue Forster Tuncurry by Patricia Macvean.



Library staff plan big things for 2021



of the year they get to meet the rest of the team. We use the day to share ideas, undertaking training and to build the team - all with the aim of delivering better service to our communities."

"Even though our last community survey of over 1,000 library users showed 97% of respondents rated our customer service very highly, we're still looking to be better every day and exceed our customer's expectations."

Be sure to visit your Library over the next two weeks and stock up on borrowed items or get your Library fix - the Libraries will be back to normal operating hours from Tuesday 4th May. We can't wait to see what they will deliver this year!

From live event streamings to film screenings, intriguing author talks to musical performances, children's activities to reading and relaxation, homework and HSC study help to surfing the net, and so much more - MidCoast Libraries are an important cultural hub in towns across our region.

We'd be much the poorer without them, and the vast contribution that Library activities make to the social and cultural fabric of our communities is immeasurable.

"To keep delivering the huge range of services and activities we offer each year, it's important to make sure our Library staff receive the best development we can offer them," said Council's Manager Libraries and Community Services, Chris Jones.

To facilitate this, all MidCoast Libraries will be closed for one day - Monday 3rd May - to allow all Library employees to attend a staff development day.

"The annual staff development day plays a very important part in making sure MidCoast Council Libraries delivers the best service possible to the community," says Chris Jones.

"With libraries operating from locations right across MidCoast for many staff it's the one day

Library Programs now running

1. The Better Reading Better Communities program has now resumed. Volunteer Literacy Tutors are available to support members of the community (children & adults) with improving reading, writing and learning English as a second language. This a free service available through Forster Library, contact Meredith Campbell on 7955 7421 to discuss or for more information.

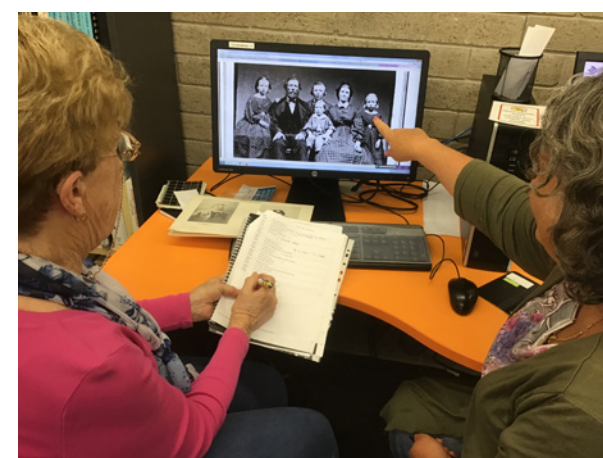
2. Homework help is available for primary and secondary students every Wednesday 3-5pm at the Forster Library. We provide free tutor support, afternoon tea, printing/photocopying and Wi-Fi. No bookings are required. Phone 79557001 for more information.



Above: Homework Help High School Tutor Kerry Byatt with year 8 student Sarah Blake.

3. The Family History Advisory Group are based at Forster Library Tuesday & Thursday 10:00am - 12:00 noon and Wednesday & Friday 1:00-3:00pm. This group helps members of the community start researching their family tree, overcome barriers (brick walls) and to provide advice to progress their family history searches.

Below: Judy Thompson from Family History Advisory Group and Lorraine Milward.



Star Volunteer



Name: Frances Breen

Organisation: Marine Rescue Forster Tuncurry

What does this organisation do in our community?

Marine Rescue is a volunteer organisation whose mission is to 'save lives on the water'. Our local unit is composed of approximately 100 members, each contributing in different ways, whether it be as radio operators, boat crew, fundraisers or administrative staff. Many take on multiple roles. Our aim is to keep boaters safe on the water not only through our assist and rescue service but also through boating and water safety education. We are a registered training organisation which

provides public courses in boat and radio licences along with detailed in house training for our members

What is your role?

I am the Deputy Unit Commander and Admin Officer. This involves working collaboratively with the Unit Commander and other executive officers, preparing relevant correspondence and working with the 'behind the scenes' team which keeps the engine room running.

What is the best part of your job?

The best part of the job is the people, not only the

other volunteers who come from all kinds of backgrounds and bring so many different skills to this great organisation but also the people we serve. I get to share in the satisfaction of the 'thank you' from the stranded boatee, or the passing yachting who express their gratitude in knowing they can feel safe under our watchful eye. I get to 'get out of the house' quite often, priceless for one who is domestically challenged.

Come join our busy team, there's something for everyone.

www.facebook.com/Marine.Rescue.Forster.Tuncurry/

Do you know an amazing Local Volunteer? Please send a high resolution photo and answers to www.theforstertuncurry.com.au

Community infrastructure upgrades given green light

Federal Member for Lyne Dr David Gillespie said "Working with MidCoast Council we will deliver 'must do projects' for Forster and Tuncurry communities providing improved park and recreation upgrades."

"It's great to be here at John Wright Park with representatives from Marine Rescue who run the monthly markets and Lakeside Festival to announce \$400,000 for a Park and Recreation upgrade including new bathroom facilities."

"These are important projects the local community identified in our Vision 2030 Plan Survey and I'm delighted the Federal Government has been able to contribute to the realisation."

The grant funding will allow the significant upgrade works to be brought forward so that the work will provide stimulus to the local

economy during construction as part of the recovery from the impacts of the COVID 19 pandemic.

Mayor David West welcomed the funding announcement and said many amazing projects like this one today will be delivered over the next 12 months thanks to the Federal Governments Local Roads and Community Infrastructure Program.

"These projects have been on our agenda for many years, it was part of our future program, however with this assistance we will be able to do more than we'd planned and sooner."

"John Wright Park provides a wonderful vista across the Wallis Lake and with these improvements will see many more families and visitors able to enjoy," Cr West said.



Left: (L to R) Marine Rescue Forster Tuncurry members David Gibson, (Unit Commander), Anne Stakey (Market Co-ordinator), MP Dr David Gillespie, Dennis Travers (Communications Officer) and Janet Christou (Membership Officer).



ROYAL COMMISSION INTO DEFENCE AND VETERAN SUICIDE

On 19 April 2021, the Prime Minister Scott Morrison and Minister for Veterans' Affairs Darren Chester announced that the Government will establish a Royal Commission into Defence and Veteran Suicide.

The Government has been listening to community calls for a national inquiry focussing on the systemic issues faced by Australian Defence Force members and veterans that too often results in their loss of life to suicide.

This will provide an opportunity for us all to reset, further increase our understanding of this issue, and unite the Parliament, the ex-service community, and the families who have been affected by suicide.

The death of any Australian Defence Force member or veteran is a tragedy and deeply felt by all Australians.

This Royal Commission is another step in our efforts to build confidence, trust and hope for those who have suffered, or are suffering today. We owe it to members, veterans and their families to take action.

COMMUNITY INFRASTRUCTURE UPGRADES GIVEN GREEN LIGHT

Working with MidCoast Council we will deliver 'must do projects' for Forster and Tuncurry communities providing improved park, recreation and hall upgrades.

Last week I joined with representatives from Marine Rescue who run the monthly markets and Lakeside Festival at John Wright Park to announce \$400,000 for a Park and Recreation upgrade including new bathroom facilities.

Other projects to receive funding recently include the Tuncurry Water Park, Pacific Palms Footpath extension and funding for work at Tuncurry memorial hall, Green Point community centre and Pacific Palms community centre.



POWERING COMMUNITIES PROGRAM - NOW OPEN

I invite you to submit an expression of interest for funding through the Government's Powering Communities Program.

The program will fund projects that will lower power bills for community groups and help reduce Australia's emissions.

The program will support projects such as:

- Installing solar panels or a battery;
- Upgrading equipment such as air conditioners, hot water systems or refrigerators to more energy efficient models;
- Replacing lighting with more energy efficient LEDs or;
- Conducting an energy audit.

Grants between \$5,000 and \$12,000 are available to eligible community organisations, with no co-contribution required.

For more information or to apply visit davidgillespie.com.au/grants-finder

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Taree Office
02 6557 8910
144 Victoria Street, Taree, NSW 2430

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Letters and Feedback

The 'Letters & Feedback' are best limited to 200 words. The writer's name and town will be included unless specifically requested otherwise. This newspaper intends to provide an opportunity of reply for any person/organisation involved before publishing.



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Letter to the Editor

DO AUSTRALIANS OWN AUSTRALIA ANYMORE?

Do Australians own Australia anymore?

Can we say it's made in Aussie as we did in days of yore?

Do our Politicians listen to the likes of you and me?

Has our country been sold out when our soldiers fought so hard to keep it free?

What happened to sincerity? What happened to "true blue"?

What happened to our common sense? Is it up to me and you?

What happened to our farmers, are they a dying breed?

They've grown all our produce, yet, in their hour of need,

When drought spreads it's deadly fingers and their sheep and cattle die,

When dust storms blow across the land and it's burned by walls of fire,

We learn Foreign Investors own our water rights and we can buy them back for "gold".

What kind of men have sold us out? Why were we never told?

They tried to sell our Snowy River Scheme, many moons ago,

But Australians made a mighty fuss so they let the idea go!

Can we get our farms and water back? Our Ports? Australia's core?

Do Australians own Australia anymore?

One State has sold its heart and soul to China's "Belt and Road",

How much will Victoria own? How much will it owe?

Have we forgotten why our Anzacs fought to keep Australia free?

Now, with hands on hearts, with pen and voice, it's up to you and me!

Joan Pereira
Tuncurry

Positions Vacant

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Estia Health Tuncurry are looking for multiple **Nursing Assistants** to join a friendly and supportive team. Part time opportunities covering a range of morning and afternoon shifts to suit your lifestyle.

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- Regular training and mentoring provided



Join us! If you would like to know more, please call us on (02) 6554 7522 or email us at tuncurry@estiahealth.com.au

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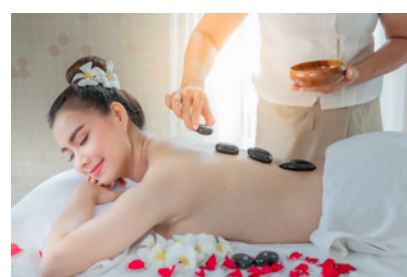
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Local Church Services

Forster Tuncurry Uniting Church

Each Sunday 9am we are gathering, physically distanced and without singing. Pacific Palms service has recommenced.

Printed and emailed copies of the service are available. Our buildings continue to be open for the use by many self-help groups. Links to live streamed services by other UCA congregations are available also.

Please check out our web pages: forster.uca.org.au tuncurry.uca.org.au; our facebook page: [Uniting Church In Australia Pacific Palms / Forster Tuncurry](https://www.facebook.com/UnitingChurchInAustraliaPacificPalms/) or give Pastor Geoff a call on 65558573.



Forster-Tuncurry Catholic Parish

The current Mass times at the Holy Name Church are:
Saturday - 5:00pm
Sunday - 8:00am, 10:00am, 12 noon

Due to COVID regulations attendance is by registration only. To register, phone 6554 6401 or email forster-tuncurry.parish@mn.catholic.org.au. To watch the 8 am Sunday Mass live stream please send us your email address to receive the link.

The Holy Name Church is open from 9 am - 3pm Mon- Fri for private prayer.

www.forstertuncurrycatholic.org.au



Forster Tuncurry Presbyterian Church

We meet at 16 Bruce Street, Forster (next door to Evermore) at 9.30am each Sunday. Registering at the Church entrance on arrival is essential.

Children are very welcome but due to Covid 19 restrictions & lack of available separate space our Sunday School / creche is on hold BUT activity sheets will be available for children during the service with their parents/guardians supervision.

www.forstertuncurrypresbyterianchurch.org



Coast Evangelical Church

We currently meet on Sundays at 4pm (with Kids Church) and 6pm at Forster Public School Hall. We also run SALT (years 3-6) on Friday afternoons and RIPTIDE (years 7-12) on Friday nights.

More information plus videos of services can be found on our website: www.coastec.net.au

Due to COVID regulations please register via the website.



Forster /Tuncurry Anglican Church

We meet at 6 St Alban's Place Forster on Sundays at 8am (Traditional Communion), 10 am (Families plus Creche) 5.30 pm (Informal Communion) and on Wednesdays at 10.30 am (Traditional Communion).

Services can also be viewed on-line at forsteranglican.com

We also operate the Op Shop off the car park in Head St Forster Mon to Fri 9am to 4pm. Our bookshop at 6 St Alban's Place is open 9am to Noon weekdays, except Thursdays (10 to 12pm).



Forster Christian Life Centre

We meet at 3 Kenrose Street Forster on Sundays at 10.00am, observing current Covid restrictions.

We have a Ladies' Bible Study at 10.00am Wednesdays and a Men's Bible Study at 6.00pm Thursdays (men's group includes dinner).

We also offer a mid-week playgroup. Facebook: [communityplaygroupforstertuncurry](https://www.facebook.com/communityplaygroupforstertuncurry)
For more information call Eric Hall (Pastor) on 0415 794 291.



Forster Tuncurry Seventh Day Adventist

We have a bible discussion group at 10 am that continues into the service at 11am on a Saturday. We usually have a lunch afterwards - but due to COVID19 we have had to suspend these. We are at 29 North St Tuncurry.

You can find us on Facebook and at: [forstertuncurryadventist.org.au](https://www.facebook.com/forstertuncurryadventist). Pr Graham Stewart phone is 0447 444 424.



Church of Christ

We come together 10:00am Sunday mornings at 14 Douglas Ave, Tuncurry. COVID restrictions are being observed, but everyone is welcome. We have live stream options to tune in from home too! For more information or to contact us please visit our website: www.ftchurchofchrist.com.au Find us on Facebook: [forstertuncurrycoc](https://www.facebook.com/forstertuncurrycoc)

We also offer a mid-week playgroup. Facebook: [communityplaygroupforstertuncurry](https://www.facebook.com/communityplaygroupforstertuncurry)
Pastor Bret Clarke

Weekly Diary

The 'Weekly Diary' is FREE to promote community group information. Max - 4 lines.

Mondays

Green Bikes Community Workshop
Open 9 - 12pm. Supplying parts & free help with bike problems. Tuncurry transfer station. Budding mechanics welcome. 0458 809 975

Great Lakes Ladies Probud Club
4th Monday of the Month
9.30am Forster Bowling Club
Contact Lorraine Tilley 0408 055 109.

Inner Wheel Club of Forster Tuncurry
2nd Monday of the Month.
1pm Club Forster.
Contact Lorraine Tilley 0408 055 109.

Forster Hospital Pink Ladies
Meetings held the 2nd Monday of each month Forster Bowling Club 1.30 pm. Afternoon tea afterwards. Contact Cathy Cook 0429 265 656.

Boomerang Bags Forster Tuncurry
9:30am -12:30pm every second Monday
Tuncurry Memorial Hall
Ring Leonie Dowell 0430 623 332

Heart Foundation walking group
7:30am Community Health Centre
Breeze Parade, Forster
Contact Bev 0408232 094

Tuesdays

Forster Shores Combined Probud Meeting
3rd Tuesday of the month
2pm Club Forster.
To attend contact Peter Dreise on 0407 842 905

Great Lakes Prostate Cancer Support Group.
Fourth Tuesday of every month
7pm Club Forster
Email: jjpatchwood@gmail.com

Pacific Palms Probud Club
Meets second Tuesday each month at Moby Resort, Boomerang Beach 9.30am for 10.00am, Feb to Nov. All welcome.
Please call Jim Peters on 0418 201 167

Rotary Club of Lower Midcoast
Meets first Tuesday each month at Sporties, Tuncurry at 6pm. Meets third Tuesday at Club Old Bar. Call Lance Fletcher 0409 850 671.

Heart Foundation walking group
7:30am Beach Bums cafe Beach St & North St social coffee after walk
Contact Lorna 0420 587 532

Wallis Lake Dining Group
We dine out on the 1st Tuesday of the Month at various restaurants
Please call Jim Peters on 0418 201 167

Wednesdays

The Forster Tuncurry Community Kitchen
12 -1pm, 33 Lake Street Forster.
Provides a meal in a social & safe place. Volunteers and donations welcome.
6539 5900 or sabdoocatholiccare.org.au

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

Great Lakes Breast Cancer Support Group
First Wednesday of every month.
4pm Tuncurry Beach Bowling Club/membership
Email: facilitator@breastfriends.org.au

Heart Foundation walking group
7:30am Community Health Centre
Breeze Parade, Forster
Contact Bev 0408 232 094.

Forster Library free homework help
Every Wednesday 3-5pm (school terms only)
No bookings required. Phone 7955 7001

Thursdays

The Forster Tuncurry Community Kitchen
12-1pm, 33 Lake Street Forster.
Provides a meal in a social & safe place. Volunteers and donations welcome.
6539 5900 or sabdoocatholiccare.org.au

Coomba Mens Shed
Open every Thursday 8.30am-12pm.
86 Moorooa Rd Coomba Park.
All men welcome to come along & participate.

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

Heart Foundation walking group
7:30am Community Health Centre
Breeze Parade, Forster
Contact Lorna 0420587532

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

Fridays

Forster Country Women's Association (CWA)
3rd Friday of the Month, 10.30am CWA Rooms, Little St, Next to Information Centre, Forster. Contact Lorraine Tilley 0408055109.

Heart Foundation walking group
7:30am John Wright Park, Tuncurry social coffee after walk
Contact Lorna 0420 587 532

Wallis Lake History Group
1st Friday of the Month, 1.30pm Forster Bowling Club, World History by Members
Please call Jim Peters on 0418 201 167

Saturdays

Forster parkrun
Pebble Beach Playground off Head St
7:45am for 8am start
[facebook.com/Forsterparkrun](https://www.facebook.com/Forsterparkrun)

Nation 'at front of queue' discovers it is in wrong queue



Australia has been patiently waiting in line for fresh doughnuts, it has been revealed.

"They're good doughnuts, they're those really hot ones with lots of sugar on the outside, and there are some glazed ones available as well. But they're not COVID-19 vaccines I'm afraid," a spokesperson said.

"I know a lot of you will be disappointed. I know a lot of you were looking forward to getting immunised against a deadly virus. But the truth is that's a totally different queue. On the plus side, they're doing a two-for-one on the doughnuts right now so it's not all bad.

"What I'd suggest you do is grab a doughnut and then head over to the COVID vaccine queue. There's going to be quite a few countries ahead of you, but you'll have something to eat while you wait".

www.theshovel.com.au

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info@theforstertuncurry.com.au

Local Legend Julie May Milne-Hurst



Above: Julie at home with Aggie (dark dog) and Aggie's daughter Tinker (white).

I was born 25th July 1963 at Crown Street Hospital Sydney and grew up in the St George area. My mother passed away when I was only four years old and I have an older sister who was five at the time. My father remarried not long after and when I turned five I was then blessed with a brother. I lived with my sister and Aunt's but mainly we lived with our Grandparents at Sans Souci where I attended Sans Souci Primary. This is where my love for sport began. I later attended Moorefield High where I dedicated myself to playing cricket to a State level and often travelled away to do so.



Above: Julie after surgery in 2000 with her daughter and son.

I married and had children and with the family moved to Avoca beach where we lived for 25 years and raised our children. I started up a small cake business where I would make deliveries to as many office blocks as possible in the City by morning tea. Easter and Christmas were the busiest as people found the

Below: Julie (pink scarf) with her medical team. Julie's surgeon Professor Munjed Al Muderis is holding her leg.



individually wrapped variety of cake the perfect small gift for work colleagues. On weekends I worked at Bowtell's Service Centre Avoca (the only garage that gave driveway service).

On the 29th May 2000, at the age of 36, my life changed forever!

My friend and I did not have to go to work until the afternoon, so I talked her into going for a drive to Lake Munmorah to buy some slate to finish some renovations I was doing. I hit a tree on the notorious Wilfred Barret Drive, North Entrance. I'm told an off-duty paramedic was passing and he tourniquet my badly damaged leg. The Westpac chopper flew me to John Hunter Hospital where I resided until the end of 2000.

I have no memory of the accident. In fact, the year 2000 is not much more than a blur to me. I lost my best friend that day. I was given a 5% chance of survival, and it seems like all I have been doing is recovering ever since with ongoing surgeries etc. My son, all of 19 at the time and serving in the Navy, was flown back from Duty and signed the paperwork to have my leg removed. He then took care of his little sister who was 13 at the time. The Navy were amazing and very supportive. They posted him at Carrington Naval Port in Newcastle where he was able to come and see me daily.



Ocean Swimming

In 2003 the Doctor told me that with all my injuries I would have to learn how to swim. So I did!

Not long after, I entered my first ocean swim at Coffs Harbour - the Jetty swim. I was hooked! I have since swum on the south coast as far as Mollymook, Darwin's Fannie Bay twice, Hervey bay, South West Rocks (Gaal Break Swim) and The Byron Bay 'Winter whalers'. Some of the solo swims I have completed are Kangaroo Island in South Australia and Frazer Island in Queensland. I also flew to Gizo from Honiara and swum to JFK's Kennedy Island leaving Sanbis Resort with just a native guarding me with a spear for the duration. This was one of my most memorable swims.

I must admit, my favourite swim is at home - the epic Club to Club. This year's swim was definitely the most challenging with the wind and currents. The swim ends at Main Beach where I train most mornings. I usually get in the water on sunrise when it is so peaceful. If for some reason I don't swim, my day just isn't

a good day. I leave my prosthesis with my gear on the beach and stick my crutch in the sand as a marker. On occasions people have taken my bag but thank god the locals look out for me and deter people from taking my bag.

Other epic swims over 3km include the West Rocks 'Gaal Brea', 'Big swim' at Palm Beach, Alexandra Headland 'Solitec Swim' in QLD and Irriki Island, Port Villa.

When the seas are too big to swim I swim in the channel. Since Osseointegration (more on that later) I am restricted on where I can swim and cannot

swim in spa's, pools or canals as I have to be careful of infection. To keep my fitness up twice a week I attend the 'School of Box' in town.

When I have to go south I still swim at places like Terrigal and the Cronulla beaches. New Zealand is my next goal. I plan to swim in areas around the North Island like Lake Taupo with my girlfriend. My long term goal is to swim the 'Swim the Swim Trek' in Croatia with my brother in law. I have my wetsuit ready!

Ongoing surgeries and Professor Munjed

What makes me a 'glass half full' person is I have the best surgeon in the world. I don't worry now every time I go under anaesthetic. My only issue is the recovery time and not being able to get back in the water to swim.

My surgeon is the legendary Professor Munjed Al Muderis. He himself has had an astonishing Journey. Born in Iraq he became a surgeon under the Sudan Hussein regime. Then escaped and was a refugee. He is an author and Human Rights activist. Thanks to Munjed's pioneering work Australia is the number one in the world in Osseointegration. When I attended his clinic before Covid, the place was full of people from overseas including Canada, America and the UK. A lot of War Vets were there as well, with more than one limb missing.

Munjed has been nominated for Australian of the year more than once and on his Christmas breaks he returns to Iraq and volunteers his time with his team. They operate on all the civilians and soldiers injured in the war and has numerous theatres going at once.

Osseointegration

Osseointegration is a surgical procedure that aims at giving people a better quality of life by improving their function and mobility after amputation. Late September in 2019 Munjed replaced my right hip, the beginning of my reconstruction folder. Then the big one, Osseointegration, was performed in October 2019. I was still in rehab on the 11th of November 2019. I remember that date as it was when the fires were out of control back home and I had to watch from afar.

My amputation was below the knee, so the metal rod was put through my tibia. [If an amputation is above the knee the rod is put through the femur and those patients are fitted with a mechanical knee. This can be operated through Bluetooth on the patient's mobile phone and settings can be changed so they can climb, go up steps, etc. It is AMAZING.]

I was in long term rehabilitation because if it's not a recent amputation your bone softens over a period of time and you would have to spend a lot more time strengthening the bone before you can have a prosthesis fitted. This procedure is time consuming. Twice a day we do 'load bearing' which means you have to go to physio twice a day and stand on bathroom scales while holding onto parallel bars. Slowly you increase the pressure of weight on the scales until you reach half your body weight.

Patients that have a recent amputation sometimes only need a couple of weeks of this rehab because their bones are still hard. I have seen lots of people come and go while in rehabilitation. 90% of Munjeds patients are motor bike related injuries.

Whilst in rehab I have met a lot of other 'inmates' that were in for as long as I was. I made good friends with Aimee Fitzgerald and Josh Lynch. I still keep in contact with



Kia May at Terrigal, New South Wales, Australia
9 May 2015 • 🇺🇸
So proud of my Mumma this mornin...

many of them. Although these are trying times many people had no family support and were a long way from home for months on end. However, we all are so grateful and not one of my inmates have regrets as we are all enjoying a new quality of life.



Above: Julie (middle) about to swim the 2021 Club 2 Club at One Mile Beach with good friends Steve and Nonie Martyn.

Munjed found me challenging. I had a broken drill in my groin from the original operation 20 years ago which concerned him. He was not sure how he was going to get it out but was determined to remove the metal through my femur and hip. It had been in me for 20 years and the recovery afterwards was my worst 'recovery' from an operation so far.

Continued on page 17.

Below: Rehabilitation inmates Aimee Fitzgerald, Josh Lynch and Julie.



Book Review by John King



In regard to my hip - my femur is a lot shorter than the other. Munjed is able to help people increase their bone length, but in my case he has decided that I need to get my hip replaced. He's going to make my hip longer so my legs will be the same length after 20 years. Apparently 2cm is ok as you can stretch muscles back to their original length but anything more than 2cm becomes another issue, including more rehab.

Moving to Forster

I eventually remarried which is why I moved to Forster to support my husband in his career.

My son (now 40) and partner Lisa, along with my youngest grandson Harvey, live only 50 minutes away. My daughter (33) along with her husband and my two older grandchildren, Frankie 4 and Sissy 2 all live in town.

Biggest Challenge

When I am asked what my biggest challenge has been, I thought surviving would be my biggest after being so broken. But after dealing with other people's mental health issues, I see that this is my most difficult ongoing challenge, more than any of my physical injuries.

My advice to my young self is that in this journey called life "Live for you and take good care of your health and wellbeing as it's the most essential thing you can possess. Love your pets, and always remember your glass is half full."

How do I feel Forster Tuncurry could improve?

I believe we are in desperate need of a functioning Public Hospital with a first-class Emergency Department, a Mental Health Unit, a Children's Ward and Maternity Ward. I think more doctor surgeries are needed and that our GPs are overwhelmed.

I also think we need more services for our growing youth like a building or complex for them to attend that has youth programs, boxing, rock climbing, ninja course, etc. Overall, a safe place for our next generation.

Story and photos supplied by Julie May Milne-Hurst.

We Are Bellingcat - an intelligence agency for the people by Eliot Higgins is an extraordinary non-fiction book: for many of us, but not perhaps for those who find life in their computers.

Eliot Higgins, a high school dropout, has created a dedicated group who use the internet, publicly available information, social media, Google Earth, and a wide range of apps to solve major international crime. For example, they have traced the weapon and those involved in the destruction of MH flight 17. They have identified the GRU poisoners in the attempted assassination in Salisbury of a Russian father and daughter using the nerve agent novichok.

In a world where fake news, government propaganda, extremist views and radicalisation are rampant through social and sensationalist media, and evidence and professionalism are disregarded, never has it been more important to cut through the fog. Sensation sells, of course, and assertion and repetition garner a reputation for truth however ill-deserved.

Eliot did not start out to do all this; rather he took refuge from a series of unsatisfying jobs by spending hours on the internet, then finding how much he could establish about events via open-sources. Bellingcat looks to: **Identify** overlooked issues, **Verify** all evidence and never engage in speculation, and **Amplify** what is learnt. Their chain of investigation is then made public including to news agencies

and government organisations.

Clearly there is a very real role for organisations such as Bellingcat to complement resource limited intelligence services.

Trawling through millions of videos, photographs, tweets, and data bases is time-consuming and requires real dedication. Not least is the mental load in viewing some of the really nasty material that terrorists post on-line but which it is necessary to do to trace other potential perpetrators. Moreover, they alert the everyday media to avoid giving extremists the oxygen of public notoriety that they crave.

Clearly, too, there is much more that can be done. Bellingcat has focused on the western hemisphere and the Middle East. Matters such as environmental degradation are as yet untouched. Education is needed for students and people generally to spot fakery where made-up photos and voice recordings are common. Bellingcat has started "bootcamps". For anyone interested to know how their testing works, they have set up a free Bellingcat Online Investigation Toolkit, including links to everything from satellite maps to video verification to company registries to flight trackers.

So much for insomnia!
John King Librarian
Pacific Palms Community Library
www.bellingcat.com/book

Editor's note: Suitable for older readers only with topics of strong nature.



21st year anniversary of TV Black Spot Program in Great Lakes

Television in Australia began experimentally as early as 1929 in Melbourne and Sydney. Brisbane followed in 1934. Mainstream Sydney television was launched 16th September 1956 in Willoughby NSW with the Nine Network station TCN-9 Sydney. First words said were "Good evening and welcome to television".

Local television reception for the Great Lakes region came via Newcastle TV station NBN and commenced transmission from Sugarloaf Mountain 4 March 1962. Further regional TV stations were quickly introduced. Two

broadcast towers were used to transmit analogue TV on VHF signals. In 1990's two UHF analogue stations began to transmit and finally television transmission was converted to the UHF Digital band in 2003.

In the following years for better TV reception in the Great Lakes, a new transmitter was built at Middle Brother mountain via Port Macquarie. This shortened the signal travel to the Great Lakes region to about 75 K'S. But nevertheless, continuous irregular TV reception was the general order of the day, especially in inclement weather and as the then current analogue signal.

However, the year 2000 saw the beginning of a TV signal change. The Federal Government finally decided to take action with continuous rural and country district complaints Australia wide. In the 2000 Federal budget, an amount of \$200 million dollars was allocated to implement the Television Black Spot Programme in May 2000.

May 2021 marks the 21st anniversary of the implementation of the Black Spot Programme. The programme was under the control in Canberra by the Department of Communications Information Economy and the Arts with the senior minister being Senator Richard Alston in charge. Our local Federal member Bob Baldwin also very keenly supported the

Left: Photo from May 2000 of Senator Richard Alston who visited Terry's house (in red top) and viewed the switching on of the new signal from the Likely St water tower to Terry's realigned antenna. Local MP Bob Baldwin is on the left kneeling.



programme. The Federal government's official application procedure was extremely technical and complicated. There was no precedence for this type of funding and actually how for a responsible body to make an application to improve the technology. Application procedure was forwarded to all Australian councils and the Great Lakes Council gave approval for joining the Black Spot Programme. Council chose two convenors to construct the application, the Great Lakes General Manager, Gerry McDonagh and local resident Terry Groves. Further into the programme, replacement General Manager Keith O'Leary took over the joint convenor role and very competently brought the program to its conclusion in 2005.

The initial procedure was to follow the Federal Government's instructions explaining funding and how many new transmitters would be required for our region. The Government approved the original basic application and agreed to pay a \$2000 cost to have a local TV aerial technician carry out a survey of 20 local homes. All visits were identified with same signal breakdown problems and once again the Government approved the Black Spot Programme to further proceed. The next challenge was to appoint an electrical technician experienced in radio/TV signals and analogue/digital conversion equipment and installation. The expert found was local technician David Gibson and team and for the ensuing 5 years, did an outstanding job.

Following on came the site selection programme. The new transmitters had to be on the highest possible ground and well above tall tree lines and especially had to be on controlled land. The sites chosen were:-

- Forster - Water Tower Likely St
- Elizabeth Beach - Telstra Site Water Reserves Hillside Rd
- Smiths Lake - Telstra Site Water Reservoir MacWood Rd
- Stroud - Broadcast Site Stroud Reservoir King St



Above: Terry today holding his Certificate of Recognition for an outstanding contribution to the local community from 2003.

Booral- Private Site

Secured computer equipment buildings were constructed and installation completed. The new transmitters were then realigned with main tower at Middle Brother for each site to receive the old incoming signals and redirection for household antennas to be retuned and new TV channels input to TV sets.

By 2005 the Black Spot TV Programme was successfully completed by a team effort of some 400 people and many thanks to a far improved to the previous disruptive analogue transmission.

Story and photos supplied by Terry Groves.

Small business rebates supports recovery



council rates and outdoor seating fees are just a few examples of the fees and charges that can be claimed back through this rebate scheme. I encourage all eligible small businesses in Myall Lakes to register for the \$1500 credit through Service NSW."

Above: Photo by Patricia Macvean.

A new \$1500 rebate scheme is now available to help the small businesses of Myall Lakes cover the cost of NSW and local government fees and charges. Member for Myall Lakes, Stephen Bromhead said this rebate scheme has come at a crucial time of our ongoing community's recovery.

"We've faced almost every challenge imaginable in the last 18 months from droughts, to bushfires, a global pandemic and now flooding," Mr Bromhead said. "The Fees and Charges Rebate is one of many ways the state government are stepping up to support small businesses through this trying time to leave more money in the pockets of eligible small businesses, sole traders and non-profit organisations."

"Small businesses are the lifeblood of our economy and supporting them equals supporting jobs."

"Liquor licences, food authority licences,

Minister for Finance and Small Business Damien Tudehope said the launch of the rebate scheme coincided with a number of licence waivers coming to an end.

"It's so important that we continue to support the small businesses of NSW," Mr Tudehope said. "Small businesses are the backbone of their communities and we want to make it easier for them to run a business and get ahead."

Small businesses who have total wages below the new 2020-21 \$1.2 million payroll tax threshold, and have a turnover of at least \$75,000 per year, will be able to register through their MyServiceNSW account and claim back eligible state and local government fees and charges.

The rebate will be available until 30th June 2022. To apply and for more information, including the program guidelines, visit www.service.nsw.gov.au/small-business-fees-and-charges-rebate

Zone 11 Bowls frontrunners

We have now reached the halfway mark in our pennant season, and a clearer picture has emerged of who the frontrunners are in some grades, whilst others are fairly close and could go any way come the season end.

Grade 2: Forster are undefeated and are the clear leaders, losing just four rinks in five games. The other teams all seem to be beating each other, and this would now seem to be Forster's to lose. Harrington are in second place but are 18 points behind. It would take some upset results to change anything at the top.

Grade 3: There were some interesting results in this grade last Saturday with the two at the top both suffering defeats. Leaders Old Bar were defeated by Forster, but still retain top spot by 1.5 points, while Forster move into second place. Previous second place Tuncurry, were defeated 10-0 by Wingham and drop down to third.

Grade 4: This grade could go to anyone. After 3 rounds Harrington led from Blackhead in second. Both of these teams have lost their last two games. The new leaders are Pacific Palms, who defeated Blackhead 8-2, from Forster, who had a good 9.5-0.5 win over Harrington. Harrington and Blackhead have dropped to third and fourth respectively.

Grade 5: Manning Point have a healthy lead here after defeating second placed Tuncurry 8-2. Tuncurry drop back to third with Sporties jumping into second after a 10-0 win over Forster. Manning Point will take some catching from here.

Grade 6: This is a close one. Tuncurry lead Railway by just half a point at the half-way mark of the season. Harrington is in third and Forster, who were leading, have lost their last two games and have dropped back to fourth.

Grade 7/1: Gloucester have retained their lead with a 10-0 win over Sporties. Wingham are in second just 9 points behind after a 9-1 win over Harrington. These two teams clash in the next round, and you would have to say, this is a must win game for Wingham if they are to have any chance.

Grade 7/2: Pacific Palms are the runaway leaders in this grade. Even having the bye and not scoring a point, they lead by 15 from Sporties. They will take some catching from here.

It seems that grades 2, 5 and 7/2 have clear leaders and it will take some upset results for them to lose, all other grades are very open, which is what we like to see at this stage of the season.

The selectors have announced the Senior and Open teams to represent Zone 11 in the Inter-Zone Sides Championship to be held in Tamworth in May. Noel James

OPEN			
Lead	Matt Pearce	Damian Penning	Warren Cocksedge
Second	Peter Cassar	Justin Costa	Brett English
Third	Keeden McGuire	Erin Smith	Jason Aurisch
Skip	Shannon White	Martin Gosper	Shane Globits
SENIOR			
Lead	Tony Hinton	Wayne Wright	Tony Gorrie
Second	Peter Schroeder	Col Hebblewhite	Brian Wilson
Third	Noel James	Dennis Hoyer	Geoff Pell
Skip	Rex Johnston	David Richardson	George McCartney



Forster Tri Club's end of season event - 'The Keith'



Left: Emma Sewell 2nd in The Keith. Right: Emma and Tracey Sewell, World Champion Keith Pearce and Richard Sewell.

watched the race before presenting the trophy to the overall winner.

The Sewell family competed extremely well and took out the first 3 places in the main sprint event of the day with Tracey Sewell first overall (for the second time in a row), daughter Emma and husband Richard third. The sprint event consists of a 700 m swim, 20 km ride and a 5 km run.

"This was a handicapped event with a staggered start," said one of the organisers Bruce Hopper, "We all had different start times but finished really, really close. The water was very cold from the recent rain, but the sun came out for the bike and run leg".

The Forster Tri Club ended their season at Forster Keys recently with a special event called 'The Keith'. Named in honour of their very own World Triathlon Champion Keith Pearce, who

Forster Tri Club President Margaret Gordon said, "The Keith was a wonderful way to finish the season," and that it was a privilege to have Keith there on the day presenting the trophy.

Keith explained that he had won this particular trophy five years ago at the Mexican World ITU & Triathlon Championships where he won two golds and a silver in the 80-year-old category. This was the best result of any Australian at the time.

There was also a Junior's Race on the day and first timer Caitlin said, "it was very fun, and I'll definitely come back to do it again."

Mary Yule



Information and photos supplied by Bruce and Debbie Hopper and Roberta Pearce.

Editor's note: Keith Pearce was published as our first Local Legend in August 2021 and can be found at www.theforsteruncurry.com.au in the Publications/Archived section.

Great Lakes United FC football program 'Kick-On for Women'



Great Lakes United Football Club will, for the first time, host its own Kick-On for Women hub from Tuesday 27th April to coincide with Term 2 of school. The 8 week program will be held at Boronia Park on Tuesday nights from 6pm.

Kick-On for Women is an introductory soccer program designed specifically for women who have never played football before, or have not played for a long time, to fit exercise and time for themselves into their busy lives while juggling work, study, family and social commitments.

Football Mid North Coast club Great Lakes United will be one of eight clubs across northern NSW to host a Kick-On for Women hub during Term 2, along with five hubs also hosted directly by State Member Federation, Northern NSW Football.

Born from the demand of mothers, sisters and female spectators wanting to be involved in football, the format is welcoming, supportive and fun.

Northern NSW Football's (NNSWF) Kick-On for Women Project Officer Michelle Forbes said positive feedback had been pouring in and welcomed Great Lakes United to the program.

"Great Lakes United have come on board because they recognise the value of the Kick-On for Women program and the benefits it can have not only for women associated with their club but their own community," Forbes said.

Great Lakes United's Kick-On for Women Coordinator & Facilitator Lesley Campbell said the club were excited for Kick-On for Women.

"Kick-On for Women is such an amazing

program. Any women who have an interest to learn and play football, regardless of their age, fitness level or experience, can do so," Campbell said.

"It's all about enjoyment and friendship in a welcoming, supportive environment. It's such a great way to get fit or stay fit and spend time with friends or make new ones."

With a commitment of just 45 minutes per week after general office hours and during school terms, the program has a strong focus on inclusion and friendship.

Hubs are run by accredited facilitators and provide participants the opportunity to spend time focusing on their fitness and well-being in a supportive environment.

The program has been featured as part of the Federal government's Her Sport Her Way program and Football Australia have commenced rolling it out nationally.

NNSWF Head of Football Peter Haynes said Kick-On for Women encouraged women to become active, energised and connected.

"Women's football is growing quickly so we need to do whatever we can to assist that growth and support the women's game," Haynes said.

There have been more than 1200 participants in the program since its inception in Term 4 of 2019.

For more details and to register visit: www.northernnswfootball.com.au/kick-on

Women's golf for juniors to seniors

Women's Golf Central North Coast (WGCNC) is a Non-Profit Organisation working with our member Golfing Clubs to provide a range of golfing experiences on various courses for all level of players. WGCNC run tournaments, assist with District Finals for Golf NSW, a Pennant competition and have a great Junior Program.

Our Committee at present comprises 7 ladies and we also have a Webmaster and Junior Coordinator. We are all keen golfers who like to get out and enjoy the company of women who share our passion for the game.

Our District comprises 24 Clubs ranging from Bulahdelah in the south, through to Woolgoolga in the north and west to Gloucester. We have coastal courses and courses tucked into gently rolling hills; championship courses and delightful 9-hole courses and everything in between for an aspiring or seasoned golfer.

One of the most important aspects of being a golfer is that you can commence at a very early age (some of our district juniors are aged 5) and Hazel Donaldson (who recently celebrated her 100th birthday) of Forster Tuncurry still playing most weeks with her daughters and won the Christmas ham in November.

Golf is certainly a way of making friendships, if you are new to an area and as a game can take anywhere from 4 - 5 hours, spending quite a lot of time with your fellow players. Golf certainly benefits your fitness, especially if you choose to walk, as a round can cover 5 or 6 km depending how straight you hit the ball. Many golfers now choose to ride in carts which may be due to illness or injury but means they are still able to participate.

The majority of golfers would be over 60 in our District and due to family and work

commitments players are sometimes not able to join a Club until they retire.

On 3rd and 4th May we are conducting our Senior's Tournament, for ladies over 50 years, which comprises 2 days of golf. Monday will be at Tuncurry and Tuesday Forster. On Monday night we usually hold a dinner at the host club who also provide entertainment. There are some very talented artists amongst our lady golfers. We also run a raffle for Junior Golfers in our District, with prizes valued at approximately \$500, which is drawn at the dinner. WGCNC support junior golf in the District to the extent of \$5,000.

WGCNC is endeavouring to encourage more female juniors and most Clubs run a junior program. WGCNC have a very efficient junior program which is conducted by Catherine Robinson. There are 2 or 3 junior camps a year which WGCNC assist with up to \$1000 a camp. There are usually 2 Golfing Professionals who help with the volunteers and approximately 20 girls. All aspects of the game are covered and on the Sunday an Ambrose event is usually played. There are numerous tournaments in the area open to all juniors.

Attached is a photo of the Junior District Champions for 2019: Nett Winner Maddison Butterfield and Gross Winner Pypier Hollis. Due to Covid there are no results for 2020.

Golf is probably one of the hardest games to master as you can play every day on the same course, but conditions vary as the ball never lands in the same place and there are wind factors which make the game very challenging. Beginners are very welcome, and we need to grow the game and many Clubs have special programs. I am a member at Forster Tuncurry, and we have a program called "Budding Birdies" which commenced in 2009 and since then over 70 Birdies have joined the Club. The Birdies is played at Tuncurry each Saturday and the last Saturday of the month at Forster. The number of Birdies each week varies from maybe 6 to sometimes 21. Our lady members volunteer their time each Saturday to walk with 2 or 3 players to help with etiquette and rules.



Verelle Miller
Left: Junior District Golf Champions for 2019 Maddison Butterfield and Pypier Hollis.

If you are interested in playing golf regardless of your age you are best to contact your local golf club to ascertain what programs are available for new players.

www.forstertuncurrygolf.com.au/ladies

Star Business



Name: Kim Fryer

Business: Flashskip Bins

What is the best part of the job?

"It is good to get around in the truck and meet people who are renovating. Also, I'm helping people and getting a feel for the community", said Josh, truck driver for Flashskip Bins.

What can you tell us about your staff?

My eldest son Daniel is a big part of our crew. He helps wherever possible. Josh has come on board as our driver and has learnt quickly. He has been very conscientious and reliable.

What would you like your customers to

Do you know a great local business to feature here? Please submit their business name and a brief description to: www.theforstertuncurry.com.au

We will contact them and publish when space permits.

Star Pet



Name: Bonnie May is 3 years old.

Likes: Our fur baby Bonnie May loves her time getting a sandy nose on Blackhead Beach NSW.

Dislikes: The vacuum cleaner.

Claim to Fame: Her claim to fame was appearing on TV Programme Better Homes and Gardens with Dr Harry due to her being a crafty sock eater - so no socks are to be worn in our house by anyone!

If you would like to see your beloved pet featured in Star Pet please submit a high resolution photo and answers to www.theforstertuncurry.com.au

First rugby union match Dolphins v Ratz

It was predictable that after the catastrophe of losing their clubhouse in a domestic fire, the Manning River Ratz, defending champions of the Lower Mid North Coast rugby union competition, would show their fierce club spirit by overcoming the Forster Tuncurry Dolphins at Tuncurry's Peter Barclay Field on Saturday.

There was nothing in the Kennards Hire premiership clash - one try all, torrid, hard rugby, spiced by an all-in brawl, four players red-carded by referee Michael Wooster, untidy to ugly yet engrossing football - before the Ratz prevailed away from home, 10-7.

In perfect, late-Autumn rugby conditions, fine and dry with a light ocean breeze, the Dolphins did remarkably well, having missed last winter's competition through pandemic concerns and not having laced on hob-nailed boots for 20 months, a group of relative strangers banded together to form what will become a dangerous opponent.

In the manner of most top rugby sides, in the Dolphins' case, the front row - veteran 300-game tight-head, Ben Manning, and the arrival of two newcomers, hooker Sioni Muna and former premiership-winning Bathurst Bulldog, loose-head Aaron Booby, scrummed most impressively.

Hooker Muna is a quiet, industrious toiler, who has settled into his arduous tight role with conspicuous ease.

Behind him are the rising utility forward, Blake Polson, and another premiership-winning forward of 2019, Si Vaiaku 'Hau' Honema'u, the most damaging of runners; 40-year-old winger turned flanker, Steven Stanton; and the lineout winning breakaway, Sean Hassett.

It was Stanton who brought early inspiration to the game with his robust tackling and a splendid intercept and 65-metre run along the right wing to be cut down near the line.

The Ratz' pack was an industrious, unflinching unit, their back line well-engineered by play-makers, Corey Wheeler and Ricky Campbell, yet it was the Ratz' occasional inability to field a



technically equipped scrummaging unit which determined referee Wooster's decision to depower the scrums.

It was Wheeler's penalty goal which provided the Ratz with an early advantage only for the Dolphins to lead at half-time through prop forward Booby's close-range try following heavy forward exchanges.

Ratz centres, Tisdell and Corey Wheeler, initiated the Ratz' try, breaking free near half-way with Wheeler scoring the match-winning try after which the 12-member Dolphins team struggled to curb the Ratz, lock forward Kobi Simon excelling in defence in the centres.

Pleasingly, in the other Lower MNC game, Old Bar gave Wauchope a brave struggle before the Thunder claimed victory, 29-7, at Richard Crook Field.

Phil Wilkins

Mid North Coast Rugby Union kicked off the 2021 season last Saturday running 15 rounds of competition rugby.

Five Clubs are contesting the Lower Mid North Coast premiership with Manning River the defending champions. Forster Dolphins have returned while Old Bar, Wallamba and Wauchope will all be keen to make an early statement. The Women's

Above: Photo by Ian Yule.

Tens competition will be a 4 team comp with Gloucester joining Manning River, Wallamba and Wauchope.

Mid North Coast President Peter Gerathy has congratulated all clubs for their efforts "We appreciate the circumstances they have been through, particularly the last 8 weeks with recent floods and I congratulate them for their resilience, particularly the Old Bar Clams and Taree's Manning River Ratz.

Unfortunately the Gloucester Cockies have had to withdraw from both the men's and women's competition this year which required a slight change of the draw. The Women's 10's will finally get underway this weekend.

Bruce Worboys

Coomba's Sailability Great Lakes

Tuesday last week was the end of the sailing season for Sailability Great Lakes at the Coomba Aquatic Club site with an enthusiastic group of visitors from Lifestyle Solutions. A perfect day, sunny with a light breeze that enticed many of the visitors to go sailing and afterwards enjoy a sausage sizzle lunch.

Ian Peden

Photos supplied.



And that's a wrap! Long course swimming season comes to an end with spectacular results for Forster

Forster Aquatic has finished the long course swimming season on a high with some spectacular results at all levels of competition.

A team of thirteen swimmers have represented the club at regional, country, state and national level with several young emerging swimmers coming through the ranks at club level.

Standout performances of the season include young guns Eva Keen (12) and Harrison Tancred (10) who have taken the swimming world by storm over the past three years. This season saw them taking home eight NSW Junior State medals between them and seven at NSW Country Championships with Tancred dominating the breaststroke events and Keen medalling in freestyle, backstroke and butterfly.

Eleven year old Sophie Scislo also made her mark this season. Her debut at 2021 NSW Junior State earning her three top ten finishes, and she was further rewarded for all of her hard work at NSW Country Championships with a silver medal in the 100 butterfly.

Emerging young swimmer, Hamish Carmichael (10) had a great season, qualifying for both Junior State, NSW Country and Speedo Sprint Finals as well as State Schools.

The Club's Senior State Team also made a splash back in December with Braydan Lee (15), Emily Rowel (15) and Hannah Carmichael (13) achieving some excellent results at the week-long meet and Emily Rowel and Hannah Carmichael both placing top 20 in NSW.

Closer to home, the team also ranked highly at the North Coast Championships back in November at Banora Point with both Keen and Tancred taking out 12 years Age Champions and siblings Hannah and Hamish Carmichael both runner up Age Champions in their respective age groups.

Coach, Pete Sanders, said that he couldn't be prouder of the team.

"These kids give it everything. They train hard and they compete hard. The team is cohesive and encouraging and they all enjoy and celebrate each-others' successes".



"I've lost count of the number of personal best times the team has achieved this season, the medals, the ribbons, the podium finishes. It's just been spectacular."

"But more importantly they have done it with smiles on their faces, cheering each other on and celebrating as a team. Nothing can dampen our spirits we are riding on the crest of the wave".

Forster's National level swimmer, Nash Wilkes, has also ended the season on a high. The nineteen year old Rainbow Flat resident stepped up to the next level this season with some exemplary performances in the pool. Not only did he take home six medals from NSW Country Championships, four at NSW Senior State and top ten finishes in all of the Breaststroke events at NSW State Open, he has also finished his 2020/21 season with three medals at the Australian National Championships. Gold in the 18/19 Mens 100 & 200 Breast and silver in the 50 Breast

Left: Back row - Sophie Scislo, Eva Greenaway, Sophia Lee, Ev Keen, Amy Rowel, Adel Gregory (coach) and Piper Bamford. Middle row - Peter Sanders (coach), Tanna Davey, Braydan Lee, Hannah Carmichael, Emily Rowel with Hamish Carmichael at front.

and finished his campaign 4th overall in the 'Open' category for the 200 breast and 10th in the 100!

"What a way to end the summer season"

said Pete.

"Nash had a game plan for Nationals, and he followed it to the letter. He was focused, he was in it to win, and it was just spectacular to watch him perform at that level."

"Nash is now making his mark in the big time. He has Olympic Trials coming up in June where he will be focusing on the breaststroke events. I can't wait to see what he does next".

"He is a great ambassador for the Club, all of the young kids look up to him and he is happy to help them train and push them along to get the best out of everyone".

Congratulations to the following swimmers who have all represented Forster Aquatic during the 20/21 season:

National - Nash Wilkes

State - Nash Wilkes, Braydan Lee, Emily Rowel, Hannah Carmichael, Harrison Tancred, Eva Keen, Sophie Scislo, Hamish Carmichael.

Country - Nash Wilkes, Braydan Lee, Emily Rowel, Tanna Davey, Hannah Carmichael, Eva Greenaway, Harrison Tancred, Eva Keen, Sophia Lee, Piper Bamford, Sophie Scislo, Hamish Carmichael.

Speedo Sprints - Hannah Carmichael, Harrison Tancred, Sophie Scislo, Hamish Carmichael.

North Coast Championships - Stuart Small, Braydan Lee, Emily Rowel, Lachlan Small, Tanna Davey, Amy Rowel, Hannah Carmichael, Harrison Tancred, Eva Keen, Sophia Lee, Sophie Scislo, Hamish Carmichael.

Regional Carnivals - Stuart Small, Kiara Gaul, Nash Wilkes, Braydan Lee, Emily Rowel, Lachlan Small, Tanna Davey, Amy Rowel, Hannah Carmichael, Eva Greenaway, Grace Randall, Harrison Tancred, Eva Keen, Piper Bamford, Sophie Scislo, Benjamin Wilson, Hamish Carmichael, Murphy Rolston, Reggie Bamford, Mackenzie Much.

Julie Carmichael Photos supplied.

