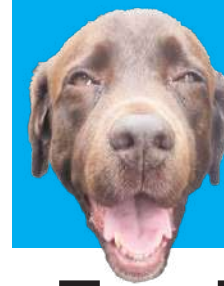


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Thursday 20 February 2025

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Circulation 7,000 No.115



Above: (L-R) Shark Bite Kit Founder Danny Schuten from Port Macquarie with Brett Burcher from Forster. Photo supplied.

This kit could save a life!

When local surfer Brett Burcher saw a social post about a community Shark Bite Kit, he reached out to founder Danny Schuten, a surfer from Port, who was more than willing to visit Forster and set up the kits where needed.

Brett said, "I felt there was a need for this kit in our area. Danny said this is the way to help your mates. He makes the kits himself and they are really simple to use."

Three local surf groups - Forster Boardriders Inc, Forster Bodyboard Club and Boomerang Beach Boardriders, then combined resources to support and fund this initiative, allowing Danny to make and place 14 kits along surf spots from Treachery to Tuncurry.

Having these kits at our local beaches could potentially help save lives. They are small, lightweight and durable, and fully designed to be used in the critical first few minutes after an incident.

Each kit contains: 2 tourniquets, 2 dressings 20 x 20cm, 2 compression bandages, thermal blanket, amputated parts bags, whistle, gloves and step-by-step shark bite management card.

In Danny's words, "Fact is, surfers and swimmers aren't going to stop doing what they

Continued on page 3.

Thompson backs taxpayer funded ambulance rosters

Tanya Thompson, Member for Myall Lakes, has voiced strong support for the Ambulance Division of the Health Services Union (ADHSU) campaign urging the NSW Government to maintain taxpayer funded paramedic rosters as promised.

Currently, paramedics in the Manning Great Lakes region are frequently sent out of town to cover staffing shortfalls in other areas, leaving

local communities vulnerable. Recently a Taree day shift crew was sent to Kempsey for an entire day, further stretching already limited resources.

Mrs Thompson said our paramedics are on the frontlines of emergency care, and they deserve the support they were promised.

"This isn't about asking for more money - it's about making sure the services already funded

by taxpayers are delivered where they're needed," Mrs Thompson said.

"When a crew from Taree is sent to Kempsey for the day, it leaves our community short and puts lives at risk. That's unacceptable."

"Communities in our region should not be left vulnerable because the promised resources aren't being provided," she added.

Mrs Thompson pledged to advocate for the maintenance of fully funded rosters and called on the NSW Government to step up and direct NSW Ambulance to deliver the services promised to the region.

Mrs Thompson will continue to work with ADHSU members and other MPs to push for action.

Continued on page 3.



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Photo by Patricia Macvean.

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- When submitting stories, please note - around 300 words is best with high resolution photos sent separately (in largest size). Please include names for photos left to right and your contact details.
- The Forster Fortnightly is on the Council for Country Press NSW and is a member of Country Press Australia and Regional Media Connect.

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Edition 118: **Wednesday 2 April** (deadline **Wednesday 26 March**)

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

MidCoast Council - Mayoral column

Councillors are back from their summer break, and we've kicked the year off with a very busy Ordinary Council meeting. Work now starts with our planning for the next financial year.

Our Draft Community Strategic Plan as well as an asset and a service level survey are currently out for public comment. Please tell us what you think, as these are both designed to guide our planning for next year.

As you can imagine, our key role – once again - is to find some more money to put onto the roads. We have been tightening our belts with our non-road budgets for the last few years, but this only leads to small incremental monetary gains. This year we may need to consider reducing our discretionary services. Many of our services are required by legislation, so we will be concentrating on areas that will impact residents the least.

I have heard some recent complaints that our roads staff just don't know how to do their job. I find it sad that people want to

blame staff. We have many very skilled and dedicated staff who do a wonderful job with the limited funds we Councillors provide to them – and in the face of ongoing criticism.

Staff know they need larger budgets for the roads, and they know exactly how they would spend this to improve our roads network. Much of this is set out in our comprehensive Roads Strategy. Unfortunately, we Councillors have not been able to provide the necessary funds at the same time as maintaining all our existing services at their current levels. Unfortunately, we have over 3,600kms of road and a comparatively small Rates base to fund our work. The money does not go far enough.



We have measures in place to increase efficiency and cut out any wasted spending, but again this only provides incremental gains. There is no magic bullet, but we will continue to seek out innovative ideas and endeavor to find acceptable solutions to this dilemma.

Mayor Claire Pontin



Thompson backs taxpayer funded ambulance rosters

Continued from page 1.

"Our community deserves to feel safe knowing that paramedics are available and ready to respond locally when emergencies happen."

Interview with local Paramedic Tom McDonald

Tom McDonald has been a paramedic for 38 years and is a Health Services Union (HSU) delegate for the Manning Great Lakes area.

Tom states that the ambulance roster system for Taree is supposed to consist of three-day shift crews (i.e. six paramedics on dayshift), seven days per week with an afternoon shift crew and 2 night shift crews. These three-day shifts are fully funded, staffed and equipped by the NSW government. Instead, for the last 2 and a half years, on some day shifts, it is run down to only 4 paramedics available instead of the 6 which is dangerously stretching their resources and ability to serve the community's medical emergency needs.

Currently, New South Wales Ambulance (NSWA) believe they can reposition a crew anywhere between Forster and Kempsey to act as relief when other stations are short on their roster.

Tom said, "Recently a crew was sent to Tuncurry for the day as Tuncurry was short of a crew. Last week a crew was dispatched to Kempsey for the whole day as Kempsey was short. The taxpayer has funded the government to have three-day shift crews for Taree seven days per week, not to provide relief to other areas."

Tom explained that Taree is a special place - unlike Port Macquarie, Coffs Harbour or Lismore where there is a trauma hospital in their towns and Cardiac Cath labs. Taree is lacking in these resources. If a patient has an accident and meets certain medical criteria, they are conveyed to Port Macquarie or John Hunter Hospital. Similarly, with certain heart attack victims, these patients are taken to John Hunter Hospital.



Above: Tanya Thompson MP with local Paramedic and member of the Health Services Union, Tom McDonald. Photo supplied.

"Our paramedics can be away from Taree for long periods of time. When there are only two crews in Taree (and these cases happen sometimes) two ambulances leave the area which leaves zero ambulances in Taree."

"This endangers local lives when both Taree ambulance are out of the area and NSW Ambulance has relocated the third crew away for the shift. Urgent ambulance responses have had to come from Tuncurry, Foster and Old Bar and if these resources are already busy on cases, further response comes from Gloucester or Bulahdelah, leaving their area short."

Tom explained that we are also a high demand area for ambulance services with our ageing population and low socio-economic population. Not having three-day shift crews that start and stay in Taree has a huge flow on effect and potential adverse outcomes for our community. Longer wait times for an ambulance could lead to poorer health outcomes for our patients.

"We want to do the best we can for our community. The pressure and stress upon our paramedics are immense as we are often driving longer distance

under urgent conditions to get to cases because NSW does not maintain the three-day shift cruise in Taree."

Tom added, "MP Tanya Thompson has been fantastic and supportive in trying to maintain three-day shift crews that start and stay in Taree."

Interview by Mary Yule with additional information.

This kit could save a life!

Continued from page 1.

love so incidents will occur. The best solution is to be prepared for when it does happen."

The kits provide everything bystanders might need should they be first on scene and a step-by-step instruction guide for simple and effective application.

The locations are Treachery, Seal Rocks, North Cellitto, North Blueys, South/North Boomerang, Bulls Paddock, Elim, Janie's Corner, South One Mile, North One Mile, Pebbly, Main Beach Forster and Tuncurry.

Interview with Brett Burcher by Mary Yule with information provided.



Above: A Shark Bite Kit near Cape Hawke Surf Club at One Mile Beach.

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Member for Lyne

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Authorised by David Gillespie, 14 Manning Street, Taree NSW 2430



Libertarian Party candidate
Mark Hornshaw for Lyne



The Libertarian Party have endorsed Port Macquarie Councillor Mark Hornshaw (pictured above) to contest the federal election for Lyne.

Mark Hornshaw contested the 2022 election for Lyne for his party under its former name of Liberal Democrats, securing 6.4% of the vote at that time.

“As far as I know I am the only Lyne candidate who is backing up from the previous federal election. I am grateful for the grassroots support that we have in this area, including 89 people attending our campaign launch last week in Taree. We want to build momentum over time and send a strong message to the major parties that they need to do better”.

“Libertarians want to dramatically reduce taxes, and increase the tax-free threshold to \$50,000 for individuals and \$100,000 combined income for couples. We oppose digital ID, censorship, misinformation laws and social media bans. And we oppose the bipartisan agenda of net-zero.”

“We run in order to spread a message of hope and freedom, and to educate the public about the importance of liberty.”

“I am running to win for the people of Lyne who feel their voice is no longer heard by any of the major parties.”

Midcoast councillor Mick Graham said “Mark’s election campaign in 2022, which took a principled stand against lockdowns, mandates and government overreach is what inspired many of us to join the Libertarian Party. Mark will make an excellent federal member for Lyne”.

Mark Hornshaw resides in Lorne where he and family grow native bushfoods. He is an economist with 15 years university teaching experience in economics, management and entrepreneurship. Prior to that he operated businesses in the telecommunications and foodservice industries. He is the Federal Policy Chair for the Libertarian Party.

Editor’s note: The Forster Fortnightly will be publishing a ‘Meet the Candidates’ feature in the lead up to the Federal Election when the date is announced.

At this stage there are 5 candidates for the Lyne District. In alphabetically order by surnames, they are:

Tom Ferrier - Greens

Mark Hornshaw - Libertarian Party

Jeremy Miller - Lyne Independent

Alison Penfold - Nationals

Digby Wilson - Labour

Concern for
accessible healthcare



Above: Digby Wilson, Labour candidate for Lyne, at local markets. Photo supplied.

In Forster Tuncurry, Digby Wilson is hearing that the community are mostly concerned about access to healthcare. The statistics from the NSW Department of Health are telling, approximately five to six thousand emergency visits to Manning Base Hospital come from this area each year. The hospital’s Emergency Department ‘time to start treatment’ has dropped from 95% in 2019 to just 37.9% in 2024. This paints a picture of a system that has been under long term strain.

But amidst the challenges, there are glimmers of hope. Efforts have been made to alleviate

the strain on the system. The increase in bulk-billed visits by 55,000 in the Lyne electorate is a step towards making healthcare not just a privilege but a right accessible to all. This initiative means fewer people are delaying necessary medical attention due to cost, potentially reducing the rush to the emergency department.

Further, the introduction of 60-day scripts has been a great help for many, effectively halving monthly medication costs. Pensioners benefit from a fixed script price for five years, and the PBS has expanded to include more affordable life-saving drugs.

However, the issue of GP wait times remains a sore point. Waiting 2-4 weeks to see a general practitioner can be the difference between managing a condition and dealing with a crisis. While NSW Health’s programs aim to attract more GPs to the region, the growth in medical professionals has not kept pace with population expansion, suggesting that the solution, while underway, still has a long road ahead.

“The narrative of Forster Tuncurry is not just about real people facing real health challenges.” Digby says he will continue to support policies that deliver more accessible and affordable healthcare in Forster Tuncurry. “Healthcare is not a luxury but a necessary part of life. I stand for action, ensuring that healthcare in Forster Tuncurry isn’t just about managing emergencies but about fostering a healthy, thriving community.”

Wake up with the Sunrise Club at Oney!

The Sunrise Club: Expanding to support Men’s Mental Health

“Every 60 seconds a man takes his own life and it’s a statistic that The Sunrise Club is determined to change,” said Tony Lumtin, one of the organisers at The Sunrise Club in Forster.

Since October last year the Sunrise Club has met every Wednesday at 6am, rain, hail or shine. Originally gathering at Main Beach, the club is now meeting at South One Mile, offering even more men a space to connect, talk, and support each other.

The Sunrise Club began in 2020 when the retired Swans AFL coach, Tadhg Kennelly, had a moment of realization. He spent nearly eight hours a day at the pub with friends, yet when his wife asked about the well-being of his family, he had no answer. This sparked an idea: a simple gathering where men could come together in a healthier, more meaningful way.

Now, the club has grown across Australia and internationally, reaching the UK, the USA, and Ireland communities. With around 70 chapters and counting, the movement is gaining momentum.

The focus isn’t on formal therapy but on being there when support is needed most. A typical gathering involves 30 minutes of exercise at your own pace, followed by a coffee and a chat. Men of all ages come together, breaking the silence around mental health in a welcoming and supportive environment.

The Sunrise Club is more than just a social group - it’s a lifeline. Sometimes, a simple conversation can change or even save a life. As the movement continues to expand, more men are finding connection, support, and a reminder that they are never alone.

For enquiries, contact Heath Collocott on 0410 519 835.

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Story and early morning photos by Georgie Yule.



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Summary of MidCoast Council Meeting – 5 February 2025



Notices of Motion

Eight notices of motion were received which were discussed and determined.

1. Councillor Mick Graham's first notice of motion was in relation to councillors receiving agendas for Council meetings earlier. The motion was not supported by Councillors.
2. Another motion from Councillor Graham sought to remove the Acknowledgement of Country and Welcome to Country in Council meetings. The motion was voted down and an alternative motion from Councillor Digby Wilson was supported which saw Council reaffirm its commitment to strengthening relationships with the Aboriginal and Torres Strait Islander people of the MidCoast and continue with welcome ceremonies and acknowledgement of country at meetings and in documents and emails.
3. A third motion from Councillor Graham sought to change the Council meeting times from 2pm until 6pm. The motion was lost.
4. Councillor Mal McKenzie's notice of motions included reversing the wording change on all

properties rates notices affected where the wording was changed from Residential Rural to Residential. The motion was not supported.

5. A second motion from Councillor McKenzie regarding onsite sewage management charge was amended so that the fees will be considered at the forthcoming fees and charges review.

6. Councillor Phillip Beazley withdrew one notice of motion and tabled two others.

a) The first was in relation to extending the consultation period for the LEP. The motion was not supported.

b) Councillor Beazley's second notice of motion requested a report relating to changes since the formation of the MidCoast Council of road construction methods and materials used. The motion also included a workshop on the matter due by the end of March.

Modification of hours to operation at Lakes & Oceans Hotel

The night life in Forster Tuncurry is set to improve after Councillors approved a change in trading hours for the Lakes and Oceans Hotel. Current restrictions allow the site to operate from 10am until 12am Monday to Saturday and 10am until 10pm Sunday. The change means the venue will be able to operate from 10am until 2am Monday to Sunday.

For full details of all reports, please visit: www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes

The next Ordinary Council meeting will be held on Wednesday 26 February at 2pm.

Official opening of Tiona Chapel



offered to the architects, builders and tradesman, management and staff of Tiona Investments P/L, Project Manager Allan Walshe and the facility was officially opened by Deputy Mayor Jeremy Miller of Midcoast Council. Tiona Chaplain Wendy Ballard emceed the event and offered the closing Blessing.

Following the cutting of a ribbon and the unveiling a commemorative plaque – the gathering then enjoyed a celebration cake, morning tea, and later a BBQ lunch together. Community members were invited to view the Chapel and Green Cathedral, learn about the Sunday for primary school age children, beginning in March this year and learn about the Benevolent arm of Community of Christ, (Saints Care) and some of its current programs.

Left: Wendy Ballard. Photos supplied.

Below: The cutting of the ribbon.



Saturday Feb 8 saw a large gathering attend the opening of the newly completed Tiona Chapel, at Tiona, owned and operated by Community of Christ. A building dedicated to peace, unity and service.

The celebration began with a welcome to country by Aunty Janice Paulson, performances from the Green Cathedral Community Choir, Hank Meadows on Harp, Matt Dobing and Cameron Waugh on keyboard. Acknowledgments and gratitude were

Grant writing information & council grants programs

Are you part of a community group and want to learn about applying for grants?

This session is to support community groups to upskill in grant writing. It is targeting people new to grant writing or not confident in grant writing to understand the process and how to answer questions. It will also provide additional information for people looking to fund a project on Council managed land, this is relevant to lots of sporting groups.

Come along to one or both of the following sessions:

Session 1 (10-11am)

Grant Writing Basics and tips for getting started

Session 2 (11am-12pm)

- Landowners permission - if your project is on

or in a facility that is on Council managed land

- MidCoast Arts Support Program
- Water Wiser Grants Registration

Two locations

Monday 3 March: 10am - 12pm Yalawanyi Ganya, 2 Biripi Way Taree

Tuesday 4 March: 10am - 12pm Forster Civic Centre, Wallamba Room, 4 Lake Street Forster

Registration:

Please contact Jane O'Dwyer on 7955 7679 or at jane.odwyer@midcoast.nsw.gov.au



World Day of Prayer

The World Day of Prayer, a global ecumenical movement of informed prayer and prayerful action which began in the 19th century.

Each year a country is chosen to prepare a service for the World Day of Prayer and this year the worship service comes from Christian women in the Cook Islands. We will learn more about their people, country, cultures and language on 27th February at 2pm.

Participation in the service comes from different churches in Forster Tuncurry and includes prayers of praise and thanksgiving, songs, one of which is introduced in Maori and then sung in English.

The theme is 'I made you wonderful' with Bible readings from Psalm 139:1-18.

Please join us at St Albans Anglican Church, St Albans Place, Forster on Thursday 27th February at 2pm for the service and stay for afternoon tea after the service.

Enquiries from Heather on 0460 827 243



Have your say on boat ramp safety trial



The first summer trial to restrict the use of the Little Street boat ramp in Forster is now complete. MidCoast Council wants to hear from users of the ramp and swimming baths area.

The two-year trial is a recommendation in the MidCoast Recreational Boating Infrastructure Plan. The safety trial bans motorised watercraft from launching at the boat ramp during daylight hours in December and January.

The aim is to allow safe pedestrian access around the amenities, café and baths.

During summer, the area is very busy with foot traffic crossing the boat ramp.

The boat ramp is congested with vehicles launching boats and people using the ramp with kayaks and paddle boards. There is also limited parking in the nearby area for boats with trailers.

"This year, with reduced boat launching, it was noticeably calmer around the boat ramp

area," said Amanda Hatton, Council's Manager Strategy and Projects.

It's estimated at least 3,000 people used the Little Street baths area during January alone.

"We want feedback from people who used the Little Street baths, boat ramp, toilets or café facilities during the trial period," said Ms Hatton.

"We'd also like to hear how the restrictions affected you if you couldn't use the ramp as a result of the safety trial."

To have your say, visit: midcoast.nsw.gov.au//boat-ramp-trial and complete the short survey. If you're not online, you can leave a message or text on the community engagement hotline at 0419 980 566.

Feedback ends on Sunday 9 March, so be quick.

Council will consider all community feedback when the trial is reviewed.

Forster Fortnightly back to a Wednesday

The Forster Fortnightly will be returning to its original Wednesday publishing day starting with our next edition - Wednesday 5 March. This means our readers have more time to find out what great things are happening for the weekend. Please see page 2 for our next publishing and deadline dates.

Probus Forster Shores start the new year



Above: (L-R) Robert Henley, James Elliott, Sue Elliott, Maggie Dreyer and Lynn Lambert all enjoying happy hour.

Members of the Forster Shores Probus cruised into the New Year on The Crown Princess up to Queensland. All reported having a great time despite the tail of a cyclone. There were plenty of shipboard activities as well as the meals and social get-togethers to keep us occupied.

Late last year another group had ventured to Far North Queensland by train riding the old "Gulflander" and "Savannahlander" up as far as the Gulf of Carpentaria.

On this trip we had limited time ashore, but we all needed a holiday on return after the hectic pace of our late breakfasts, long lunches, afternoon happy hours and group dinners and the evening entertainment.

Our monthly meetings recommence in February and are held on the third Tuesday each month at 2.00 pm at Sporties, Tuncurry. New members are most welcome.

Story and photo by Gail Henley.

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Forster Jumping Fleas wow the crowd at Uke Festival

Right: The Forster Jumping Fleas performing at the Blue Mountains. Photo supplied.

Seventeen members of the Forster Jumping Fleas made the trek up to Katoomba on Friday 7 February, to perform at the Blue Mountains Ukulele Festival on Saturday 8 February. We performed 8 songs, including Blue Bayou, Hangin' Five and Johnny O'Keefe's She's My Baby (which went down particularly well!) But



it was Let's Twist Again that got the audience up, dancing in the aisle, yet again!! Hmmm ... We may use that song to 'finish the set' again NEXT year! The songs all went down really well, and we received many compliments on both our song choices and our performance.

Our usual 'drummer' couldn't attend this year, so my brother-in-Law, John Lanceley stood in for Rael Thomas, playing the Cajon for us (John is sitting on the Cajon, front, right in the photo). The Cajon is a Wooden Box (made popular by Street Performers in Peru) and was often made from timber shipping crates that would

otherwise be burned or thrown away. Now, many (if not most) Ukulele Groups use them as they are small and compact - and make a LOT of noise!

We are already looking forward to the 2026 Ukulele Festival up there! It is SO much fun.

By Roberta Pearce.

Grant funding for creatives



Join an information session to learn how you could kick-start your next creative project.

If you have a vision for a public art project, an idea that promotes the MidCoast's rich creative

sector, or a way our community can learn and participate in caring for Country, you may be eligible for up to \$5,000 funding through the 2025 MidCoast Arts Support Program.

Come along for advice on eligibility, be guided through the application process, and get tips on how to write an effective submission.

Forster Civic Centre on Sat 22 Feb, 10:30 - 11:30am OR Manning Regional Art Gallery on Sat 22, Feb 2-3pm.

Book the Forster session at: www.eventbrite.com.au/e/funding-for-creatives-information-session-forster-tickets-232514988509?aff=oddtcreator

Applications close 14 April. For more information & to apply, visit: www.midcoast.nsw.gov.au/Arts-Support-Program

Local Clean Up Australia

Forster Keys

Come along and join our enthusiastic team of environmental warriors. Jump on one of our boats or bring your own and help protect our marine and bird life by removing plastics and other bulky waste from remote stretches of Wallis Lake foreshores.

Last year we collected almost 500kg and with more warriors we can and will do better. This is one of the most satisfying and rewarding things you will ever do.

Meeting Point: Meet at the Forster Keys boat ramp at 9am on 2nd March 2025.

RSVP: Site Supervisor John Marshall on 0434 278 606 so we can plan teams and equipment.

Smiths Lakes

Continue clean-up of village green spaces.

Meeting Point: Meet on the corner of Macwood Rd and Fourth Ridge Rd at 8:30am on Sunday 2 March 2025.

RSVP: Site Supervisor Robert Bain at <https://register.cleanup.org.au/fundraisers/ppca-smithsLakeVillage/village-green-space-clean-up-2025>



Tuncurry Forster Man Walk group visit Jockey Club

On Monday 10 February, approximately 30 members of Tuncurry Forster Man Walk group met at 7am at Tuncurry Forster Jockey Club for a visit and tour. The group was hosted by Garry McQuillan and committee members of the club.

Garry spoke to the group about the early days of the track and the infrastructure that has been built since the inception. He also talked about plans for the Club's future. After the talk most of the group set off to walk a lap of the track, many in bare feet. Group photos were taken before we headed to the hilltop BBQ where breakfast and refreshments were provided by the Jockey Club.

Since our first walk several years ago, the Man Walk group has provided many volunteers for the race club - working in the week preceding



race day on many jobs, running the carparking on race day, attending the horse gate and doing any jobs where they are short of staff. Several wives of the group are now actively involved working in a variety of positions.

The Man Walk group meets every Monday morning at 7am behind the Tuncurry Rockpool

Café. When Terry Green rings the bell we start by going around the local grounds with a race club update from Mark, a dementia update from Paul and further updates from Terry. Then Dennis our trivia man gets us all thinking followed by Max with several jokes. We always take a group photo, go for a walk and finish with coffee at the Rockpool Café.

The Man Walk group is a men's health group and is open to all men. If you would like to join us for some fun and a walk and talk, please contact Steve Rogers on 0407 200 615 or Mark Linton on 0402 045 718.

By Mark Linton.

Photo by Terry Green.

Grants open for NAIDOC Week celebrations



MidCoast Council is continuing its support for NAIDOC Week by offering grants for community-led events during the special week.

The events with the theme 'The Next Generation: Strength, Vision & Legacy' will be held between 6 and 13 July and MidCoast Council's Manager of Libraries, Community and Cultural Services, Alex Mills has urged the community to get involved.

"It's a great opportunity for all of us to learn a bit more about our local Aboriginal culture. The Gathang speaking people have a proud and strong history in the region and the NAIDOC events are a great way to get involved," he said.

"We are proud to be able to offer grants to Aboriginal Land Councils and Community Groups to hold events and functions."

Grants open now until Sunday 2 March 2025.

Any local groups thinking about applying for a grant just need to have a NAIDOC planning committee in place.

For more information on the events happening around the MidCoast for NAIDOC Week head to <https://haveyoursay.midcoast.nsw.gov.au/local-Aboriginal-hub> or contact Keen Emerson with any questions at keen.emerson@midcoast.nsw.gov.au

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AVAILABLE FOR LUNCH 7 DAYS A WEEK

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Monday RIBS & WINGS NIGHT

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For more information about community project funding, assistance with Federal Government services or to have your say on our Vision 2030 Plan visit www.davidgillespie.com.au

Wauchope: 📍 Shops 2&3, 43 High Street, Wauchope NSW 2446 ☎ 6586 4462
Taree: 📍 144 Victoria Street, Taree NSW 2430 ☎ 6557 8910
✉ david.gillespie.mp@aph.gov.au 🌐 davidgillespie.com.au 📘 DavidGillespieMP

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



Kindy classes for 2025

Forster Public School

6555 6766 forster-p.school@det.nsw.edu.au



K24 Ms Cindy Wood



K27 Ms Natasha Briggs



K22 Mrs Emily Ravell Ms Kirsten Reed



K23 Ms Leah Jenkins Ms Nicole Vlakic



K25 Mrs Michelle Phillip

**Safety
Respect
Personal Best**



Bungwahl Public School

Achieve with Pride



56 Seal Rocks Rd, Bungwahl NSW 2423

Ph: 02 49976175 Email: bungwahl-p.school@det.nsw.edu.au

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Kindy classes for 2025

Tuncurry Public School

Respect, Safety and Personal Best



22 Tuncurry Street, Tuncurry Ph: 6554 6463

<https://tuncurry-p.schools.nsw.gov.au>

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Kindy classes for 2025

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Ph: 6559 3009 Email: hallidays-p.school@det.nsw.edu.au

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Pacific Palms Public School's Kindy Class with teachers Jessie Meehan and Amy Dorfling.

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Pacific Palms Public School T 02 6554 0249 | F 6554 0642 |
Boomerang Beach NSW 2428 <http://www.pacificpal-p.schools.nsw.edu.au/>

Puzzles Page

The Grin Bin



Doodley Squat



Swamp



Bushy Tales



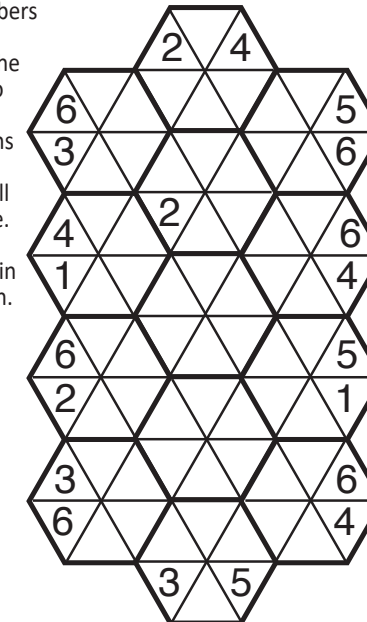
Sudoku

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

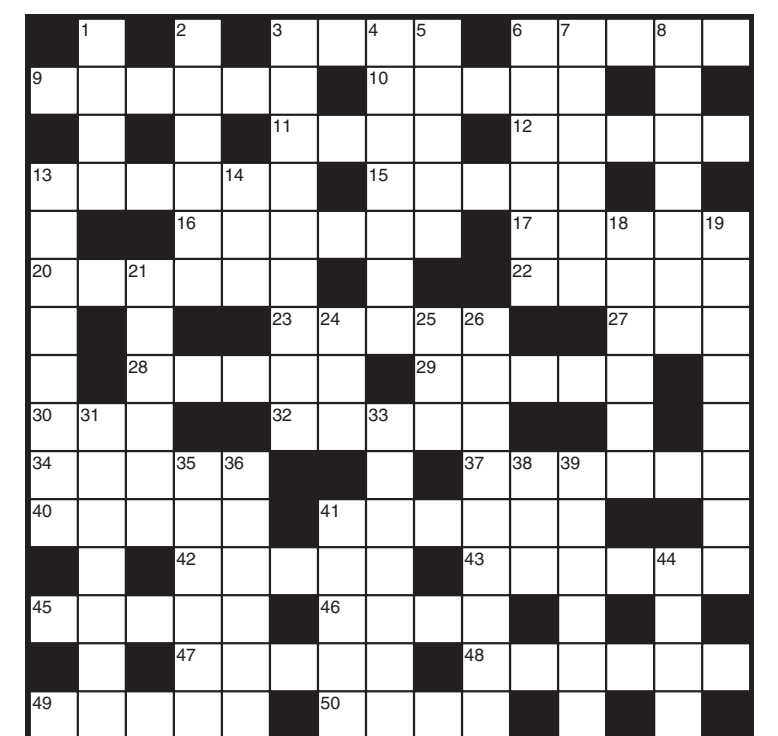
		3				1	4	
	2				6			
	5	1						
				2				
			5			7		8
1			3		7			6
5		9				1		
7		2			4			
			8	9				7

Quick Workout

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



Crossword

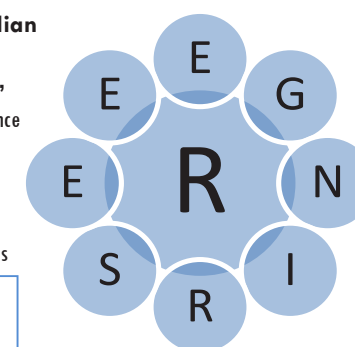


Focus

An All Australian Word Game

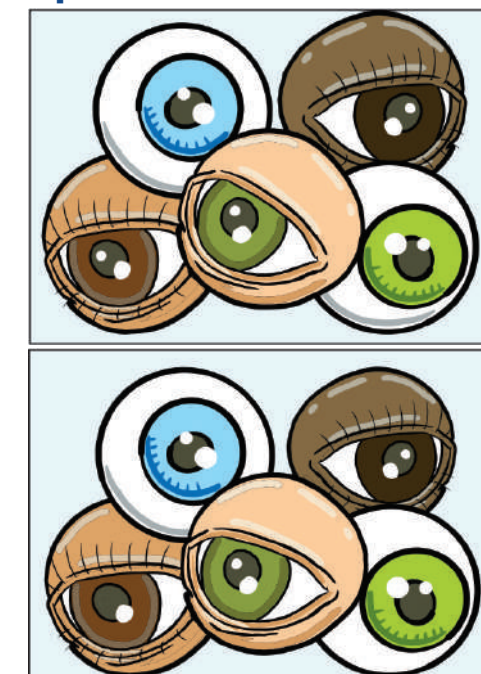
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S Good: 12 words
FOCUS Very good: 21 words
Excellent: 34 words

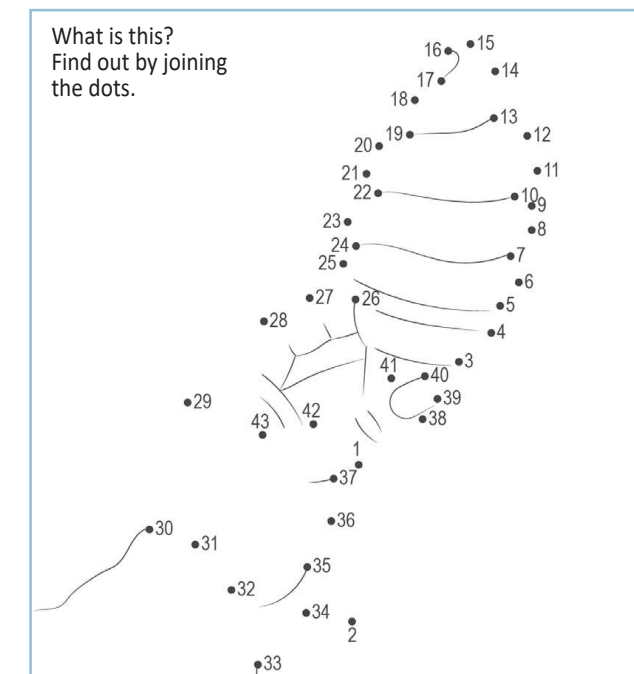


Reference: Macquarie Concise Dictionary
Focus No. 3949

Spot the 5 Differences



Join the Dots



Solutions

Puzzles and pagination supplied by Auspax Media



YOUR FORTNIGHTLY TV GUIDE

February 20 - 26

	ABCTV	SBS	SEVEN	NBN	TEN
THURSDAY	6.00 Morning Programs. 1.00 The Newsreader. 2.00 Fake Or Fortune? 3.00 Nickella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Sue Perkins' Big Adventure. 9.20 Grand Designs. 10.10 The Role Of A Lifetime. 10.55 News. 11.10 The Business. 11.30 Miriam Margolyes Almost Australian. 12.25 Grand Designs. 1.15 Long Lost Family. 2.05 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 Where Are You Really From? 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Secrets Of Royal Gardens. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Finding Your Roots. 8.30 Scotland's Poesht Train: Alan Cumming. 9.30 Edward And Wallis: The Bahamas Scandal. 10.40 SBS News. 11.10 Golden Boy. 12.00 The Allegation. 1.55 Earth's Natural Wonders. 2.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Bad Romance: The Vicky White Story. (2023) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 8.30 MOVIE: Mamma Mia! (2008) (PG) Amanda Seyfried, Meryl Streep. 10.50 Australian Idol. (PG) 12.30 Damnation. (MA15+) 1.30 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 RBT. (PG) 8.30 Emergency. (M) 9.30 A+E After Dark. (M) 10.30 9News Late. 11.00 Resident Alien. (M) 11.50 Tipping Point. 12.40 Pointless. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Gogglebox Australia. 8.30 The Graham Norton Show. (M) 9.40 Law & Order: SVU. (MA15+) 10.40 News. 11.05 The Project. 12.05 Late Programs
FRIDAY	6.00 News. 9.00 News. 10.00 Planet America. 10.30 Take 5. 11.05 The Newsreader. 12.00 News. 1.00 Silent Witness. 3.00 Nickella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Monty Don's Spanish Gardens. 8.30 Silent Witness. (M) 10.15 Optics. (M) 10.45 Hard Quiz. (PG) 11.15 News. 11.30 Guy Montgomery's Guy Mont Spelling Bee (NZ) 12.15 Grand Designs. 1.05 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 Nula. 3.30 Plat Du Tour. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Secrets Of Royal Gardens. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 James May: Our Man In Italy. 8.30 Tony Robinson's Marvellous Machines. 9.25 Mysteries Of The Ancient Dead. 10.20 SBS News. 10.50 Bonn. 11.45 Sisi. 12.45 Sisi. 2.30 Earth's Natural Wonders. 3.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Better Homes. 2.00 The Hunting Party. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: The Greatest Showman. (2017) (PG) Hugh Jackman, Michelle Williams, Zac Efron. 10.40 GetOn Extra. 11.10 Australian Idol. (PG) 12.50 Dr Harry's Animal Encounters. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: The 13th Summer. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 David Attenborough's Mammals. (PG) 8.40 MOVIE: The Hitman's Bodyguard. (2017) (MA15+) 11.05 MOVIE: No Sudden Move. (2021) (MA15+) 1.00 Getaway. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Late Programs.	6.00 Drew Barrymore. 7.00 Frugal Foodie. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Wheel Of Fortune UK. 11.30 Judge Judy. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Family Feud. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Wheel Of Fortune UK. 8.30 The Graham Norton Show. (M) 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Death In Paradise. 1.30 Optics. 2.00 Mozart: Rise Of A Genius. 2.55 Extraordinary Escapes. 3.45 The Role Of A Lifetime. 4.30 Muster Dogs: Collies And Kelpies. 5.30 Landline. 6.00 Australian Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Death In Paradise. (PG) 8.30 Vera. (M) 9.00 The Newsreader. (M) 10.05 The Newsreader. (M) 11.45 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Figure Skating. ISU European Championships. Highlights. 4.30 Plat Du Tour. 4.35 Wonders Of Scotland. 5.30 The Graveyard Of Truk Lagoon. 6.30 News. 7.30 Sandi Toksvig's Woodland Restoration. 8.25 Scotland The New Wild. 9.25 Great Australian Walks. 10.20 Great Coastal Railway Journeys. 10.55 Great Coastal Railway Journeys. 11.30 Home Jacking. 1.15 The Man Who Died. 3.00 Love Your Garden. 3.55 Employable Me (USA) 4.45 Late Programs.	6.00 Morning Programs. 12.00 Horse Racing. Silver Slipper Stakes Day and Caulfield Blue Diamond. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 1. Pre-race and race. 9.15 MOVIE: The Bourne Ultimatum. (2007) 11.35 Motorway Patrol. 12.05 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 1. Highlights. 1.05 Dr Harry's Animal Encounters. 2.00 Shopping. 3.30 Horse Racing. 5.00 My Greek Odyssey.	6.00 Morning Programs. 10.00 Destination WA. 12.30 My Way. 1.00 Let's Eat With George. 1.30 Your Next Cruise. 2.00 Innovation Nation. 2.10 MOVIE: City Slickers. (1991) 4.30 Explore TV. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: A Star Is Born. (2018) 11.15 My Life As A Rolling Stone. 12.30 Tipping Point. 1.30 Let's Eat With George. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 9.30 Planet Shapers. 10.00 The Weekly Kick-Off. 10.30 Australian Survivor. 12.30 Silvia's Italian Masterclass. 12.30 Farm To Fork. 1.00 10 Minute Kitchen. 1.30 Frugal Foodie. 2.00 4x4 Adventures. 3.00 What's Up Down Under. 3.30 Roads Less Travelled. 4.00 My Market Kitchen. 4.30 GCBC. 5.00 News. 6.30 Dog House Australia. 7.30 Love It Or List It Australia. 8.30 Gogglebox Australia. 9.30 Matlock. 10.30 Ambulance Australia. 11.45 Ambulance UK. 1.00 Late Programs.
SUNDAY	6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Australia. 2.30 Monty Don's Gardening Gardens. 3.30 Sue Perkins' Big Adventure. 4.15 Extraordinary Escapes. 5.05 This Is Going To Be Big. 6.00 Antiques Roadshow. 7.00 News. 7.30 Muster Dogs: Collies And Kelpies. 8.30 The Newsreader. 9.25 Love Me. 10.20 MOVIE: Sunday Too Far Away. (1975) 11.50 You Can't Ask That. 12.20 Rage. 3.05 Australia Remastered. 4.00 Gardening Australia. 5.00 Insiders.	6.00 Morning Programs. 1.00 Motorcycle Racing. Australian Superbike Championship. Round 1. 3.00 Figure Skating. ISU European Championships. Highlights. 4.30 Beyond The Pitch. 4.40 Sensei: Australia's Karate Master. 5.30 The Master Of Submarines. 6.30 News. 7.30 Ancient Greece By Train. 8.25 Emperor: Rise And Fall Of A Dynasty. 9.20 Legends Of The Pharaohs. 10.20 Great British Landmark Fixers. 11.15 Death Of An Icon: Marilyn Monroe. 12.15 Nadia: A Stolen Life. 1.50 Late Programs.	6.00 Morning Programs. 1.00 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 2. Qualifying and support races. 3.30 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 2. Pre-race and race. 6.00 News. 7.00 Australian Idol. 8.40 The Hunters. 10.10 Murder In The Outback: The Falconio And Lees Mystery. 12.10 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 2. Highlights. 1.01 Friday Night Lights. 2.30 TBA. 3.30 Late Programs.	6.00 Morning Programs. 10.00 Surfing Australia. 10.30 For The Love Of Pets. 11.30 World's Greatest Myths And Mysteries. 12.40 TBA. 1.40 Space Invaders. 2.40 MOVIE: Me Before You. (2016) 5.00 News. 5.30 RBT. 6.00 NBN News. 7.00 Married At First Sight. 8.30 60 Minutes. 9.30 9News Late. 10.00 See No Evil. 11.00 The First 48. 11.50 World's Greatest Myths And Mysteries. 12.50 Destination WA. 1.20 Talking Honey. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Late Programs.	6.00 Morning Programs. 8.30 Drew Barrymore. 9.00 Freshly Picked. 9.30 Loving Gluten Free. 10.00 Farm To Fork. 10.30 And You RV Safe? 11.00 Luxury Escapes. 11.30 Buy To Build. 12.00 Australian Survivor. 12.30 Cook With Luke. 2.00 Placemakers: Expedition Kimberley. 2.30 Everyday Goodie. 3.00 10 Minute Kitchen. 3.30 All 4 Adventure. 4.30 GCBC. 5.00 News. 6.00 Sunday Project. 7.00 Australian Survivor. 8.30 Matlock. 9.30 FBI. 11.30 Sunday Project. 12.30 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Miniseries: In Our Blood. 3.00 Nickella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.40 News. 10.55 The Business. 11.10 Planet America. 11.40 Home Delivery. 12.10 Grand Designs. 1.00 Long Lost Family. 1.50 Rage. 3.20 Parkinson In Australia. 4.30 Gardening Australia. 5.30 7.30.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 Shepherdess. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Secrets Of Royal Gardens. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Sicily With Michael Portillo. 8.25 Wilderness With Simon Reeve. 9.35 Inside Sydney Airport. 10.30 SBS News. 11.00 Wisting. 12.45 A French Case. 2.45 Earth's Natural Wonders. 3.40 Employable Me (USA) 4.30 Peer To Peer. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.45 Surveillance Oz. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 Suits L.A. (M) 10.10 St. Denis Medical. (M) 10.40 St. Denis Medical. (PG) 11.10 Lopez Vs. Lopez. (PG) 12.10 Friday Night Lights. (M) 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Australian Crime Stories: The Investigators. (M) 10.10 TBA. 11.10 9News Late. 11.40 First On Scene. 12.05 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. (PG) 9.00 NCIS. (M) 10.00 FBI: Most Wanted. (M) 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Miniseries: In Our Blood. 3.00 Nickella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 The Role Of A Lifetime. 9.20 Queerstralia. 10.25 The ABC Of. 10.55 News. 11.10 The Business. 11.25 Four Corners. 12.10 Media Watch. 12.30 Q+A. 1.30 Grand Designs. 2.20 Long Lost Family. 3.05 Rage. 3.30 Late Programs.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 The Weekly Football Wrap. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Secrets Of Royal Gardens. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Gloria Gaynor: I Will Survive. 10.30 SBS News. 11.00 Prisoner. 12.10 Fargo. 1.05 Fargo. 1.55 Earth's Natural Wonders. 3.00 Employable Me (USA) 4.40 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.45 Surveillance Oz. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 8.00 The 1% Club UK. (PG) 9.00 The Hunting Party. (M) 10.00 The Irrational. (M) 10.20 Friday Night Lights. (M) 2.00 To Be Advised. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Explore TV. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Madam. (MA15+) 10.20 9News Late. 10.50 My Feet Are Killing Me. (M) 11.40 The Equalizer. 12.35 Tipping Point. 1.30 TV Shop. 2.30 Building Ideas. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. (PG) 9.00 NCIS. (M) 10.00 FBI: Most Wanted. (M) 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Miniseries: In Our Blood. 3.00 Nickella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Optics. 9.00 Guy Montgomery's Guy Mont Spelling Bee (NZ) 9.45 Planet America. 10.20 Spicks And Specks. 10.50 News. 11.05 The Business. 11.20 Gold Diggers. 12.15 Grand Designs. 1.05 Long Lost Family. 1.50 Rage. 3.25 Late Programs.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 Where Are You Really From? 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Ancient Superstructures. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Lord Lucan. 8.35 The Jury: Murder Trial UK. 9.30 Rogue Heroes. 10.35 SBS News. 11.05 Pagan Peak. 12.05 My Brilliant Friend. 3.25 Employable Me (UK) 4.30 Peer To Peer. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Thicker Than Water. (2019) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 Ludwig. (M) 9.45 How To Poison Your Husband. (M) 11.15 Breathtaking. (M) 12.15 Covert Affairs. (M) 1.15 Travel Oz. (PG) 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Big Miracles. (M) 10.00 9News Late. 10.30 Casualty 24/7. (M) 11.30 The Equalizer. 12.15 Tipping Point. 1.05 Your Next Cruise. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 Australian Survivor. 11.30 Judge Judy. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. (M) 9.30 NCIS: Hawaii. (M) 10.25 News. 10.50 The Project. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

February 27 - March 5

	ABC TV	SBS	SEVEN	NBN	TEN	
THURSDAY	6.00 Morning Programs. 1.00 The Newsreader. 2.00 Miniseries: In Our Blood. 3.00 Nickella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Sue Perkins' Big Adventure. 9.20 Long Lost Family: What Happened Next. 10.05 The Role Of A Lifetime. 10.55 News. 11.10 The Business. 11.30 Miriam Margolyes Impossibly Australian. 12.30 Grand Designs. 1.15 Late Programs.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 Shepherdess. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Ancient Superstructures. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Finding Your Roots. 8.30 Scotland's Poeshst Train: Alan Cumming. 9.30 Bolling Point. 10.35 SBS News. 11.05 Golden Boy. 11.55 Blackout. 12.50 Blackout. 1.50 Earth's Natural Wonders. 2.55 Peer To Peer. 4.20 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Curious Caterer: Forbidden Fruit. (2024) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 MOVIE: Mamma Mia! Here We Go Again. (2018) (PG) Lily James, Amanda Seyfried, Meryl Streep. 10.50 TBA. 12.30 Damnation. (MA15+) 1.30 Travel Oz. (PG) 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Mr Mayor. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Travel Guides. (PG) 9.00 MOVIE: The Hangover. (2009) (MA15+) 11.00 9News Late. 11.30 First On Scene. (MA15+) 11.55 Tipping Point. (PG) 12.45 Pointless. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Judge Judy. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Gogglebox Australia. 8.30 The Graham Norton Show. 9.40 Law & Order: SVU. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. (PG) 1.00 Late Programs.	
FRIDAY	6.00 Morning Programs. 10.00 Planet America. 10.30 Take 5. 11.05 The Newsreader. 12.00 News. 1.00 Silent Witness. 2.55 Simply Nickella. 3.30 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Monty Don's Spanish Gardens. 8.30 Silent Witness. (M) 10.15 Optics. (M) 10.45 Hard Quiz. (PG) 11.15 News. 11.30 Guy Montgomery's Guy Mont Spelling Bee (NZ) 12.15 News. 11.50 Grand Designs. 12.40 Late Programs.	6.00 Morning Programs. 2.00 The Point: History Bites. 2.05 Edward VIII: Britain's Traitor King. 3.00 Nula. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Ancient Superstructures. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 James May: Our Man In Italy. 8.30 Tony Robinson's Marvellous Machines. 9.20 Mysteries Of The Ancient Dead. 10.15 SBS News. 10.45 Bon. 11.45 Sisi. 1.40 Sisi. 2.40 Earth's Natural Wonders. 3.45 Employable Me (UK) 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Better Homes. 2.00 The Hunting Party. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: Whitney Houston: I Wanna Dance With Somebody. (2022) (M) Naomi Ackie, Stanley Tucci. 11.30 GetOn Extra. 12.10 To Be Advised. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Our Take On Love. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 David Attenborough's Mammals. (PG) 8.40 MOVIE: Hitman's Wife's Bodyguard. (2022) (MA15+) 11.00 MOVIE: Lions For Lambs. (2007) (M) 12.45 Pointless. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Late Programs.	6.00 Drew Barrymore. 7.00 Frugal Foodie. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Wheel Of Fortune UK. 11.30 Judge Judy. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Family Feud. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Wheel Of Fortune UK. 8.30 The Graham Norton Show. (M) 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping.	
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Death In Paradise. 1.30 Optics. 2.00 Mozart: Rise Of A Genius. 2.55 Extraordinary Escapes. 3.45 The Role Of A Lifetime. (PG) 4.30 Muster Dogs: Collies And Kelpies. (PG) 5.30 Landline. 6.00 Australian Story. 6.30 Back Roads. 7.00 ABC News. 7.30 Sydney Gay And Lesbian Mardi Gras 2025. 10.30 The Newsreader. (M) 12.15 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 1.00 Motor Racing. Hi-Tec Oils Super Series. Round 1. Day 1. 5.00 Grand Tours Of Scotland's Landfill. 5.30 Plat Du Tour. 5.35 Dictator. 6.30 News. 7.30 The Wonders Of Earth. 8.35 Queen Camilla: The Wicked Stepmother. 9.30 Great Australian Walks. 10.25 Great Coastal Railway Journeys. 10.55 Great Coastal Railway Journeys. 11.25 Suspect. 11.55 Suspect. 12.25 Suspect. 3.20 Australia Uncovered: Our African Roots. 4.20 Peer To Peer. 4.50 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Very Elegant Stakes Day and the 1000 Guineas. 1.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: The Bourne Legacy. (2012) (M) Jeremy Renner, Rachel Weisz. 10.15 MOVIE: Green Zone. (2010) (M) 12.30 We Interrupt This Broadcast. (PG) 1.30 Harry's Practice. 2.00 TBA. 4.00 It's Academic. 5.00 My Greek Odyssey. (PG)	6.00 Morning Programs. 1.00 Let's Eat With George. 1.30 Your Next Cruise. 2.00 Bondi Vet. 3.00 David Attenborough's Mammals. 4.00 Cherie Barbery's Tiny Home. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 A Current Affair. 7.30 Space Invaders. 8.30 MOVIE: Legally Blonde. (2001) 10.30 MOVIE: Magic Mike's Last Dance. (2023) 12.40 Tipping Point. 1.30 Let's Eat With George. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 9.00 My Market Kitchen. 9.30 Planet Shapers. 10.00 The Weekly Kick-Off. 10.30 Australian Survivor. 12.00 Silvia's Italian Masterclass. 12.30 Farm To Fork. 1.00 10 Minute Kitchen. 1.30 Frugal Foodie. 2.00 4x4 Adventures. 3.00 What's Up Down Under. 3.30 Roads Less Travelled. 4.00 My Market Kitchen. 4.30 GCBC. 5.00 News. 6.30 Dog House Australia. 7.30 Love It Or List It Australia. 8.30 Gogglebox Australia. 9.30 Matlock. 10.30 Elsbeth. 11.30 FBI. 12.30 Late Programs.	
SUNDAY	6.00 Morning Programs. 1.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Australia. 2.30 Monty Don's Adriatic Gardens. 3.30 Sue Perkins' Big Adventure. 4.15 Extraordinary Escapes. 5.00 This Is Going To Be Big. 6.00 Antiques Roadshow. 7.00 News. 7.30 Muster Dogs: Collies And Kelpies. 8.30 The Newsreader. 9.25 Love Me. 10.20 MOVIE: Sunday Too Far Away. (1975) 11.50 You Can't Ask That. 12.20 Rage. 3.05 Australia Remastered. 4.00 Gardening Australia. 5.00 Insiders.	6.00 Morning Programs. 12.30 PBS WASHINGTON Week. 12.55 Range Of Motion. 1.00 Motor Racing. Hi-Tec Oils Super Series. Round 1. Day 2. 5.00 Heroines. 5.30 Hitler: Decoding A Dictator. 6.30 News. 7.30 Ancient Greece By Train. 8.25 Emporer: Rise And Fall Of A Dynasty. 9.20 Legends Of The Pharaohs. 10.20 Great British Landmark Fixers. 11.15 The Hunt. 12.10 The Hunt. 1.30 The Hunt. 2.30 The Hunt. 3.30 Employable Me (UK) 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 Al Jazeera.	6.00 Morning Programs. 1.30 Cycling. Cadel Evans Great Ocean Road Race. Highlights. 2.30 Air Crash Investigations: Special Report. 3.30 Border Security: Int. 4.00 Better Homes And Gardens Summer. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 Australian Idol. 8.40 The Hunters. 10.15 Murder In The Outback: The Falconio And Lees Mystery. 12.15 Friday Night Lights. 1.15 Travel Oz. 2.00 TBA. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Rugby League. Women's International Test. Australia v England. 3.00 NRL Sunday Footy: Las Vegas Pre-Show. 3.30 Rugby League. NRL. Round 1. Penrith Panthers v Cronulla Sharks. 5.30 NRL Sunday Footy: Las Vegas Post-Match. 6.00 NBN News. 7.00 Married At First Sight. 8.30 60 Minutes. 9.30 9News Late. 10.00 See No Evil. 11.00 The First 48. 11.50 World's Greatest Myths And Mysteries. 12.50 Destination WA. 1.20 Talking Honey. 1.30 TV Shop. 4.00 Late Programs.	6.00 Morning Programs. 9.00 Freshly Picked. 9.30 Loving Gluten Free. 10.00 Farm To Fork. 10.30 Are You RV Safe? 11.00 Luxury Escapes. 11.30 Buy To Build. 12.00 Australian Survivor. 1.30 Cook With Luke. 2.00 Everyday Gourmet. 2.30 Basketball. NBL. Finals. Semi-final series. South East Melbourne Phoenix v Melbourne Hawks. 3.00 GCBC. 3.30 Australian Survivor. 4.30 GCBC. 5.00 News. 6.30 Matlock. 9.30 FBI. 11.30 Sunday Project. 12.30 Shopping. 4.30 CBS Morning.	
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Fake Or Fortune? 3.00 Simply Nickella. 3.30 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.40 News. 10.55 The Business. 11.10 Planet America. 11.40 Home Delivery. 12.10 Grand Designs. 1.00 Long Lost Family. 1.45 Rage. 3.25 Parkinson In Australia. 4.30 Gardening Australia. 5.30 7.30.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.05 Shepherdess. 3.35 The Cook Up. 4.10 Britain's Beautiful Rivers. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Guillaume's Paris. 11.30 Prisoner. 12.40 Fargo. 1.30 Fargo. 2.25 Her Majesty's Cavalry. 2.50 Her Majesty's Cavalry. 3.20 Employable Me (UK) 4.25 Bamay. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. (PG) 10.30 Oscars Red Carpet. (PG) 11.00 The Oscars. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) Hosted by Ricki-Le Coulter and Scott Tweedie. 9.10 Suits L.A. (M) 10.10 The Oscars. (PG) 2.00 To Be Advised. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Married At First Sight. (M) 9.00 100% Footy. (M) 10.00 9News Late. 10.30 TBA. 11.30 The Equalizer. (MA15+) 12.30 Tipping Point. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. 8.45 NCIS. (M) 9.45 FBI: Most Wanted. (M) 10.35 News. 11.00 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Fake Or Fortune? 3.00 Simply Nickella. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 The Role Of A Lifetime. 9.20 Queerstraße. 10.25 The ABC Of. 10.50 News. 11.05 The Business. 11.25 Four Corners. 12.10 Media Watch. 12.30 Q+A. 1.25 Grand Designs. 2.10 Long Lost Family. 3.00 Rage. 3.15 Parkinson In Australia. 4.30 Late Programs.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.00 The Weekly Football Wrap. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Britain's Beautiful Rivers. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Guillaume's Paris. 11.30 Prisoner. 12.40 Fargo. 1.30 Fargo. 2.25 Her Majesty's Cavalry. 2.50 Her Majesty's Cavalry. 3.20 Employable Me (UK) 4.25 Bamay. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.45 Surveillance Oz. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 The Hunting Party. (M) 10.10 The Irrational. (M) 12.10 Sun, Sea And Surgery. (MA15+) 1.10 Travel Oz. (PG) 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 TBA. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Madam. (MA15+) 10.20 9News Late. 10.50 My Feet Are Killing Me. (M) 11.40 The Equalizer. (M) 12.30 Tipping Point. (PG) 1.30 TV Shop. 2.30 Building Ideas. (PG) 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Australian Survivor. 11.30 Judge Judy. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. 8.45 NCIS. (M) 9.45 FBI: Most Wanted. (M) 10.35 News. 11.00 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 1.55 Fake Or Fortune? 2.55 Simply Nickella. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 9.00 Optics. 9.00 Guy Montgomery's Guy Mont Spelling Bee (NZ) 9.45 Planet America. 10.20 Spicks And Specks. 10.50 News. 11.05 The Business. 11.20 Gold Diggers. 12.15 Grand Designs. 1.05 Long Lost Family. 1.50 Rage. 3.15 Parkinson In Australia. 4.30 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Britain's Beautiful Rivers. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Australia. An Unofficial History. 8.35 The Jury. Murder Trial UK. 9.30 Rogue Heroes. 10.35 SBS News. 11.05 Blackwater. 12.15 My Brilliant Friend. 3.20 Her Majesty's Cavalry. 3.50 Employable Me (UK) 4.55 Destination Flavour Cuka Bitesize. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.45 Surveillance Oz. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 The Hunting Party. (M) 10.10 The Irrational. (M) 12.10 Sun, Sea And Surgery. (MA15+) 1.10 Travel Oz. (PG) 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Madam. (MA15+) 10.20 9News Late. 10.50 My Feet Are Killing Me. (M) 11.40 The Equalizer. (M) 12.30 Tipping Point. (PG) 1.30 TV Shop. 2.30 Building Ideas. (PG) 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.15 Australian Survivor. 11.30 Judge Judy. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. 8.45 NCIS. (M) 9.45 FBI: Most Wanted. (M) 10.35 News. 11.00 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	

Local Calendar

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

February

Sat 22 Feb - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

Sat 22 Feb - Cinema Under the Stars
Featuring the film Wonka (PG,2023) at 5:30pm, The Tanks/Bicentennial Park in Forster.
Bring your chairs and rugs. Sponsored by NP.

Sun 23 Feb - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

March

On now until 23 March - Autumn Exhibition
Open Sat & Sun 10am - 4pm & when flags are flying. Forster Gallery, 34 Lake St Forster.

Sat 1 March - Real Food Market
8am -11am Pacific Palms Community Centre. Come meet your local farmers.
Enquiries: Sue Williams 0438 433 063.

Sun 2 March - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088

Sun 2 March - Black Head Bazaar Market
8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures.
www.facebook.com/blackheadbazaar

Sun 9 March - Forster Town Market
8am to 1pm, Town Park, Oyster Pde Forster. Search Forster Town Park Market on Facebook.

TUNCURRY MARKETS
John Wright Park
Saturday 22 Feb
8am - 1pm
Bookings Essential
Enquiries
0417 400 994


Forster Gallery and Great Lakes Art Society proudly presents our
Autumn Exhibition
19 February - 23 March 2025
FORSTER GALLERY - 34 Lake St, Forster
Open Saturday and Sunday, 10am - 4pm and when the flags are flying
www.forstergallery.org

What's on around town & beyond!

International Women's Day from Quota



Forster Tuncurry Quota reminds all our friends that International Women's Day will be celebrated at Sporties Club Tuncurry with a delicious Smorgasbord brunch on Saturday 8th March at 9.30am for 10:00am.

Guest Speaker is Dr Ellen Millard, a local doctor who grew up in Gloucester and graduated from ANU in Canberra. Ellen will share her story and tips for Women's Health.

Theme for this year:
'Accelerated Action'

Cost: \$35 per head

Tickets available:

Contact Heather on 0418 718 110

Or email - quota.
forstertuncurry.inc@gmail.com

A raffle will also be held to support The Women's Shelter. We look forward to a wonderful morning.

Right: Local Dr Ellen Millard is the guest speaker at Quota's IWD brunch at Sporties on 8 March.



International Women's Day 2024



Ronald McDonald Family Retreat, in conjunction with event partner Club Taree, is excited to host another stellar lineup of inspirational women in celebration of International Women's Day on Friday, March 7th.

The International Women's Day Luncheon is more than just a celebration of an important date on the annual events calendar. It's an opportunity to showcase the stories of women achieving goals in their chosen fields, creating beauty, and inspiring others to become their best selves.

Many women book a table year after year for the chance to connect with like-minded individuals, fill their cups, and contribute to making the world a better place. Now in its ninth year, the luncheon's

Above: Alicia Payne, International Women's Day speaker and mother, celebrates her son Bronson's courageous journey and end of treatment with her family. Photo supplied.

theme is 'Resilience through Change.' Every woman's journey involves challenges, requiring

them to regroup and refocus. This may mean continuing on the same path or taking a completely different direction - much like the families who rely on Ronald McDonald House Charities for a home away from home when facing unimaginable circumstances.

This year's lineup features three inspiring speakers, each sharing their unique perspectives:

• Tanika Perry, proud Worimi & Bunjalung woman, mother, and Director and Engagement Specialist at Birriwal Engagement.

• Alicia Payne, Business owner of Four Espresso, mother, and representative of Ronald McDonald House Charities Northern NSW (RMHC NNSW) families.

• Marina Power, Clinical Psychologist, Leadership Coach, and proud ADHDer.

While celebrating women's stories, we also honour the families supported by RMH NNSW. As a major fundraiser for the Ronald McDonald Family Retreat in Forster, all funds raised directly support families with seriously ill, palliative, or recently bereaved children, providing them a much-needed respite from medical appointments and allowing children to simply be kids.

Learn more about this year's speakers and book your tickets at www.rmhcnsnsw.org.au. For additional information, please contact Sarah Wilkinson at 0497 497 465.

(See advertisement below.)

2025 International Women's Day Luncheon
In partnership with Club Taree, we invite you to join us for a luncheon to celebrate International Women's Day at Club Taree on Friday 7th March at 10:30am
TICKETS ON SALE NOW

 Secure your tickets today before they sell out!
Visit: www.rmhcnsnsw.org.au/iwd 

What's on around town & beyond!

Huge program coming for NSW Seniors Week



Try something new with a lively crew! The largest celebration of seniors in the southern hemisphere is on its way to the region again.

MidCoast Council is putting on an abundance of different workshops, talks and experiences from 3 to 15 March to celebrate our active elders for the 2025 NSW Seniors Festival.

Seniors will be able to meet new friends and get amongst the celebrations at different venues from Tea Gardens to Gloucester, Wingham, Tinonee, Harrington and everywhere in between, all for free.

MidCoast Council's Manager of Libraries, Community and Cultural Services, Alex Mills said the program that's jam-packed full of activities includes music, movies, arts and crafts and tons of different workshops.

Seniors Festival across the MidCoast offers something for everyone and the opportunity to try something completely different. You may find your next passion.

Local Senior Festival Activities

Mon 3 March: Knitting Drop in at Forster Library from 10-12pm



Tues 4 March: Create with Coloured Pencils at Hallidays Point Library from 2-4pm

Thurs 6 March: Explore More Than Your Backyard Bus Tour from Forster Library, 9-3pm

Thurs 6 March: Research and Write Local and National History at Hallidays Point Library from 10-12pm



Mon 10 March: Fishing Confidence at Forster Library from 2-4pm

Tues 11 March: Recycling Talk at Tuncurry Waste Management Facility from 9-10:30am



Thurs 13 March: Mahjong and Mingle at Forster Library from 2-4:30pm

Sat 15 March: Take Better Photos at Forster Library from 10-12pm



Sat 15 March: Bob Berigan Band Show at Forster Library from 2-4pm.

Bookings are essential. For a comprehensive list of all free activities, dates and times at MidCoast Libraries go to: www.midcoast.nsw.gov.au/SeniorsFest



Oyster reefs were once a dominant part of our coastal seascape. Globally, it is estimated that 85% of shellfish reefs have been lost - more than any other type of marine habitat.

'Bidhiinja: Restoring our Oyster Reefs' Exhibition is on now at the Forster Civic Centre atrium until 15 March 2025. It tells the forgotten history of oyster reefs in New South Wales and the work underway to restore these important ecosystems.

Augmented reality (AR) allows you to bring an oyster reef to life across the exhibition, and interactives invite you to see what can be found in a midden, turn the wheel to see what a healthy ecosystem looks like, or open the door to explore the art and design of oyster shell.

See the future of our healthy Australian coasts in this beautiful exhibition combining First Nations knowledge, western science, and design, including illustrations by exhibition artist and Yaegl woman Frances Belle Parker.

Bidhiinja is presented by the Australian National Maritime Museum in collaboration with NSW Department of Primary Industries (DPI) NSW Oyster Reef Restoration Project.

It will tour NSW regional venues from 2024-2025.

Entry to the exhibition is free.

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SATURDAY 22 MARCH
Doors Open from 7.30pm for a 8pm show
Tickets \$45pp plus booking fee
Book at reception or online at www.stickytickets.com.au

TUNCURRY BEACH BOWLING CLUB
21 Parkes Street, Tuncurry NSW 2428
Ph 02 6554 6477 | www.tuncurrybeachbowling.com.au 

Mixed bag and Feedback

Letters to the Editor

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

Return your shopping trolleys!

I am referring to people who are too lazy to return their shopping trolleys to the trolley bays and leave them scattered about the carpark area at Stockland Forster. And also, to those irresponsible people who think it is okay to leave shopping trolleys on the footpaths in the wider locale away from the shopping centre.

Inconsiderate apathy is the new COVID and it is spreading faster than a rat up a drain pipe.

To their credit, Stockland management have recently installed more trolley return bays. Unfortunately, this has not improved the trolley return situation one iota.

The local management at Woolworths and Coles could play a more proactive role in this matter in several ways:

1. Employ more trolley collectors.
2. Improve the laser-locking mechanism on the trolleys wheels,

3. Or better still, install a coin or token return mechanism on ALL their trolleys...like Aldi. While some shoppers will irk at such a change, like the recent introduction of bringing your own shopping bags to the stores, in time they will get used to the change and adapt.

Woolworths and Coles might balk at the cost to instal the return mechanism on their trolleys, but the cost would be largely off-set by not needing so many trolley-collecting staff in the carpark and contractors who, (periodically), collect trolleys in the wider areas. Plus, the major cost saving of not having to replace trolleys that will no longer go 'walkabout'.

I would ask that all right-thinking residents reading this mail please do not leave the correcting of this increasing unwanted trend of 'trolley litter' to a Lone Crusader. Join the bandwagon and contact whoever you believe will help the cause.

Steven Maher - Forster



Screen Reviews

TV Show Reviews by Leon Batman



The Triple Eight Six - Netflix 6.12.2024 Movie

This is an American war drama inspired by the first and only Women's Army Corps unit of colour to be stationed overseas in WWII. Moral in the US Army fighting in Europe is at an all-time low due to not receiving mail and packages from home. Similarly, families in the USA have not received any mail from their loved ones fighting in Europe.

At the request of Eleanor Roosevelt the President meets with high ranking army officers to solve the problem caused by prioritising supplies. It is suggested that the 8886 can handle the problem so they are shipped out Glasgow Scotland to clear two years back log of mail. Despite attempts to criticise and stop the 8886 work, the women clear the backlog successfully. Great movie with a good story.

activate herself younger once and switch the younger alter ego off once every seven days. Elisabeth disregards the resulting in very horrible disfigurement.

The movie is good watching except for the final scenes when the final disfigurement takes place.

**Yellowstone TV Series on Stan, 5 seasons
2018-2024**

(Also available prequels 1883 & 1923, all excellent to watch if you get the chance.)



Although Yellowstone has been available to watch since 2018 I only finally got the chance to watch this excellent American Western Drama when the show appeared on Stan.

The series follows the conflicts along shared borders of the Yellowstone Dutton Cattle Ranch (the largest ranch in Montana), Broken Rock Indian Reservation, Yellowstone National Park and land developers together with family drama on the ranch. Whilst Kevin Costner is the star of the show, I feel that actress Kelly Reilly who plays Beth Sutton (John Sutton's daughter) is the star. Her free spirited language and actions really put a different twist on the show to the point where you can't help but laugh yet are disgusted in her.

John Dutton is driven to maintain the Yellowstone Ranch as his own and will do anything (and I mean anything) to keep the ranch in the family. He is ably assisted by his sons Jamie Dutton and Kayce Dutton plus the ranch hands lead by Rip Wheeler.

An excellent series to watch as the battles over land play over into murders and legal wrangling.

Looking forward to a number of other series derived from Yellowstone such as The Madison, a continuation of season 5 Yellowstone, and spin-offs 6666 and 1944 which are in planning.



The Substance - Movie 19.09.2024

The Substance is a body-based horror movie starring Demi Moore as Elisabeth Sparkle, a fading celebrity who has seen better days. Having been sacked to make way for someone younger Elisabeth resorts to a drug called The Substance that creates a younger version of herself. However, using the drug comes with a set of strict guidelines in that she can only



Above: Double rainbow at Forster's Main Beach after a storm. The second rainbow mirrors the first main one - the colours are ROYGBIV and the second one is VIBGYOR. Photo by Sue Bright.

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Public Notice

Great Lakes Prostate Cancer Support Group

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

Next meeting 25 February

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

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



Proudly sponsored by the Prostate Cancer Foundation of Australia.

In Memoriam

Milne, Grant

5 January 1970
7 February 2025
Aged 55 years

Late of Forster.
Beloved Son, Brother,
Father and Friend.

'Forever in our hearts'

A funeral service and private cremation has been held.



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PO BOX 384 FORSTER NSW 2428
PHONE 02 6555 5411 FAX 02 6555 6757
EMAIL: ceo@forsterlaic.org.au

The Forster Local Aboriginal Land Council (FLALC) is seeking Expressions of Interest from experienced and motivated people interested in undertaking the role of CEO.

Applicants must obtain a copy of the recruitment package containing the Position Description and selection criteria. Applicants are required to meet and address the selection criteria. This position will be 5 days per week (35 hours). Remuneration ranges up to \$100K negotiable.

To obtain a recruitment package contact the Contact Officer – Toni Paulson via email toni.paulson@communityresources.org.au

***** Previous applicants need not re-apply*****

Aboriginal Identified, "An applicant's race is a genuine occupational qualification and Authorised by Section 14(d) of the Anti-Discrimination Act 1977."

Applications need to be marked "Confidential" and posted to:

The Contact Officer
PO Box 384, Forster NSW 2428
Applications close: 7th March 2025

Community News

www.forsterfortnightly.com.au

Page 20

Weekly Diary

The 'Weekly Diary' is FREE to promote community group information. Max 4 lines. It is the responsibility of the organisation to keep their information current.

Mondays

Great Lakes Ladies Probus Club

4th Monday of the Month
10am Forster Bowling Club
Contact Sandra 0478 609 258

Forster Hospital Pink Ladies

Meetings held the 2nd Monday of each month
Forster Palms Motel at 1.30 pm. Afternoon tea afterwards. Contact Cathy Cook 0429 265 656.

Boomerang Bags Forster Tuncurry

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

Forster Tuncurry Seniors

Breeze Parade Forster
Carpet Bowls 12.45 – 3:45pm
Contact 6505 2686

The Man Walk - walk, talk and support

Meet 7am Mondays at the Rock Pool,
Tuncurry. BBQ/soup once a month.
Contact Steve Rogers 0407 200 615

Great Lakes Evening VIEW Club

Meetings held 4th Monday of the month with
6:30pm dinner at Sporties.
Phone Pat 6554 5466

Club Forster Travel Club

Meetings held the 3rd Monday of each month
2pm Wallis Lake room, Club Forster
Contact Mal Prewett 0455 157 785

Manning Great Lakes Parkinson's Support Group,

Last Monday of the month
1.30pm Club Forster.
Contact Ken, 0427 021 877, Phil 0439 418 478

Quota Club of Forster Tuncurry

Meets 1st and 3rd Monday each month
Club Forster. Lunch 12.30pm
Meeting 1.30pm, Enquiries 6555 7219

Al-Anon Family Groups

Does someone you love drink too much?
7.30pm Salvation Army Hall, South St, Tuncurry.
Contact: 1300 252 666

Alcoholics Anonymous

12pm Women's Meeting, Daily Reflections
Uniting Church Hall - Cnr Macintosh & Lake St,
Forster 1300 222 222

Forster Tuncurry Lions Club

Meetings held 3rd Monday each month.
Club Forster 6:30 for 7pm Dinner.
Contact President Sue Newton 0418 607 292

Tennis Forster

Every Monday 8.30am - 11.30am Mixed
Organised Social Forster Tennis Club, Lake
Street. Enquiries: Jaime 6554 9120

Great Lakes Vietnam Veterans Association

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

1st Forster Tuncurry Scout Group Cub Section

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

Mixed Social Tennis

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

Coomba Fitness Group:

Meets at Coomba
Aquatic Club, Summer 8 to 9am, Autumn &
Spring 8:30 to 9:30am, and Winter 9 to 10am.
All levels welcome. Contact Lindy 0415392554

Forster Tuncurry Men's Shed Inc.

48 Midge Orchid Rd Darrawank
Open 8am to 5pm Monday to Friday.
Contact Richard 6515 2249

Tuesdays

Forster Shores Combined Probus Meeting

Held 3rd Tuesday of the month, 2pm Sporties
Club, Tuncurry. To attend contact Peter Dreise
on 0407 842 905

Great Lakes Prostate Cancer Support Group.

Fourth Tuesday of every month
7pm Club Forster.
Email: jjpatchwood@gmail.com

Pacific Palms Probus Club

Meets second Tuesday each month at Pacific
Palms Recreation Club, 9.30 for 10.00am start,
Feb to Nov. Ring Jim on 0418 201 167

Rotary Club of Lower Midcoast

Meet 6pm on first and third Tuesday of each
month at Sporties, Tuncurry.
Call Lance Fletcher 0409 850 671.

Wallis Lake Dining Group

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

Hallidays Point Combined Probus Meeting

1st Tuesday of the month
10.00am at Black Head Surf Life Saving Club
To attend contact Ian Campbell 0417 928 791

Wallis Lake Tourers Travel Club Inc.

Meet 10am 2nd Tuesday of the month
Tuncurry Beach Bowling Club
Enquiries Kayleen 0416 184 684.

The Coomba Mens Shed

Open Every Tuesday 8.30am - 12pm
86 Moorooaba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Alcoholics Anonymous

8pm I.D. Meeting at Community Centre Hall,
behind Reccy car park, 3957 The Lakes Way,
Pacific Palms 1300 222 222

Pickleball Tuncurry

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

Club Forster Social Dance Club

Every Tuesday we have Learn to Dance 6-7pm
then Social Dance 7-9pm.
Enquiries: Kay 0412 314 449

Great Lakes Speakers Club

Meet every FIRST & THIRD Tuesdays each
month Feb to early Dec, Club Forster 6.50pm
for 7pm start. Contact Graham 0424 426 280

Hallidays Point Surfing Mums

Meet every Tuesday 10:30am at Black Head
Beach near surf club.
Enquiries: Vanessa on 0452 247 440

1st Forster Tuncurry Scout Group Venturer Section,

Cnr Lake & McIntosh Sts Forster,
Tues 6.30 - 8.30pm for 14 to 18 yrs. Enquiries:
leanne.richardson@nsw.scouts.com.au

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

Coomba Park Tennis Club

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

Wednesdays

Green Bikes Community Workshop

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

Great Lakes Breast Cancer Support Group

Meet on the first Wednesday of the month
at the Tuncurry Beach Bowling Club at 4pm.
Contact Lorraine 0410 588 736

Seaside Heritage Quilters are in recess until

4th February, 2025. Our first meeting for 2025
will be on 5th February at 10am at the Masonic
Hall, Lake St.

Club Forster Table Tennis

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

Westpac Rescue Helicopter Service

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

Forster Tuncurry Evening View Club

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

Great Lakes Knit and Spin

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

Great Lakes Suicide Prevention Network

Meet third Wednesday of every month at 6pm
Tuncurry Beach Bowling Club & on zoom. Email
greatlakespsn2428@gmail.com for details.

Forster Digital Photographic Club (FDPC)

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

Alcoholics Anonymous

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

Alcoholics Anonymous

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

One Mile Beach Dunecare

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

Hallidays Point Men's Shed

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

Dementia Infomation drop in at Forster Library

4th Wed of the month 9.30 - 11.30am. Speak
with local Dementia Alliance representative on
local services. Contact Christine 0408 548 698

Coomba Fitness Group:

Meets at Coomba
Aquatic Club, Summer 8 to 9am, Autumn &
Spring 8:30 to 9:30am, and Winter 9 to 10am.
All levels welcome. Contact Lindy 0415392554

Twin Towns Tennis Club

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

Great Lakes Historic Automobile Club Inc.

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

Forster Tuncurry Men's Shed Inc.

48 Midge Orchid Rd Darrawank
Open 8am to 5pm Monday to Friday.
Contact Richard 6515 2249

Social Tenpin Bowling

Forster Entertainment centre
Wednesdays 10am
Contact Jamie 0431766582

The Sunrise Club

Meet 6am every Wednesday at South One Mile
for men to connect, talk and support.
Enquiries: Heath on 0410 519 825.

Thursdays

Coomba Mens Shed

Open every Thursday 8.30am-12pm.
86 Moorooaba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Codependents Anonymous

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

Great Lakes & Manning Stroke Recovery Club

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

Al-Anon Family Groups

Does someone you love drink too much? Help
is available! 12.30pm Uniting Church, Cnr South
& Bent St, Tuncurry. Contact: 1300 252 666

Forster District Combined Probus Club

9.45am First Thursday of every month (except
January) Club Forster. Contact Secretary
Christine Armstrong 6557 5627

Knit and Knatter

1st Thursday of the month 1-3pm, Tuncurry
Community of Christ, 4 Manning Street
Tuncurry. Contact Wendy Ballard 0411 036 171

Forster Keys Progress Association

Dad's Army/Navv volunteer clean-up
Every Thursday 7am - 9am, Community Hall
36A Elizabeth Pde. Contact: Brian 6555 5076

Lodge Forster Great Lakes United

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

Tennis Forster

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

Great Lakes Vietnam Veterans Association

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

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout Section

Scout Hall Cnr Lake & McIntosh Sts Forster,
Thursdays 6.30 - 8.30pm for 11 - 14 years.
Contact: leanne.richardson@nsw.scouts.com.au

Mens Social Tennis

Thursday 9 - 11am at Tuncurry Sporties courts,
Beach St. Contact Danny 0409 549 799

Great Lakes Concert Band

Rehearses Thursdays 5-7pm at Club Forster in
Cape Hawke Room. New players very welcome.
Enquiries: Lynne 0488 146 915

Twin Towns Tennis Club

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

Fridays

Forster Country Women's Association (CWA)

3rd Friday of the Month, 9:30am to 11:30am
Coolongolook Room at Forster Civic Centre,
Lake Street. Contact: Annette 0411 028 857

Wallis Lake History Group

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

Forster Tuncurry Seniors

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

Forster Tuncurry Red Cross

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

Alcoholics Anonymous

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

Pickleball Tuncurry

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

Tuncurry Beach Dunecare

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

Ladies Social Tennis

Fridays 9 -11am at Sporties Tennis Club,
Beach St Tuncurry.
Enquiries: Yvonne on 0418 422 392

Coomba Fitness Group:

Meets at Coomba
Aquatic Club, Summer 8 to 9am, Autumn &
Spring 8:30 to 9:30am, and Winter 9 to 10am.
All levels welcome. Contact Lindy 0415392554

Twin Towns Tennis Club

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

Forster Tuncurry Men's Shed Inc.

48 Midge Orchid Rd Darrawank
Open 8am to 5pm Monday to Friday.
Contact Richard 6515 2249

Saturdays

Forster parkrun community 5km run/walk

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

Club Forster Table Tennis

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

Forster Country Women's Association

CWA are serving Devonshire teas, 3rd Saturday
of month 9:3am - 12pm, Coolongolook Rm,
Forster Civic Centre. Enquiries: 0411 028 857

Great Lakes Rural Australians for Refugees

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

Great Lakes Orchid Society Meeting

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

Dragon Boating

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

Over 55s Forster/Tuncurry Social Group

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

Community News

www.forsterfortnightly.com.au

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Community Meals & Pantry



Above: Bob and Sue Parry at the Tuncurry Community Brunch.

Tuncurry Community Brunch

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

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

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

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

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

Tuncurry Community Morning Tea & Lunch

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

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

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

11:30am to 1pm - Lunch served

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

Forster Community Lunches

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

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

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

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

Star Pet



Name: Lily

Breed: Chocolate
Labrador

Likes: Affection, treats,
walks, the sun, her mat,
people and kids.

Dislikes: Loud noises,
fireworks, lightning and
people not being at
home with her.

Claim to Fame: Does not
bark. I've only had Lily
for the last two years
and in that time, I have
not heard her bark once.
Not when another dog
barks at her or near
her, not when she gets
excited during our trips
to the lake. She does not
bark at all. The closest
is when she slipped on
the wet driveway and
yelped.

If you would like to see your beloved pet featured in Star Pet
please submit a HIGH RESOLUTION PHOTO & answers to
info@forsterfortnightly.com.au

Pets of the Fortnight

Delightful kittens!

This litter of 4 are a
complete delight - full
of play and fun.

There are 2 black and
whites, and 2 tabby
and whites. They are
approximately 10 weeks
old, full of mischief,
and when exhausted
are happy to curl up on
a lap and have a nap.
They are also extremely
good with using the
litter tray.

All our animals come
vet checked, flea
and worm treated
microchipped,
vaccinated and desexed.
The kittens are \$150 each and can be
discounted if more than one are adopted to
by the same person.

Farmers switch banks, super funds to discourage fossil fuel investment



Above: Deanna Fernance is seeing the impacts of climate change on her farm in Grafton.

Beef producer Deanna Fernance has done what she can to mitigate the effects of changing local weather patterns on her farm, and she wants her bank and super fund to do the same.

Three-quarters of her 32-hectare property north of Grafton, in New South Wales, is flood plain, so moving her herd to higher ground around the house is nothing new, but increasingly hot summers are posing a new challenge.

The cattle are losing condition in the hot and humid conditions, which also reduces nutrition in the grass. To adapt she is breeding lighter-coloured animals and she has planted a diversity of ground cover to improve soil health. She has also planted hundreds of shade trees, but half were lost when another flood came through.

"The floods, the fires, the storms — there's no real break in between, that is the real difference," she said.

Ms Fernance said she was trying to meet the challenges by also looking at what should could do beyond her front gate, including volunteering with Landcare and joining lobby group Farmers For Climate Action.

She said although she was "small fry", she had deliberately opted to do business with a bank and super fund that aligned with her concerns.

"I have less than average income, I'm a single parent, but when I invest money I try to do it where the money is going to be well spent.

"I think it's tricky for farmers because we generally like to stick to ourselves and try keep our heads down.

"But I don't think we can do that anymore, we have to be more out there."

Power of pressure

Crikey.com founder and well-known shareholder activist Stephen Mayne said this type of pressure on corporations had limited impact until the weight of numbers became too big to ignore.

"Unless it's done at scale, it won't be particularly impactful unless it comes with a broader brand damage," Mr Mayne said.

"Companies don't wish to have their reputations damaged because they will lose both customers and shareholders — they will lose their social licence."

Mr Mayne said while sitting through 993 annual general meetings in his capacity as a shareholder, he had seen countless lobby groups pressure companies by putting forward shareholder resolutions.

In December, shareholders put forward resolutions at the annual general meetings of the ANZ, Westpac and Commonwealth banks designed to effectively increase disclosure on matters relating to the fossil fuel transition plans of its customers.

All three boards opposed the resolutions and they were not carried by a majority of shareholders.

Ulmarra farmer Peter Lake, 73, was among the shareholders who attended the NAB meeting, and is now planning to change banks.

He said he went along to support the shareholder motion because he was keen to leave his 41-hectare holding in a better state than when he moved there in 2007.

"I'm depressed about our political system that enables us to just keep not doing what we say we are going to do in terms of cleaning up our environment," Mr Lake said.

"Any significant group, but farmers in particular, are powerful if we are united so I see it as an incremental momentum."

Lobbyists at work

Market Forces Australian banks analyst Kyle Robertson said the lobby group was trying to ensure banks in particular upheld their commitment to the goals of the 2016 Paris climate agreement.

Mr Robertson said its strategy involved tracking and publishing detailed analysis of the investments of the big four banks, including their funding to companies with ties to fossil fuel projects.

He said the not-for-profit had been applying the strategy for close to a decade, but it was now gaining greater momentum.

"It's pressure that has continued to grow from a range of stakeholders for the banks, we are talking about their customers and the banks' own investors," he said.



Above: Ulmarra farmer Peter Lake says he likes to think individuals can influence corporations.

"So it's all really just heading one way, which is that they are under an increasing amount of pressure from their stakeholders to live up to their commitments."

Mr Robertson said this type of pressure paid off last year when the Commonwealth Bank announced it would no longer be providing new finance to its coal, oil and gas producing clients that did not have a plan to transition away from fossil fuels in line with the Paris Agreement.

He said people were waking up to their collective power.

"They are getting organised and they are raising their voices and they want not just our governments but also the custodians of our money to take responsibility for what they are funding."

Story and photos by Hanna Ross.

ABC North Coast, 6.2.2025.

Our Local wildlife



Giant Wood Moth

There are other unique fluffy things that are dependent on Australia's eucalypt forests apart from koalas and gliders. One such creature is the Giant Wood Moth (*Endoxyla cinereus*). These stunning moths are one of the largest in the world and definitely the heaviest, with the female having a wingspan of up to 23cm and weight up to 30g whilst the males are about half the size.

As adult moths they have no mouthparts and cannot eat. They survive only a few days, dying not long after mating. Before dying the female will lay up to 18,000 eggs hung on silken threads in crevices of eucalypts. It is believed that the wind will disperse some whilst others will fall to the ground nearby. Once hatched into tiny caterpillars, about 1.4 mm long, with purple and white stripes and orange heads, they enter the ground and feed on tree roots for about 12 months.

Their next stage is after reaching 2.5 cm long and about the thickness of a pencil when they move from the ground up the trunk to begin to burrow into the tree with their strong jaws. They appear to prefer smooth barked trees, in particular eucalyptus grandis. At this point they have been traditionally known as Witchetty Grubs, a traditional bush tucker food source.

Each individual caterpillar or larva will create a 'J' shaped burrow just under the bark where it will feed and grow. As they grow larger they increase their hollow chamber upwards although they don't eat the wood itself, but the soft growth 'scar tissue' created by the tree as it tries to seal off the burrow. They seal the opening of their burrows with a silken disc but will also chew a small hole in the covering to discard frass and wood strips.

Their purple stripes are lost after about six months after burrowing into the tree. After two years they measure up to 150 millimeters long and 30 millimeters wide. Their burrows can be between 150 and 250 millimetres long. It is at this point, they are ready to pupate and turn into a chrysalis.

The adult moths typically emerge after heavy rainfall throughout the summer months between October and January. They climb out of their burrows to inflate their wings on the outside of the trees.



Above: Photo of Giant Wood Moth by Debbie Claassen.

Giant Wood Moths are considered pests by forestry industries as they can seriously weaken trees and make them more vulnerable to windstorms. However, they are also known as significant sources of food for black cockatoos especially during their nesting season. There is also a parasitical wasp that is known to uniquely prey upon the larval stages within their burrows. It is likely that the larva and adult moths are food sources for a range of other native species including phascogales, antechinus and different bird species as many Giant Wood Moths do not reach adulthood or parenthood.

Meanwhile their hollows, if not fully sealed off by the tree after a few months of the Moth's emergence, can be further excavated by birds using them as nesting sites. Rainbow and scaly-breasted lorikeets have been observed to use and modify Giant Wood Moth hollows. Species of frogs including the bleating tree frog has also been observed to use unmodified Giant Tree Moth hollows. It is likely that other hollow dwelling species such as antechinus, gliders and phascogales will also eventually take advantage of a vacated hollow.

By Kym Kilpatrick – FAWNA Hallidays Point.

Book Review



Tears of the Moon

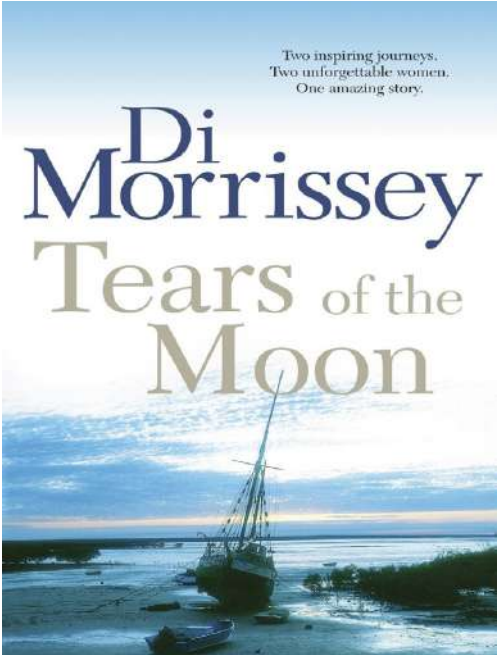
Di Morrissey's novel Tears of the Moon was written in 1995. Set in Broome with the swashbuckling pearling industry around 1905 it includes a lively cast of characters, including some very nasty ones.

At heart, though, it is a story of searching for family. Lily regrets never having asked her mother about their forebears; indeed, her mother was very reticent on the subject. But, upon her mother's death, Lily finds old papers, a picture of a dashing sea captain with Broome marked on it, and a pearl necklace with an intriguing pendant. These set off a train of events going back four generations when Lily goes to Broome.

Morrissey paints a vivid picture of the town, its shanties, and the mixture of races involved in pearling – Europeans, Aboriginals, Japanese, Chinese, Malays and Koepangers – and the hazards from cyclones and shipwreck to the dangers of the depths. Ranging from Cossack to the south and Beagle Bay and its mission community to the north, it is the diverse communities that underpin the search for family.

It is here that Morrissey dives into the taboos of inter-race relations and the Aboriginal view of what constitutes family – the spirit of Aboriginality not just appearances. If there is one lack, it is that having introduced the exchanges with the Macassans, including Aboriginal women going to Macassar as brides, she makes little of the cultural impact that these exchanges might be expected to have had or contrast the pageantry of the Indonesians with the ceremonial dance and music of the Aboriginals.

For the central figures, there is much trauma and death. It is an emotionally charged novel. Strong men certainly but strong women too. Moreover, there is ever another surprise awaiting when it seems that just maybe life has



returned to normal. Lily finds what her mother rejected. A vibrant book indeed.

It brings to mind a family I knew being very proud that they were descended from the first free settlers to arrive in NSW. When it was discovered that for their forebear it was his second time out from England, the aunts exclaimed "Oh no, dear. You must be mistaken, dear." Family history is not always what one has been led to believe.

By John King - Librarian

Pacific Palms Community Library is open Tuesday to Saturday 10am to noon, and at the Pacific Palms Market Sundays (last Sunday of month) 9am to 1pm.

Local Identity – Bruce Pain

Interview by Vanda Gooley.

Bruce Pain's life is extremely full and active despite being a retired business owner. He is a 67-year-old energetic family man, adventurer, competitor, mountain biker, surfer ski paddler and is extremely community minded.

Bruce and his family moved from Bowral to Taree when he was one. He is the second eldest of four children. Bruce's Dad was a carpenter at the Lower Manning Dairy factor who also worked every weekend as a gardener or collecting scrap metal to assist the family finances. In 1971 at the age of 40, he started in the insurance industry with Colonial - which had a big impact on the lives of his family. Bruce's Mum (previously a nurse) was busy looking after the four children.

Bruce's eldest sister, Sue, is retired in Newcastle, and he is lucky that his younger brother Steve only lives three houses away. They catch up regularly for a swim, coffee and/or a mountain bike.



Above: Australian Surf Life Saving Championships Bronze medal winning team with Bruce in the middle.

Growing up, Bruce's family lived in a Housing Commission home in Taree West until he was 17. "Things were very tight financially, but I only have great memories growing up. We played a lot of sport - football for the Red Rovers, hockey for Taree West, cycling with the Manning Valley Amateur Wheelers ... we rode bikes that Dad made for us with parts from the tip. I would go surfing at Saltwater from age 13.

Bruce attended primary school in Taree West before attending Taree High School (with wife-to-be, Gina.) Gina's Dad, Bill Atkinson, was the principal at Taree High! He caned Bruce once for skipping school. Bruce finished in year 10 and he and Gina started dating 6 months later, marrying at age 20 - their 47 year anniversary is in March. They'd planned to get married at the Green Cathedral but the big flood in March 1978 had them move the wedding to Forster Golf Club. Their family and guests had to stay in Forster until the flood waters eased.

Gina is a very keen lawn bowler, competing at Club, District and State levels throughout NSW. "This keeps her busy and gives me more time to surf and ride bikes with my mates. I have a saying, 'The more Gina bowls, the fitter I get.'"

After leaving school, Bruce completed an apprenticeship at Taree TAFE in Fitting and Machining and worked at Haden Engineering in Taree for 17 years. "One of my highlights was being responsible for refurbishing the steam train at Timber Town at Wauchope."

In 1979, Bruce and Gina purchased their first home at Blackhead. Growing up in Taree and loving surfing it was natural progression for them to move to the coast. In 1991, Bruce left Haden Engineering and moved to Forster when their children, Josh and Amanda started school, and never looked back.

Bruce joined his Dad in insurance, working with him for four years before he retired. The business name changed to Regional Financial Solutions with financial planning taking over from insurance. Amanda and husband Ashley joined Bruce in 2014 allowing them to build the business and service more clients locally. They took over the business in 2020, and in 2021 Bruce retired, ticking off 30 years as a local financial planner. The business has run for 50 years. Ash and Amanda are third generation owners making Gina and Bruce extremely proud. The office has been located in Manning Street, Tuncurry for over 25 years. "It was a very rewarding 30 years, helping a large number of locals fulfill their retirement goals and dreams."

Amanda and Ash live in Forster with their three children aged 9, 7, and 2.5. Both are currently training for the UTA (Ultra Trail Australia) trail runs in March in the Blue Mountains. Ash is competing in the 100km and Amanda the 22km. Amanda has been a past 'Local Legend' in the Forster Fortnightly for her Canoe slalom racing, representing Australia.

Bruce and Gina's son Josh and his wife Jess, live in Wollongong with twin 6 year old girls and a 6 months old son. Josh is also a mad keen mountain biker. He competed at the World Cross Triathlon Championships (ocean swim, mountain bike & trail run) at Townsville last August. Josh also races radio control cars (gas & electric) and has competed all over the world ... competing obviously runs through all the family veins.

Bruce has always been physically active... Most people associate him with mountain biking as this is his main passion. He rides at least 3 times a week, mainly at the Kiwarrak Mountain Bike Park in Taree (Tip Trails bike riders). He is a founding member and the only original committee member still on the committee. He also works as a 'trail fairy' each Tuesday, when a team maintain the trails in Taree. He also organises the annual PBM (Pacific Blue Metal) Hardrock 6-hour Mountain Bike Race - one of the biggest Mountain Bike races not he North coast - and the club's largest fund raiser.

He paddles his surf ski a few times a week, depending on the conditions. He loves getting in the surf as often as he can. "The waves feel bigger and further out to sea the older I get, haha."

TRX (Total Resistance Exercise) band exercises and pilates twice a week, is another way Bruce exercises - as "Strength and flexibility is an important part of helping me remain healthy in retirement."

Bruce's biggest adventure was a seven day mountain bike stage race in Canada called the BC (British Columbia) Bike Race riding from Vancouver to Whistler (over a 275km single track and sleeping in tents.) "I was lucky to do this with a few close mates."



Above: Family photo with grand kids. Photos supplied.

He has done a lot of Adventure racing including several Gloucester Mountain Mans and Forster's own local Anaconda Adventure race every year it was run. He has also done many mountain bike stage races, racing - in WA, the Cape to Cape, NT, the Red Back, The Black Pearl, in Newcastle and recently with his mates and son Josh, the Mystic Yak, at Beechworth. Bruce has always been involved in the community and this continues to be a very important part of his life. Most notably is Bruce's 40 year membership this year with Black Head Surf Life Saving club. In 2002, Bruce was awarded life membership of the club. He was also awarded an Honour Blazer in 1993. He has held a large number of committee positions on junior and senior committees and has competed at all levels in surf boats, beach and ski events. One highlight was at the Australian Surf Life Saving Championships picking up

bronze medal in the Master's 110 year board relay. Being members of the club has been a family affair. At one stage all the family were members with Gina also getting her bronze and doing patrols. "I am also one of the Black Head Surf Clubs patrons and I was a long-term sponsor of the Surf Boat and Surf Club for over 20 years."

"I was honoured when awarded Life Membership of Great Lakes Canoe Club. I started as treasurer then was president for over ten years. I also coached several local paddlers to be selected on the Australian Junior Slalom team, to race at the Junior Slalom World Championships in Europe and South America. This involved a lot of travel to the Penrith White Water stadium. I also travelled to Victoria and Tasmania and overseas for a number of years with the Australian Slalom team as team manager and was on the Australian Slalom technical committee and Chairman of the NSW Slalom and Whitewater committee."

Bruce's Dad was his inspiration - both his work ethic and being very community minded. He was a long-term volunteer of Taree Lions Club and a member of the Taree Town band. He also received the Queens Medal for 25 years'

Bruce lives by several mottos. In business it was 'No pain no gain' - this was printed on his business cards and letter heads and any advertising, "This always got a laugh. In sport, 'the harder you train the luckier you get,' it's all about linking your training to your results."

"I don't see challenges, I only look at the positives, applying one of my sayings - 'change brings opportunities' apparently, I am the eternal optimist."

David Harris – long-time friend and previous business partner said this of Bruce

"Well, this is an interesting position to find myself in, I never expected to be writing something nice about Bruce Pain because that's what he does! Bruce makes sure that everyone is organised, engaged and welcome. Whether you are a national level athlete or just someone learning one of his many sports Bruce finds a place for you and his mates to have some fun.

He is a legend in his sports and the financial services game and locals are still chasing him for advice, years after he retired.

Most of all Bruce is a family guy, he loves nothing more than being active with his kids and grandkids and being the best possible example to them. He just loves getting outdoors and having some fun with as many people as he can.

He is the go-to guy for many committees including the Mountain Bike and Surf Clubs, but that's just the tip of the iceberg for his volunteer involvement in the region. He is a life member of Blackhead Surf Club and he also runs the most successful mountain bike race in the region which draws riders from all over the state. The funds he raises from this event, go to maintaining and improving the trails in the area.

He loves this town and everything about it and is trying to exhaust every possible opportunity in the area and then giving back in spades."

Friend and training partner Georg Fiebig said this of Bruce

"I got to really know Bruce when he coached our boys Kaspar and Kristian in white water canoeing for the U18 world championships in Brazil in 2015 and for the U23s in Slovakia in 2017.

As a neighbour living three doors down from us, I had obviously run into him going to and from the beach and I had seen him at mountain bike events over the years, but it was through his commitment towards our boys during early morning training sessions on One Mile Beach and his linking them up with other paddlers around the world that we forged a deep friendship.

Bruce knows everyone and everyone knows Bruce - at least in paddling and mountain biking circles and probably a few others, not only due to his cheeky wit but because he is always happy to pitch in and help others.

When I'm working away from Forster, I get a text from him every few weeks asking my whereabouts and when I will be home to join him for a coffee and a good yarn. Bruce lights up a good BBQ but watch out for his singed meat - it's as tough as boots!"

How to rescue a drowning swimmer at the beach

The summer holidays are when Aussies hit the water like no other time. Summer equals swimming, and loads of other aquatic pursuits, of course.

With the majority of our population living within a short drive of the coast, it's no wonder we have an affinity with the ocean.

However, summer comes with a dark side. It's also when we see drowning deaths at their peak.

This summer, on top of the regular peak, we're also coming off a substantial rise in drowning deaths across all waterways; at home, inland and coastal.

The one type of incident that makes the news and shocks and saddens communities over the summer, is the 'rescuer drowning death'.

This is when someone, usually a child, has got into trouble in the water, and the rescuer, usually the father, drowns attempting to rescue them.

Often, the result is that the person who was initially in trouble in the water makes it out of the water to safety.

So, how do the distressed swimmers make it to safety and the rescuers drown?

How the situation is likely to unfold

Whilst every instance is different, there are some common elements.

The child in trouble in the water is less likely to be panicking, has a greater ability to relax and float, and perhaps most importantly, is less occupied with thoughts of mortality.

Ultimately, this gives them time to let the ocean assist in their rescue (predominantly from rip currents cycling the swimmers to a shallower sandbank where the waves push them back to shore), or to wait for help from those best placed to assist (like surfers).

The father-turned-rescuer is panicking, his instinct is to act fast without thought, for in his mind his child is seconds away from drowning,

He enters the water, ill-prepared without the necessary skills, fitness or floatation, and with an ever-increasing breathing rate, he swims head-up freestyle, dragging his lower body through the water looking for his child, all the while tiring at a rapid pace.

The lactic acid builds up in his arms as he fights the water, waves, and his emotions, and eventually, as he struggles to locate his child, he no longer has the strength to keep his head above the water.

It's a terrible situation and I empathise with the would-be rescuer. What should you do if someone is in trouble in the ocean and needs help?

Steps to take to perform a rescue

Putting aside the fact that learning to swim, having basic ocean awareness, and swimming at patrolled beaches between the red and yellow flags is the best preventative option, this is how you should go about assisting a swimmer in trouble at the beach.

As soon as you're aware there's a swimmer in trouble in the water, have multiple people follow the swimmer with their eyes and finger.

Get someone to call 000.

Make all beachgoers aware of the situation by shouting 'help' or 'swimmer in trouble'. This will hopefully attract those who are better placed to assist.

Stop, take a breath and think about your options, and if possible, talk them through with someone.

Check to see if there are stronger swimmers or surfers already out in the water. If so, get their attention and alert them to the swimmers in distress. If you need to go into the water to do this, stay waist-deep.

If you are a non-swimmer, do not enter the water.

If you must assist and there is no one better placed to help, search for floatation aids on the shore, this could be in the form of a boogie board, esky, soccer ball, 1.5L drink container



or the like. Choose the item with the most floatation and strap it to yourself, if possible.

Then, ask beachgoers to throw all the other floatation aids into the water, or the rip current, to try to get them to the swimmers, or at least be a backup for the floatation aid you will use.

Strip down to just the bare essential clothing, if not already in your swimwear.

Even though it might seem counter-intuitive, do not run to the water. Calmly enter the water and use a breaststroke-style kick to propel you along in the water. If you don't have a floatation device, do not try to swim freestyle, use a breaststroke or sidestroke action, keeping your body as high in the water as possible and your head up out of the water.

Swim at a relaxed pace and let the current do the work for you. Time will seem to be going by faster than it actually is. Try to refrain from yelling out to the swimmers, as this will only tire you out and increase your heart rate.

Once you reach the swimmers, be sure to keep a short distance from them. Either they, or you, are at risk of trying to use the other as floatation, unintentionally pushing the other under the water.

Using a calm voice, reassure the swimmers and pause again to think about your options. If

you're out the back of the waves, these will be either:

1. Relax, float and wait for assistance, or
2. Look for a sandbank where the waves are breaking all the way back to the beach and swim to shore with the waves.

Now, I by no means think that this advice is easy to execute, and even after the rescuer's best effort, it may still result in an unfortunate outcome, but when faced with a fight or flight situation, I believe it's better to be informed of your options, rather than being completely naive.

As an ocean swimmer, you might not personally need this advice, but you can help by sharing it with family and friends who may not have the same confidence, ability and experience of the ocean, as you do.

5 steps to rescue a drowning swimmer

1. Have beachgoers keep their eyes and finger pointed at the swimmer at all times, call 000

2. Ask for help from confident and skilled swimmers and surfers, out in the water and on the shore

3. If you need to enter the water, take a floatation aid, preferably tied to your arm, and have beachgoers throw the remaining floatation aids in the water

4. Remain calm at all times and use a breaststroke-style kick or similar swimming action to move through the water

5. When you reach the swimmer, relax, float and wait for assistance or use the waves to return to the shore

Don't enter the water if you can't swim and remember, the safest way to enjoy the beach is to swim at patrolled beaches between the red and yellow flags.

By Andre Slade.

www.oceanfit.com.au

Changing face of downtown Forster

Changing Face of Downtown Forster – Pioneers settled on the Waterfront

Little Street, Forster, originally started at the School of Arts (Police Station corner) where it then became Wharf Street ...now it runs from the Post Office corner to Mark Street, right along the lake front.

It was to this area the first settlers came to pioneer.



Above: George and Mary Godwin.

On John Hall's map, presented to the Minister of Lands in October 1870, there is no Street for Little Street.

When pioneer George Garlick Godwin left Forster, John Breckenridge took over his grant and on part of it, built his family home "Forster House."

The Police Station and School of Arts were built on the blocks allotted and although the old Police Station had been demolished, a new one was built and in recent years the School of Arts was demolished.

Beside the creek on the ocean side of the recently demolished CWA building, Mrs. Kerins, widow of Forster's first Chemist lived, later selling it to the Hardys.

Henry Miles II purchased part of Murdoch McIntosh's 40 acres and built his home "Weipa". This land had been cut up by Murdoch McIntosh who built his home on the corner of Little and Bruce Streets.

Richard Phegan arrived in 1870, bought 40 acres on the shore and launched his first ship, "Eliza" in 1872. He continued building ships there until 1881 when he left Forster.

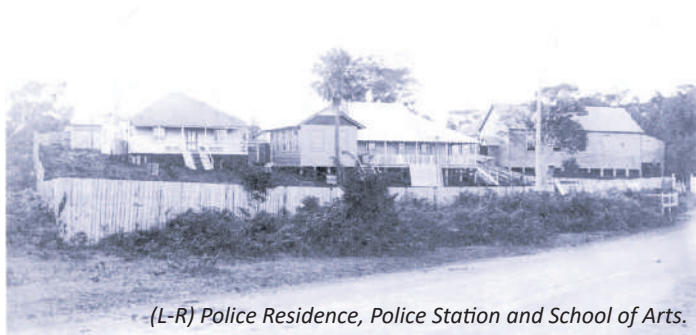
John Wylie Breckenridge built his shop which also housed the first Post Office on the corner of now Wallis and Little Streets. Later Mr. Buckle built his home there, where the Mobil Garage was in the 1970s.

Thomas Blanch purchased two blocks and in 1872 he built the first Forster Hotel.

Forster's first hotel

In 1872, Thomas Blanch who first purchased Lot 7, the present site of the Lakes & Ocean Hotel at Forster, applied for and was granted a license for Forster Hotel.

The building was erected and Mr. Blanche carried on until 1878 when an application was made to the Court to transfer the licence to Leonard Steinmetz

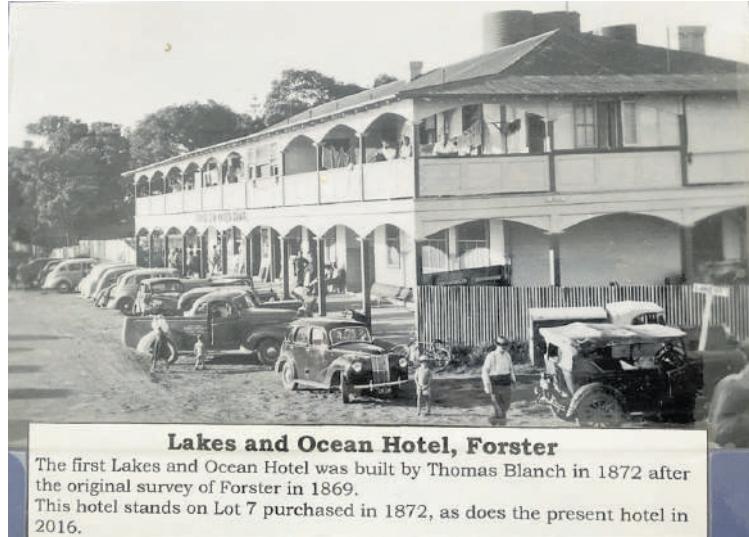


(L-R) Police Residence, Police Station and School of Arts.

and he remained licensee until 1895. This establishment was burnt down and replaced by a two storied building which also burnt own and was replaced in 1911

By Anne Masters – Director/Volunteer of Great Lakes Museum.

Great Lakes Museum is open Mon, Tues, Wed & Fri from 10am - 1pm and Sun 1 - 3pm at 1 Capel Street Tuncurry. Volunteers are always welcome.



Lakes and Ocean Hotel, Forster
The first Lakes and Ocean Hotel was built by Thomas Blanch in 1872 after the original survey of Forster in 1869. This hotel stands on Lot 7 purchased in 1872, as does the present hotel in 2016.

Tanya's Community Update

It has been a busy few weeks connecting with locals in our community.



I recently visited the Riding for the Disabled Association (RDA) Manning Great Lakes to catch up with their team ahead of an exciting 2025 season. With the return of Coach Sue, Assistant Coach Margie, and Trainee Coach Lorraine, they're ready to welcome more riders than ever. However, they need help! If you're passionate about horses or keen to give back, consider joining their Volunteer Training Day on Thursday 27 February from 9:30 am - 3 pm at 1856 The Lakes Way, Rainbow Flat. Get in touch at 02 6553 6467 or manning@rdansw.org.au to get involved.

It was also a pleasure to celebrate the grand opening of Calvary Home Care's Mid North Coast Service Centre in Forster. There is a growing demand for home care in our region and this facility will help more local seniors stay in their homes and connected to their communities for longer.

At Sunrise Supported Living, I enjoyed a cuppa with residents, hearing their stories and discussing local issues. Their unique retirement community provides 24-hour care while maintaining independent living.

As always, if I can assist you, please reach out to my office.

Tanya Thompson MP

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Member for Myall Lakes

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

Back to work, school and Nippers

Returning to work, school, and surf life saving Nippers after the summer holidays can feel like a big shift, but it also brings a fresh start and renewed energy.

For adults returning to work, there's often a mix of anticipation and the reality of balancing professional duties with family schedules.

For students, the first days back at school mean reconnecting with friends, meeting new teachers, and diving into a fresh set of challenges.

For kids involved in Surf Life Saving Nippers, the transition can be particularly exciting. After a break filled with travel, adventures and beach fun, they're eager to get back to training and developing their lifesaving skills.

Nippers is a way for children aged 9 to 13 to enjoy the beach in a safe environment.

The Nipper Development Program is designed to ensure children have fun at the beach while participating in lessons to give them a pathway to becoming beach safety aware and a fully rounded participant in lifesaving and surf sports.

In all six clubs in the Lower North Surf Life Saving Branch from Crowdy Head in the north to Pacific Palms in the south, Nippers have returned to their respective beaches each Sunday morning, adding the bright colours of their morning assembly flags, pink rash shirts and age identifying caps.

For those who are members of the Forster Surf Club, nippers will be preparing for Club Championships which, weather conditions being favourable, will be held on Sunday 2nd March (started on Sunday 16 February).

This second day will follow the 12 noon official opening of the magnificent new Forster Surf Club complex on Saturday, 1st March.

This opening ceremony will be attended by representatives of the three tiers of government, Surf Life Saving Australia, sponsors, builders, architects, 'clubbies' from within and outside the branch and members of our local community.

Throughout its construction and since completion, big numbers of locals and tourists have already taken the opportunity to view the stunning exterior of the Forster Surf Club building, winner of the 2024 Lysaght Inspirations Design People's Choice Awards.

Following its opening to the public in October 2024, club officials estimate that over 1,000 visitors pass through the building interior each month. The commendations and congratulatory

Left: Bottom row (L-R) Remi, Hannah, Georgia and Hermione.
Top row - Cedar, Hayley and Anne.



Above: Diving for the Flags in front of the new Forster Surf Club House, Main Beach. Photos supplied.

feedback about the facility have been just reward for 15 years of effort by the executive of club, led by President John Quinn and New Building Chairperson Ron Hartley.

The club continues to work with Essential Energy but the unplanned expense of an electrical substation of about \$400 000 means that fundraising continues in order to make the facility fully functional.

By Annie Evans.



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Great Lakes Pearl Dragons take home some bling at Lunar New Year

This last weekend saw Great Lakes Pearl Dragons join in a Northern Region Waratahs team to compete at Lunar New Year Festival at Darling Harbour, Sydney. The Waratahs team consisted of a crew of 52 paddlers, drummers and sweeps. 22 Pearlars joined with crew from Maroro (Port Macquarie), Jaca Dragons (Grafton) and Clarence Coast.

The Festival is a huge three day event, attracting competition from all over the State. The Corporate races were held on the Friday, Seniors on Saturday and Premier on Sunday.

Our competition was confined to the Senior categories, with a relatively new and inexperienced team of men and women, as the first competition step on our campaign which will see us compete at the AusChamps Nationals in April later this year. The races were all 200m in 20s boats.

With little expectations, but courage abounding, we came home with not one, but two, bronze medals for the Seniors Category B Open event and Seniors Category C Women's event!



Above: Senior B Open Category Bronze winners. Photo supplied.

Club Forster Social Golf Club

Our 19th January Australia Day Shield game at Tuncurry course was washed out. It was played at the Tuncurry Course on 2nd February with the event a 2 ball best ball competition. Good playing conditions, course excellent.

Winners of the Australia Day Shield

Mens: 1st Tom Welch & Jim Lovegrove 44, on a count back, 2nd Bruce Pottinger & Bruce Young 44, 3rd Alan Atkins & Les Cawthorne 42.

Mixed: 1st David Forbes & Marlene Meyer 41, 2nd Kim Clarke & Lyn Thomas 36, 3rd Sharon Evans & Martin Pottinger 36.

Nearest to pin 2nd shot

4th hole: 1st Division Grant Mathews, 2nd Division Bruce Pottinger.

Ladies: Alana Pitkethly.

9th hole: 1st Division Wayne Richards, 2nd Division David Forbes.

Ladies: Marlene Meyer.

14th hole: 1st Division Ken Woods, 2nd Division Martin Pottinger.

Ladies: Alana Pitkethly.

16th hole: 1st Division Wayne Richards, 2nd Division Warren Warner.

Ladies: Lyn Thomas.

Our next game will be on 2nd March at Forster course. Show your NRL team colours day. 7am for a 7:28am hit off.

All enquiries contact Ken Woods on 0401767257.

By Warren Warner.

Right: Winners of the Australia Day Shield. (L-R) Tom Welch, Jim Lovegrove, David Forbes and Marlene Meyer. Photo by Glenn Stewart. Photo supplied.



Forster-Tuncurry

DOLPHINS



Greg Harvie

The Dolphins are a club for everyone and play the game in the right spirit. They have given me life long memories and friends for life.



Chris Simon

Love the mateship that comes from rugby...and a boat race!

JOIN NOW

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 email: secretary@forstertuncurryrugby.com



Monday

Monday Pasta \$15

Tuesday

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

Wednesday

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

Thursday

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

Friday

Raffles from 6pm
Super 100 Draw after Raffles
Lunch Burger 'n' Beer \$20
Live Music Every Friday 8pm

There's always something happening at the Palms!

Saturday

Fishing Club Raffle starts at 3pm & 4pm
Happy Hour 3pm to 5pm
Kids Meals \$5 (16y)

Sunday

Every Sunday-BBQ,Bowls & Tunes
Chook Run Bowls from 10:30am
Outdoor Bar 1pm - BBQ 2pm
Live Music at the Green from 2:15
Kids Meals \$5 (16y)

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Slam Tango

Fri 21 Feb



Matt Zarb & Friend

Fri 28 Feb

Palm Lake Inter Resort Golf Event



Above: (L-R) Terry Hulme from Tea Gardens with best scorer Marty Plim from Tea Gardens. Photo supplied.

On Monday 10 Feb 27 keen golfers from Palm Lake Resorts -Forster Lakes and Tea Gardens played the first Inter Resort Golf Event for this year at the Hawks Nest Golf Course.

Unfortunately, Forster Lakes was soundly beaten by Tea Gardens who were far too good for us on the day. The best score of the day was by Marty Plim from Tea Gardens and John Perks from Forster Lakes was our best player.

A great day was had by all and hopefully we can turn the result around at the next game at Forster Golf Course.

We thank The Forster Lakes Sales Team for their continued support of this event.

By Warren Arnold.

If you are looking for a sport that gives you gentle exercise, mental stimulation and a friendly atmosphere Forster Croquet Club invites you to come and try golf croquet. It has become very popular because it is easy to learn and play, however it is a game that needs skill and strategic thinking.



Forster Croquet Club has over 100 members and offer croquet sessions every day of the week. Playing croquet is very social and an easy way to enjoy gentle exercise, make friendships and have a laugh along the way. At our club we have a mixture of ages playing and you can choose to play socially or take it to the next level and enter competitions in the area and state.

Forster Croquet Club are holding their "Come and Try" afternoon Saturday 22 February starting at 1pm. We will provide you with a mallet, friendly coaching and a delicious afternoon tea. Wear some flat shoes and bring a hat and see what croquet is all about.

The club is beside the Aquatic Centre and you can access it from the carpark.

Please let Peter 0437300870 or Penny 0414776535 know if you are interested in coming.

Come and Try Croquet

FORSTER CROQUET CLUB
Invites you to our..

Come and Try Session

Date: Saturday 22 Feb 2025
Start: 1pm for 1.30, finish about 4pm
Where: Forster Croquet Club
Access from Aquatic Centre Carpark

We provide
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