

What's on around town p14 & 15

Local Identity Eddie Wood p21



Star Pet Aragorn p19



Forster Fortnightly

Your local independent community newspaper distributed to
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FREE

Wednesday 5 March 2025

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.116

Forster Surf Club Opening!



Above: Forster Surf Club representatives Sophia Lee and Brad Kincade.

Left: The Great Lakes Town Band playing next to the new Forster Surf Club (on the left) looking over Main Beach Forster.

Below: (L-R) MidCoast Council GM Adrian Panuccio, Federal MP Dr David Gillespie, Forster Surf Club President John Quinn, Local MP Tanya Thompson and State MP Emily Suvaal.

Photos by Mary Yule.

Not just a Surf Club – A community hub

By Annie Evans.

The first day of autumn in 2025, 1st March, saw the official opening of the new Forster Surf Life Saving Clubhouse. The official ceremony, with club youth members Sophia Lee and Dylan Kinkade as MCs, commenced at midday following a tour of the facility for the official party.

Members of the official party included Federal Member for Lyne, Dr David Gillespie, State Member for Myall Lakes, Tanya Thompson, Emily Suvaal MLC representing Steve Kamper NSW Minister for Sport, MidCoast Council General Manager, Adrian Panuccio, SLSNSW State Head Office representatives, Steven Pearce, SLSNSW CEO, Phil Ayres, SLSNSW Chief Operating Officer, Paul Boulton, Director

Finance, Lower North Coast Branch President, Bernadette Nicholson, Forster SLSC President John Quinn and members of the Club Executive, Forster SLSC Life Members and other members, Lower North Coast club presidents, Kimbal Dunham representing A W Edwards Construction and Jon Webber from Webber Architects.

The first surf life saving patrol on Forster Main Beach was on Australia Day in 1925, but service has not been continuous as there was a period from the mid-1930s to mid-1940s when patrolling did not occur.

The magnificent new club structure is the sixth structure to be built at Main Beach with the purpose of housing life saving equipment – the first three were small wooden huts built on stilts in the middle of the beach in the 1920s, 1930s and 1940s, but all collapsed. The fourth

Continued on page 3.



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Tim Heffernan, what a catch!

- Business Hours are 9:30am to 5pm (Mon - Fri).
- 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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We may publish promotional information based on our assessment of the level of genuine news content. Any material which is clearly advertorial in nature is best promoted as paid advertising. Support the paper that supports the town!

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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.

Manning - Great Lakes Police District Update



Dear Readers,

Your local police have been kept busy of late investigating 'break and enter' and 'steal motor vehicle' offences, as well as several 'stealing' offences in and around local holiday accommodation. Our hard work paid off, as can be seen by the below great arrests:

On 14 February, following investigations, a 29-year-old male was arrested by local police and charged with four counts of Stealing and two counts of Enter inclosed lands (trespass) relating to offences committed at local holiday accommodation. During the investigation, police recovered alleged stolen property, including clothing, a bicycle, and a fishing rod. The male was granted conditional bail, however, shortly after his release from custody he was arrested for being in breach of his bail and was duly arrested again and was subsequently refused bail.

On Sunday 16 February, following investigations – and a foot pursuit - local police arrested a 15-year-old male in Taree. The male was charged in relation to seven Arrest Warrants, Goods in Custody (relating to him allegedly being in possession of keys to recently stolen cars) and with Police Pursuit, Drive conveyance without consent of owner and Never licensed – drive vehicle on road, relating to a police pursuit in Taree on 10 February. The young man was refused bail.

On 24 February, a 17-year-old Taree male was arrested in Heatherbrae following a police pursuit. The male was subsequently charged with several offences including a Break, enter

and steal offence committed in Forster on 31 January. The young man was refused bail.

It is timely to again remind you of some simple steps you can take to reduce your chance of becoming a victim of crime:

- Lock your doors and windows when going out or retiring for the night – especially garage and shed doors.
 - Do not leave valuables (such as mobile phones and wallets) within sight in your house and do not leave your house keys "hidden" anywhere – they will be found!
 - Keep your cars locked – with no valuables left in them and ensure your car keys are secure on your person or hidden in your house.
 - Don't advertise on social media any travel plans that will take you away from your home.
 - Ensure you have adequate home security: consider strong door and window locks and sensor lighting.
 - Do not leave bicycles in yards or on balconies or porches. Keep them out of sight and always affix a good quality bike locking mechanism when not being used.
 - Maintain good relations with your neighbors – watch out for each other and report any suspicious activities (persons or vehicles in your street) to police.
- Remember to be kind to each other and don't forget to say "G'day!" to your local police!*
Chief Inspector Timothy Bayly,
OIC Forster Police Station

Cash boost for community projects!

Our community donations program can assist organisations to improve local facilities or provide training and skills development.

The Annual Donations program offers up to \$2,000 to deliver community development and capacity-building projects and activities.

Our Seed Funding Program can provide up to \$10,000 in fixed-term seed funding to establish self-sustaining activities, or to build provider

capacity to be self-sustaining.

Applications close: Sunday 30 March 2025

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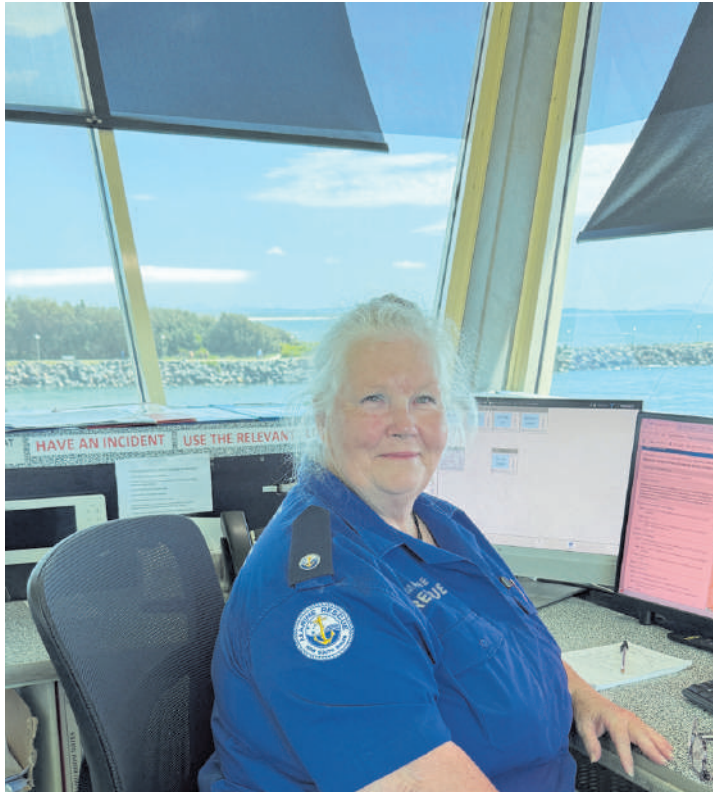
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Local woman named finalist in Global Awards



Above: Diane working as a Radio Operator volunteer with Marine Rescue Forster Tuncurry. Photo supplied.

Diane Hallam, of Marine Rescue NSW Forster Tuncurry, has been selected as a finalist for the 2025 Women Changing the World Global Award.

The Women Changing the World Awards presented by Oprah Winfrey's all-time favourite guest, Dr. Tererai Trent, celebrate and recognise women achieving outstanding success in areas such as sustainability, humanitarian work, leadership, advocacy, tech, product development, education, health and innovation. The awards are designed to

recognise the growing number of women who are leading the way in making the world a better place for us all and inspire other women to answer the call to take action.

Diane is a long-time volunteer with over 40 years of gifting her time and energy to various community organisations. Currently a Volunteer with her local first responder group - Marine Rescue NSW Forster Tuncurry - she contributes as the units Public Relations Officer as well as training as a Radio Operator.

Diane said "My work is mainly promotional. I concentrate on safety awareness - educating the public about protocols and best practices on the water which can help prevent accidents and save lives. It's about raising recognition of what our service does, for example disabled

vessel rescues and support, which can also lead to increased funding via fundraising and government grants. This helps us raise our membership, maintains trust with the public and shows the capability of the organisation."

It can be challenging to create change in the world and Diane Hallam gives this advice for others thinking about following their calling to make a difference.

* Work alongside like-minded individuals who share your passion for helping others and who

want to volunteer in whatever service you feel you have a calling for. The bonds formed with your team can be strong and lasting. Embrace the team spirit! There's no 'I' in team!

* Community service together with teamwork and camaraderie. It's a meaningful way to give back and support your local area.

* Personal Fulfilment - There's a deep sense of satisfaction that comes from knowing you've made a positive difference in your community.

* Resilience: Volunteering in challenging and sometimes high-pressure situations helps build resilience and problem-solving skills.

Diane is proud of her achievements, in the last 12 months she has organised a major raffle which raised over \$5,000 with generous donations from local businesses, promoted and increased Marine Rescue NSW awareness through newspaper and social media outlets, and thanking and acknowledging fellow volunteers through social gatherings, hopefully enhancing their overall sense of well-being and purpose within the organisation.

In summary, Diane said "Volunteering in my local Marine Rescue organisation is about dedication to saving human lives on the water, it's about making a tangible difference in your community and beyond. It's a way to use your skills and passion to protect others and contribute to a safer and more caring society."

Read the complete finalist list at: www.wcwavards.com/finalists

The winners of the 2025 Women Changing the World Awards will be announced at the Women Changing the World Global Summit and Awards at Park Hyatt, River Thames, London, United Kingdom on 3 April 2025.

Voting for the 'People's Choice Awards', of which Diane is a finalist, is open from 24 February to 10 March.

Please vote for Diane at:
www.surveymonkey.com/r/2025WCWAGlobal
- under #7 "Making a Difference".

Advertising Feature

Introducing
Mathew Smith:
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in Forster

Mathew Smith, a Specialist Musculoskeletal Physiotherapist, is now offering advanced care to the Mid North Coast community. Based in Forster, he is the only Specialist Physiotherapist between Newcastle and the Gold Coast. With a diverse clinical background and years of experience, Mathew provides effective solutions for a range of musculoskeletal conditions, including spinal, muscle, joint, and nerve pain. He also provides expert management of concussion, headache, and dizziness conditions.

Having worked across Australia, including in sports and knee clinics, Mathew's approach focuses on expert assessment of simple and complex conditions. He's passionate about helping patients understand their health and providing practical, hands-on solutions for optimal recovery.

Mathew is also a dedicated educator, mentoring registrars in the Australian College of Physiotherapy specialisation training program. Originally from Port Macquarie, his family has now settled in Forster and are members of the Forster Turtles and Cape Hawke Surf Life Saving Club.

Mathew Smith is excited to bring his expertise to Forster and to contribute to the local community.

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Men's behaviour change program Greens for a healthy environment

The State Government is continuing work to create a safer New South Wales by taking a whole of community approach to addressing domestic and family violence, with Men's Behaviour Change Programs (MBCPs) rolled out across an additional seven locations.

\$10 million is being invested to increase the availability of these programs across the state as part of the State Government's \$245.6 million package to address domestic and family violence in New South Wales, which has included:

- Implementing the state's first ever Primary Prevention Strategy

Working to expand the Staying Home Leaving Violence program state wide

- Introducing new offences for repeated and serious breaches of Apprehended Domestic Violence Orders

- Making it harder than ever for alleged domestic violence offenders to get bail

- Introducing Serious Domestic Abuse Prevention Orders

- Modernising the definition of 'stalking' to include technology based harassment.

MBCPs are evidence-based group programs and services that focus on working with perpetrators of domestic and family violence to reduce or prevent the recurrence of abusive behaviour by a perpetrator towards a partner or family member. Between 2022 and 2024, 1,800 men participated in MBCPs in NSW.

The State Government's priority remains the safety of victim-survivors of domestic and family violence and ensuring they have access to support when they need it.

Following this expansion, the programs will now be available across 35 locations through 15 providers. The new locations are:

Nowra, Shoalhaven LGA - Anglicare
Ulladulla, Shoalhaven LGA - Anglicare

Forster, Mid-Coast LGA – Manning Support Services

Gloucester, Mid-Coast LGA – Manning Support Services

Lithgow, Lithgow LGA – Plus Community

Blacktown, Blacktown LGA – Relationships Australia

Maitland, Maitland LGA – Relationships Australia

Providers must be registered as compliant with the Practice Standards for Men's Domestic Violence Behaviour Change Programs and deliver evidence-based interventions, as well as additional one-on-one supports.

www.nsw.gov.au/ministerial-releases/mens-behaviour-change-program-expanded



The Greens candidate for Lyne, Tom Ferrier, is committed to maintaining a healthy environment. He considers The Greens are the only party genuinely focused on tackling the causes and effects of the warming climate.

"We are all dependent on a healthy natural world", he said. "And it's time we got serious about preserving remaining native forests and the wildlife that depends on them. Crucially, native forests store carbon and protect our water quality."

Tom is very disappointed with the Federal Government's backpedalling on reforming Australia's weak environment laws.

"It's smarter financially to save our native forests for ecotourism and future generations. The native forest logging industry is losing millions of dollars each year. The Greens are the only party that has costed a just transition for timber workers and the creation of 100% sustainable plantations."

Tom is excited about the enormous strides renewable energy has made over the last decade.

"People may not know that right now, 40% of Australia's electricity is generated by renewables. With the technology that already



Above: Lyne Greens candidate Tom Ferrier with fellow bush care volunteers.

exists, we can make it 100%. The \$11 billion Australia spends on annual subsidies to oil, gas and coal could be spent fast-tracking our renewable energy transition.

"Climate scientists have warned us that if we keep opening new coal and gas mines, we will keep experiencing record temperatures, droughts, fires and floods."

Tom is worried about the environmental legacy his children and grandchildren will inherit.

"We all want future generations to experience healthy forests and thriving wildlife. To do this, we have to switch to clean energy. Solar is already the cheapest form of energy, and it's been estimated there are potentially tens of thousands of jobs in the renewable energy sector. Already, there's a thriving solar installation industry in Lyne."



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Tanya's Community Update

Local Sport Defibrillator Grant Program

I'm pleased to announce the 2024-25 Local Sport Defibrillator Grant Program recipients. Seven local clubs and organisations have successfully secured funding for Automated External Defibrillators (AEDs), ensuring safer sporting and community spaces. Congratulations to:

- Taree Old Bar Surf Life Saving Club • Taree Wingham Clay Target Club • Wingham Indoor Sports • Taree City Rugby League Club • Forster Bowling Club • Surf Life Saving Lower North Coast Branch • Killabakh Community Association

If your club missed out, expressions of interest for the 2025-26 round are now open, scan the QR code below.

NSW Volunteer of the Year Awards

Nominations for the 2025 NSW Volunteer of the Year Awards are open until Friday, 23 May 2025. If you know someone making a difference in our community, I encourage you to put their name forward. These awards celebrate the work of volunteers across our state - let's ensure Myall Lakes is well represented! Visit www.volunteering.com.au/awards for details.

Myall Lakes Seniors Concert

Seniors Concert tickets are booking fast! The 2:00pm session at Club Taree on Tuesday, 11 March is the last session available - don't miss out! Tickets can be collected from Club Taree.

If you have any concerns, please don't hesitate to reach out to my office.

6555 4099 | myalllakes@parliament.nsw.gov.au

Tanya Thompson MP

On International Women's Day – let's talk about homelessness for women

We'll call her Jillian. She is out walking her small dog, unsteadily supported by her walker, an older but tidily dressed woman. Jillian is homeless. She has been sleeping in her car in a local park for the last few months, most of her small possessions packed into the boot and rear seat of the car, leaving her to sleep sitting up in the front with 'Lulu' her dog occupying the other front seat. Her foodstuff including milk is wrapped in towels keeping it fresh for longer. Fortunately for her a temporary reprieve comes with a local church offering her a "room" to sleep where at least she could feel safe while she tries to find permanent accommodation. The church has a toilet and kitchen but no shower. Jillian's attempts to find affordable, accessible pet friendly accommodation has so far met with no luck.

How did Jillian get to this point? Jillian was gainfully employed, buying a villa in Adelaide. After a workplace accident she moved with her partner to Tuncurry where she again was buying a villa. Approximately 6 months ago the relationship broke down after Jillian suffered domestic violence. Her partner moved interstate, leaving her without a home, resulting in her need to live in her car for more than four months. Although she has other close family members, they are unable to accommodate Jillian, who now survives on her disability pension, a small amount of workers

compensation insurance and of course the kindness and charity of others.

Sadly, this story is not uncommon.

Kate Colvin, CEO of Homelessness Australia, called the data (on homelessness) "grim findings".

"More Australians than ever are trapped in long-term homelessness, and even those who find housing are struggling to maintain it without adequate support" she said. In a recent report by the Grattan Institute, it was revealed that among more than 200,000 retired Australian households who rent privately, Grattan's analysis shows two-thirds are living in poverty. *That figure rises to almost 80% cent for single retired women.*

As we celebrate International Women's Day let us not forget the plight of women right here in our own neighbourhood.

The Forster Tuncurry Social Justice Group meets on the third Wednesday of the month at 5pm at the Forster Uniting Church. Come along and hear about issues in our Community including homelessness.



Ageing Strategy check in

MidCoast Council asked the community to provide feedback to help check in on the MidCoast Ageing Strategy. Consultation took place from Monday 2 September - Sunday 20 October 2024 across the MidCoast region.

Overall, the results across all areas remained stable, with no more than a 3% variance between 2021 and 2024 responses. One exception was 'How people feel about ageing in the MidCoast' where the satisfaction levels were down by 4.3%.

From the conversations with older people and their carers during the pop ups, this can be attributed to:

- the housing crisis
- people feeling uncertain about their long-term living arrangements
- access to health services with long lead times to see a GP and the need to travel outside the MidCoast for specialist appointments
- the cost of living with many older people struggling to make ends meet.

Results also showed a reduction in satisfaction with 'Ability to get around the area' of 3.1% from consultation taken in 2021 when 65% of respondents said footpaths and cycleways were inadequate or dangerous, and 31% said better public transport would help them to get around. This is still an area of concern for older people in 2024 with many saying they must walk on the road due to non-continuous footpaths, non-existent footpaths and uneven footpaths. Some responses called for improved bus stops in towns.

"It's hard to know where the bus stops are and the absence of shelters means there is no seating available for older people, and no protection from the sun or rain." - MidCoast resident.

The MidCoast Ageing Strategy expires in 2026, and further consultation will be required for the compilation of a new Strategy.



MidCoast Council Meeting summary – 26 February 2025



Local Environmental Plan

The draft MidCoast Local Environmental Plan (LEP) has been endorsed by Councillors and will now be submitted to the NSW Department of Planning, Housing and Infrastructure for the final stages of approval.

The LEP outlines plans for local development and land use and has been the subject of extensive community consultation over several years.

More than 51,000 letters were sent to landholders as part of the consultation process which also included conversations with over 1700 people, along with 429 phone appointments and email enquiries. More than 500 submissions were received during the consultation period, along with two petitions. This feedback has been considered and various changes made to the draft LEP as a result.

Development Activity & Assessment report Oct – Dec 2024

Councillors noted a report which provides an overview of development assessment and building certification activities for the period from 1 October to 31 December 2024. It includes data on application volumes,

determination times, and comparisons to other councils.

Development and building activity has followed recent trends indicating a return to application volumes received in 2019 and 2020.

During this reporting period Council received 1558 customer requests in relation to development assessment and building certification. This equates to 11% of all requests lodged during the quarter.

Only two other Councils had more applications assessed being Lake Macquarie with 774 and Newcastle with 536 compared to MidCoast Council's 487.

Forster Foreshore Plan of Management

The final Forster Foreshore Plan of Management was officially adopted by Councillors, following extensive community consultation. The plan has been approved by the Department of Planning, Industry, and Environment and is now ready for implementation, ensuring the effective management of this significant coastal area.

Public Toilets in Parks Strategy 2024/2035

Councillors formally adopted the Public Toilets in Parks Strategy, which forms part of the broader Open Space and Recreation Strategy. This plan addresses the management, enhancement, and potential removal of public toilets at 108 locations across the region, based on their usage and proximity to community spaces.

Community engagement strategy – exhibition

A draft Community Engagement Strategy will be placed on public exhibition for community feedback.

This strategy outlines how Council will communicate and engage with the community over the strategy's lifespan. It provides the community with expectations on how engagement will be done, including principles, objectives, methods, and tools for engagement.

To review the strategy and provide feedback please go to: www.haveyoursay.midcoast.nsw.gov.au/community-engagement-strategy-2025-2029



Tender for Blackhead skatepark construction

The Blackhead skatepark is a step closer with Councillors awarding the tender to VFG Skate Parks Pty Ltd. These works are expected to be completed by June 30, 2025.

Economic & destination development activity update July – Dec 2024

The report provided Councillors with an update on the general state of the MidCoast economy and Council's activity in supporting growth.

A key highlight was the presentation of the MidCoast Economic Outlook and Industry Analysis Report, a pioneering document that offers valuable insights into the local economy. This report will guide the Council in identifying strategic actions to enhance the region's economic future.

The full Economic Outlook report was presented to Council in November 2024, and can be found on Council's website: www.midcoast.nsw.gov.au/Business/Invest-in-the-MidCoast/Economic-summary

During this time Council also received ECO Destination accreditation, Barrington Coast was one of only three destinations in Australia to make the Top 100 Green Destinations list.

Reporting on Councillor expenses 1 July 2024 to 31 Dec 2024

Councillors are required to provide a report on their expenses every six months. The report, which covers areas such as travel, conferences, professional development, and home office expenses, will be made publicly available on the Council's website. The report will detail both individual and total expenses for all Councillors, ensuring transparency.

Amendment to Council meeting schedule

There will be a change to the Council Meeting schedule to accommodate for the Australian Local Government Assembly. The originally set date of Wednesday 25 June will now move to Monday 30 June.

Financial sustainability action plan - update

A six-monthly update on the implementation of our Financial Sustainability Action Plan was provided to Councillors.

The action plan was developed in response to the independent financial sustainability review undertaken by the AEC Group in July 2023. AEC's final report and the MidCoast Council Financial Sustainability Action Plan were presented to Council in May 2024. The Action Plan six monthly progress report ensures Council's improvement path is documented.

For full details of all reports please visit: www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Council-meeting-summary/Summary-Council-meeting-26-February-2025

Tanya THOMPSON MP

Member for Myall Lakes

KILLABAKH COMMUNITY ASSOC - 2024/25 RECIPIENTS

LOCAL SPORT DEFIBRILLATOR GRANT PROGRAM

EXPRESSIONS OF INTEREST ►

NSW VOLUNTEER OF THE YEAR AWARDS

NOMINATIONS CLOSE 23 MAY

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tanyathompson.com.au

myalllakes@parliament.nsw.gov.au

Tanya Thompson For Myall Lakes

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

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
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Following the whales: from the Mid Coast to Antarctica and back

Two years ago, I wrote to share the news that I had been selected as one of only 100 women worldwide to join Homeward Bound’s 8th cohort, a global leadership program for women and non-binary people in STEM. At the time, I was seeking support—both financial and moral—for what I knew would be a life-changing opportunity. Now, having completed the experience, I want to share what I learned with the community that helped make it possible.

Homeward Bound is more than a leadership program—it is a movement to build a network of women leaders who are equipped, empowered, and connected to tackle some of the greatest challenges of our time. Over the course of a year, we engaged in online leadership training, exploring everything from collaborative decision-making to systems thinking and the role of diverse leadership in addressing global poly-crises. The program culminated in a three-week voyage to Antarctica, where we put our leadership skills into practice in one of the most remote, fragile, and breathtaking places on Earth.

I could tell you about the 124 extraordinary women I met—neuropsychologists, astrophysicists, doctors, marine biologists, and conservationists—each bringing their own expertise and shared concern about the decisions shaping our future. I could tell you about the collective art project I co-facilitated on board, where we created 130 illustrated postcards from Antarctica, addressed to world leaders, carrying messages of hope, urgency, and change. These postcards will soon travel the world as a touring exhibition, amplifying the voices of women in STEM calling for action.

But to truly understand what I learned, I have to describe what I saw;

On Paulet Island, I stood among 200,000 Adélie penguins, watching as thousands of birds launched themselves into the sea, the water bubbling with life. Beneath them, dense clouds of krill cast shifting shadows, disturbed only by the sudden surge of humpback whales lung-feeding just metres from shore on which I stood. As a marine ecologist, I have spent years studying the decline of ecosystems, but standing in that place, I saw what a thriving

ocean should look like. It was a stark reminder that while we often focus on what has been lost, there is so much still left to protect.

On Curverville Island, I watched Gentoo penguin chicks, soft and fluffy, nestled under their parents. These birds hatch in pairs—two tiny siblings, utterly dependent on the freezing temperatures of their desert home. Then, it started to rain. Unlike snow, rain soaks through their downy coats, making them hypothermic and vulnerable. And all too suddenly the reality of “just a couple degrees” sets in. The difference between snow and rain is the difference between life and mass mortality for an entire generation of chicks. Standing there, watching the immediate effects of climate change in the most remote place on earth, settled a heartbreaking reminder: Climate change is no more a distant future threat. It is now, it is real, and we do not yet comprehend the extent of its consequences.

Yet, despite the evidence of a warming world all around me, Antarctica filled me with hope. In the face of rising temperatures and ecological



collapse, this continent still holds an overwhelming sense of resilience—and so do the people working tirelessly to protect it. Seeing the abundance of life in these fragile, extreme conditions reminded me why I do the work I do, and why I believe in the power of people coming together to create change.

Beyond the wildlife, it was the human connections that made this journey unforgettable. There is something profound about standing among towering icebergs, watching a sunset that lasts for hours, and sharing conversations that stretch from science to leadership to the deeply personal. I facilitated an art project that created a space for women—some of whom had never picked up a paintbrush—to express themselves creatively. The joy, gratitude, and sense of connection that emerged from these moments reaffirmed my belief that leadership is about more than just strategy—it is about humanity and creating joy even within adversity.

As I return home, I carry these lessons with me. I know that not everyone will have the chance to see Antarctica firsthand, but I believe its lessons can—and must—be shared. This experience was made possible through the support of my community, and I now feel a deep responsibility to give back, to tell these stories, and to inspire action.

And as winter approaches, I eagerly await the return of our whale friends along the East Coast, just as I waved goodbye to them in November, knowing I would see them soon down south. Whales have been a guiding presence throughout my life—an annual marker of the changing seasons, a symbol of resilience, intelligence, and grace. Having now seen them thriving in their summer home, I eagerly await their next visit to our coastline, and to a future day where I can once again join them on their annual migration.



If you are part of a community group, school, or organisation interested in hearing more, I would love to share this experience with you—whether through a talk, an art project, or a conversation about how we, here in Australia, are connected to the future of Antarctica.

Antarctica may feel distant, but its future is tied to our own. What happens there will shape our climate, our oceans, our communities. We all have a role to play in protecting this extraordinary planet—and I hope to play mine by sharing what I’ve learned with you.

Jessica Leck, Jessica.lee.leck@gmail.com

Jessica lives in Forster and was the Regional Landcare Coordinator for Mid Coast 2 Tops Landcare for many years. She now teaches at the University of Newcastle and works for the Ocean Earth Foundation, Coral Triangle Initiative and is the Ghost Nets Australian Program Manager.

Floods in Darawank and how Forster got its bridge



Above: John Milliken’s homestead that still stands at 912 The Lakes Way.

Recent heavy rains running through Wallis Lake were a reminder of how vulnerable to flooding are the low-lying lands along the rivers feeding into the lake area.

Many contemporary homes and other buildings along the rivers are now built on raised land, but when the area was settled from the 1860s onwards, they were barely above river level, so when the rains came and the river rose, flooding was inevitable.

In April, 1927, a major flood along the Wallamba River inundated the tiny community of Darawank.

It was, reported the Wingham Chronicle, ‘the highest and most devastating flood in the history of the Wallamba River district’, by which it meant the history of European settlement.

‘The rains hit with “full fury” on Good Friday and produced “yellow raging waters pouring out to the ocean from the four rivers of the Cape Hawke watershed”,’ the Chronicle said.

The water reached ‘six feet (c. 2m) in the Darawank school house, and four feet inside the residence of the teacher, Mr A J Songberg’.

The schoolmaster’s residence remains, slightly upstream from the schoolhouse and very different from its original structure. The schoolhouse itself still sits on the Wallamba’s banks, 20 metres from the water, and less than

a metre above it. It was renovated in 2020.

The history is recounted in a new memoir by Robert Milliken, whose grandfather, James Milliken, was one of Darawank’s original settlers, and a leader and innovator in the local dairy industry.

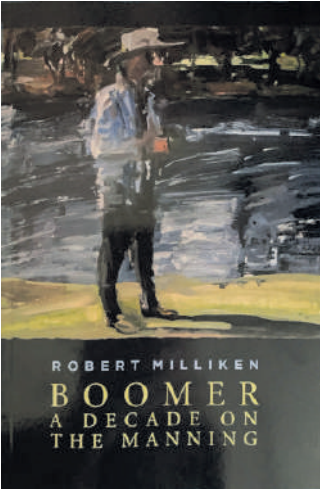
James Milliken set up in Darawank in 1887, five years after he arrived in NSW from Ireland, on the same ship as a returning Sir Henry Parkes. James built two houses on his land. The first was ‘Sunnybank’; the second, Sunnybank’s replacement, was ‘Magheramorne’, a homestead built in 1922, and which remains as a landmark on the Wallamba’s banks, just off The Lakes Way.

James Milliken built his house of bricks which he made in a kiln on his property.

Links to the era remain. Forster identity Geoff Purcell remembers being taught by the Darawank schoolmaster, ‘Dob’ Songberg, at Forster Central School in the early 1950s. He was ‘a cranky old bloke’, says Purcell, with ‘an uncanny ability’ to hit students with a piece of chalk which he’d throw from the front of the classroom if he deemed them disruptive.

Robert Milliken’s parents were David, the youngest son of James Milliken, and Thelma Cross,

daughter of Harry Cross, who owned the Wingham Hotel. Later, Thelma ran the hotel with her sister, Jenny, and with Dave, until 1955 when the abolition of 6 o’clock closing made their continuation in the business



unattractive, Robert writes.

Robert’s sister, Sue, became a prominent film producer and author, while Robert rose to become one of Australia’s most respected journalists.

Robert died of complications from melanoma in 2023, leaving his memoir unfinished. His manuscript was picked up and completed by Sue, and Robert’s friend, Hamish McDonald, another of Australia’s most respected journalists. Robert and Hamish had begun as cadet journalists together on The Sydney Morning Herald in 1969.

Robert’s memoir, **Boomer: A decade on the Manning, recounts the history of the Wingham and Forster-Tuncurry-Darawank areas using established histories and his own memories. It’s full of personal stories, the kind that give good histories their colour.**

He recounts the story of how Forster-Tuncurry got their bridge.

Before the bridge, the twin towns were connected by a ‘punt’, which carried up to six cars. Holiday queues were a nightmare, and the punt kept running aground on the shifting shoals in the lake’s entrance.

‘The punt was eventually replaced by a bridge’ Milliken writes, ‘but not before years of



Above: The old schoolhouse on Manns Rd, Darawank. Photo by Paul Ellercamp.

desperate lobbying from locals and indifference from the authorities.’

‘What reputedly clinched it was an inspection visit by an important delegation from the NSW Department of Works.

“Don’t take the punt tomorrow morning,’ Charlie Blows (the punt’s skipper) is alleged to have told Fred Colliton, the owner of the Forster cinema. ‘It’s going to get stuck on a sandbar”.

‘It did,’ Milliken recounts, ‘and the important delegation was stranded for quite a long time.”

‘Forster got its bridge!’

Boomer: A Decade on the Manning, by Robert Milliken, Inside Story 2024.

By Paul Ellercamp.

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Ted's Graffiti Report for 2024



As we reflect on our journey through 2025, I am thrilled to share some exciting updates about our anti-graffiti program, which has made significant strides this year.

Thanks to the unwavering support from our community, we have successfully maintained a focused effort on graffiti elimination. The collaboration among citizens reaching out to report graffiti locations has been invaluable. Your proactive communication has not only saved me time but has significantly contributed to our overall effectiveness.

I would like to take a moment to express my sincere gratitude to the MidCoast Council for their generous support. Their assistance in providing the necessary truck and chemicals has been instrumental. With a solid understanding of the appropriate chemicals to use, we have successfully prevented further damage and avoided unnecessary costs.

Moreover, I want to highlight the fantastic support I've received from the MidCoast council workers. During their daily activities, they have been diligent in reporting any known graffiti, which has further streamlined our efforts.

It is heartening to see local organizations, including bowling clubs and radio stations, rallying behind our cause for a zero-graffiti initiative.

Interestingly, over the school holidays, I received four phone calls from young people regarding graffiti at the Tuncurry skate park, and I was alerted to additional graffiti on the Forster-Tuncurry bridge. This shows a growing awareness among our youth, and I believe we can build on that momentum.

I am particularly excited about the commencement of school programs, which is a wonderful opportunity to instill awareness and responsibility in our younger generation. The Forster campus has established an impressive system, and I have been fortunate to work with a dedicated group of students and a committed teacher. Together, we are exploring practical ways to keep their school environment as graffiti-free as possible.

Our educational programs involve hands-on training sessions where students learn how to responsibly remove graffiti from school grounds. It's rewarding to see them engage with the safety protocols and protective gear as they take active participation in preserving their community. I firmly believe that such initiatives will create a lasting impact.

I am delighted to announce that Taree High School has renewed its commitment to this cause for 2025. This collaboration is a testament to our shared vision for a cleaner and more vibrant community.

On a personal note, I want to extend my heartfelt thanks to the MidCoast Council and the incredible MidCoast community for your consistent support in keeping our beautiful towns graffiti-free. Together, we are making a difference, and I am more optimistic than ever about what lies ahead.

By Ted Bickford – The Graffiti Man.

To report graffiti ring Ted on 0408 440 309.

Determined to improve vital services



Hi, I'm Alison Penfold, The Nationals candidate for Lyne at the Federal election.

I grew up in Harrington and Hannam Vale, went to school in Taree and now live in Wauchope. I feel privileged to have been educated in the Manning. I learned the values of hard work, initiative and contributing to the community from my parents who ran a business in Taree – Ron's Market Shop - and a beef cattle farm for many years.

I've worked in small and large businesses, government, primary industry groups, and I'm now seeking support to continue to the work of Dr David Gillespie. David has been an excellent local Member, working hard for the electorate for 12 years.

I don't shy away from challenges. As a proud Australian, I stand up for our values and way of life.

I've been out and about listening to locals about their concerns and priorities, and will

work hard to listen, care and deliver as David has done.

Locals are telling me they're hurting because of the cost of living and the cost of doing business. We need strong and profitable businesses – big and small – to provide industry and jobs. All appreciate the Coalition's strong economic management

credentials to get the economy and rising costs under control.

Roads and community infrastructure, telecommunications and health and aged care services are top of mind issues. I am determined to do my very best to improve all of these vital services across Lyne, on your measure, not mine.

A Federal MP is also required to tackle national issues and Australia's place in the world. I will be uncompromising in defence of our nation and a fierce advocate for ensuring Australia remains a strong and secure nation, highly respected and influential on the world stage.

The Lyne electorate stretches over 16,000 square kilometres from the Hastings to the Hunter. As your local MP, I will be there, as I am now: at markets, shows and community events across the region. Come and talk to me. I will do everything I can to help you, your family and our community.

The Grin Bin

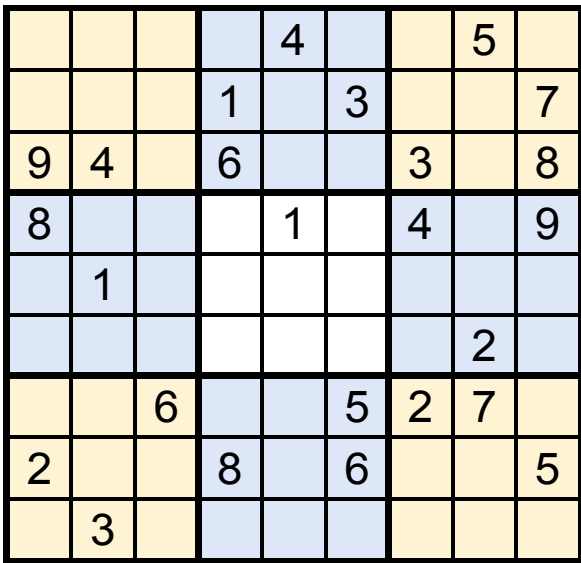


Doodley Squat



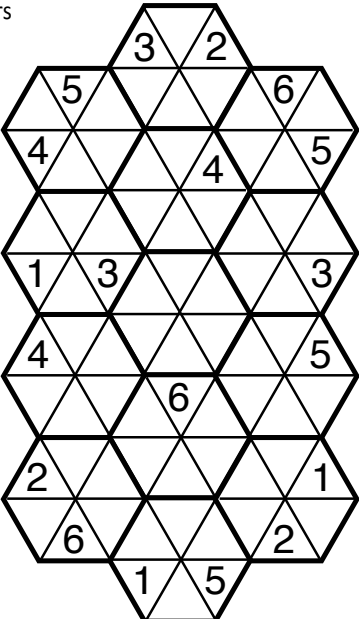
Sudoku

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

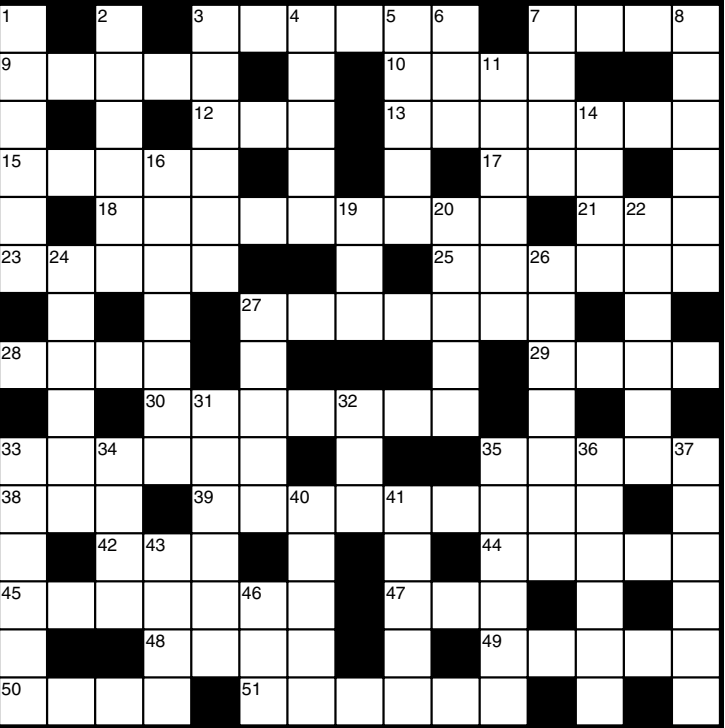


Quick Workout

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



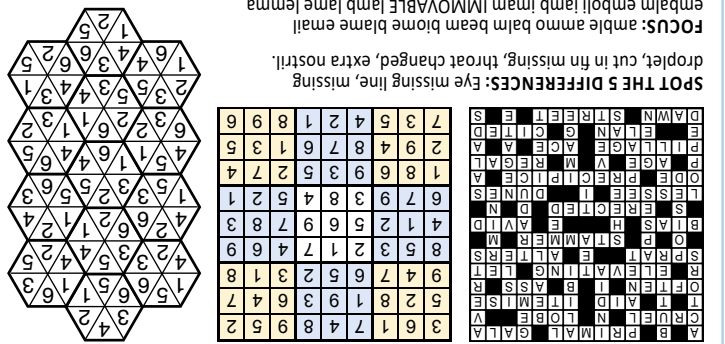
Crossword



- ACROSS**
- 3 First
 - 7 Festive
 - 9 Merciless
 - 10 Part of the ear
 - 12 Assist
 - 13 List by item
 - 15 Frequently
 - 17 Donkey
 - 18 Lifting
 - 21 Allow
 - 23 Small fish
 - 25 Changes
 - 27 Speech defect
 - 28 Prejudice
 - 29 Greedy
 - 30 Built
 - 33 One granted a lease
 - 35 Low sand hills
 - 38 Lyric poem
- DOWN**
- 1 Thespians
 - 2 Dairy product
 - 3 Heavenly body
 - 4 Country
 - 5 Fact of being elsewhere
 - 6 Fate
 - 7 Precious stones
 - 8 Wards off
- 39** Cliff with vertical overhanging face
- 42** Mature
- 44** Kingly
- 45** Plunder
- 47** Top card
- 48** Dash
- 49** Quoted
- 50** Daybreak
- 51** Thoroughfare
- 11** Breed of hound
- 14** Island
- 16** Passes away
- 19** Beverage
- 20** Nominated
- 22** Prized fur
- 24** Self-assured
- 26** Slander
- 27** Diaphanous
- 31** Revoke formally
- 32** Facial twitch
- 33** Cut off the top
- 34** Close up
- 35** Straightforward
- 36** Nullify
- 37** Cold dishes
- 40** Happening
- 41** Likeness
- 43** Small secluded valley
- 46** Fuel

Solutions

Puzzles and pagination supplied by Auspac Media



YOUR FORTNIGHTLY TV GUIDE

March 5 - 11

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 1.55 Fake Or Fortune? 2.55 Simply Nigella. 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. 3.15 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.00 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 Aust. 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 China Bitesize. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Australian Idol. 2.45 Surveillance Oz. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Full Sweat. (M) 11.00 Autopsy USA. (M) 12.00 Covert Affairs. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 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 Casualty 24/7. (M) 11.00 9News Late. 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 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 Dog House Aust. (PG) 8.30 Elsbeth. (M) 9.30 NCIS: Hawaii. (M) 10.25 News. 10.50 The Project. 11.55 Stephen Colbert. 1.05 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 1.00 The Newsreader. 2.00 Fake Or Fortune? 3.00 Simply Nigella. 3.30 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 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 Long Lost Family. 2.05 Rage. 3.10 Late Programs.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.05 Shepherdess. 3.35 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 Aust. 6.30 News. 7.30 Finding Your Roots. 8.30 Discovering Film: Gene Hackman. 9.25 Boiling Point. 10.35 SBS News. 11.05 Golden Boy. 12.00 Blackport. 12.50 Blackport. 2.30 Her Majesty's Cavalry. 3.00 Her Majesty's Cavalry. 3.25 Employable Me (UK) 4.35 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Glass Houses. (2020) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Motorway Patrol. (PG) 8.30 Movie: The Butler. (2013) (M) Forest Whitaker, Oprah Winfrey, John Cusack. 11.10 Autopsy USA. (M) 12.10 Damnation. (MA15+) 1.10 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 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 Rugby League. NRL. Round 1. Sydney Roosters v Brisbane Broncos. 9.55 Thursday Night Knock Off. 10.40 9News Late. 11.10 TBA. 12.00 Tipping Point. 1.00 Next Stop. 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 Dog House Aust. 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 Gogglebox Aust. 8.30 The Graham Norton Show. 9.40 Law & Order: SVU. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 Morning Programs. 1.00 Miriam Margolyes In New Zealand. 2.00 Fake Or Fortune? 3.00 Simply Nigella. 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. 7.35 Gardening Aust. 8.35 Under The Vines. 9.20 Optics. 9.50 Hard Quiz. 10.20 Spicks And Specks. 10.50 Guy Montgomery's Guy Mont Spelling Bee (NZ) 11.35 News. 11.55 Grand Designs. 12.40 Long Lost Family. 1.25 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.00 Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Secrets Of The Lost Liners. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 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 Bonni. 11.45 Sisi. 2.35 Elizabeth. 3.25 Elizabeth. 4.15 Peer To Peer. 4.45 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 Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 7.30 Football. AFL. Opening Round. Sydney v Hawthorn. From the SCG. 10.30 AFL Post-Game Show. 11.30 GetOn Extra. 12.00 Suits L.A. (M) 2.00 Home Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Romantic Rewrite. (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 Rugby League. NRL. Round 1. Dolphins v South Sydney Rabbitohs. 9.55 Golden Point. 10.45 Rise Of The Dolphins. (PG) 12.15 Tipping Point. (PG) 1.05 Let's Eat With George. 1.30 TV Shop. 4.00 Skipity. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	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 Motor Racing. Race of Champions Day 1. 10.30 10's Late News. 10.55 The Project. 12.00 Stephen Colbert. (PG) 1.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Wang Gungwu Lecture 2025. 1.30 Optics. 2.00 Under The Vines. 2.45 Extraordinary Escapes. 3.25 The Role Of A Lifetime. 4.25 Mustel Dogs: Collies And Kelpies. 5.25 Landline. 5.55 Australian Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Death In Paradise. (PG) 8.30 Vera. (M) 10.05 The Newsreader. (M) 11.00 Unforgotten. (M) 11.50 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Figure Skating. ISU European Championships. Highlights. 4.30 Dylan Alcott Interviews. 5.00 Big Sky Girls. 5.20 Superbobs. 5.30 Hitler: Decoding A Dictator. 6.30 News. 7.30 The Wonders Of Europe. 8.30 Her Majesty The Queen: Behind Closed Doors. 9.50 Ray Martin: The Last Goodbye. 10.55 Cycling. UCI World Tour. Strade Bianche Women. 12.00 Cycling. UCI World Tour. Strade Bianche Men. 3.00 Love Your Garden. 4.45 Bamay. 5.15 France 24 Feature. 5.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Randwick Guineas Day And The All-Star Mile. 5.00 News. 5.30 Border Security. (PG) 7.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: Jason Bourne. (2016) (M) 10.10 MOVIE: American Beauty. (2017) (MA15+) 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 Hybrid Horizons. 2.00 The Pet Rescuers. 2.30 Bondi Vet. 3.30 David Attenborough's Mammals. 4.30 Masterclass. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: Legally Blonde 2: Red, White And Blonde. (2003) 10.30 MOVIE: Ghosts Of Girlfriends Past. (2009) 12.25 Bondi Vet. 1.20 The Pet Rescuers. 1.55 Talking Honey. 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. 11.40 GBCB. 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 GBCB. 5.00 News. 6.30 Dog House Aust. 7.30 Motor Racing. Race of Champions. Day 2. 10.30 Elsbeth. 11.30 FBI. 12.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Monty Don's Adriatic Gardens. 3.30 Sue Perkins' Big Adventure. 4.15 Extraordinary Escapes. 5.05 A Dog's World With Tony Armstrong. 6.00 Antiques Roadshow. 7.00 News. 8.30 Mustel Dogs: Collies And Kelpies. 8.30 The Newsreader. 9.30 Love Me. 10.20 MOVIE: Death In Brunswick. (1991) 12.10 You Can't Ask This. 12.45 Rage. 3.00 Ask The Doctor. 3.30 Outback Ringer. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Cycling. ProVelo Super League. Round 4. 4.00 Heroines. 4.30 Motorcycle Racing. Australian Superbike Championship. Round 1. Replay. 5.30 Hitler: Decoding A Dictator. 6.30 News. 7.30 Ancient Greece By Train. 8.25 Emperor: Rise And Fall Of A Dynasty. 9.25 Legends Of The Pharaohs. 10.20 Great British Landmark Fixers. 11.15 The Weedy. (M). 11.25 The Fade. 11.35 You Can't Ask This. 12.45 Rage. 3.00 Ask The Doctor. 3.30 Outback Ringer. 4.00 Gardening Aust. 5.00 Insiders.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Australian Idol. 3.30 Border Security. (PG) 4.00 Better Homes And Gardens Summer. 5.00 News. 5.30 Weekend. 6.00 Seven News. 7.00 Australian Idol. (PG) 8.40 The Hunters: Murder Highway. (M) 10.10 Ivan Milat: Buried Secrets. (MA15+) 12.10 The Bay. (M) 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 Fish Forever. 1.30 Drive TV: Drive Car Of The Year. 2.00 Oz Off Road TV. 3.00 Rugby League. NRL. Round 1. Melbourne Storm v Parramatta Eels. 6.00 NBN News. 7.00 News. 7.00 Australian Idol. (PG) 9.40 9News Late. 10.10 See No Evil. 11.10 The First 48. 12.00 World's Greatest Transportation Marvels. 1.00 Destination WA. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Drive TV: Drive Car Of The Year. 5.00 Today Early News. 5.30 Today.	6.00 Mass. 6.30 Key Of David. 7.00 Joseph Prince. 7.30 GBCB. 8.00 The Yes Experiment. 8.30 Pooches At Play. 9.00 Freshly Picked. 9.30 Loving Legend 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. 1.15 The First 48. 12.00 World's Greatest Transportation Marvels. 1.00 Destination WA. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Drive TV: Drive Car Of The Year. 5.00 Today Early News. 5.30 Today.
MONDAY	6.00 Morning Programs. 11.30 Creative Types. 12.00 News. 1.00 Landline. 2.00 Fake Or Fortune? 2.55 Nigella At My Table. 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 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 Home Delivery. 12.10 Grand Designs. 1.00 Long Lost Family. 1.45 Rage. 3.25 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.00 Shepherdess. 3.30 The Point: Road To Referendum History Bites. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Secrets Of The Lost Liners. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Sicily With Michael Portillo. 8.25 Dan Snow's Greatest Discoveries. 9.20 24 Hours In Emergency. 10.15 SBS News. 10.45 Syndrome E. 11.55 Britain's Great Outdoors. 12.20 My Life In Clay. 12.30 Primitive Medium. 12.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Australian Idol. 2.45 Surveillance Oz. (PG) 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 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 The Agenda Setters. (M) 11.00 Lopez Vs. Lopez. (PG) 12.10 Ministeries: Hatton Garden. (M) 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.45 Innovation Nation. 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. 9.00 100% Footy. 10.00 9News Late. 10.30 The Life And Murder Of Nicole Brown Simpson. 11.30 First On Scene. 12.00 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.40 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) 8.30 Elsbeth. (M) 9.30 NCIS. (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 Grand Designs Transformations. 3.00 Nigella At My Table. 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 Foreign Correspondent. 8.30 The Role Of A Lifetime. 9.20 The School That Tried To End Racism. 10.20 The ABC Of 10.50 News. 11.05 The Business. 11.20 Four Corners. 12.05 Media Watch. 12.20 Q+A. 1.25 Late Programs.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.00 The Weekly Football Wrap. 3.30 The Point: Road To Referendum History Bites. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Secrets Of The Lost Liners. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Guillaume's Paris. 11.00 Prisoner. 12.05 Britain's Great Outdoors. 12.35 Plat Du Tour. 12.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Australian Idol. 2.45 Surveillance Oz. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 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 The Agenda Setters. (M) 11.00 Lopez Vs. Lopez. (PG) 12.10 Ministeries: Hatton Garden. (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 Big Miracles. (M) 10.00 Casualty 24/7. (M) 11.00 9News Late. 11.30 The Equalizer. 12.15 Tipping Point. 1.05 Next Stop. 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 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. (PG) 8.30 Elsbeth. (M) 9.30 NCIS. (M) 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.

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	ABC TV	SBS	SEVEN	NBN	TEN	
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Grand Designs Transformations. 2.55 Nigella At My Table. 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 The Weekly. 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 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 The Point: Road To Referendum History Bites. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Secrets Of The Lost Liners. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Australia: An Unofficial History. 8.35 The Jury: Murder Trial UK. 9.30 Rogue Heroes. 10.40 SBS News. 11.10 Blackwater. 12.15 Britain's Great Outdoors. 12.45 Cycling. UCI World Tour. Paris-Nice Race. Stage 4. 2.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Australian Idol. 2.30 Border Security: Int. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (M) 10.00 Live At The Chapel: Amy Shark. (M) 11.00 Autopsy USA. (M) 12.00 Covert Affairs. (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 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 Freddy And The Eighth. (M) 11.30 The Equalizer. (M) 12.15 Tipping Point. (PG) 1.05 My Way. 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 Dog House Aust. (PG) 8.30 Elsbeth. (M) 9.30 NCIS: Hawaii. (M) 10.25 News. 10.50 The Project. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	
THURSDAY	6.00 Morning Programs. 1.00 The Newsreader. 2.00 Grand Designs Transformations. 2.55 Nigella At My Table. 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 Back Roads. 8.30 Sue Perkins' Big Adventure. Paris To Istanbul. 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. 12.25 Grand Designs. 1.15 Late Programs.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.00 Shepherdess. 3.30 The Point: Road To Referendum History Bites. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Secrets Of The Lost Liners. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Finding Your Roots. 8.30 Earth: A Year On The Edge. 9.25 Boiling Point. 10.35 SBS News. 11.05 Golden Boy. 11.55 Britain's Great Outdoors. 12.25 Wet By Fire. 12.35 Dirty Bird. 12.45 Cycling. UCI World Tour. Paris-Nice Race. Stage 5. 2.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: The Disappearance Of Gabby Petito. (PG) 11.30 The Disappearance Of Gabby Petito. (M) 12.50 Damnation. (MA15+) 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 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 Rugby League. NRL. Round 2. Newcastle Knights v Dolphins. 9.55 Thursday Night Knock Off. 10.40 9News Late. (PG) 11.30 Tipping Point. 1.00 Next Stop. 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 Dog House Aust. 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 Gogglebox Aust. 8.30 The Graham Norton Show. 9.40 Law & Order: SVU. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	
FRIDAY	6.00 Morning Programs. 1.00 Miriam Margolyes In New Zealand. 2.00 Grand Designs Transformations. 2.55 Nigella At My Table. 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. 7.35 Gardening Aust. 8.30 Under The Vines. 9.20 The Weekly. 9.50 Hard Quiz. 10.20 Spicks And Specks. 10.50 Guy Montgomery's Guy Mont Spelling Bee (NZ) 11.35 News. 11.55 Grand Designs. 12.40 Long Lost Family. 1.30 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.00 Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Secrets Of The Lost Liners. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 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 A Body That Works. 11.10 Sisi. 12.45 Cycling. UCI World Tour. Paris-Nice Race. Stage 6. 2.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Better Homes. 2.00 The Hunting Party. (A) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: The Green Mile. (1999) (MA15+) Tom Hanks, Michael Clarke Duncan, David Morse. A man recalls his time as a guard. 12.10 We Interrupt This Broadcast. (PG) 1.10 Travel Oz. (PG) 2.00 TBA. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Dying For A Crown. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 2. Penrith Panthers v Sydney Roosters. 9.55 Golden Point. 10.45 MOVIE: Tango & Cash. (1989) (M) 12.40 Tipping Point. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Fish Forever.	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 Australian Survivor. 11.30 Motor Racing. Formula 1. Australian Grand Prix. Day 1. 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) Guests include Bradley Cooper. 10.50 10.15 Late News. 11.15 The Project. 12.10 The Late Show With Stephen Colbert. (PG) 1.00 Home Shopping.	
SATURDAY	9.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Death In Paradise. 1.30 Poh's Kitchen. 2.00 Under The Vines. 2.45 Extraordinary Escapes. 3.40 The Role Of A Lifetime. 4.30 Mustel 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) 10.05 The Newsreader. (M) 11.00 Unforgotten. (M) 11.50 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Surf Life Saving. Surf Life Saving Interstate. Highlights. 4.00 Cycling. UCI World Tour. Strade Bianche Men. Highlights. 4.30 Plat Du Tour. 4.35 Light Years: Olive Cotton. 5.30 Hitler: Decoding A Dictator. 6.30 News. 7.30 The Wonders Of Europe. 8.30 Blenheim: The People Behind The Palace. 9.25 Ray Martin: The Last Goodbye. 10.55 Great Coastal Railway Journeys. 11.25 Cycling. UCI World Tour. Paris-Nice Race. Stage 7. 1.25 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Coolmore Classic and Peter Young Stakes. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 Border Security. (PG) 7.30 MOVIE: RED. (2010) (M) 9.45 MOVIE: Atomic Blonde. (2017) (MA15+) 12.05 Motor Racing. Supercars Championship. Round 2. Melbourne Supersprint. Day 1. Highlights. 1.05 We Interrupt This Broadcast. (PG) 2.00 TBA. 4.00 It's Academic. 5.00 My Greek Odyssey.	6.00 Morning Programs. 12.00 Destination Wa. 12.30 My Way. 1.00 Let's Eat With George. 1.30 Hybrid Horizons. 2.00 The Pet Rescues. 2.30 Bondi Vet. 3.30 David Attenborough's Mammals. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: San Andreas. (2015) 10.45 MOVIE: Volcano. (1997) 11.30 9News Sunday. 12.00 The Rescuers. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Camper Dads. 6.30 Real Action. 7.00 On The Fly. 7.30 Escape Fishing. 8.00 Fish. 8.30 Farm To Fork. 9.00 My Market Kitchen. 9.30 Planet Shapers. 10.00 Motor Racing. Formula 1. Australian Grand Prix. Day 2. 5.30 News. 6.30 The Dog House Australia. (PG) 7.30 Love It Or List It Australia. 8.30 Gogglebox Australia. Opinionated viewers. 9.30 TV Shows. 9.30 Matlock. (PG) 11.30 FBI. (M) 12.30 Home Shopping. 5.00 Hour Of Power.	
SUNDAY	6.00 Morning Programs. 11.00 Compass. 11.30 Prairie. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Monty Don's Adriatic Gardens. 3.30 Sue Perkins' Big Adventure. 4.15 Extraordinary Escapes. 5.05 A Dog's World With Tony Armstrong. 6.00 Antiques Roadshow. 7.00 News. 7.30 Darby And Joan. 8.20 Unforgotten. 9.05 Boat Story. 10.05 MOVIE: The Turning. (2013) 1.00 Rage. 3.00 Ask The Doctor. 3.30 Outback Ringer. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Cycling. ProVelo Super League. Round 5. 4.00 Yachting. Vendée Globe. Highlights. 5.00 Cycling. UCI World Tour. Strade Bianche Women. Highlights. 5.30 Hitler: Decoding A Dictator. 6.30 News. 7.30 Ancient Greece By Train. 8.25 Alhambra: At The Crossroads Of Cultures. 9.30 King Tut: Allies And Enemies. 10.30 Death In The Tower. King Richard. 11.30 Britain's Great Outdoors. 12.00 Britain's Great Outdoors. 12.30 Britain's Great Outdoors. 1.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 Air Crash Inv. Accident Files. 3.30 Border Security. 4.00 Better Homes And Gardens Summer. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 Australian Idol. 8.10 The Hunters. 9.40 Ivan Milat: Buried Secrets. 11.00 Motor Racing. Supercars Championship. Round 2. Melbourne Supersprint. Day 2. Highlights. 12.40 The Bay. 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 Fish Forever. 1.30 Drive TV. Drive Car Of The Year. 2.00 Oz Off Road TV. 3.00 Rugby League. NRL. Round 2. Parramatta Eels v Wests Tigers. 6.00 9News Sunday. 7.00 Married At First Sight. 8.40 60 Minutes. 9.40 9News Late. 10.10 See No Evil. 11.10 The First 48. 12.00 World's Greatest Transportation Marvels. 1.00 Destination Wa. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Drive TV. Drive Car Of The Year. 5.00 Today Early News. 5.30 Today.	6.00 Mass. 6.30 Key Of David. 7.00 Joseph Prince. 7.30 Farm To Fork. 8.00 The Yes Experiment. 8.30 Motor Racing. Formula 1. Australian Grand Prix. Day 3. 5.00 News. 6.00 The Sunday Project. 7.00 Australian Survivor. 8.30 Matlock. (PG) The team investigates a sorority. 9.30 FBI. (M) The team races to find a human trafficking victim. 11.30 The Sunday Project. 12.30 Home Shopping. 4.30 CBS Mornings.	
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Grand Designs Transformations. 2.55 Nigella At My Table. 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 Quiz. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 The Weekly. 12.10 Grand Designs. 1.00 Long Lost Family. 1.50 Rage. 3.10 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.00 Where Are You Really From? 3.30 Primitive Medium. 3.40 Plat Du Tour. 3.45 The Cook Up. 4.15 Secrets Of The Lost Liners. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Lisbon With Michael Portillo. 8.25 Dan Snow's Greatest Discoveries. 9.20 24 Hours In Emergency. 10.15 SBS News. 10.45 Syndrome E. 11.45 The Night Manager. 1.55 Elizabeth. 3.40 Ancient Invisible Cities. 4.40 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Border Security: Int. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 8.40 Suits L.A. (M) 9.40 St. Denis Medical. (PG) 10.40 The Agenda Setters. 11.40 Autopsy USA. 12.40 Miniseries: Hatton Garden. 1.35 Miniseries: Hatton Garden. 2.30 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.45 Innovation Nation. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 9News. 7.00 ACA. 7.30 Married At First Sight. 9.00 100% Footy. 10.00 9News Late. 10.30 The Life And Murder Of Nicole Brown Simpson. 11.30 First On Scene. 12.00 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 Morning Programs. 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 GBCB. 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. 9.00 NCIS. (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 Grand Designs Transformations. 2.55 Nigella's Cook. Eat, Repeat. 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 Quiz. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 The Weekly. 12.10 Grand Designs. 1.00 Long Lost Family. 1.50 Rage. 3.10 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.00 The Weekly Football Wrap. 3.30 The Cook Up. 4.00 DNA Family Secrets. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Lisbon With Michael Portillo. 8.25 Dan Snow's Greatest Discoveries. 9.20 24 Hours In Emergency. 10.15 SBS News. 10.45 Syndrome E. 11.45 The Night Manager. 1.55 Elizabeth. 3.40 Ancient Invisible Cities. 4.40 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Border Security: Int. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 8.40 Suits L.A. (M) 9.40 St. Denis Medical. (PG) 10.40 The Agenda Setters. 11.40 HMP: Behind Bars. (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 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 9News. 7.00 ACA. 7.30 Married At First Sight. 9.00 100% Footy. 10.00 9News Late. 10.30 The Life And Murder Of Nicole Brown Simpson. 11.30 First On Scene. 12.00 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 GBCB. 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 GBCB. 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. 9.00 NCIS. (M) 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. (PG) 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.

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.

Sat 15 March - Forster Farmers Market
8am to 12pm Forster Info Centre, Little St. Enquiries: Linda 0421 347 273

Wed 19 to Sat 22 March - Coomba Art & Craft Exhibition - Coomba Aquatic Clubhouse.

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

What's on around town

Coomba Art & Craft Exhibition

The much-anticipated Third Coomba Art & Craft Exhibition is coming up soon, taking place from Wednesday 19 March to Saturday 22 March 2025 at the Coomba Aquatic Clubhouse.

The previous two exhibitions were spectacularly successful, with many people viewing the amazing talent to be found within our community.

Ranging from watercolour paintings to pottery, photography, embroidery, sculpture and so much more, there will be plenty to see. (See advertisement below.)

- Wednesday, 19 March: Opening night 5 pm, with a complimentary glass of wine. The Bistro will be open for takeaway.
- Thursday, 20 March: Open from 2 – 6 pm.
- Friday, 21 March: Open from 2 pm until late, coinciding with the family BBQ at the Aquatic Club.
- Saturday, 22 March: Open from 12 noon through to the evening, in conjunction with the Bistro's lunch and dinner service. This is a not-to-be-missed event so make a note in your diary now!



Art & Craft Exhibition
at Coomba Aquatic Club
Coomba Road

Opening Wednesday
19 March 5 pm
Complimentary glass of wine
Bistro takeaway available

Thursday, 20 March 2-6 pm

Friday, 21 March 2 pm till late
Family BBQ at Aquatic Club

Saturday, 22 March Midday
12 noon till evening
Bistro lunch & dinner services

What's on around town & beyond!

Autumn Exhibition: Forster Gallery



Above: 'Franky and Johnny' by Dian Camardi.

The Autumn Exhibition continues at the Forster Gallery on Lake Street Forster until 23 March. Open Saturday and Sunday from 10am to 4pm and when the flags are flying. Free entry.

GLEF Boot Bash Trivia Night

Get Your Boots On for a Night of Fun and Generosity!

Join us for an unforgettable evening at the Great Lakes Education Fund (GLEF) Trivia Night on Friday, 21st March!

Why Attend?

- Support a great cause: Every dollar raised will go directly to current recipients as top-up grants.
- Boosted Impact: In 2024, our Boot Bash campaign added a generous 15% to each GLEF student's grant.

• Significant Contributions: In 2025, GLEF awarded \$64,000 in grants to 25 local young people, aiding them in their post-school education journeys. This year alone, four GLEF recipients received an additional \$32,500 through CEF (Country Education Fund) extra scholarships and grants.

Put on your best boots, gather your team, and prepare for an evening filled with trivia, laughter, and making a difference! Your participation ensures a brighter future for our young scholars.

Let's make this night one to remember! See you there! (See advertisement below.)

GET YOUR BOOTS ON AND JOIN US AT THE
BOOT BASH TRIVIA NIGHT

BRIDGE CLUB
34A LAKE ST, FORSTER
TABLES OF 8
\$20 PER PERSON

FRIDAY 21 MARCH 6:30 FOR 7 PM START

BRING YOUR OWN NIBBLIES, DRINK AND DRINKING GLASSES, AND SOME CASH FOR EXTRA FUN TEA AND COFFEE AVAILABLE

BOOKING ESSENTIAL!
LYN 0413 253 102 OR EMAIL TO: gl.educationfund@gmail.com

Show Time at Nabiac
Showgrounds 8th March 2025

Come along and enjoy a fabulous, fun filled day.

- Opening at 8am with horse, cattle and poultry judging.
- Make sure you see the Reptile Display and Woodchopping.
- Enjoy the wonderful artwork and crafts in the Hall and produce in the Produce Shed.
- Entertainment for the kids with Mini Kids Bouncy Rodeo, Trolls Crazy Hair show, Peppy Pig show, Ole McDonalds Farm baby animals and Face Painting.

- Loads of food and trade stalls to check out.



- Carnival rides and old cars and miniature train displays.
- Even old-fashioned egg and spoon, sack and three-legged races for kids and adults, Tug of War competition and Doggy High Jump.

- See the local Nabic Public School's fantastic Scarecrows.
- At the end the day, watch the Auto Soccer, Demolition Derby and the fabulous Ka Boom Fireworks going off at 8pm.

Adults \$15, Kids \$5, Family \$40, Pensioner Concession (must show pension card) \$5
Contact Lyn on 6559 1811 for more information or email paulreid@iprimus.com.au

For the Program of Events, please visit: www.nabiac.com/show/

(See advertisement on right.)



It's Showtime
at NABIAAC

OPENS 8AM
ACCESS ALL ENTRY SCHEDULES ON OUR WEB PAGE
nabiac.com/show/schedules

AUTO SOCCER
DEMOLITION DERBY

Come along and see

CRAZY DAISY MAGIC - QUENORIE'S FAIRIES FACE PAINTERS - OLD McDONALD'S PETTING FARM - CARNIVAL - TUG-O-WAR - LET'er BUCK RIDES - DOGGIE HIGH JUMP - WOOD CHOPPING HALL, ART, PRODUCE & FLOWER EXHIBITS
BEEF CATTLE, POULTRY, SHOW DOGS & HORSE COMPETITONS
MID COAST MINI MOWER RACING - MORNING TEAS (Hall) - MARKET SCARECROW COMPETITION - STALLS - FOOD & DRINK VENUES - BAR

5:30PM WITH AUTO SOCCER, PLAYED WITH CARS WITH A HUGE RUBBER BALL AND 14 TON EXCAVATORS GOAL KEEPERS.
DEMOLITION DERBY AT 6:30 FOLLOWED BY "DASH FOR CASH" RACE.

And finish with fabulous FIREWORKS FINALE at 8:00pm
Enquiries: Secretary Lyn Reid 6559 1811
Email: secretary_wdah@outlook.com

ALICIA BICKETT
PSYCHIC MEDIUM

Your Loved Ones in Heaven, Future Lovers & Babies are so excited to share with you!

BOOK NOW!

THURSDAY 13 MARCH
Doors open 7pm for a 7.30pm start
Tickets \$45 per person
Book NOW at reception or book online at www.outix.com.au
online booking fees apply

MULTI-AWARD WINNING
KELLY O'BRIEN

The Dolly Show

2025 DOLLY DOWN UNDER TOUR
CELEBRATING THE LIFE & MUSIC OF DOLLY PARTON

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

E-SCAPE
WITH AN E-BIKE!

TOTAL VALUE \$3,000

Purchase any LION product including:
TOOHEYS, TURKEYS OLD BARBECUE, HAHN SuperDry, HAHN Premium, XXXX GOLD

And receive an entry into the draw.
One ticket per person per day
WIN AN ELECTRIC BIKE!
DRAWN 31 MARCH AT 5PM

This is a member only promotion. The winner does not need to be present to win. Full terms and conditions may be viewed at Club reception. Tuncurry Beach Bowling Club practices the responsible service of alcohol.

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

Demand full funding for MBH

For the past 30 years my family has been very lucky to receive excellent medical service in the modern facilities at Westmead Hospital, Westmead Children’s Hospital, John Hunter Hospital and The Mater Hospital. What an eye opener it was to experience a 5 night stint for a medical emergency at our local Manning Base Hospital (MBH) in Taree during February this year. The stories you have heard and the articles we have published in the Forster Fortnightly newspaper are absolutely true. Our closest Emergency Hospital (MBH) has clearly been forgotten when major funding has been handed out over the past few decades. The medical staff are truly dedicated, caring and hardworking - unfortunately though, most of the hospital looks neglected and in dire need of major upgrades.

During my stay I experienced the very cramped Multi Purpose Unit with no windows and only one inadequate bathroom to share. Another night was spent in an upper level of the hospital where there were more inadequate bathrooms shared by many rooms and a portable air conditioner used in one old room as it was presumably too expensive or too old to have it fixed. I also saw closed off rooms and disused sections of corridors on different levels that were beyond repair.

The staff are doing their very best but the great need for decent pay for NSW nurses and midwives is amplified at MBH by the combination of lack of beds, complex cases, outdated conditions and overworked staff. When we arrived by ambulance from Forster there were no beds available in the Emergency Department. While I waited on the ambulance bed, I held up the ambulance drivers who were needing to get back on the road. Later I saw people with severe dementia (needing specialist care around the clock) living in old rooms with caring staff but limited resources

Shameful neglect of our beautiful estuary

In 2023, local council and the NSW government pledged to start dredging in the Estuary near Point Road Tuncurry due to the build-up of sand blocking the passage of larger boats to and from Wallis Lake.

“This work is the first stage in addressing wider sand shoaling and safe navigation issues within Wallis Lake, with further dredging planned for late summer/autumn 2024.” (www.midcoast.nsw.gov.au/Your-Council/Our-news/News-releases/Dredging-work-to-start-soon)

It is now two years later and nothing has been done since the first stage. The build-up of sand continues to choke the water ways. Dredging has taken place in the Breckenridge channel from 1897 - 1969 [glmrnsnw]. Turning a blind eye by the local council and NSW government does not make the problem go away, making the job more expensive and difficult as time goes on. How does this effect our marine life and ecology?

At Forster and Tuncurry we are lucky enough to live in one of the most beautiful parts of the Great Lakes area and its many islands. The natural resources are abundant. Tuncurry, the aboriginal word for ‘plenty fish’ being one of its main treasures. At one stage an airport on Wallis Island bringing the luxury of regional travel. That part of the island was sold to a private buyer! Also, farmers once produced milk and crops grown on the islands making quick and easy access by water to Forster and Tuncurry and surrounding areas. These things are now gone. There would be nothing stopping farming and industries being revived now but for the choking of the channels to the Estuary.

Both towns are now mainly dependent on tourism, and whilst we are booked out in the holiday periods, people are curtailed in exploring the lakes. It has affected local industry such as the Amaro, which has gone out of business due to the inability to take people out to sea to see the dolphins and

- while in the regular wards the staff are rushed off their feet trying to care for the many needs of many patients. I also witnessed two young nurses being verbally abused by a disgruntled family visitor. I wonder if this person would have the fortitude to work one shift in their shoes let alone a double shift when there is no one else to do it. I now need to travel to John Hunter for further treatment because there are no specialists at MBH in the medical field I require. A common occurrence for the local population.

It doesn’t matter how wealthy you are or how much health cover you have – you or a loved one, a friend or a neighbour will end up at MBH at some stage and you will want your doctor and nurses to be able to treat you and them in the best possible way and in the best conditions. As well as a very overdue fair wage for nurses and midwives, it is in everyone’s interest to demand government funding to complete the Stage Three Redevelopment of MBH (Stage Two is scheduled to commence this year) and support any genuine plans for more localised emergency medical care centres to take the pressure off MBH.

MBH is the back stop for everyone’s medical care in the region and for those who have nowhere else to go. A flourishing modern hospital is not only our basic right but a necessity for attracting and retaining essential doctors and nurses to serve our community’s health needs. It would also provide a much needed employment boost for our neighbouring town of Taree.

Mary Yule - Editor, Forster Fortnightly.

Read the fantastic story on Eddie Wood by Vanda Gooley on page 21. He is the President of the Manning Great Lakes Community Health Action Group who have been instrumental in securing funding for the MBH Stage 2 Redevelopment.

whales and also trips for locals and tourist to explore the islands of the lakes. Many a party or event on the Amaro at night up the lakes have gone. A magical experience.

The tourist industry now keeps the money coming in which seems to be enough for the local council and the government. A tragedy!

This is urgent, when will something be done?

Paula Potter – Tuncurry.

Response from MidCoast Council

MidCoast Council is continuing to advocate for a long-term solution to the sand shoaling at the entrance to Wallis Lake, Forster.

Transport for NSW is responsible for providing funding for investigating, assessing, and undertaking works which are expected to include dredging to address the issue of sand shoaling.

No fear and no safety

Over the past year or so there's been a dramatic increase in the number of Ebikes and Scooters in our area. This letter is about a few specific categories of riders and passengers that I've observed. They don't wear helmets or any other protective gear. Some look very young. They ride on streets and footpaths and cross from one to the other without looking. Why would they? They have no fear and no understanding of road safety.

Often, they carry a pillion passenger. The Grim Reaper would love this - he gets two for the price of one.

I said this is about riders but really, it's a message to parents of the kids I've described above. I wonder which of you will be first to hear those horrific few words in the hospital and think “How could I have been so bloody stupid?”

Michael Kelly – Forster.



Public health is the number one issue in Forster Tuncurry

Our community lacks an Urgent Care Clinic, leading to overcrowded emergency rooms and extended wait times at nearby Manning Base Hospital in Taree. The time delay for patients experiencing life-threatening health conditions is between 40 and 45 minutes travel time between Forster Tuncurry and Manning Base Hospital in Taree.

Medical facilities are often closed from 5pm on Friday to 9am on Monday with no doctors available on weekends. Additionally, some Forster and Tuncurry area medical practices have closed their books to new patients, meaning they cannot accept patients transferring between practices or new arrivals seeking health services.

The underlying evidence to support Urgent Care Clinic is the financial savings. The advice from the Department of Health suggests that a reasonable estimate of the average Medicare

billing cost provided in an Urgent Care Clinic is approximately \$65 per person. Analysis of this type of service likely to be diverted suggests the cost to the Australian Federal Government for the services provided by Hospitals is around \$270.

In line with the Federal Government's commitment to governing for all Australians—regardless of race, background, or political persuasion—it is essential to ensure that the healthcare needs of the Forster Tuncurry are met.

Accessible, affordable healthcare is essential for our local aging population with a mean age of 62. Please support an Urgent Care Clinic at the next Federal Election.

By Graeme Glossop - Forster.

Editor's note: On 1 March, the Department of Health & Aged Care published 50 new Medicare Urgent Care Clinic locations across Australia. The Mid North Coast has not been included despite its pressing health needs.

Australia declares war on China in 2045

POLITICAL SATIRE: Anthony Albanese has responded to Chinese warships off the Australian coast, declaring war but asking that the start date be pushed back to the mid 2040s when Australia will receive the first delivery of its new submarines.

In declaring war, the PM said China couldn't be left to simply do what it wanted, without expecting consequences.

“With the increased aggression of China in the region we’ve been left with no other choice than to launch a pre-emptive attack within the next 20 years or so, possibly longer depending on how our submarine contract negotiations play out over the coming eighteen months, and subject to us changing our minds again



about which country will make them. As soon as we have our submarines, you're f**ked". He said China's

military was no match for Australia's eight new submarines which hadn't been designed yet. “China should think very carefully before doing anything rash. Based on the conversations we’ve had about this new arsenal – it looks very, very powerful. On paper”.

www.theshovel.com.au



Above: A gorgeous Christmas photo of local volunteers and staff from the Forster Community Kitchen!

We had an incredible Christmas lunch to finish 2024 with our dedicated volunteers and diners.

We cooked more than 110 meals, handed out 55 hampers and thanks to the generosity of

Holy Name Primary School, Forster we also gave out some beautiful Christmas presents.

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Public Notices

The Directors and volunteers at a recent meeting of the Great Lakes Historical Society have made the difficult decision to discontinue the Museum's Car Boot Sale for the foreseeable future. We would like to thank all the stall holders and the volunteers who have supported the museum with this fundraising event.

N. Morris, Secretary/volunteer – Great Lakes Museum.



Free Travel Session

Free Travel Information Sessions in Forster

Australian Pacific Tours – 13th March

Viking Cruises – 20th March

Contact me for full details, I am your mobile Travel Agent in Forster who can help create your dream holiday tailor made to you!

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Community News

www.forsterfortnightly.com.au

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Weekly Diary

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

Mondays

Great Lakes Ladies 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

Family History Advisory Group

Volunteers
available Mon, Wed & Fri 2pm - 4pm and Tues
& Thurs 10am - 12 pm, Family History room at
Forster Library. Email: familyhistory@gmail.com

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: jipatchwood@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
greatlakesspn2428@gmail.com for details.

Forster Digital Photographic Club (FDPC)

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

Alcoholics Anonymous

9am, As Bill Sees It Meeting
Palms Recreation Club - 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.

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
0414 532 496

Forster Keys Progress Association

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

Lodge Forster Great Lakes United

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

Tennis Forster

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

Great Lakes Vietnam Veterans Association

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

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout Section

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

Mens Social Tennis

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

Great Lakes Concert Band

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

Twin Towns Tennis Club

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

Fridays

Forster Country Women's Association (CWA)

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

Wallis Lake History Group

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

Forster Tuncurry Seniors

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

Forster Tuncurry Red Cross

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

Alcoholics Anonymous

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

Pickleball Tuncurry

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

Tuncurry Beach Dunecare

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

Ladies Social Tennis

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

Coomba Fitness Group:

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

Community News

www.forsterfortnightly.com.au

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Community Meals & Pantry



Above: Forster Community Lunches.

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.

Tuncurry Community
Morning Tea & Lunch

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

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

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

11:30am to 1pm - Lunch served

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

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.

Star Pet

Name: Aragorn**Age:** Into his
12th year**Breed:**Pyrenean
Mountain Dog**In Memory:**Aragorn has bid
us all farewell.
He died as he
lived. Nobly,
courageously
and quietly.Aragorn was
known to a
vast number
of people

who met

him when he

would take me

shopping or to

appointments

Forster Surf Club opening!

Continued from page 1.

building, a large wooden structure, was built in 1953 on the sand dune forming the eastern side of Pilot Hill. Like its predecessors, it too collapsed in 1967 just as Stage 1 of the first brick clubhouse was declared open.

This thrice extended 1967 clubhouse was demolished in 2022 to make way for the new building which was completed in 2024.

Speakers at the official opening had a common theme: this not just a surf club – it is a community hub.

President John Quinn thanked the local community for getting the whole project underway. “About seven years ago, fifteen thousand people signed a petition for a new Forster Surf Club which was presented to the MidCoast Council.”

“This was subsequently followed up with notifications to our state and federal government representatives which resulted in fantastic support from the late State Member for Myall Lakes, Steve Bromhead, his successor, Tanya Thompson, and our Federal Member for Lyne, Dr David Gillespie.”

“We also offer a great vote of thanks to constructors, A W Edwards, to the sub-contractors and to the design team at Webber Architects.”

“The building was opened to the public the day before our Weekend of Surf Carnival back in October of last year, just in time to welcoming 640 competitors, their families and friends. Since then, we have hosted multiple events as our facility has become recognised as a hub for the community.”

“The whole project has come at an investment of over eight and a half million dollars in creating a state-of-the-art beach safety facility for which we thank the three levels of government and the financial support by the local community and our visitors.”

Jon Webber from Webber Architects said, “It was former Forster SLSC nipper, Luke Keating, who was definitely the backbone of the architecture while John and Ron bulldozed their

way to bring the building to its completion. It is a fantastic community facility through which our company is proud to have won a national design award.”

Jon concluded his speech by presenting a \$2,500 donation to the club to assist with continuing the interior completion of the club.

MidCoast Council General Manager, Adrian Panuccio, reminded the gathering that the new Forster surf club building is the cornerstone of the MidCoast Council’s Forster Foreshore Master Plan of Management which, in draft form, was released in 2016. “Having a master plan is the way to engage all levels of government. Continuation of this master plan involves the demolition of the adjacent Beach Bums café building and further development of beach front.”

His final comment was, “Today is a tribute to the strong headed determination and management skills of President John Quinn and new building chair Ron Hartley.”

Steven Pearce, CEO of Surf Life Saving NSW, “There are 129 surf clubs along the NSW coastline. This is the most recently completed, and has built to be a community facility, not just a surf club. We congratulated the executive committee of the Forster SLSC – you have definitely done a magnificent job.”

While being interviewing by Andy Harris of Great Lakes FM 101.5, CEO Pearce proclaimed, “This building is bloody amazing. It is not just a surf club but a communal hub and an emergency evacuation centre.”

Tanya Thompson, Member for Myall Lakes, commented, “What a magnificent day to open a magnificent building here in God’s country - Forster. I must mention the outstanding support for this project from the outset by my predecessor, Steve ‘Brommy’ Bromhead. It would have been a really proud moment for him to be here with us today. The real heroes of today are the members of the new building committee and their supporters who have toiled for a long, long time – their passion and committee far out way and financial contributions as the real reason for why we are here today.”



Above: Some of the many Forster Surf Club volunteer members and Nippers at the official opening.

Federal Member for Lyne, Dr David Gillespie, added, “We have many to congratulate for out opening today – but foremost, I wish to congratulate the patrolling members of this surf club. These members are a part of the largest volunteer rescue surf life saving organisation in the world. Other countries pay for the provision of beach life savers. Where would coastal tourist towns like Forster be without this service. We are a country who is proud of our emergency volunteerism which also includes fire fighters, State Emergency Service and Marine Rescue.”

Emily Suvaal MLC representing Steve Kamper NSW Minister for Sport, acknowledged, “This is a wonderful facility. The NSW Office of Sport was instrumental in getting this project of the ground including a recent \$650,000 grant to enable the completion of the shell of the nippers L-leg.”

“I am a regular visitor to Forster and was present this summer when a rescue was undertaken here. It was a stark reminder of the importance of our volunteer life savers. You cannot put a price on the importance of surf clubs.”

Ron Hartley, Chair of the Forster Surf Club New Building Committee, concluded the speeches. “About 10 years ago, we stood on the balcony of the old building where Steve Bromhead presented a \$1,000,000 cheque to build a

new clubhouse. If I was to have told him that we would eventually need nearly another \$8,000,000, I am sure he would have said that we were dreaming – dreaming we were, but dreams come true.”

“Along with the assistance of our parliamentary representatives, we also need to mention the support of our MidCoast Mayor, Claire Pontin, and MidCoast Council General Manager, Adrian Panuccio, for organising \$1,050,000 of funding.”

“Also, Surf Life Saving state officers, Steven Pearce, SLSNSW CEO, Phil Ayres, SLSNSW Chief Operating Officer, provided enormous assistance through a time of difficulty with cash flow while Dulux paint, local community members David and Kerry Perks, and J R Richards Waste Services have provided financial or service support.”

“I must also thank our club members for their patience and understanding during our two years of construction during which time club facilities were reduced to a tin shed and an old garage.”

“As the licensee of the bar, I never get tired of people telling me what a wonderful achievement we have in our new building.”

“We still have much to do and funds to raise, but I am proud of our achievement and hope that the Forster-Tuncurry community is as well.”

Local Identity – Eddie Wood

Interview by Vanda Goooley.

Eddie’s journey has included many twists and turns that brought him to Australia after growing up in England and living in Africa. He trained and worked in several professions including diesel fitter, professional rugby league player, marine engineer, earth moving field engineer in Zululand, bread vendor, business owner, nurse and manual handling coordinator.

77-year-old Edward Wood (known as Eddie) was born and brought up in Widnes in Lancashire in the north of England. He was the eldest of four children and had two brothers and a sister.

Eddie left school at fifteen to become an apprentice diesel mechanic. He was always fascinated by Africa and immigrated to South Africa in 1971 and worked in Johannesburg, Pretoria, Durban, Botswana, Southwest Africa, Rhodesia, Swaziland and Mozambique.

Eddie said the most exciting job was working for the Kwa-Zulu Government in Zululand. He would travel for days to reach bulldozers that needed repairs and servicing. The government was pushing a road through from Zululand to Rhodesia - an enormous task -and Eddie would spend four or five days away from Durban, which was their base. He slept in the bush with his Zulu assistant and then would return to Durban at the end of the week. Very exciting for a twenty-one-year-old!

Eddie also worked as a Second Engineer on a 2000-ton cargo boat that travelled around the Cape of Good Hope to the Skeleton Coast and back. He suffered from constant sea sickness and only lasted two months!

In between all this Eddie played professional Rugby League for Widnes in England starting at the age of 16, as well as Rugby Union in South Africa and Rhodesia and finally Rugby League in Australia.



Trish & Eddie's wedding day, October 1974.

Eddie met Trish in Durban, in 1971. He was out and about with friends ... He saw eight girls, all nurses, sitting at a round table. Eddie was absolutely mesmerised by one who wore a white top and navy skirt. “I could not take my eyes off her ... she looked amazing. I said ‘Hello’ and introduced myself. I decided then and there that this was the girl I was going to marry and spend the rest of my life with. How lucky was I!”

Trish and her friends left and Eddie went home and rang his parents in England and informed them that he’d met the girl he was going to marry. They were shocked! “My Mum didn’t want me to marry anyone and to come home, and my dad told me to sober up haha.” But Eddie’s mind was made up. He and Trish started dating in Durban, got engaged in London, England and married in Sussex. “I’m sure that Trish thought I was a bit crazy.”

“Trish is without doubt the kindest and most caring person I have ever met. She is highly intelligent and extremely well qualified in the nursing profession - a Registered Nurse, a Midwife, and has ICU and Renal training. She is very organised - and everything she does is of the highest standard with no shortcuts. She is an amazing wife, mother, grandmother and close friend and always helps those in need of emotional and physical support. Trish has a very strong belief in what is right and wrong and is not afraid to speak out and champion and support those in need ... an admirable quality!”

“Trish and I are complete opposites, but we are as one. We complement each other’s strengths and are very committed to whatever we put our minds to. We have a very strong emphasis on family and that is the core that holds us all

together. Our passion is our family, health and wellbeing and being good role models. I value Trish’s unconditional love that never wavers. I’ve loved Trish from the first time I saw her and have continued feeling that love over the last 54 years and shall continue to do so until the day I die. She is the glue that keeps our family together.”

Eddie and Trish migrated to Australia in 1976. They found the Australian countryside similar to Africa - just a younger country. Eddie loved the straight-talking larrikin ways of the people they met who would mimic Eddie’s Lancashire accent. They came to Taree for Eddie to play Rugby League with Taree Old Bar. Trish was made very welcome.

Eddie’s first casual job in Taree was at Ruffs Bakery fixing all the machinery and trucks. After three months the Manager, Sonny Rogers, offered Eddie a full-time job.” Eddie said, “Great! What is it?” He said that it was delivering bread to shops and houses in Laurieton, North Haven and Dubogon and Port Macquarie on a Sunday. “I felt a bit strange accepting the job as I was a fully qualified diesel mechanic ... but it was a full-time job in a new country.” Eddie built the bread run up and Sonny decided to sell it. He gave Eddie another bread run which he built up as well and Sonny sold that one too. He then said that he had another bread run, Eddie thought, “Here we go again” ... but Sonny said that he was giving me the bread run at “no cost to Trish and myself apart from purchasing the truck for a very minimal amount.” It was a wonderful gesture on Sonny’s behalf and set Eddie and Trish up very early on in their new country. Eddie asked Sonny why he had done this and his reply was that he appreciated the hard work that Eddie had put in building up the previous bread runs. “He was, and still is, a truly wonderful Australian.” The bread run kept him fit and he met many different people.

Eddie made the news Australia wide and in England for being in the right place at the right time. He was delivering bread to a young mother who lived in a two-storey block of flats in North Haven. She stood on the balcony (which sloped outwards) holding her newborn baby and called out her order to Eddie. He was standing on the ground directly underneath her. She leaned forward and suddenly the baby fell out of her arms. Eddie dropped his money bag, put both hands together with fingers outstretched, and the baby turned once, twice and landed face-down in Eddie’s hands. “I nearly fell over but didn’t! The baby was blue and not crying for a moment ... the young mother was screaming and ran down the stairs and grabbed the baby out of my hands and then raced back up the stairs. I felt a hand on my shoulder and a lady said, “You caught the baby!” I was like a ‘stunned mullet’ ... then I heard the baby cry out! I was wonderful to hear that cry!” People came to help Eddie pick up his money and stated that the baby was fine. He got his senses back and continued to his next delivery. The next customer said “What’s wrong with you Eddie? You’ve given me too much change!” Eddie told her what had just happened. She told her husband to bring a very large whisky! “I thought to myself, I can’t drink whisky at this time of the morning 7.50am!!” He brought the whisky to the door and she took it and drank it herself, stating that she was in shock!! It could only happen in Australia ha ha.”

Trish and Eddie eventually sold the bread run and Eddie went on a different career path in 1985. He saw an advertisement for mature age students to complete their nursing training at Manning Base Hospital. Trish encouraged him to give it a go. Eddie passed the entrance exam and completed his nurse training at Manning Base Hospital which led to twenty-eight years

working as a Nurse Educator in risk management and senior management. “I loved nursing and the holistic approach to not only look after the patient but also actually involving the family.”

Eddie invented and designed the visual Red Dot Mobility System. The more dots, the more assistance the patient needs. His Manning Evacuation Board assists in getting immobilised patients from a car to an Emergency Bed in one step. (See Testimonials below.) He also initiated the Spinal Support Sling with input from ICU staff, which maintains the patient’s spinal alignment and airway. It is used for patients who cannot stand or walk.

Trish and Eddie have travelled to over twenty countries and shared many exciting times together. The highlight for Eddie (apart from Africa) was being India ... a country that bombards the senses. They also travelled around Australia and New Zealand implementing the three hospital safety systems that Eddie designed. Trish played an active part in assisting him and supporting him.

For the last 8 years Eddie and Trish have been very busy advocating along with the other members of the Manning Great Lakes Community Health Action Group (MGLCHAG) for better health care delivery for the whole of the Manning Great Lakes area. Eddie is the President of the group.

Their dream is to have Manning Base Hospital restored and transformed to its former glory as a T1 Hospital with all the funding, amenities, equipment and staffing.

Eddie said, “Forster is beautiful, as is the whole of the Manning Great Lakes area ... beaches, forests, rivers, waterfalls, mountains etc. We are so lucky to live in Australia and this area. “

Pat Maunsell, Retired Director of Nursing, said this of Eddie...

“I have the privilege of knowing Eddie Wood and his wife Trish since 1976 initially as a friend and then Director of Nursing. Eddie has dedicated his life to health, helping others and the community. Many hours of Eddie’s personal and professional time was given to projects in the community and hospital. He assisted in fundraising for the first echocardiography machine in Taree which alleviated the need for patients to go to Newcastle. Eddie was also the facilitator for the Bowling Club and Leagues Club to fundraise for the hospital.

In 1997 as Manual Handling Coordinator at Manning Base Hospital, Eddie designed a simple visual user-friendly cost-effective non-discriminatory Red Dot Mobility System which could be used by all allied staff. Staff were able to tell exactly what a patient could do and what equipment was required to mobilize them. The system was published in the NSW Nurses Association magazine, the Lamp, in 2001. It was eventually adopted into over 250 health care facilities in NSW and Queensland.

2009/2010 Eddie was invited to demonstrate the system in England and then in Hong Kong where it was introduced into 7500 beds (he was also invited to the Australian Consulate in Hong Kong to meet the Australian Trade Minister who assisted with the implementation of the Red Dot



Eddie Wood (President of MGLCHAG) with his grandchildren.

System.) It was then introduced into Zimbabwe.

The implementation of this system has played a vital role in reducing manual handling injuries and insurance premiums, therefore saving NSW Health and Hong Kong Health vast amounts of money.

He had many innovative ideas and trialled several mattresses, lifters/hoists, scales for weighing babies, disabled and unconscious patients to name a few, and trained staff in their use. He was always advocating and searching for areas to improve patient care. As President of the Manning Great Lakes Community Health Action Group, no-one could doubt Eddie’s enthusiasm and absolute devotion to improving the health needs of the community.”

Dr Dan Connor, Anaesthesia at MBH, said this about Eddie...

Eddie Wood was born in the late 1940s, Widnesian (definitely not a scouser!), diesel mechanic, ships engineer, bread vendor, professional rugby league footballer, workplace ergonomic specialist, good bloke and best of all, Trish’s partner for 50 years. Not a bad CV one would say.

Born in Widnes in the ‘40’s, the heart of rugby league in the UK, Eddie was a part of that scene growing up there. He even played alongside the legendary “big” Jim Mills and Mick Adams. Equipped with his diesel mechanics ticket Eddie headed to South Africa and the fateful meeting with young nursing student Trish Fowle. I am not sure it was love at first sight but it has been 50 years so we will call it that. Trish headed to England to do her midwifery in 1973, and Eddie followed soon after with a ring in his pocket and they were engaged the day after he arrived. Not sure what they did on the day he arrived?

Eventually he saw the light and trained as a nurse at Manning Base Hospital. Fortunately he was injured at work and was reassigned to begin the Manual Handling Program (MH). MH is the movement and lifting of patients, medical equipment and objects in and around the hospital. Injury at work for nurses is a common and often under-appreciated daily risk. Eddie set about combining his engineering knowledge with his life experiences and nursing background to completely revitalise this area within the hospital. I would say he oversaw a revolution in how MBH understood the importance of efficient and safe MH and we all witnessed a new approach to staff and patient safety. Just about on a daily basis Eddie would stride into the ICU with a new lifting device to help us move our ICU patients. We seemed to get preferential treatment but I am not sure why. Maybe because Trish worked in ICU?



Trish and Eddie's extended family.

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Outstanding performance at Swim Country Championships

Forster Aquatic Swimming Club had an outstanding performance at the 2025 Veriu NSW Country Championships, held at Sydney Olympic Park Aquatic Centre. With 16 swimmers competing in 52 individual events and six relay races, the team brought home multiple medals, top 10 finishes and personal best swims.

Team Members

Joel Fleming, Byron Vicory, Hamish Carmichael, Ryan Brown, Riley Brown, Yasmin Cassidy, Eva Keen, Sophia Lee, Kaitlin Perry, Sophie Scoslo, Zane Booth, Toby Westaway, Max Underwood, Lucas Lenkic, Tanna Davey and Liam Lenkic.

Medal Winners

Joel – 1st, 50m Freestyle (Male 18)
Joel – 1st, 50m Butterfly (Male 18)
Joel – 2nd, 100m Freestyle (Male 18)
Byron – 3rd, 100m Breaststroke (Male 12)
Byron – 3rd, 50m Freestyle (Male 12) New PB!



Above: Riley Brown, Max Underwood, Joel Fleming, Ryan Brown and Coach Pete Sanders.
Left: Liam Lenkic and Toby Westaway. Photos supplied.

Byron – 3rd, 100m Freestyle (Male 12) New PB!
Hamish – 3rd, 50m Breaststroke (Male 13)
Joel – 3rd, 200m Individual Medley (Male 18)
Sophie – 3rd, 100m Butterfly (Female 15)
Top 10 Finishes + PB
Byron – 7th, 200m Freestyle & 7th, 50m Breaststroke (Male 12) New PBs!
Hamish – 7th, 50m Freestyle (Male 13) New PB!
Hamish – 7th, 50m Backstroke & 4th, 100m Breaststroke (Male 13)
Toby – 8th, 50m Freestyle (Male 11) New PB!
Toby – 8th, 50m Backstroke (Male 11) New PB!
Ryan – 8th, 200m Breaststroke (Male 15)
Riley – 6th, 200m Breaststroke (Male 15)
Ryan – 6th, 100m Breaststroke (Male 16)

Eva – 4th, 100m Backstroke (Female 16)
Eva – 6th, 50m Backstroke (Female 16)
Joel – 10th, 200m Freestyle (Male 18)
Sophie – 6th, 50m Butterfly (Female 15)
Sophia – 9th, 100m Butterfly (Female 16)
Riley – 10th, 100m Breaststroke (Male 15)
9th – Girls 15 & Over Relay Team, 200m Freestyle Relay
9th – 12 Boys Relay Team (Hamish, Zane, Toby, and Liam)
4th – 200m Freestyle Relay
6th – 200m Medley Relay
Other Results & Personal Bests
Ryan – New PB! 50m Freestyle (Male 15)
Zane – New PB! 50m Freestyle (Male 12)

Max – New PB! 50m Freestyle (Male 13)
Kaitlin – New PB! 100m Backstroke
Yasmin – New PB! 50m Butterfly (Female 14)
Yasmin – 17th, 50m Backstroke (Female 14) 40-second drop!

Hamish – New PB! 100m Freestyle
Riley – 13th, 50m Breaststroke (Male 15)

Our youngest member, Lucas did incredibly well considering it was his first time swimming at SIOAC and was very nervous.

Forster Aquatic Swimming Club is incredibly proud of all its swimmers for their dedication, hard work, and team spirit. A special thank you to our coaches, Pete Sanders and Adel Gregory who were in attendance over the 3 days for their commitment, guidance and support.

We also came 21st out of 68 clubs in the point score. (435 points)

By Melissa Westaway.

Below: Sophie Scoslo, Sophia Lee and Kaitlyn Perry.



Social Golf Club

The Club Forster Social Gold Club played at Tallwoods Golf Course on 16 February. It was a perfect day for golf and we had a good turn out of players. The event was a 4 person Ambrose.

Results

1st Maree Fieldhouse, Martin Pottinger, Grant Mathews, Sharon Evans.

2nd. Robyn Poole, Dave Nicholls, Allan Brinckley, Les Cawthorne.

Nearest to pin, second shot:

6th hole (2 groups in the hole)

1. Peter Wilson, Wayne Richards, Kim Clark,
2. Warren Warner, Linda Barr, Damien Vaughn, Sam Nowlands.

11th hole: Peter Wilson, Wayne Richards, Kim Clark.

16th hole: Maree Fieldhouse, Grant Mathews, Martin Pottinger, Sharon Evans.

Next events

Club Forster President's group V.G.M. challenge will be played on 16 March at the Tuncurry golf course. The event will be a 4 ball aggregate Stableford (2 players) at 6.34am for a 7.04pm hit off.

Our 6th April Easter Egg Cup game is at the Tuncurry course at 6.40am for a 7.12am hit off.

Event to be advised.

All enquiries contact Ken Woods on 0401 767 257.

By Warren Warner.



Above: First & second places (L-R) Dave Nicholls, Les Cawthorne, Robyn Poole, Martin Pottinger, Sharon Evans, Maree Fieldhouse, Grant Mathews and Allan Brinckley. Photo by Sharon Evans.

2024-25 Club Fours Champs

The Final of the Tuncurry-Forster Sports Women's Bowling Club (TFSWBC) Fours Championship was played on Friday 31st January. The Finalists were Judy Lawrenson, Marilyn Fitzgerald, Lesley Morrison (substitute for Wendy McLaughlin) and Ruth Higham replacing Jill Callaghan against Julie Curry, Robyn McDonnell, Karen Mudford and Donna Hampson.

It commenced under cloudy skies and a few light showers, however it did not take long for the humid conditions to kick in. The game was even and after 8 ends it was seven all. Then Donna's team got on a roll

Left: (L-R) Julie Curry, Robyn McDonnell, Karen Mudford and Donna Hampson.

and lead 12-8 after 12 ends. Donna's team continue to consolidate and after 19 ends they stretched their lead to 18-11. In the end they picked up four shots to take out the Final 22-11. Congratulations to all eight players on many great bowls played in hot and humid conditions.

Congratulations to Julie Curry, Karen Mudford and Donna Hampson on winning their fourth consecutive Club Fours Championship and Robyn McDonnell in winning her first Club Fours Championship.

Congratulations also to Judy Lawrenson, Marilyn Fitzgerald, Lesley Morrison (substitute for Wendy McLaughlin) and Ruth Higham on being Runners Up.

By Sue Ryan - TFSWBC.



Bluewater Fishing Club - Feb Outing Report

After a number of weeks of changeable weather, the Club Forster Blue Bluewater Fishing Club February was finally held on Saturday 22nd February, a week later than originally scheduled.

As with the January outing, sea conditions were a little lumpy early on but levelled out to comfortable glassy seas as the day matured.

Perhaps due to the date change for the competition outing, boat numbers were down with only 4 boats signing on. Fish catches were also light on, with 20 fish caught weighing a total of just over 17 kilos. However, for the low number of baits participating, the fish species caught had a fair degree of diversity. Bill and Simon Greene with new member Tim Heffernan in their 'Bar Crusher beast' fished the Fish Aggregating Device (FAD) resulting in some nice Mahi Mahi (dolphin fish), the best



Above: Barry Wrench. Photos supplied.

stretching the arms at 2.7 kilo. Tim Heffernan also got the best, though it has to be admitted, the **only** flathead of the day, weighing in at a wafer under a kilo. Snapper gun Lindsay Rathbone snared not only the top snapper of the day but also the top fish, testing the scales at a cracking 2.76 kilo. That, with his other catches for the day, resulted in Lindsay winning the months competition with 109.8 points. Club faithful Barry Wrench ran second with 101.2 points.

It was very pleasing to have a new member take out one of the prize categories on their first outing! Well done Tim. For those interested in joining the Club Forster Blue Water Fishing Club, please contact Barry Wrench on 0428 557 090. Here's to hoping that the mackerel show up for next month's competition.

By Dave Nash – CFBFC.



Above: Bill Greene.

Tough conditions for Rottnest Ocean Swim

Smith Lake resident Felicity (Flic) Harrison was one of 374 solo swimmers to complete the 19.7km Rottnest Channel Swim on 22 February this year, with 57 swimmers pulling out during the race in extremely rough conditions.

This annual marathon open water swim goes from Cottesloe Beach to Rottnest Island, off Perth in WA, and attracts swimmers from all over Australia and overseas.

Last year’s event was called off five hours into the race when officials made the tough decision to pull all entrants out of the water when conditions steadily declined, leaving many swimmers disappointed. There is big training, logistics and costs involved with the entering of this event - each swimmer or team must secure their own boat, skipper and paddler as well as swim a qualifying time in an official 10km swim.

Officials may have felt the pressure to continue this year’s race which saw less swimmers breaking the magic ‘6 hour mark’, a couple of boats sinking (some caused by human error), numerous paddlers falling into the water and sea sickness in the rough seas.

Flic said for half the race she expected it to be called off and relied on her years of experience in ocean racing to get her through.

“I felt a lot more experienced and comparatively faster in my pool training this year, but it was a slow race day and I was just happy to finish, given the conditions.”

Flic explained that at the beginning of the race all swimmers set out for 500m before meeting up with their paddler. Then they have until the 1500m mark for their boat to find them (it’s easier for the skipper to spot the swimmer than the other way around) so both the paddler and boat crew can support the swimmer throughout the race with navigation, food and water.

Flic said things didn’t exactly go smoothly for her and she had to tread water for 10-15 minutes at the 1500m mark while her skipper used the radio to locate her paddler before they set off. An hour later her paddler fell out and their jacket filled up with water. Her boat



Above: Flic Harrison has completed the 19.7km Rottnest Channel solo swim for a second time.

crew told her to keep swimming in a certain direction while they helped the paddler onto the boat. Further on, her crew told her the paddle was lost in the pandemonium which left her with only the boat for the rest of the race.

With the strong current, the boat needed to stay ahead and well clear of Flic. This meant she had to look up and forward to spot the boat (instead of the normal spotting left and right for the paddler). She felt sick for a fair amount of time, but some anti sickness drugs helped. Bottles of hydration fluid were thrown from the boat to Flic in the water which she chugged down and then filled up with sea water to throw back up. By the time Flic was an hour from the finish she could feel her body needed more substantial fuel but she knew she could do it and swam confidently to the end and even ran up the beach.

Flic finished her 19.7km race in an impressive 6:55 minutes 44 seconds and said her body held up well afterwards. She said she did a faster time in 2020 but was proud to be able to train and complete the race this year. She had been involved in the race for 9 years now and has swum the Rottnest Channel twice in a team, once as a duo and now three times as a soloist (including the Port to Pub 25km swim in 2021 which also finishes at Rottnest Island).

Flic grew up in Perth and has a strong connection to the place with her Mum and Dad still residing there. This year Dad was the skipper, her partner Cameron was part of the crew while Mum cared for their 17 month old son.

Flic said the training required was actually harder than the event as there are no accolades to keep you going. There was simply lots of training in the Forster Channel and several 10km swims (around 3 hours) in Smiths Lake before getting home, work, making dinner and going straight to bed.

“A lot of the preparation for a successful swim is from the community,” said Flic. “It’s meeting the regular swimmers at 7am for a swim in the Forster Channel and the friendly lifeguards at the Great Lakes Aquatic Centre pool that help get you to the start line. I don’t take that for granted. I really enjoy swimming with the Forster Channel swimmers and chatting to the people there, like John Koorey who was the first Australian man to swim across the English Channel in 1969 and still swims every day.”

Felicity Harrison's major achievements in solo swimming:

- 2020 – 19.7km Rottnest Channel, 6:39:47
 - 2021 - 24km Palm Beach to Shelley Beach, Sydney, 8:12:11
 - 2021 - 25km Port to Pub, WA, 8:56:02
 - 2022 – 33.5km Derwent River, Tasmania, 8:18:46
 - 2022 – 33km English Channel, 14:21:00
 - 2025 – 19.7km Rottnest Channel, 6:55:44
- By Mary Yule. Photos supplied.





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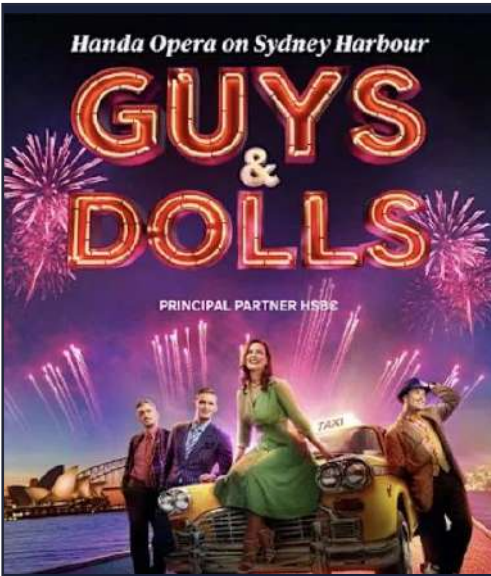
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