

Nabiac Show
photos p15

Local Identity
Trish Wood p21



Star Pet
Shadow p19



Forster Fortnightly

Your local independent community newspaper distributed to
Rainbow Flat, Hallidays Point, Tallwoods, Tuncurry, Forster,
Pacific Palms, Charlotte Bay, Smiths Lake, Coomba Park, Bungwahl & Seal Rocks.

FREE

Wednesday 19 March 2025 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS Circulation 7,000 No.117

International Women's Day Fun Run



Above: 60 women and girls took part in the IWD 5km Fun Run that traversed around the Forster Breakwall and bridge. Photos supplied.

International Women's Day

Dave Hughes

Saturday the 8th of March celebrated International Women's Day. Local ladies Hayley Moody and Justine Lea created an event consisting of 5km Fun Run through their running podcast to celebrate the day! There were many quality prizes on offer and the event sold out within days of the event

being announced. The Forster Surf Club kindly donated the use of the premises for the gathering and presentations.

Over 60 women and girls congregated at the club rooms at 6:45 am and all keenly donned their new LSKD shirts (Australian Sprots Wera Company), designed by artist Kendal L Layt for the day. Bel from Powr Fitness took the girls through a warmup routine and made sure those muscles were stretched and ready to go.

There was a real buzz amongst the group and after a few announcements they were on their way. The focus of the day was empowerment, togetherness and celebrating the strength all women share. Everyone was back in the club rooms by 8am in time for the giveaways. Generous sponsors included ASICS, Fractal, YOPRO, LSKD and local business Beach Bums (thanks Darren and Kate).

Continued on page 22.

Potential open cut mine within Manning River & Bootwa Dam water catchment

Kym Kilpatrick

On the 1st of March 2025, Wingham Memorial Hall was packed, with over 300 people and standing room only extending to the outside. Inside was a diverse group of people of all political and philosophical persuasions united by one potential concern, the prospect of a series of open-cut Serpentine Mines at Mt George, Wherrol Flat, Bobin and Moorall Creek. Two of the three exploration licenses are wholly within the water catchment for the Manning River and the third partly within the intake catchment of the Bootawa Dam.

Of note of course, is that the Manning River and its surrounds is not only home to several endangered species, it is also the water supply for 40,000 households across the Midcoast LGA. Also noteworthy is that at this point Midcoast Council has no input and may not have even been officially informed.

This community meeting was organised after a less than transparent Community Consultation by the company representatives concerned, MCI Carbon. Less than transparent in that very few of the property owners were informed by the company of the drone exploration, the community consultation was called for the evening of Valentine's Day [14 February 2025], and it was only through social media that a wider audience of concerned citizens were present. Less than transparent as well in that it took repeated specific questioning before the community consultant acknowledged that if it did go ahead, there would be open cut mines and further, there was a definite possibility that asbestos would be present in the Serpentine.

A prominent geologist, Professor Phillip Pells, who spoke at the Wingham community meeting, stated that there was likely to be additional toxic contaminants such as Chromium and Cobalt.

Continued on page 4.



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(L-R) Jan Lynch, Stan Day, Julie Wilcox and Michelle Robinson at Julie Brady's farewell. See page 10.

- 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.

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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,

Policing can be a challenging occupation, with some citizens occasionally being unhappy to see us, resulting in verbal and physical abuse being directed at us. Despite such interactions, your local police continue to give 100% to prevent, disrupt and respond to crime. Below are a few recent examples of your local police continuing to do their best to serve the community:

On 26 February, following investigations into an Aggravated break, enter and steal offence – and related stolen motor vehicle offence – at Forster on 23 February, local police arrested a 15-year-old male at a Forster residence. The male was subsequently charged with Drive conveyance without consent of the owner (relating to the alleged stolen motor vehicle – which was recovered by police) and an unrelated Trespass offence. The male was refused bail.

On 11 March, two local eagle-eyed plain clothes officers observed a 15-year-old male on Hughes Street, Taree, who was wanted regarding an outstanding matter. The male was arrested, with arresting police then hindered and assaulted by other individuals present, until further police were able to attend and assist in controlling the scene. The 15-year-old male was charged with Aggravated break, enter and steal; Goods in custody (being a motorcycle) and Resist police. A 35-year-old female was arrested at the scene and charged with Assault police, Hinder police and Resist police, while a 15-year-old female arrested at the scene was charged with Assault police and Resist police. A suspected stolen motorbike at the scene was also seized by police. The two females were conditionally bailed while the 15-year-old male was refused bail. The two original arresting officers, despite being assaulted (and bitten by a dog!) were able to 'soldier on' and continue with their duties.

Below are a few 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.

...and below are a few simple things you can do to reduce your chance of experiencing road trauma:

- Don't drive at inappropriate or excessive speed.

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

- Don't drive whilst fatigued.

- Don't drive 'distracted' – by mobile phone or any other electronic device.

- Don't drive without an appropriate restraint (seatbelt) or helmet (if riding a motorcycle or a local Beam (purple) e-scooter).

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



Above: Inspector Timothy Bayly.

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Pets of the Fortnight

Affectionate Mumma Cat & her 3 babies

This gorgeous friendly girl with the big golden eyes is Mumma Cat (pictured right). She has raised her five kittens (two have found their new owners) and she is now looking for her forever home. She gets on well with other cats and also dogs.

At only 8 -9 months she is still only a baby herself and just loves attention but is also happy to go off and play by herself or curl up for a snooze.

Mumma comes desexed, vaccinated, microchipped, flea and worm treated so at only \$120 she is a real bargain.

Mumma Cat and 3 of her babies are all very affectionate and love attention.

They are on display at Windan Seat Vet in Forster. Phone 6555 2275 to make an appointment to see them - you will not be disappointed.

Rehoming number R251000212.



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MidCoast Council Mayoral column

I understand there has been some misinformation on social media lately.

The suggestion is that Council is going to bring in a Special Rate Variation (SRV) in July.



This is absolutely not the case. I can assure you that if Council was planning on an SRV (we are not) it would be very public as it requires an application to IPART and IPART requires that there be extensive consultation with the community.

We know the MidCoast community do not want an SRV, so we are not perusing one. We took this decision in May 2024 when we adopted our Sustainability Action Plan.

However, there is likely to be a small increase in rates from July to cover increases in the cost of operations. IPART has recommended this be 3.8% in MidCoast and it is commonly referred to as the rate peg.

We are also implementing the other aspects of our Sustainability Plan by identifying efficiency savings without reducing the level of service provision in order to put more money into our roads budget next year.

Manning Hospital Redevelopment Update



Left: Manning Base Hospital facing the main public entrance off York St, Taree.

"I'm very eager to see work begin at Manning Hospital," Mrs Thompson said.

Mrs Thompson confirmed that she will be meeting with Minister for Regional Health, Ryan Park in the near future to discuss progress on the Lower Mid North Coast Health



Above: In February, MP Tanya Thompson meet with the Manning Great Lakes Community Health Action Group to cover issues impacting health services in the Manning, Great Lakes, and Bulahdelah communities. "By working together, we can ensure that the community stays informed about what's happening and what's ahead for local healthcare services."

(L-R) Trish Woods, MP Tanya Thompson, Carmel Bartlett, Eddie Wood and Tom McDonald.

Service project - Forster Tuncurry Health facility.

"I will continue to update the community as these projects progress," concluded Mrs Thompson.

For more information, visit: www.hneinfra.health.nsw.gov.au/projects/manningforster

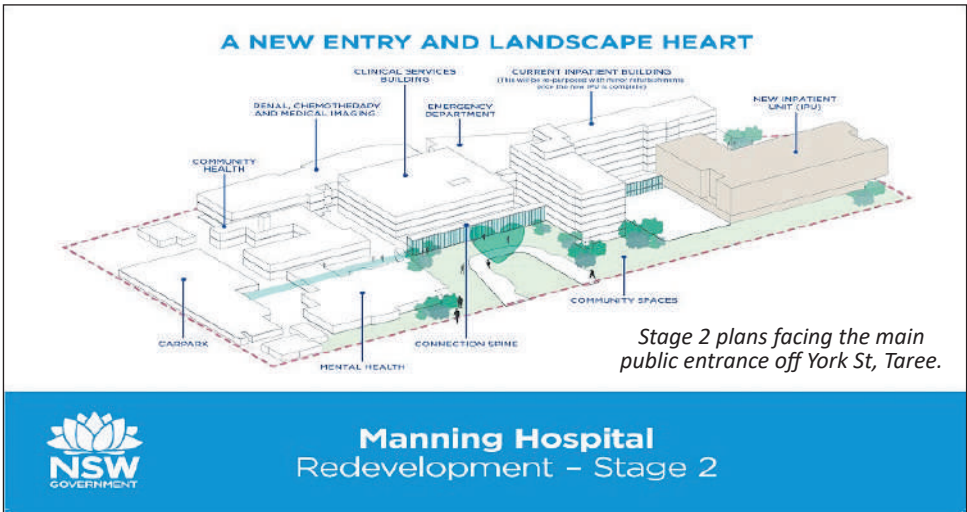
"Construction timeframes for the main redevelopment will be confirmed once planning is complete," Mrs Thompson said.

The enabling works will involve demolishing the administration building and some surrounding structures, as well as relocating two bulk oxygen tanks.

"These steps will prepare the site for the main construction phase, which will deliver modern clinical spaces and better hospital connectivity."

"Our region has long awaited this redevelopment, and it's crucial our health infrastructure evolves to meet the growing needs of our community," said Mrs Thompson.

Planning and design for the redevelopment are ongoing, with input from hospital staff, stakeholders, and the community helping shape the final plans. Detailed designs will be released later this year for further community feedback.



Stage 2 plans facing the main public entrance off York St, Taree.

Give the grapevine a miss

When it comes to the work we're doing in your local area, we know messages can become mixed, and getting to the facts can be frustrating.

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Your work in progress

Tristan's Tackle World Report



Cooper's Mangrove Jack fish caught in Tuncurry.

Wallis Lake and offshore fishing has been on fire this fortnight! The opportunities have been almost endless.. Bream fishing has been really good with some stonking fish being caught down at the waterfront adjacent to the Lakes and Ocean hotel and all the way down to the breakwall. Flathead has been a main target species for lots of anglers, locals and tourists.

Chasing Flathead is awesome fun, especially on light gear. They are one of the best and easiest fish to target if you're just starting out (also a seasoned anglers favorite). Again, starting at the waterfront down to the breakwall is your best starting point if you're just wanting to get into flathead fishing. For the more advanced fisheds, chasing those XL Crocs has become very popular!

The big girls love a nice shallow sand bank and with plenty of bait holding up in there at high tide, they are pushing right up into that shallow water for a quick feed. Once the tide turns they recede back to the edges and deep runs. The back side of Leon Island always holds some cracking Flathead.

The Sand Whiting fishing has also been red hot. They are still holding pretty thick up and around the lake and those later summer Whiting sessions have been turning some really nice fish up to 45cm!! Shallow water is key with these guys and don't be scared to throw big lures! Adding an assist hook will increase that hook up rate significantly.

Offshore has been producing some of the best Marlin fishing we have seen in a good couple of years! Warm waters are pushing around the coast and with them comes the abundance of bait fish and marine life. In pursuit are the predators, the local Kingfish, Snapper, Trag, Pearl Perch and Mahi Mahi (dolphin fish). Populations are kicking along very nicely with plenty of awesome fish caught.

The question that every fisherman asks this time of year is "Have the Mackerel turned up yet?"... We can say they are there! But getting out and putting those hours in is required. Trolling live baits around is usually the best way to target these toothy speedsters, but they will take an array of artificial baits like trolling diving lures/skirts/ soft plastics. They'll even hit metal jigs on a full speed retrieve - so don't forget to pack the wire next trip!!

For anything Boating and Fishing call in and see the team today! Your specialists from Bream/Flathead/Whiting all the way through to chasing offshore Pelagics.



Paul's Marlin proving to be a handfull.



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Potential open cut mine



Community meeting in Wingham to address the prospect of open-cut Serpentine Mines at Mt George, Wherral Flat, Robin and Mooral Creek.

Continued from page 1.

Uncle Russel Saunders also addressed both meetings stating passionately that the Biripi

Nation would stand with the community in protecting the land and water.

MCi Carbon professes to be a pioneering Australian company with the goal of removing

carbon dioxide from the atmosphere through the processing of serpentinite. Behind the scenes, it has large Japanese corporate investors including ITOCHU Corporation, Mizuho Bank and Sumitomo Mitsui Trust Bank. The mining explosives company Orica is also an investor.

There are many, many questions to be answered and as yet no answers forthcoming including:

- Given the Manning is a flood prone river with moderate level floods rising to above 20 metres in places, how will any tailing ponds or indeed open cut mines themselves be fully isolated from the river to protect our water supply?

- How much water will be extracted from the Manning to support the mines, and given that the Manning is also vulnerable to drought and water restrictions, how will this impact our water supply?

- How will the company guarantee no potential air quality contaminations including asbestos, chromium and cobalt, particularly considering westerly winds heading towards urban areas?

- Can the company guarantee that the current exploration, which includes backpack drilling, has had no current or future contaminant impact on the Manning River given this drilling is within the flood plains?

- How will the threatened and endangered species that are dependent on the river and its riparian zones be protected?

- How much Serpentine ore is the company proposing to extract and is it reasonable to assume, given the Kooragang Island Plant is designed to eliminate at least 567,00-tonnes of CO2 per year, that the extraction is within 900,000 and 2,000,000 tonnes per annum?

- If so, is the Manning Valley the only point of exploration?

- Realistically, how much carbon emissions will be produced by the mining operations and how will this add to the Carbon balance sheet?

- And finally, a question for the State Government – why has such large mining exploration licenses been granted that almost inevitably will impact our water supply?

'MidCoast Council supply water to homes and businesses from Crowdy Head to Smiths Lake, including the major population hubs of Wingham, Taree, Old Bar, Hallidays Point and Forster-Tuncurry. More than 80% of customers receive water from this system.'

Water is drawn from the Manning River and stored in Bootawa Dam, upstream of Wingham. It is then treated at the Bootawa Water Treatment Plant and pumped to reservoirs across the Manning and Great Lakes for distribution to homes and businesses.'

www.midcoast.nsw.gov.au
(Manning Water Supplies)

Our Local Wildlife



Manning River Helmeted Turtle Kym Kilpatrick – FAWNA Hallidays Point

One of the high-profile endangered species that live within our region is the Manning River Helmeted Turtle (Wollumbinia Purvisi). This 'living fossil' is found only on the Mid North Coast, and more specifically the middle and upper stretches of the Manning River catchment area including the Manning,

Barnard, Cooplacurripa, Mummel, Nowendoc, Rowleys Rivers and Robin, Dingo and Myall Creeks. Their habitat requirements are clean clear rocky rivers with in-stream boulders, logs and two to three meters deep pools.

Manning River Helmeted Turtles are medium sized (approximately 20 cm when full grown) freshwater turtles recognisable by their distinct colouring, including yellow markings on the

underside of their shells and tail, and clear yellow stripes descending from their jaws, down their necks, to the shells. The underneath of their shells is mid to dark brown. They also have two short barbels or whisker-like protrusions

Continued on p19.



Mid North Coast well prepared

Mary Yule

The Mid North Coast was well prepared for the potential heavy rain, flash flooding and strong winds associated with Cyclone Alfred as it approached the southeast coast of Queensland in the second week of March.

Beach access and the far end of Forster Breakwall were temporarily closed by MidCoast Council on 5 March due to the dangerous surf conditions.

NSW SES Forster Pacific Palms went out to assist the community. They also provided a stockpile of



Above: Local SES, RFS and members of the community filling sandbags at the NSW SES Forster Pacific Palms Unit. Photo from SES FPP Unit social media.



Friday 6 and 7 March as a preventative measure.

On Tuesday 11 March, Mid North Coast NSW SES were pleased to downgrade all Emergency Warnings to Watch & Act or Advice levels with improved conditions.

Left: Beach access closed at One Mile. Photo by Mary Yule.

Below: Forster Breakwall. Photo by Patricia Macvean.

sandbags for the community to pick up from their Unit at Grey Gum Rd, Tuncurry.

Marine Rescue Forster Tuncurry posted daily information and warnings about the rough ocean conditions.

Many outdoor and sporting events were cancelled or postponed. Schools in Taree and Wingham were closed on Thursday and



40 years of The Sunrise Club

Mary Yule

Back in 1983, a couple of Cape Hawke Surf Club members started meeting every morning for a swim and coffee at the clubhouse on south One Mile Beach. 40 years later, around 10 to 12 regulars still meet up at 6am just before sunrise.

"We originally started for some fitness but over time The Sunrise Club has developed into a core group of workers for the surf club", said Paul Scott.

"We still swim every morning throughout the year, then we like to do our own little specialized jobs. Some stock the fridge with drinks, some clean the windows and take out the rubbish. Others like to serve behind the bar."

The group see themselves as a 'Deck of Knowledge' and joke that they either know everything and can do anything or use their extensive network around town to help the club when needed.

The group banters with each other while remembering friends from the past.

"When Leigh Falson joined, he had us running up and down the beach before a swim."

"We used to have 'posh nights' and dress up with our partners."

"I remember when Peter McTiernan would go down to the Lakes and Oceans on a Friday afternoon, looking for tradies willing to lay bricks over the weekends when we were building the original club house back in the 80s."



Above: Back row - Roger Duggan, Barry Foster, Richard Murphy, Bruce Hansen and Paul Scott. Photo by Mary Yule.

Front Row - Tony Summers and Chris Hunter (holding Bonnie).

"We used to run all the BBQs. We still like to do what we can. We support the charity golf days and help at surf carnivals."

Any Cape Hawke Surf Club members are welcome to join The Sunrise Club for a swim and a coffee on the deck overlooking One Mile Beach.

"We've had people join us for 5, 10, 20 and 40 years," said Paul.

Enquiries: Paul Scott 0404 479 004.

Editor's note: On 20 February we published a story on another group called The Sunrise Club who meet every Wednesday at 6am on South One Mile Beach. See 'Wednesdays' in our Weekly Diary for more information.

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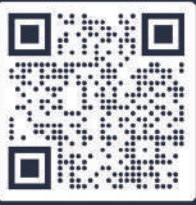
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Dragons Spruce It Up

Crews from the Great Lakes Pearl Dragons and Wallis Spirit Dragons demonstrated true community spirit on Sunday, March 2, as they took part in Clean Up Australia Day around their respective parts of Wallis Lake.

Padding their 20-seater dragon boats to various areas, the teams collected rubbish left behind after the summer tourist season.

"We were saddened to see that there was still rubbish to collect, but it was encouraging to find that the amount was slightly less than last year," said Great Lakes Pearl Dragons President, Michelle Richardson.

This marks the second year that the Great Lakes Pearl Dragons have participated in the Clean Up Australia campaign.

"The process was incredibly simple. Clean Up Australia provided all the necessary paperwork, along with bags, gloves, and even a sharps container well in advance," said event organiser Ivan Bensimon.

Similarly, the Wallis Spirit Dragons were both surprised and disheartened by the volume of waste they encountered.

"We found everything from shoes and glass bottles to fishing gear and even a washed-up surfboard," shared Wallis Spirit Dragons President, Rebecca Collins.

Despite the litter, the morning had its bright moments. "A few of our members were lucky enough to spot a stingray swimming past the shore, which reminded us why our small efforts matter. Every bit of cleanup helps protect the wildlife around Wallis Island."

The event reinforced the importance of keeping local waterways clean—not just for the environment but for the sport they love.

"The condition of our waterways is essential, not only for the flora and fauna but also because it provides us with a stunning setting to practise our sport. It was a pleasure to

contribute, and MidCoast Council made the process seamless," said Wallis Spirit Dragons event organiser Elaine Norbury.

Through teamwork and commitment, the Great Lakes Pearl Dragons and Wallis Spirit Dragons proved that small actions can make a significant impact in preserving the beauty and health of Wallis Lake.



First sod turned on Ingenia Lifestyle Kokomo Community

Advertising Feature

Blueys Beach will soon offer a new over 55s resort style destination, Ingenia Lifestyle Kokomo, with the first sod turned on Wednesday 29 January.

Ingenia Communities representatives were joined by key delivery partners including Robson Civil to mark the special occasion.

Upon completion, Ingenia Lifestyle Kokomo will offer 133 new homes in the township with first residents expected to arrive in late 2025.

Ingenia Communities Executive General Manager Acquisitions and Development Michael Rabey said the sod turn marked the beginning of a new era of retirement living in the region.

"Blueys Beach is known for its idyllic location in the Great Lakes region, surrounded by picturesque beaches, lakes and lush hinterland,



and we expect over fifty-fives seeking to downsize will recognise the appeal to enjoy

this relaxed, coastal lifestyle," Mr Rabey said.

"We anticipate many of the future Ingenia Lifestyle Kokomo residents won't be first time visitors to Blueys but are likely to already have a connection, either themselves or via their children. Many having spent holidays here or living in larger homes close-by – now ready to live their forever holiday."

"As development progresses, Ingenia Lifestyle Kokomo will boast resort-style facilities including an outdoor swimming pool and spa, pickleball court, BBQ dining area, and state-of-the-art clubhouse that features a lounge and dining room, games room, indoor golf simulator, gym and sauna to name a few."

Mr Rabey said Ingenia has designed the community to complement and protect the beautiful natural surrounds.

"Ingenia Communities recognises the great responsibility it has to care for the surrounding environment that makes this location so uniquely beautiful.

"We have donated 60 hectares of conservation land that backs on to the north of our site to Mid-Coast Council and have retained a significant volume of local native Cabbage Palm Trees in an on-site nursery. These will be replanted as key landscape features that will characterise the Ingenia Lifestyle Kokomo community.

"We're also targeting a 5-Star Green Star - Communities rating, reflecting our commitment to excellence in sustainable outcomes at Ingenia Lifestyle Kokomo."

(See advertisement on left page.)

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International Women's Day



Above: Speaker MP Tanya Thompson. Above: Speaker Jessica Grey. Manning Valley Filipino Community Dance Group. Photos by Mary Yule.



International Women's Day at Forster Civic Precinct 8 March 2025. Hosted by Great Lakes Womens Shelter, Great Lakes Women's Shed & Forster Tuncurry Church of Christ.



MidCoast South Communications Brigade needs people like you!



Above: Recruiting - Captain Richard Pratten is on far left.

If you're looking for a rewarding way to contribute to your community, the MidCoast South Communications Brigade needs people like you. Whether you have experience in emergency services or are completely new to volunteering, there's a role for everyone. Training is provided, and you'll be joining a dedicated team committed to supporting firefighters on the frontline.

Honouring service & securing the future

NSW Rural Fire Service (RFS) Communications Brigade Captain Richard Pratten shares his concern about finding more volunteers to continue the work of this group. While his team, who work together as MidCoast South Communications Brigade (based in Taree), are competent and effective in their roles, there is a need to plan for additional volunteers as people retire due to age or health. Existing volunteers come from Forster, Tuncurry, Smiths Lake, Nabic and Diamond Beach.

Richard's 43 years of service with the RFS began as a Bushfire Fighter before transitioning into a Bushfire Fighter Support role as a

communications officer. While he has a background that could be regarded as a 'qualification' for this type of volunteering, the Communications Brigade does not have any formal entry requirements—making it an opportunity open to people of all ages and backgrounds.

What makes Richard an effective leader of this group is the breadth of his experience. In addition to his roles with the RFS, he has served as a Fireman with Fire & Rescue and as part of the military through the CMF and Papua New Guinea Volunteer Rifles, Rabaul, New Britain, PNG.

While Richard has no immediate plans to step down from active volunteer service, he acknowledges that the time will eventually come. He has seen many changes over the years and knows that the future of the NSW RFS will bring further advancements

in practice, location, and resources. One of the biggest shifts has been the introduction of technology-driven systems, replacing older paper-based methods and phone calls.

New recruits are learning modern systems

New recruits to the team are learning to manage these modern systems, helping to keep operations running smoothly in the control centre. Communications support is essential to coordinating firefighters in the field, ensuring resources are deployed effectively. Volunteers assist with radio operations, computer-based tasks, written records, tracking vehicle movements, and more.

By stepping up today, you'll be helping ensure the future of this vital service—just as Richard and so many others have done over the years.

To find out more about how you can get involved, reach out to us at: greatlakescomms@gmail.com

Or visit us at: www.facebook.com/GreatLakesTaree

Generous donation boosts local education grants



Above: (L-R) Bob Webber, Stevie McDonagh, Helen Bryan, Chris Woolley and Ron Woodward.

Great Lakes Education Fund (GLEF) is celebrating a significant contribution from District 44 Masonic Charities, strengthening their mission to support local young people in pursuing post-school education. District 44 Masonic Charities, long-time partners of GLEF, have transformed an initial one-off donation into an annual commitment, showcasing their dedication to empowering the youth.

As Sue Richards, GLEF Partnership Coordinator, explains, "District 44 Masonic Charities have been steadfast partners of GLEF, transforming an initial one-off donation into an enduring commitment. Their dedication to empowering local youth is truly inspiring."

GLEF, a branch of the Country Education Foundation (CEF), awards grants to young individuals aged 16-25. Helen Bryan, Student Liaison Officer with GLEF says, "Our grants are based on financial need, rather than academic merit, and can be used for a variety

of education-related expenses. This ensures our recipients have the necessary resources to succeed in their educational pursuits. Grants are often used by GLEF students for items such as laptops, accommodation, textbooks and travel."

District 44 Masonic Charities, known for their incredible op shop in Taree, use their proceeds to support charities of their choice. Recently, Ron Woodward from District 44 Masonic Charities called Helen with the thrilling news of an additional donation. "We are incredibly grateful to District 44 Masonic Charities for their ongoing support and this additional donation. It will significantly enhance our ability to provide grants to deserving young people in 2026," says Helen.

At a meeting held at Forster Masonic Lodge, Stevie McDonagh, one of the 2025 GLEF recipients and a soon-to-be first-year physiotherapy student at CSU, along with Helen

Bryan, were presented with the cheque. Stevie is among three students aligned with District 44 Masonic Charities, maintaining contact throughout the year and providing mid-year and end-of-year reports.

While Stevie was present to receive the donation, the other two recipients—Lucy Connon, a 4th-year physiotherapy student, and Madison Darcy, starting her Agricultural Science Degree in Armidale—were unable to attend due to their academic commitments.

Boot Bash campaign

CEF is now running the Boot Bash campaign to raise awareness and provide top-up funding for all current recipients. Donations to this campaign can be made via the provided QR code, with contributions directed to GLEF. All donations are tax-deductible, and the QR code will remain active until the end of March.

For more information on how to support local education through GLEF and District 44 Masonic Charities, please visit our website or contact us directly.

Scan this QR code below to donate to the Great Lakes Education Fund.



Tanya's Community Update

Over the past fortnight, I have had the privilege of attending some wonderful events in our electorate. The Great Lakes Women's Shelter International Women's Day was an inspiring morning filled with cultural performances and stories of incredible local women. Myself and Jessica Gray from Smart Coast Conveyancing, spoke about our journeys and the importance of taking action for women in our region. A special thanks to the Great Lakes Women's Shelter for hosting such a meaningful event.



MYALL LAKES WOMAN OF THE YEAR

Jane Lynch from Old Bar was officially awarded Myall Lakes Local Woman of the Year for 2025 at the NSW Women of the Year Awards in Sydney. Jane has given more than 30 years to Surf Life Saving, supported women in sport, and makes a difference in the lives of many young people. Congratulations Jane.

FREE LUNG HEALTH SCREENINGS will be available in Taree (March 24-25 at Club Taree) and Tuncurry (March 27-28 at John Wright Park). If you've worked in industries with dust exposure, I encourage you to book a check-up, more information below.

2025 MYALL LAKES SENIORS CONCERTS have been postponed due to cyclone-related travel disruptions for performers. The new dates are August 18-19, 2025. Please hold onto your tickets – further details about ticketing will be provided closer to the new event dates.

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

MULTI-AWARD WINNING KELLY O'BRIEN

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

SATURDAY 22 MARCH

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Tickets \$45pp plus booking fee

Book at reception or online at www.stickytickets.com.au

WENDY MATTHEWS

Hit songs include:
THE DAY YOU WENT AWAY
I DON'T WANT TO BE WITH NOBODY BUT YOU
IF ONLY I COULD
LET'S KISS
& MANY MORE!

SUNDAY 23 MARCH

Doors open 4pm for a 4.30pm show

Tickets Presale \$45 | At the Door \$50

Available NOW from reception

E-SCAPE WITH AN E-BIKE!

TOTAL VALUE \$3,000

Purchase any LION product including:

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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.

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Tanya THOMPSON MP
Member for Myall Lakes

NSW Women of the Year Awards

MYALL LAKES WOMAN OF THE YEAR - JANE LYNCH

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

Nine years of dedication to Great Lakes Women's Shelter

Mary Yule

An appreciative audience of around 65 people honoured Julie Brady's 9 years as President of Great Lakes Women's Shelter (GLWS) Board on 6 March at Club Forster. Julie founded the GLWS in 2015 to provide emergency accommodation and services to women and children experiencing domestic violence. At the same time, she took on the role of Team Leader for Project 2020 which saw the construction of a new purpose built women's shelter that opened on 19 July 2022.

The new Chair Bernadette Flannery introduced the speakers at Julie's farewell lunch and thanked Julie for founding their GLWS 9 years ago.

Annabel Daniel, CEO Women's Community Shelter (WCS), said, "My biggest joy is working with someone like Jools who is deeply committed. She has the capacity to dream big and actually get things done, which is a rare thing."

Mayor Claire Pontin said, "After receiving letters and meeting Julie and supporters of a women's shelter, the 11 Councilors at the time unanimously agreed to provide land for the GLWS. Forster is a better place for having a women's shelter, and woman and children live in a better place because of her."

Carly Ravenscraft, Operational Manager of GLWS, said, "In the last 9 years we have had 719 women and children come through the door. Thank you, Julie."

At the end, Julie Brady stood up and said, "Aunties Janice Paulson, Nolene Lever and Lynette Davis are here today. These Aunties provide leadership, stability, hope and inspiration in our community. Also here is Liana French, who it's great to see as an emerging leader."

"In 2015, it was way past time to ensure that women and children dealing with domestic violence, and wanting to break the cycle, would get a leg up. I just happened to be the right person, at the right place, at the right time and rode the wave of community support and sentiment. Marrungbaa Garuwaga is my proudest achievement. Great things happen when hundreds of people choose to make

things happen."

"Thanks to Annabel Daniel and her team at WCS, Peter Clarke from Club Forster for the initial \$25,000 donation and MidCoast Council for the land. Thank you to John English and Stanley Day for their commitment to the project. Thank you to Graham Burns, John Lynch and Bruce Collins (now deceased) for their generosity and dedication. Thanks to Sharon Barron for the design, Chris Cavanagh for making the shelter completely sustainable and Reecon for the construction."

"Thanks to Carly who is a great shopper, deal maker and powerhouse, to Bernadette for taking up the Chair and to Felicity Carter [Secretary] for sharing the rollercoaster ride of the last 9 years. Thanks to the whole GLWS board. Thank you also to the many organisations who support the GLWS".

John English, long-time member and Vice Chair of GLWS, provided the audience with a history of the GLWS.

The Forster Neighbourhood Centre (FNC) organised a public meeting in April 2015, to bring to the attention of the Forster/Tuncurry community the terrible levels of Domestic Violence and Homelessness in Forster Tuncurry. Trish Wallace (FNC's Manager at the time)

arranged for several speakers to address the meeting. Many people turned up and it was standing room only.

The local Area Commander of Police, Superintendent Peter McKenna (now NSW Police Commissioner) was the first to speak and informed us that the Great Lakes Local Government Area (now Mid-Coast), ranked 4th or 5th worst regional LGA in the state of NSW for domestic violence related crime. Superintendent McKenna revealed that at Forster Police Station he required that domestic violence matters be number one priority each morning.

Others who addressed the meeting included the late Stephen Bromhead, Member for Myall Lakes, who promised to do everything he could to win State Government financial support.

Annabelle Daniel told us how they had recently opened its first shelter - the first of a proposed 4 to 8 shelters in their WCS network, based in

Sydney. She hoped that a shelter in the Great Lakes region would be the 2nd or 3rd to open.

Trish Wallace spoke of how she and her small staff (many of whom were volunteers) constantly faced women fleeing domestic violence situations. Then, as now, the FNC was severely under-resourced.

Julie Brady then addressed the crowd in support of setting up our own shelter, based on the WCS model. Trish Wallace "seized the moment" and moved the meeting into a workshop session to discuss the proposal, come up with a firm resolution and vote on it. Without delay, the meeting resolved to set up a Steering Committee who would commence discussions with WCS and other interested and supportive parties.

And the rest as they say is "history"! However, the Julie Brady story continued...

Less than 2 years after opening the original women's shelter in 2016, a decision was made by the Board of Management to create a new shelter with 2 major aims - to achieve long-term security of tenure and to build a facility that was not only secure but fit-for-purpose.

Julie played a prominent role in this new venture, which commenced proceedings under the title "Project 2018", and ended up virtually on-time, and on-budget as "Project 2020" (with COVID-19 in there somewhere for good measure). The new GLWS was officially opened in July 2022.

As well as President, Julie was the Project Manager and saw through the completion of the new shelter which included 10 bedrooms, 5 bathrooms, 4 laundries, 7 toilets, 4 kitchens, 4 common living areas, 2 staff offices and a kid's playground.

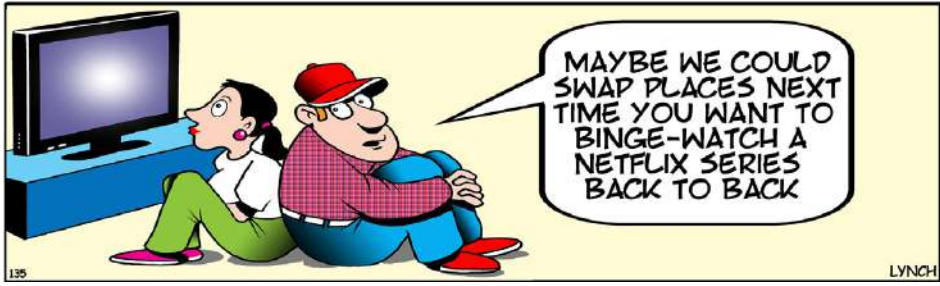
John concluded, "Without Julie, our community would never have seen the GLWS built, and on a large block of land. This asset is now owned by the community."

"On behalf of the community, I extend to Julie our sincere gratitude and appreciation for her unstinting commitment to the Great Lakes Women's Shelter."



Above: Liana French, Julie Brady, Carly Ravenscraft, Bernadette Flannery and Felicity Carter. Photo by Mary Yule.

The Grin Bin



Doodley Squat



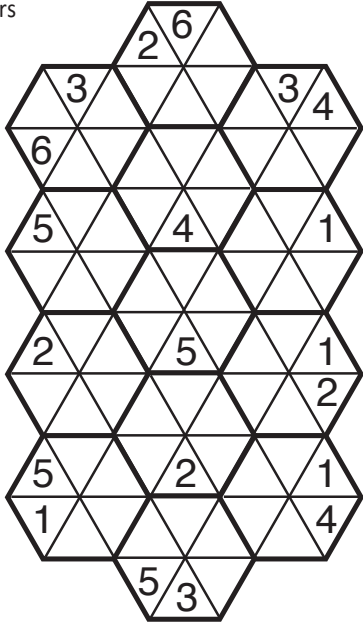
Sudoku

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

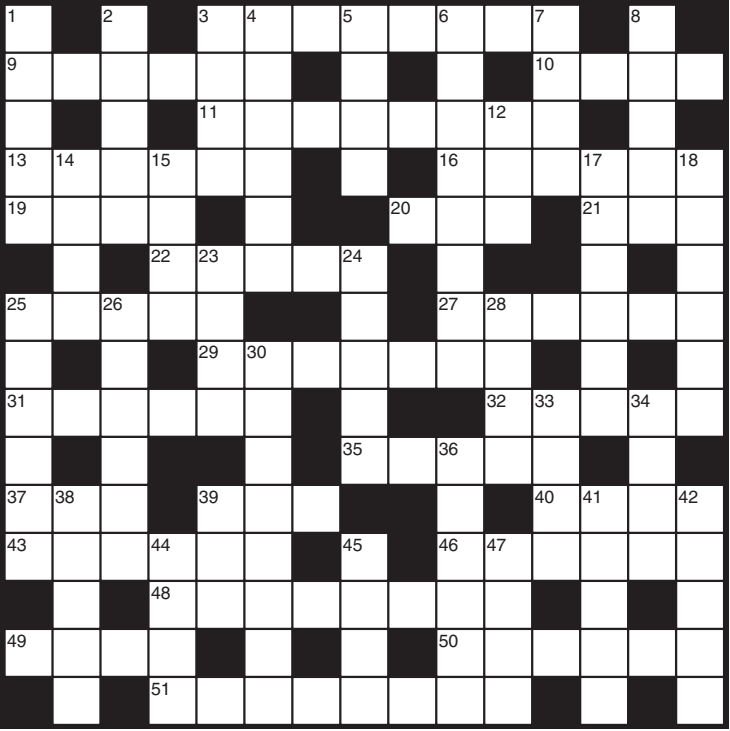
		8				5		
			4		9	1		
9	4			7				2
6	9				3			
		7			4			9
			6			8		
					2		1	
5		9	7	3				
1		4				7		

Quick Workout

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



Crossword



ACROSS

- 3 Relating to an empire
- 9 Electrical unit
- 10 Leave out
- 11 Entering as an enemy
- 13 Painter
- 16 Examined
- 19 Horned ruminant
- 20 Uncooked
- 21 Lyric poem
- 22 Shaft
- 25 Backbone
- 27 Landed property
- 29 Propose as suitable
- 31 Sends money
- 32 Over
- 35 Twilled fabric
- 37 Ashes container
- 39 Church seat
- 40 Musical sound
- 43 Seesaw

DOWN

- 1 Cold dish
- 2 Venomous ill will
- 3 Part of the eye
- 4 Wise counsellor
- 5 Dash
- 6 Copies
- 7 Ships' records
- 8 Employed
- 12 Fresh
- 14 Harvest
- 15 Modern Persia
- 17 Love apple
- 18 Expunge
- 23 Repose

ACROSS

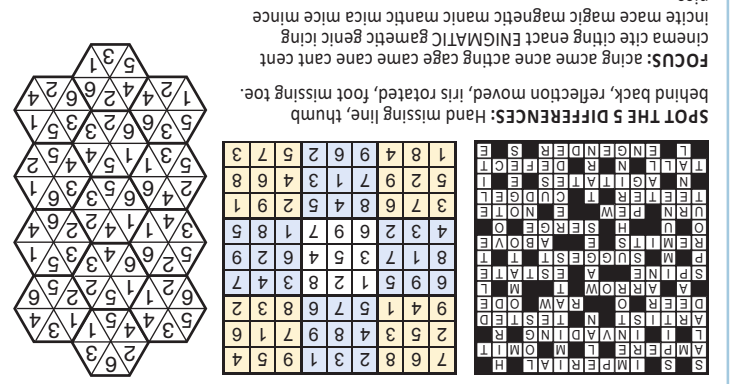
- 46 Club
- 48 Stirs violently
- 49 Lofty
- 50 Fault
- 51 Give rise to

DOWN

- 24 Earnings
- 25 Shoot forth
- 26 Exempt
- 28 Male deer
- 30 Conducting to seats
- 33 Curve
- 34 Ballot choice
- 36 Go back
- 38 Of the kidneys
- 39 Laundry item
- 41 S-shaped mouldings
- 42 Select group
- 44 Story
- 45 Mountain lake
- 47 Consumer

Solutions

Puzzles and pagination supplied by Auspax Media



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YOUR FORTNIGHTLY TV GUIDE

March 19 - 25

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 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 Hard Quiz. 8.30 The Weekly. 9.00 Guy Montgomery's Guy Mont Spelling Bee (N2) 9.45 Planet America. 10.15 You Can't Ask That. 10.45 News. 11.00 The Business. 11.20 Late Diggers. 12.15 Grand Designs. 1.05 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 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. 7.30 Australia: An Unofficial History. 8.40 The Jury: Murder Trial UK. 9.35 Rogue Heroes. 10.40 SBS News. 11.10 Blackwater. 12.00 My Brilliant Friend. 1.25 My Brilliant Friend. 2.35 My Brilliant Friend. 3.30 Ancient Invisible Cities. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Live At The Chapel: Birds Of Tokyo. (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 Scrublands. (MA15+) 10.00 Freddy And The Eighth. (M) 11.00 9News Late. 11.30 The Equalizer. 12.15 Tipping Point. 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 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Gogglebox Australia. 8.30 Elsbeth. (M) 9.30 NCIS: Hawaii. (M) 10.30 News. 10.55 Believer's Voice Of Victory. 4.30 ACA. 1.00 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 1.00 Miniseriess: Best Interests. 2.00 Grand Designs Transformations. 2.55 Nigella's Cook, Eat, Repeat. 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. 9.15 Grand Designs Revisited. 10.05 The Role Of A Lifetime. 10.55 News. 11.10 The Business. 11.25 Darby And Joan. 12.15 Grand Designs. 1.00 Late Programs.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.00 Where Are You Really From? 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. 7.30 Finding Your Roots. 8.30 Super Ships: A Revolution At Sea. 9.35 Boiling Point. 10.45 SBS News. 11.15 Breaking Point. 12.05 Blackport. 1.00 Blackport. 1.45 Blackport. 2.45 Earth's Natural Wonders. 4.00 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Within These Walls. (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 Dogs Behaving (Very) Badly. (PG) 8.30 Britain's Got Talent. (PG) 9.45 The Amazing Race. (PG) 11.15 The Disappearance Of Gabby Petito. (M) 12.30 Damnation. (MA15+) 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Killer Vacation. (2018) 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 3. Brisbane Broncos v North Queensland Cowboys. 9.55 Thursday Night Knock Off. 10.40 9News Late. 11.10 Outback Opal Hunters. 12.05 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 Drew Barrymore. 7.00 Neighbours. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Ent. Tonight. 10.20 Australian Survivor. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Soccer. AFC 2026 FIFA World Cup qualifier. Third round. Australia v Indonesia. 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 Morning Programs. 1.00 Unforgotten. 2.00 Grand Designs Aust. 3.00 Nigella's Cook, Eat, Repeat. 3.30 Grand Designs. 4.15 Long Lost Family. 5.05 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.30 Under The Vines. 9.20 The Weekly. 9.50 Hard Quiz. 10.15 Spicks And Specks. 10.45 Guy Montgomery's Guy Mont Spelling Bee (N2) 11.35 News. 11.50 Grand Designs. 12.40 Long Lost Family. 1.25 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 1.45 Taekwondo. 1.50 Haka Warriors 2023. 2.00 Saving Lives At Sea. 3.00 Nula. 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. 7.30 James May: Our Man In Italy. 8.30 Tony Robinson's Marvellous Machines. 9.20 Mysteries Of The Ancient Dead. 10.15 SBS News. 10.45 A Body That Works. 11.45 The Role Of A Lifetime. 12.40 News. 2.35 Earth's Natural Wonders. 4.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Better Homes. 2.00 Suits L.A. (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Gardens. (M) 8.30 MOVIE: Notting Hill. (1999) (M) Hugh Grant, Julia Roberts, Rhys Ifans. 11.05 Suits L.A. (M) 12.00 The Graham Norton Show. (M) 1.05 Travel Oz. (PG) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Killer Vacation. (2018) 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 3. Brisbane Broncos v North Queensland Cowboys. 9.55 Golden Point. 10.45 MOVIE: American Assassin. (2017) (MA15+) 12.45 Tipping Point. 1.30 TV Shop. 4.00 Shopping. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Drew Barrymore. 7.00 Freshly Picked. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Soccer. AFC 2026 FIFA World Cup qualifier. Third round. Australia v Indonesia. 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Death In Paradise. 1.25 Darby And Joan. 2.15 Under The Vines. 2.45 Extraordinary Escapes. (PG) 3.00 The Role Of A Lifetime. 4.35 The Platypus Guardian. 5.30 Great Expectations: Karta The Orang-Utan's Story. 6.00 Landline. 6.30 Back Roads. (PG) 7.00 News. 7.30 Dea In Paradise. (M) 8.30 Vera. (M) 10.00 Unforgotten. (M) 10.50 Boat Story. (MA15+) 11.50 Rage. (MA15+) 5.00 Rage.	6.00 Morning Programs. 12.30 BBC News At Ten. 1.00 Motor Racing. Hi-Tec Oils Race Tasmania. Day 1. 5.00 ABC World News Tonight. 5.30 War Miners: Covert Missions Beneath Arras. 6.30 News. 7.30 The Wonders Of Europe. 8.30 Blenheim: The People Behind The Palace. 9.25 Ray Martin: The Last Goodbye. 10.25 Cycling. UCI World Tour. Milan-San Remo. 3.30 Earth's Natural Wonders. 4.35 Bamay. 5.15 France 24 Feature. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 9.00 Morning Show. 12.00 Horse Racing. Golden Slipper Day and William Reid Stakes Day. 5.30 News. 5.30 Border Security. (PG) 7.00 Seven News. 7.30 700 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: Gladiator. (2000) (M) 10.40 MOVIE: The Pope's Exorcist. (2023) (MA15+) 12.55 We Interrupt This Broadcast. (PG) 2.00 TBA. 4.00 It's Academic. 5.00 My Greek Odyssey. (PG)	6.00 Morning Programs. 10.30 Surfing Aust. 12.30 My Way. 1.00 Let's Eat With George. 1.30 Hybrid Horizons. 2.00 The Pet Rescuers. 2.30 Bondi Vet. 3.30 Under The Vines. 3.00 Frugal Foodies. 4.00 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: Muriel's Wedding. (1994) 10.40 MOVIE: Red Dog: True Blue. (2016) 12.20 Bondi Vet. 1.00 Pointless. 12.55 We Interrupt This Broadcast. (PG) 2.00 TBA. 4.00 It's Academic. 5.00 My Greek Odyssey. (PG)	6.00 Morning Programs. 10.30 Australian Survivor. 11.40 GCBC. 12.00 Australia By Design: Architecture. 12.30 Intrepid Adventures. 1.00 10 Minute Kitchen. 1.30 Frugal Foodies. 2.00 Silvia's Italian Masterclass. 3.50 A Life In Ten Pictures. 4.40 Pol's Kitchen. 5.10 30 Roads Less Travelled. 4.00 My Market Kitchen. 4.30 GCBC. 5.00 News. 6.30 Dog House. 7.30 Love It Or List It Australia. 8.30 Gogglebox Aust. 9.30 Matlock. 10.30 Elsbeth. 11.30 FBI. 12.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 1.30 Gardening Aust. 2.30 Monty Don's French Gardens. 3.30 Sue Perkins' Big Adventure: Paris To Istanbul. 4.15 Extraordinary Escapes: Christmas Special. 5.05 A Dog's World With Tony Armstrong. 6.00 Antiques Roadshow. 7.00 News. 7.30 Darby And Joan. 8.15 Unforgotten. 9.05 Boat Story. 10.05 MOVIE: Irresistible. (2006) 11.45 You Can't Ask That. 12.15 Rage. 2.55 How Close. 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 6. 4.00 Beach Volleyball. Australian Beach Volleyball Tour. Men's and women's championships. 6.00 Grand Tours Of Scotland's Rivers. 6.30 News. 7.35 Ancient Greece By Train. 8.30 Skin In The Game. 9.40 King Tut: Allies And Enemies. 10.40 Franklin. 12.25 The Burnt Half. 1.50 Britain's Great Outdoors. 2.20 Rage Closer. 3.00 Ask The Doctor. 3.30 Destination Flavour China Bitesize. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 9.00 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 Seven News. 7.00 Australian Idol. (PG) 8.40 7NEWS Spotlight. 9.40 The Hunters: Mr Cruel. (M) 11.10 Autopsy USA. (M) 12.00 The Bay. (M) 1.10 Travel Oz. (PG) 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 3. Parramatta Eels v Canterbury Bulldogs. 6.00 NBN News. 7.00 News. 7.30 4x4 Adventures. 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 GCBC. 9.00 Freshly Picked. 9.30 Loving Judice Free. 10.00 Buy To Build. 10.30 Are You RV Safe? 11.00 4x4 Adventures. 12.00 Australian Survivor. 1.30 Cook With Luke. 2.00 Everyday Gourmet. 2.30 TBA. 4.30 GCBC. 5.00 News. 6.00 Sunday Project. 7.00 Australian Survivor. (PG) 8.30 Matlock. (PG) 9.30 FBI. (M) 11.30 Sunday Project. 12.30 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Grand Designs Aust. 3.00 Nigella's Cook, Eat, Repeat. 3.30 Grand Designs Revisited. 4.15 Long Lost Family. 5.05 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 The Weekly. 12.10 Grand Designs Revisited. 1.00 Long Lost Family. 1.50 Rage. 3.40 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 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. 11.50 The Night Manager. 12.55 The Night Manager. 2.05 Earth's Natural Wonders. 3.10 How To Get Fit Fast. 4.05 Bamay. 4.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.45 Surveillance Aust. 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) 8.30 9-11: Lone Star. (M) 9.30 Suits L.A. (M) 10.30 The Agenda Setters. 11.30 St. Denis Medical. 12.00 We Interrupt This Broadcast. 1.00 Harry's Practice. 1.30 Travel Oz. 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 Married At First Sight. 1.45 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. 9.00 100% Footy. 10.00 9News Late. 10.30 The Prison Confessions Of Gypsy-Rose Blanchard. 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 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Ent. Tonight. 10.15 Australian Survivor. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 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) 8.45 Sam Pang Tonight. (M) 9.45 The Project. 10.10 The Project. 11.10 Stephen Colbert. (PG) 12.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Parliament. 2.55 Nigella's Cook, Eat, Repeat. 3.25 Grand Designs Revisited. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 Budget 2025: The Treasurer's Speech. 8.00 Budget 2025: A 730 Special. 8.30 Insiders: Budget Night Special. 9.30 The School That Tried To End Racism. 10.30 The ABC Of. 11.05 News. 11.20 The Business: Budget Special. 11.45 Four Corners. 12.35 Late Programs.	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. 7.30 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Guillaume's Paris. 11.00 Prisoner. 12.10 Illegals. 1.20 Illegals. 2.15 Earth's Natural Wonders. 3.20 How To Get Fit Fast. 4.15 Bamay. 4.50 Destination Flavour China Bitesize. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.10 Surveillance Aust. 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) 8.30 9-11: Lone Star. (M) 9.30 Suits L.A. (M) 10.30 The Agenda Setters. 11.30 St. Denis Medical. 12.00 MOVIE: Cruel Instruction. (2022) 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. 9.00 100% Footy. 10.00 9News Late. 10.30 The Prison Confessions Of Gypsy-Rose Blanchard. 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 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Ent. Tonight. 10.15 Australian Survivor. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 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 The Project. 9.30 NCIS. 10.30 NCIS. 11.05 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.

March 26 - April 1

	ABCTV	SBS	SEVEN	NBN	TEN	
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Back Roads. 3.30 Grand Designs Revisited. 4.15 Long Lost Family. 5.05 A Bite To Eat. 5.35 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 The Weekly. 9.00 Melbourne Comedy Festival Gala. 11.00 News. 11.15 The Business. 11.35 Aunty Donna's Coffee Cafe. 12.30 Parliament. 1.30 Grand Designs Revisited. 2.15 Long Lost Family. 3.05 Rage. 3.35 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 10.50 Soccer. 2026 FIFA World Cup CONMEBOL Qualifier. Argentina v Brazil. 1.00 PBS News. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.05 Every Family Has A Secret. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 9.40 Rogue Heroes. 10.50 SBS News. 11.20 Blackwater. 12.30 My Brilliant Friend. 3.55 Earth's Natural Wonders. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Fallen Angels Murder Club: Friends To Die For. (2022) 3.00 The Chase. 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) 10.30 Unflinched. (PG) 10.40 Ari Barker: Comes Clean. (M) 11.10 Australia's Next Great Talent. (PG) 11.40 The Huntling Party. (M) 12.30 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 Scrublands. (MA15+) 10.00 Freddy And The Eighth. (M) 11.00 9News Late. 11.30 The Equalizer. 12.15 Tipping Point. 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 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 The Dog House Australia. (PG) 8.30 Elsbeth. (PG) 9.30 NCIS: Hawaii. (M) 10.25 News. 10.50 The Project. 11.55 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.	
THURSDAY	6.00 Morning Programs. 1.00 Miniseriess: Best Interests. 2.00 Parliament. 3.00 Back Roads. 3.30 Grand Designs Revisited. 4.15 Long Lost Family. 5.05 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. 9.15 Grand Designs Revisited. 10.05 The Role Of A Lifetime. 10.55 News. 11.10 The Business. 11.20 Darby And Joan. 12.15 Grand Designs Revisited. 1.40 Parliament. 1.45 Late Programs.	6.00 Morning Programs. 1.55 Alone Australia. 3.00 Where Are You Really From? 3.30 The Cook Up. 4.00 Every Family Has A Secret. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Finding Your Roots. 8.30 Celine Dion: A Star Is Born. 9.35 Virdee. 10.40 SBS News. 11.10 Breaking Point. 12.00 Blinded. 12.55 Blinded. 1.45 Elizabeth. 3.25 Hugh's Wild West. 4.20 Bamay. 4.50 Destination Flavour China Bitesize. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Fallen Angels Murder Club: Heroes And Felons. (2022) 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: Green Book. (2018) (M) Viggo Mortensen, Mahershala Ali, Linda Cardellini. 11.15 The Americas. (PG) 12.15 We Interrupt This Broadcast. (PG) 1.15 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: Romantic Rewrite. (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 4. Dolphins v Brisbane Broncos. 9.55 Golden Point. 10.45 MOVIE: Assault On Precinct 13. (2005) (MA15+) 12.45 Tipping Point. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 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 Sam Pang Tonight. (M) 8.30 The Graham Norton Show. (M) 9.40 The Graham Norton Show. (PG) 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping.	
FRIDAY	6.00 Rage Charts. 6.55 Rage Closer. 7.00 Wknd Brekky. 9.00 Rage. 11.55 Rage Closer. 12.00 News. 12.30 Death In Paradise. 1.25 Darby And Joan. 2.15 Under The Vines. 2.45 Extraordinary Escapes. Christmas Special. 3.50 A Life In Ten Pictures. 4.40 Poh's Kitchen. 5.10 Landline. 5.40 Aust Story. 6.10 Father And Daughter. 7.00 News. 7.30 Death In Paradise. (M) 8.30 Vera. (M) 10.50 Unforgotten. (M) 10.50 Boat Story. (MA15+) 11.50 Rage. (MA15+) 5.00 Rage.	6.00 Morning Programs. 2.00 Motor Racing. World Rally-Raid Championship. Round 2. Abu Dhabi Desert Challenge. Highlights. 3.00 Athletics. World Indoor Championships. Day 1. Highlights. 4.00 Heroines. 4.30 Mental As Everything. 5.30 WWII War Machine. 6.30 News. 7.30 The Wonders Of Europe. 8.30 Blenheim: The People Behind The Palace. 9.25 Searching For Italy. 10.15 Great Coastal Railway Journeys. 11.15 All Those Things We Never Said. 11.50 All Those Things We Never Said. 1.05 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 9.00 Morning Show. 12.00 Horse Racing. Stakes Day and Australian Cup Day. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Athletics. Maurie Plant Meet. 9.00 MOVIE: Apollo 13. (1995) (PG) Tom Hanks, Bill Paxton, Kevin Bacon. 11.50 Movie: Interpol. (PG) 12.40 We Interrupt This Broadcast. (PG) 1.15 Travel Oz. (PG) 2.00 TBA. 4.00 Harry's Practice. 2.00 To Be Advised. 4.00 It's Academic. 5.00 My Greek Odyssey. (PG)	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 Mr Mayor. 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) 12.40 Bondi Vet. 1.30 Hybrid Horizons. 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. 10.30 Australian Survivor. 11.45 GCBC. 12.00 Australia By Design: Architecture. 12.30 Intrepid Adventures. 1.00 10 Minute Kitchen. 1.30 Frugal Foodie. 2.00 Silvia's Italian Masterclass. 3.30 Taste Of Aus: BBQ. 3.00 What's Up Down Under. 3.30 Farm To Fork. 4.00 My Market Kitchen. 4.30 GCBC. 5.00 News. 6.30 Dog House Aust. 7.30 Love It Or List It Australia. 8.30 Gogglebox Aust. 9.30 Matlock. 10.30 Elsbeth. 11.30 FBI. 12.30 Shopping. 5.00 Hour Of Power.	
SATURDAY	6.00 Morning Programs. 1.00 Offiders. 10.30 World This Week. 11.00 Compass. 1.30 Pralse. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Monty Don's French Gardens. 3.30 Sue Perkins' Big Adventure: Paris To Istanbul. 4.15 Extraordinary Escapes: Christmas Special. 5.05 A Dog's World With Tony Armstrong. 6.00 Antiques Roadshow. 7.00 News. 7.30 Darby And Joan. 8.15 Unforgotten. 9.05 Boat Story. 10.05 MOVIE: Irresistible. (2006) 11.45 You Can't Ask That. 12.05 Rage. 2.55 How Close. 3.00 Ask The Doctor. 3.30 Outback Ringer. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Athletics. World Indoor Championships. Day 2. Highlights. 4.00 Athletics. World Indoor Championships. Day 2. Highlights. 5.00 Heroes. 5.30 WWII War Machine. 6.30 News. 7.30 Rebuilding Notre Dame Cathedral Pt 2. 8.24 Notre Dame: The Renaissance Concert. 10.40 Windsor Castle Fire: The Untold Story. 11.40 Cycling. UCI World Tour. Gent-Wevelgem. Men's race. 2.45 Cycling. UCI World Tour. Gent-Wevelgem. Women's race. 4.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 9.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 Air Crash Inc. Accident Files. 3.30 Border Security. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 Australian Idol. (PG) 8.00 The Hunters. 10.10 Tableids On Trial. (M) 11.40 Pembrokeshire Murders: Catching The Gameshow Killer. (M) 12.40 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. 10.00 Wide World Of Sports. 11.00 NRL Sunday Footy Show. 1.00 Fish Forever. 1.30 Drive TV: Driven By Of The Year. 2.30 Oz Off Road. 3.00 Rugby League. NRL. Round 4. Manly Sea Eagles v Parramatta Eels. 6.00 NBN News. 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 Oz Off Road TV. 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 Morning Programs. 8.00 The Yes Experiment. 8.30 GCBC. 9.00 Freshly Picked. 9.30 Loving Gluten Free. 10.00 Farm To Fork. 10.30 Are You RV Safe? 11.00 My Market Kitchen. 11.30 Buy To Build. 12.00 Australian Survivor. 12.30 Cook With Luke. 2.00 Everyday Gourmet. 2.30 4x4 Adventures. 3.30 Expedition Cape York and Torres Strait. 4.00 All 4 Adventure. 5.00 News. 6.00 Sunday Project. 7.00 Australian Survivor. 8.30 Matlock. 9.30 FBI. 11.30 Sunday Shopping. 12.30 Shopping. 4.30 CBS Morning.	
SUNDAY	6.00 News. 9.00 News. 10.00 Vera. 11.30 Creative Types. 12.00 News. 1.00 Landline. 2.00 Grand Designs Aust. 2.55 Back Roads. 3.25 Grand Designs. 4.10 Long Lost Family. 5.00 A Bite To Eat. 5.25 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. (PG) 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 The Weekly. 11.40 Home Delivery. 12.10 Grand Designs. 12.55 Long Lost Family. 1.45 Rage. 3.05 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 Plat Du Tour. 3.40 The Cook Up. 4.10 Lost Treasures Of Ancient Rome. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Lisbon With Michael Portillo. 8.25 Pompeii: The New Dig. 9.30 24 Hours In Emergency. 10.30 SBS News. 11.00 Syndrome E. 12.05 The Night Manager. 1.10 The Night Manager. 2.20 Australia Uncovered: Our African Roots. 3.20 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.40 Surveillance Oz: Dashcam. 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) 8.30 9+1: Lone Star. 11.30 Suits L.A. (M) 10.30 The Agenda Setters. 11.30 St. Denis Medical. 12.00 We Interrupt This Broadcast. 1.00 Travel Oz. 1.30 Harry's Practice. 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. 1.45 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. 9.00 100% Footy. (M) 10.00 9News Late. 10.30 The Prison Confessions Of Gypsy-Rose Blanchard. (M) 11.30 Police After Dark. 12.30 Tipping Point. 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 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. 8.40 Sam Pang Tonight. (M) 9.40 Taskmaster Australia. (PG) 10.50 News. 11.15 The Project. 12.15 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	
MONDAY	6.00 Morning Programs. 1.00 Call The Midwife. 1.55 Grand Designs Aust. 2.55 Back Roads. 3.20 Grand Designs. 4.10 Long Lost Family. 4.55 A Bite To Eat. 5.25 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Creative Types. 9.00 Pandling The Archibald. 10.05 The ABC Of... 10.35 News. 10.50 The Business. 11.05 Four Corners. 11.55 Media Watch. 12.10 Q+A. 1.15 Grand Designs. 2.00 Long Lost Family. 2.50 Rage. 3.40 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Saving Lives At Sea. 3.05 The Weekly Football Wrap. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Lost Treasures Of Ancient Rome. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Lisbon With Michael Portillo. 8.25 Pompeii: The New Dig. 9.30 24 Hours In Emergency. 10.30 SBS News. 11.00 Syndrome E. 12.05 The Night Manager. 1.10 The Night Manager. 2.20 Australia Uncovered: Our African Roots. 3.20 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.00 Motorway Patrol. 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) 8.30 9+1: Lone Star. 11.30 Suits L.A. (M) 10.30 The Agenda Setters. 11.30 St. Denis Medical. 12.00 We Interrupt This Broadcast. 1.00 Travel Oz. 1.30 Harry's Practice. 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 Travel Guides. (PG) 8.40 60 Minutes. 9.40 Wild Cards. (M) 10.40 9News Late. 11.10 The Equalizer. (M) 12.00 Next Stop. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Building Ideas. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Ent. Tonight. 10.30 Australian Survivor. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. 8.40 Sam Pang Tonight. (M) 9.40 Taskmaster Australia. (PG) 10.50 News. 11.15 The Project. 12.15 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	
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Local Calendar

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

March

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

Sat 29 March to 27 April - The Forster Art Prize
10am - 4pm daily at Forster Gallery, 34 Lake St Forster.

Sun 30 March - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall. Enquiries:
Jennifer Doyle 0401 968 516

April

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

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

Sun 6 April - Black Head Bazaar Market
8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures.
www.facebook.com/blackheadbazaar

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

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

What's on around town & beyond!

LGBTQIA+ Community News & Picnic



Above: Getting ready for the Mardi Gras to begin. Photo by Lianne Viera Photography.

On 1st March 2025, 80 local LGBTQIA+ people travelled from across the Mid North Coast to join the 47th Sydney Mardi Gras extravaganza which attracted more than 200,000 people to celebrate and embrace human and cultural diversity.

Jeni Monks, local LGBTQIA+ advocate, said 'Our local Mid North Coast float acknowledged our history and honoured the brave activists who stood up against discrimination at the very first Mardi Gras in 1978. That original protest march was met with police violence, yet this courageous act reignited the fight for LGBTQIA+ rights in Australia.' They went on to further explain that, 'Since 1978 the progress made towards equal rights has seen increased

social acceptance resulting in less discrimination and improved mental health. However, much more work is needed, particularly in fostering community inclusion and reducing social isolation for regional people.'

Forster Rainbow Pride formed in 2024 after securing a funding grant from ACON (NSW community organisation) to build a strong, inclusive and diverse local community. Since then,

Right: Mid North Coast float marching at the Parade. Photo by Leigh Lamey from GlitterBug Photography.

our Facebook Group has grown to nearly 150 members. Creating fun, safe and relaxed social gatherings designed to help build supportive community spaces for members to meet new friends. Brad Bower, Acting Director of Regional Services said 'ACON is here to support initiatives across regional New South Wales build inclusive and diverse communities and spaces.'

Rainbow Picnic – 30 March

Forster Rainbow Pride volunteers organise socially engaging local activities. Trans Day of Visibility (31st March) is an annual international celebration of trans pride and gender diverse experiences and achievements. We would love you to join us for our next event on Sunday, 30th March 2025 for our Rainbow Picnic.

For more information, join our Facebook Group - Forster Rainbow Pride or Contact Jeni 0414 296 859. To stay up to date with our latest events, please join our mailing list: forsterrainbowpride@gmail.com.



FORSTER GALLERY

Great Lakes

TUNCURRY MARKETS
John Wright Park
Saturday 22 Mar
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Bookings Essential
Enquiries 0417 400 994

GROUP FARM STAY
Kings Creek Rd Krambach

KINGS CREEK RETREAT
EST 2012
Hens Weekend ~ Family Reunion
NDIS Respite ~ Special Occasion
kingscreekretreat.com.au

Forster Tuncurry Uniting Church
Garage Sale-Tuncurry Church
Cnr Bent and South St
22nd March 2025
8am to 12 noon

Proceeds to Operation Christmas Child

THE FORSTER ART PRIZE 2025
29 March – 27 April

Forster Gallery
34 Lake St, Forster, 10am – 4pm daily
www.forstergallery.org

Tanya THOMPSON MP
Member for Murrumbidgee

Ken Richards & Family

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BNM Beaver Novello Moss

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'Out and About'

112th NABIA Show on 8 March 2025. Hosted by the Wallamba District Horticultural & Agricultural Association.



Right & below right: Winning chickens displaying their ribbons. Photos by Mary Yule.



Above: Wallamba & District H & A members and guests - (L-R) Jeremy Miller (Deputy Mayor), Mark Farley, Warren Gregory, Sylvia Styles, Judy Farley, Lyn Reid, Alison Penfold (Nationals Representative) and Jean Paterson.



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Mixed bag and Feedback

Letters to the Editor

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

Balanced Health Districts?

How unfortunate we are to live in the Hunter New England Health District, if you look up the map of this area it contains THIRTY-EIGHT public hospitals.

We say we live and love living on the Mid North Coast so why aren't we part of the Mid North Coast Health District which, you will see on the map of that area, contains SEVEN public hospitals.

The comparison between either Port Macquarie or Coffs Harbour Hospital (in the Mid North Coast Health District) with the Manning Base Hospital are poles apart. No wonder!

Where is the budgeting or common sense in the New South Wales Health Department if they think that this is a balanced health system?

Patsi Sladen – Forster

www.health.nsw.gov.au/lhd/Pages/hnelhd.aspx



NSW Legislative Assembly

Should the Hunter New England Local Health District be split into two separate districts?

The Committee on Community Services has announced a new inquiry into the Health Services Amendment (Splitting of the Hunter New England Health District) Bill 2025.

The Bill proposes splitting the Hunter New England Local Health District into two separate districts to improve health services.

The Committee wants to hear from you!

Submissions close on Thursday 17 April 2025.

For more information and to lodge your submission, please visit: www.loom.ly/MVKjJaY

Book Review



Hudson Fysh

John King - Librarian

There are official histories of QANTAS. While Grantlee Kieza's book Hudson Fysh necessarily covers similar ground, it is a biography which starts with Fysh' early life and wartime experiences. It shows the tensions in fighting to establish an airline and the demands of a family. Fysh never sought money for himself and despite his wife's urging never did purchase a house in Sydney where QANTAS' headquarters became – though he did buy one in Longreach, where the airline started, losing money on it. Indeed, at his death at the age of 79 in 1974, probate was only \$95,817.

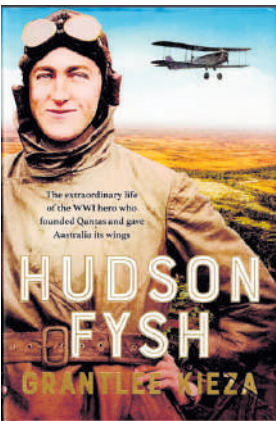
Yet Fysh was key to managing QANTAS' finances. McGinness, his pilot in WW1 where Fysh was his observer, provided the flair and inspiration. McMaster, a wealthy grazier from the Cloncurry area, was vital in providing political and business contacts. These early years were especially hazardous where the airline's survival was very problematic, and indeed many crashes in competitors undermined public confidence. It is here where the strength of the book lies in covering the quite horrendous trials QANTAS suffered, the measures Fysh, McGinness and McMaster took to raise funds and seek government support which it finally did through subsidising airmail. Baird was his engineer without whom there would have been no aircraft to fly given the unreliability of the engines requiring driving out to fix them and frequent crashes requiring rebuilding the aircraft.

Some of the surprising aspects are that up to WW2, biplanes formed the core of the QANTAS fleet including four engine ones when they finally expanded into overseas flights linking up with the British Imperial Airways, to form Qantas Empire Airways. It was not until 1934 that the US developed the first single wing

aluminium body passenger aircraft, the DC2, with good range and speed. As the forerunner of the DC3 it was the first recognisably "modern" aircraft. QANTAS' fleet of Short Sunderland flying boats followed by Catalinas – the very secret "Double Sunrise" flights from Australia to Ceylon were a major step up. QANTAS did fly DC3s but not until Christmas 1945 did the QANTAS Board approve the purchase of the streamlined long range Lockheed Constellation.

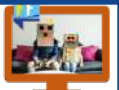
Fysh continued to manage QANTAS' development with the introduction of the Boeing 707s and then the 747s but came more and more into conflict with his Board. The ethos had changed from being people oriented to a money-making business. Of course, money and investment in new aircraft were always key to the airline's future. One wonders, however, what Fysh would have made of the recent decisions to outsource key operational functions. He always stood up for his chief engineer, Baird, against all criticisms, recognising the absolutely critical contributions he made to keep aircraft flying. Has QANTAS now tarnished its Australian image and public support?

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



www.moir.com.au

Screen Reviews



TV Show Reviews by Leon Batman

Star Trek - Section 31, Science Fiction released 2025 on Prime

Section 31 is a movie from the long running Star Trek franchise. Section 31 is the secret service of Starfleet protecting the United Federation of Planets and Emperor must face the sins of her past.

I must admit I was eagerly awaiting the release of this movie as I have been a "Trekkie" for many years but unfortunately this was a sad disappointment. I found the storyline hard to follow and nearly switched it off halfway through viewing. I just hope this is not the way future Star Trek production will follow.



Reacher - Season 3, released February 2025 on Prime

Jack Reacher is back. Season 3 starts with Reacher as drifter who ends up working undercover for government drug agency and through a staged murder and attempted abduction Reacher gains employment with drug cartel the drug agency is after. Although I only watched the first 2 episodes of Season 3, I have no hesitation in recommending Reacher Season 3. The plot and action sciences are fantastic.

American Rust - Police Drama, 2 seasons, released 2021 on Stan

American Rust is set in the rust belt of Pennsylvania where the dreams of many families have been lost. There are many storylines in this intriguing show which centres around Police Chief Del Harris.

As the show proceeds through each episode you realise that not only is the police chief crooked but so is the whole police force. Every storyline is full corruption including murders and a Fracking Company forging water certificates so they can continue fracking. An excellent exciting show where you don't know who is going to be killed next or who is going to be found corrupt.



Club Forster representatives at Julie Brady's Farewell. See page 10.

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FORSTER LOCAL ABORIGINAL LAND COUNCIL (FLALC) ABN 42 286 760 787 10 BRECKEN RIDGE STREET FORSTER NSW 2428 PO BOX 384 FORSTER NSW 2428 PHONE 02 6555 5411 FAX 02 6555 6757 EMAIL: ceo@forsterlalc.org.au

FORSTER LOCAL ABORIGINAL LAND COUNCIL (FLALC) NOTICE OF ANNUAL GENERAL MEMBERS MEETING

Notice is hereby given of the Annual General Meeting of the Forster LALC

DATE: 8th April 2025 TIME: 10:00 am VENUE: FLALC Building, 10 Breckenridge St, Forster

AGENDA

1. WELCOME
 2. APOLOGIES
 3. PREVIOUS MINUTES
 4. 10:15am At the meeting members will be asked to approve or not approve the following land dealings.
 - i. Forster Local Aboriginal Land Council (FLALC) granting a lease of part Lot 430DP 753168 be 68a Macintosh St, Forster, known as the 'Tobwabba Medical Centre Building' (Property) to Tobwabba Aboriginal Medical Service Incorporated.
 - ii. FLALC registering a positive covenant for the onsite stormwater detention system (rain garden) on the property. The terms and conditions of the lease and positive covenant will be available for viewing by members at the meeting.
 5. 10:45am Approval of the Forster LALC Community Land and Business Plan (CLBP) 2024-2029 and amendments to the Community Benefits Scheme (CBS)
 6. 11:00am New members applications.
 7. MEETING CLOSE
- Authorised: Natalie Ridgeway, Chairperson Forster LALC
All enquiries about this meeting should be directed to the Forster LALC Office during business hours.

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In Memoriam

Joy Rita Ivanoff

5th March 1929 27th February 2025 Aged 95 years

Late of Forster. Beloved Wife, Mother, Grandmother and Friend. 'Forever in our hearts'

A funeral service, prior to interment at the Tuncurry Lawn Cemetery has taken place.

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Community News

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Page 18

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: vvaglforster@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

Girl Guides Forster Tuncurry

Mondays 5:15pm - 7pm school terms. Ages
7yrs+. Fun, friends, adventure. 2 free visits. 34A
Lake St Forster. Enquiries 0403 131 810

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
Girl Guides Hall - Opp Council Playing Fields
Lake St, Forster 1300 222 222

Alcoholics Anonymous

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

One Mile Beach Dunecare

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

Hallidays Point Men's Shed

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

Dementia Information 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 Jacqui Costello
0410 662 671

Knit and Knatter

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

Forster Keys Progress Association

Dad's Army/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: vvaglforster@gmail.com

Community News

www.forsterfortnightly.com.au

Page 19

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.



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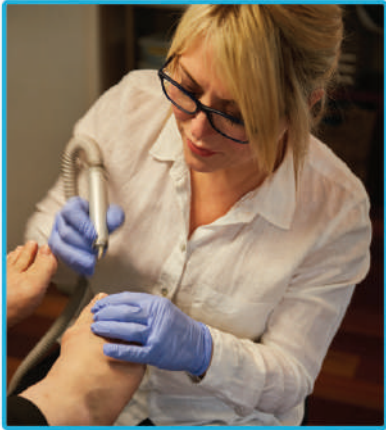
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Mid Coast Community Donations

Eligible organisations can apply for
up to \$2,000 to support community

development and capacity-building
projects. Apply by Sunday 30 March.

For more information on the four types of
funding, please visit:

www.midcoast.nsw.gov.au/Community/
Community-support-and-statistics/Grants-
and-funding/Community-Donations-
program?mc_cid=84616b759e&mc_
eid=9aaeb6bebb



Star Pet

Name: Shadow

Age: 6 months

Breed: Papillon

Likes: People,

especially to jump on

when they are lying

down on the beach.

He has so much energy

and runs in mad

circles round those he

especially knows and

loves. He chases the

bush turkeys though it

is doubtful if he would

know what to do if he

caught one! A pig's

ear will keep him quiet

for a whole morning

– hurray!

Dislikes: Training.

Shadow is still not

properly trained –

but is that him or his

trainers?

Claim to Fame:

Shadow has found a friend around the corner and the two of them run up and

down on each side of the fence. He is a real character. Yip Yip. In a word – spoilt.



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

Our Local Wildlife

Continued from p 4.

tail and a more prominent nose - otherwise
sexes are similar. They are the only short-
necked turtle found in the Manning Valley.

Unlike other fresh water turtles the Manning
River Helmeted Turtle does not travel far away
from water. During the day it can often be seen
basking on logs, rocks or riverbanks near deep
pools.

They are omnivores and need clean clear fast-
flowing river and stream conditions to both
hunt macro-invertebrates and forage on aquatic
vegetation and the occasional terrestrial fruit.
As slow movers they are unable to catch fast-
moving prey such as fish.

The Manning River Helmeted Turtles are known
to breed during February to April following
good spring rains. Nests are about 30 cm in
diameter and are laid on gravel and sandy
banks close to water. Up to 23 eggs will be laid
with hatching occurring between 6 to 8 weeks
after. They are believed to be slow growing
(only 2mm over a 19 month period dry period)
and to live to about 20 years but the age of
sexual maturity is not known.

Endangered status

Since March 2023, the Manning River Helmeted
Turtle has attracted both research and media
attention because of its now endangered
status. Its survival is critical to the health of
these rivers and streams and the Manning
River as a whole because of their vital role of
controlling aquatic vegetation and contributing
to the biodiversity of the ecosystems.

Successful captive breeding
program

However, a remarkable partnership to save
the species from extinction has developed
between Midcoast Council, Midcoast2 Tops
Landcare, Ozfish, the Australian Reptile Park,
Aussie Ark and the community based Manning
River Turtle Group. A successful captive
breeding programme with subsequent releases
of hatchlings by Aussie Ark has been a major
cause for celebration. But the populations are
still not secure with requests for help from
citizen scientists to contribute sightings through
the 1 Million Turtles Community Conservation's
App at: www.facebook.com/turtle.sat

Photo of Manning River Helmeted Turtle by
Aussie Ark.

The Emmerson Family

Anne Masters – Director/Volunteer of Great Lakes Museum

Albert Lars Emmerson was a Swede. He went to sea at the age of sixteen on Wind Jammers. He became a Cape Horner, that is he sailed around Cape Horn.

About 1900 he came to Australia on the ship "Hougoumont". He deserted at Newcastle having decided to make his new home in this new land. With a penalty of ten pounds (\$20) for deserting he decided to go bush so that he would not be found. He walked along most of the coastline between Sydney and Forster. Somewhere along the road to Forster he ran out of Australian coins. To get across the ferry he gave the ferryman a new shirt from his pack.

Albert became one of the early professional fishermen in the Wallis Lakes waters. Later he opened a general store in Wharf Street. He met and married Priscilla Thorpe Meyers. Priscilla had come to Forster from Coolooloolook where her father and brothers had been mining.

When work on the breakwater started they came to join the work force at Forster.

Albert and Priscilla lived in a house behind the Chamber of Commerce building which had been the first Post Office on the waterfront at Forster on Memorial Drive. Their daughter, Marie, tells the story that her mother had asked Mr. Miles, who owned the building,

to sell the house to her. He said she couldn't afford it but at her insistence he told her a price. The next day she gave him the money in cash.

Their shop was in Wharf Street close to the house and was well known, especially for making their famous health ice cream.

Priscilla was active in the community as well. She was a foundation member of the local Hospital Committee, belonged to the CWA, Forster Red Cross, Croquet Club and became Patroness of Forster Bowling Club.

Several of their 10 children remained at Forster. Lillian married Albert Emerton a fisherman. Marie married David Emerton, a fisherman.

Olaf was one of Forster's earliest surfboard riders. He fashioned his first surfboard from an old plank of wood and spent much of his time as a teenager conquering the local surf. He started his working life as a fisherman and later moved to Sydney. He became a Marine Engineer and then drove ferries on Sydney Harbour.

Carl worked in Sydney for some time but returned to Forster where he built a boat which he used to collect cream from the Butter Factory at Tuncurry from around the Lake and delivered groceries. He also ferried children to the Charlotte Bay School.

Forster Digital Photo Club

Keith Pascoe

February results for set competition "Altered Reality"

Merits: Scary by Janice Amato (also received Judges Choice) Butterfly Nature Book by Keith Pascoe, Neon Frangipani by Wanda Amos, Jungle Book by Dale Rabbett, Love by Michelle Alcorn, Repetitive Learning by Anna McKendry, Shell Light by Yvonne Moule, Dancing Daisy by Marguerite Lamb,

Credits: Underground Rush Hour by Wanda Amos, Flamboyant by Yvonne Moule, The Queue and Unwrapped by Helen Walker, Standing out in the Crowd and Darts as an Olympic Sport by Grahame Wilson, Time for Halloween by Keith Pascoe, New Waterlily by Marguerite Lamb, Colour my World by Anna McKendry, Old Timer with Adamski Effect and Sunset with Adamski Effect by Kevin Weir.

Results for Open Competition

Merits: Sunset by Janice Amato (also Judges Choice) Female King Parrot by Denise St Clair



Above: Scary by Janice Amato.

Dennis, Ignore this face by Anna McKendry, Subway in New Metro by Marguerite lamb.

Credits: Flashy Chap by Dale Rabbett, Dahlia with Bee by Yvonne Moule, Fortress in the Woods by Helen Walker, Seascape at Sunrise by Kevin Weir.

We also wish to congratulate Janice Amato on having received The Judges Choice Award for both the Set and Open competitions. A terrific achievement!

Left: Jungle Book by Dale Rabbett.



Albert and Priscilla's children (L-R) Lillian, Phylis, Albert, Olaf, Eunice, Marie, Rene, Hilma and Priscilla. 'Peter' is the only member of the generation missing, having died in a car crash in 1942.

Extract from 'The History of Forster, Tiona, Pacific Palms, Smiths Lake, Coomba, Bungwahl - Compiled by June Wright for Great Lakes Historical Society Ltd.

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

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Local Identity – Trish Wood

Interview by Vanda Gooley.

Patricia Wood (known as Trish), was born and brought up in Rhodesia, now known as Zimbabwe, the youngest daughter of a District Commissioner. Trish considered it to be a fantastic country to grow up in a wonderful scenery and wild animals and had a real magic about it. She was initially home schooled then began formal education at the age of six. The family moved every three or four years to a different town when Trish's father was transferred, and as there was not always a school locally, Trish and her sister went to boarding school, so learned to be independent at an early age. "In my lifetime I have gone from having no electricity or television, telephones using party lines and telephonists on switch boards, limited travel facilities to men travelling to the moon and beyond and all the technical mod cons that we have today."

Trish left school at seventeen after completing Matric. She travelled down to Durban in South Africa in 1970 to begin her General Registered Nurses training at Addington Hospital, right on the beach front, which had 1200 beds. Durban was a vibrant city, and although the trainees worked and studied hard and had a 48-hour working week with only one and a half days off per week, they still made time to have a lot of fun when off duty!

When Trish was eighteen, she met Eddie, at a Ladies Lounge, where she had gone with some friends. Trish and Eddie saw each other across the room and were immediately attracted to one another. "He has been the love of my life ever since." They went out together a few times over the next two weeks and then Eddie and his friend left Durban to go and explore Rhodesia ... so they had a long-distance relationship corresponding by letter for a year, saw each other in person once and then Eddie came back to Durban for another year and a half.

living and working in Widnes the town where Eddie was born and grew up.

Their original plan was to fly back to Zimbabwe to settle, but Eddie decided one night in 1976, after one of his training sessions with Widnes Professional Rugby League Club that he would like to play Rugby in Australia.

So began the lengthy process of filling in many application forms; medicals, X-Rays etc. Six months later they were on their way to Australia with a suitcase each. Two suitcases and Eddie's toolbox followed ten days later. Half a container with the rest of their belongings arrived three months later by sea after having been lost in transit somewhere in Australia. Eddie was very happy to be signed on with Old Bar.

Trish began working at Manning River District Hospital, where she made some lifelong friends. Three months after their arrival they received a message to say that Trish's father was dying in Zimbabwe. "The Bank Manager, Travel Agent, in fact everyone we came in contact with in Taree was marvellous in helping me to get a flight back to Zimbabwe to see my father in time." This was no easy feat, as sanctions were imposed on Zimbabwe by the British Prime Minister, Harold Wilson. There were only two flights to Johannesburg per week one of which Trish had already missed. She had to fly there first where she was met by her aunt with her ticket to fly onwards to Zimbabwe.

Unfortunately, Trish arrived twelve hours too late - her father had passed away. Trish spent six weeks with her mother to help her and then flew back to Taree. Everyone they met in Taree made a wonderful effort to make them feel welcome.

Eddie had trained as a diesel mechanic, but whilst Trish was away in Zimbabwe, he was offered a job at Ruffs Bakery by Sonny Rogers, fixing the trucks and machinery whilst the

mechanic was away on holiday. Sonny offered Eddie a position as a bread vendor, and he built up two runs which were sold. Sonny gave them a third run as their own, (refer to Forster Fortnightly Issue 116 for Eddie's life story).

In 1978 they welcomed their first baby daughter Katie - great excitement on her arrival. Eddie's mother died in England when Katie was three months old. Eddie flew back to see her and was able to spend time with her beforehand.

Trish and Eddie decided that Taree and the Manning Valley was a wonderful place to settle permanently with its beautiful mountains, rivers, state forests and beaches nearby.

They worked as a team on the bread run - Eddie doing the deliveries and Trish, the book work. This business was very successful as was their second business.

In 1982 they welcomed their second daughter Sarah - great excitement once again. Their first adventure as a family was winning a week's holiday to Lord Howe Island.

In 1984 they sold the bread run and flew back to England for three months to see their families - the first time for 15 years. Trish's mother used to visit them every two years from Zimbabwe before eventually coming to live with them in 1988 and was with them in Taree for 11 years.

On their return, Trish had planned to go back to nursing either at the Manning River District Hospital or the Mayo Private Hospital - but instead was asked to go and work at Mansfield's Pathology which she did for 12 years - the last six years as Practice Manager. During this time in 1985 Eddie saw an ad in the paper for mature aged students and began his nurses training at Manning Base Hospital.

In 1988, they were thrilled with the arrival of their son Patrick which completed their family.

In 1997 after a short break, Trish started back at Manning Base Hospital and worked in ICU and CCU and completed her ICU training. She worked there for 11 years with a wonderful group of caring people. Following that, Trish did her renal training and worked in the Nita Reid



Trish Wood

"One of our passions and dreams 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."

Elizabeth Lawler a friend and ex colleague of Trish Wood said this of Trish

I have known Trish since 1997 having met her in a professional setting in the Intensive Care Unit at the Manning Base Hospital. Trish was a competent, capable Critical Care Nurse and Midwife. She was an extremely dedicated, caring and trustworthy colleague.

Our solid working relationship developed into a strong personal and social friendship.

Trish, her husband and family are a lovely inclusive family. I have attended multiple functions that they generously host including Christmas work parties, birthdays, weddings and family celebrations. All of which were beautifully organised

and extremely warm and inclusive. I'm constantly surprised by the variety of people at the gatherings. Trish has the ability to include people of all ages and aspects of her life. She greets everyone personally and has the ability to make each person feel special and like they belong there.

Since retiring, despite her busy commitments supporting her children with childcare and pre and post school activities, Trish manages to support elderly acquaintances in the community helping relocate them to retirement facilities, spending time with them, taking them to lunch and even assisting with being a Primary Contact for one friend.

Trish has worked tirelessly for the betterment of the Taree community's Health Care Needs including health infrastructure, delivery of services and outcomes. She continues this as a committee member of The Manning Great Lakes Community Health Action Group.

On top of all her commitments Trish manages to support other community events e.g. handing out pamphlets and attending the Luminosity Youth Summit annually and very recently the Can Assist fundraiser by increasing awareness of the need to buy tickets and attend the event.

Trish Wood is one of the most caring, supportive people I know. She always avails herself to step in and lend a helping hand.

Dr Dan Connor, Anaesthetist at MBH, said this about Trish...

I have known Patricia Wood since 1997 when as the new Anaesthetist in town with an interest in Intensive Care medicine, I started providing services and support to the Manning Base Hospital (MBH) Intensive Care Unit (ICU) and there was Trish along with a myriad of other super talented nurses. Trish was reserved in an English sort of way, kind in a nursing sort of way and tough in a professional sort of way. A great combination for an ICU nurse in a regional hospital. It was long after this that a new MBH was being planned, and Trish and all the ICU nurses contributed to the design of the new ICU. It was around this time I met Eddie on one of his many daily visits to the ICU to "chat" to Trish. A true loving relationship and a real support.

It wasn't long after Trish started in ICU that I moved overseas for advanced training in Intensive Care. In 2001 I returned to the new ICU and as a team we built a high-quality workplace that was a joy to work in. Long days and nights, complex patients and amazing nurses allowed John Roberts and me the space we needed to develop as Intensivists, and the space that Trish and others needed to find their place in the complex care of these patients. Nursing care, medical care, emotional care, social care. The nurses exemplified the real meaning of "caring" and it was a pleasure to work alongside them. Trish still speaks of the happiness of the ICU environment and what I hope she doesn't forget is that she was a major contributor to that "vibe" that we all shared.

Renal Unit and in the Renal Unit in Manning Base Hospital. She finished her nursing career in Community Health as the Cardiac and Respiratory Hospital Liaison Nurse.

In 2010 Trish and Eddie were very proud to become Australian Citizens during the Australia Day ceremony on the riverbank in Taree in front of our family and friends.

They have known each other for 54 years and have been married for 50 years. They enjoy each other's company, both have a great sense of humour, have lots of laughs together, know each other's thoughts and have great discussions about all sorts of topics "I cannot imagine life without him. We are very involved with our children and their partners and our grandchildren who keep us very active and grounded and up to date with what is going on in the world."

On retiring in 2013 they had 3-month trip exploring Dubai, Europe, UK, India and Kathmandu, which was fascinating. On their return to celebrate their 40th Wedding Anniversary they renewed their Wedding Vows at Harry's Lookout in Port Macquarie with their family.

There are still lots of places they would like to visit, and hope that they can continue to be fit and active and able to do so.



Eddie and Trish on their 40th wedding anniversary.

Other highlights have been hot air ballooning to celebrate their 30th Wedding Anniversary, helicopter rides, taking their children overseas, this time with all of them, for the second time to UK and Paris, and visiting China for their 35th Wedding anniversary to see the Great Wall of China and the Terracotta Warriors

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

Jake wins 10km at Port Runfest



Above: Jake Myors in the 10km.

Dave Hughes

The weekend commencing the 1st of March saw the start of the 2025 running season. Nearly 3,000 runners descended on the beautiful coastal town of Port Macquarie. The event offers various distances including 3km, 5km, 10km, 21.1km (half marathon) and for those looking for an extra challenge there is the treble (this incorporates the half marathon, the 10k and the 5k). The weather was warm and humid, and fortunately the rain held off until after the event.

Saturday set the scene for the weekend with the running of the 3km races. Forster junior Zane Fletcher triumphed in this event with first place in 10m 21s. His older brother Liam came 5th in 11m 25s. Liam recently was chosen to represent his school in a 16 day "Cross Country Tour of America". This is a just reward for several years of consistent running. Younger brother Jack managed a time of 15m 12s.

Sunday commenced at 7am with the running of the half marathon. The



winner was Matthew Cox in the stunning time of 1h 9m. The female winner was Olivia Wiemer in 1h 20m.

Left: Nat Baker in the half.

Local running club Forster Runners provided some outstanding results. Aaron Eichner continued on from his 2024 stellar season with an age group 6th finish and overall 10th out of 974 runners in the half. Other participants from Forster Runners included (age group) Brock Jaego 5th, Josh Moody 9th, Nick Fell 11th, Robbie Clifton 23rd, Brent Morgan 52nd. Lindy McDonell was first in her age group and consistently finds herself on the podium in most country races. Nat Baker was 7th and qualified in group two for the upcoming UTA 50km race in the Blue Mountains.

Forster Runners had two entrants in the 10km event. Once again Jake Myors dominated this event with a first place in 32m 14s. Amanda Montesin tackled the distance and managed a credible 58m 51s.

Dakota Manton was the only Forster Runner in the 5km event and finished fifth in 25m 34s.

The event was well run by Race Director Kevin Chivers and once again showcased the beautiful seaside town of Port Macquarie.

International Women's Day Fun Run

Continued from page 1.

Jen Cartwright was kind enough to spread health coaching skills to a very keen audience. Being International Women's Day, Jen's mission was to empower the girls by inviting them to connect with their values and reflect on the changes they wanted to make in their lives. The audience was captivated with her knowledge on simple lessons on setting goals and creating healthy habits for positive change.



Hats off to Hayley and Justine who worked tirelessly in the preceding months to attract some quality sponsors. It takes so much time and effort to stage such an event, and this one is sure to become a regular, so mark it on your calendar for next year. Their podcast The Woman's Running Collective is aimed at encouraging woman to fulfil their running ambitions.



Above: Warming up for the 5km fun run outside the Forster Surf Club on Main Beach Forster. Photos by Patricia Macvean and supplied.

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2024-2025 Lower North Coast Junior Life Saver of The Year

Annie Evans

The Junior Lifesaver of the Year (JLOTY) Award is an annual recognition by SLSNSW that honours outstanding under-14 members for their contributions to surf lifesaving and their communities. This accolade highlights young individuals who exemplify leadership, dedication, and a commitment to the values of surf lifesaving.

Each summer season, Surf Life Saving New South Wales (SLSNSW) seeks nominations from the eleven branches along our coastline for the state Junior Lifesaver of the Year Award and Development Program.

The 2024-2025 Lower North Coast Surf Life Saving Branch (LNCSLSB) Junior Life Savers of the Year winners, one male and one female, were announced in a ceremony at Forster Surf Club on Sunday, 2nd March. The presentations were made by Newcastle Permanent Branch Manager, Brett Willing.

Newcastle Permanent is a long-term major partner of Surf Life Saving, supporting the six branches and 60 clubs that stretch along the east coast of New South Wales, from the Central Coast all the way to the Queensland border.



Above: JLOTY finalists (L-R) Alfie Marshall (Black Head), Neil Uprety (Forster), Brett Willing (Newcastle Permanent Branch Manager), Sasha Belic (Forster), Kaylee Rand (Cape Hawke) and Lilliana Somers (Crowdy Head)

The JLOTY award not only acknowledges the achievements of young surf lifesavers but also inspires others to engage actively in

surf lifesaving, promoting a culture of safety, leadership, and community service.

Nominees for the JLOTY award within the LNCSLSB were Alfie Marshall (Black Head), Kaylee Rands (Cape Hawke), Lilliana Somers (Crowdy Head), Sasha Belic (Forster) and Neil Uprety (Forster).

In this 2024–2025 season, the LNCB Junior Lifesaver of the Year was awarded to Sasha Belic of Forster Surf Life Saving Club and Alfie Marshall of Black Head Surf Life Saving Club.

In leading the presentation, the LNCSLSB Director of Youth and Member Services, Lorraine Morgan, said, "Along with other SLSNSW JLOTY branch winners, Sasha and Alfie will progress to the SLSNSW development camp at The Collaroy Centre on Sydney's Northern Beaches from Tuesday, April 15 to Thursday, April 17, 2025."

"They will be involved in physical challenges, presentations and discussions, activities and scenarios that require leadership, teamwork and communication. Best of all, the development camp is an opportunity for Sasha and Alfie to meet other like-minded young surf lifesavers from across NSW and be part of a fun experience. At the conclusion of the program, and an interview process, the SLSNSW State JLOTY winners will be announced."

2024-2025 Minor Singles

Sue Ryan

Our 2024-2025 Tuncurry Forster Women's Bowling Club's Minor Singles were played during February with the Semi-Finals played on 20th February with Liz Windle defeating Terrie Bowman 25-18 and Dianne Bauerhuit defeating Judy Lawrenson 25-13. Each of the Semi-Finals were good games to watch with all the players involved playing good draw bowls.

The Final was played on 21st February between Liz Windle and Dianne Bauerhuit, and it was a terrific game of draw bowls.

Dianne got off to a good start and had a handy lead after nine ends of 11-4 over Liz. Liz then won the next two ends collecting six shots to be only one shot behind 10-11. After fourteen ends it was 13-12 in favour of Dianne. There was only a shot or two in the difference over the next five ends with Dianne leading with 19 shots to Liz's 17 shots.

Dianne won the next three ends to be leading 23-17. However, Liz won the next end, and it was 23-18 in favour of Dianne. In the next end it was Dianne who drew the two shots required

to take out the 2024-25 Ladies Minor Singles 25-18.

Congratulations to Dianne Bauerhuit on winning the 2024-25 Minor Singles and Liz Windle on being runner up.

Right: (R-L) Runner Up Liz Windle and Winner Dianne Bauerhuit.



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Above: Pauline Carr (1947 -2025).

Mary Yule

A celebration of Pauline Carr’s commitment to Netball in the Great Lakes community was held at Boronia Park Forster on 15 March 2025.

Pauline Carr, along with friends Carol Barclay, Joan Shubert, Vicki Jansen, Laraine Stein and Gail Brown, are known as the “Netball Legend Ladies” and founded the Great Lakes Netball Association (GLNA) in 1983. Sadly, Pauline passed away in February this year.

To honour her dedication to the sport, GLNA organized a march past of the Association’s six clubs – Country Connection, Wallamba, Hallidays, Tuncurry, Forster and Pacific Palms.

President Tiana Hazlewood and Joan Schubert spoke to the crowd of Pauline’s achievements and how they have helped the players of today, followed by a minute of silence.

The morning also marked the beginning of the 2025 netball season, and after the speeches the six teams spread out over the wide area of modern netball courts to start their warmups.

Dedication to netball in Great Lakes

Right: New and old GLNA Committee. Backrow (L-R) Vicki Jansen, Carol Barclay, Shell Ford, Gail Brown, Vicki McGinniskin, Laraine Steins, Mel Payne, Joan Shubert and Dana Carol.

Front row - Jade Eriksen, Tiana Hazelwood, Jill McSweeny and Ali Joyce. Photos by Mary Yule.

Carol Barclay said Pauline was one of a group of families in the 1980s who travelled into Taree as a club known as Forster Netball Club, later changing to Great Lakes Netball Club to play, umpire and coach every Saturday. As the club grew and more liked minded netball parents became involved, Pauline led this group to apply to become Great Lakes Netball Association. This was approved and in May 1988, the Association’s first games commenced at Fazio Park in Tuncurry on all grass courts.

Pauline wanted a bigger and more permanent site and worked tirelessly with local Council to instigate the development of the netball complex and hard courts at Boronia Park in Forster. The first games were held on 13 April 1991.

Joan said, “Pauline was instrumental in helping to create regular sport, with the benefits of health and wellbeing, for women and girls in our community.

Warren Carr (son of Pauline) added, “Forty five years ago, women and young girls had to travel to Taree to play netball. It wasn’t until Pauline and her friends decided to found the Great Lakes Netball Association that an opportunity arose for locals to stay in their backyard.

Without her strong advocacy, we wouldn’t have this area today allocated for netball courts.”

“She played, coached, represented, organized reps and had held every admin position in the Association over a long period of time.”



March past to honour Pauline Carr by the 6 clubs in the Great Lakes Netball Association.

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