

Meet the Candidates
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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 2 April 2025 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS Circulation 7,000 No.118

Lifesaving rescue on Forster Bar during visit by Governor of NSW



Above: Governor of NSW Margaret Beazley in the Forster Marine Rescue Tower with Alex Barrell (left) Commissioner of Marine Rescue NSW, and Geoff Anderson (right) Forster Tuncurry Unit Commander.



Above: Rescue of an exhausted stand-up paddleboarder who was being swept out to sea by the outgoing tide. Photos from the Marine Tower by Georgie Yule.

Marine Rescue Forster Tuncurry volunteers perform rescue during visit by Governor of NSW

Marine Rescue Forster Tuncurry had the honour of hosting Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales, and Mr Wilson on 28 March 2025.

Her Excellency and Mr Wilson were enjoying a tour of the Marine Rescue

Forster-Tuncurry radio base, which manages all search and rescue operations conducted by the unit, when an emergency unfolded. Volunteers were alerted to a male stand-up paddleboarder being swept out to sea by the outgoing tide. Marine Rescue NSW vessel Forster 30 was immediately tasked with the rescue and successfully brought the man on board before returning him safely to shore. The man was found to be exhausted and cold but uninjured.

Presentation of Awards

Marine Rescue NSW Life Member and Forster Tuncurry volunteer John Lynch ESM was presented with his second MRNSW Service Medal Clasp for 30 years of service, along with a Commissioner's Commendation for Service, by Commissioner Alex Barrell.

Angela Zarb, Therese Breen, Mark Breen, Raymond Wakeling, and Rodney Percival were also presented with their five-year

Service Pins. Thank you all for your dedication to service and for saving lives on the water.

Marine Rescue NSW is a volunteer based not-for-profit professional organisation dedicated to keeping boaters safe on the water and supporting local communities.

(See page 10 for more photos of the NSW Governor's visit to Forster.)



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First Prize for Ceramic - Implosion I by Linda Sawyer, presented by Pat Mackaway. See page 16.

- Business Hours are 9:30am to 5pm (Mon - Fri).
- When submitting stories, please note - around 300 words is best with high resolution photos sent separately (in largest size). Please include names for photos left to right and your contact details.
- The Forster Fortnightly is on the Council for Country Press NSW and is a member of Country Press Australia and Regional Media Connect.

Forster Fortnightly publishing dates

Edition 119: Wednesday 16 April (deadline Wednesday 9 April)

Edition 120: Wednesday 30 April (deadline Wednesday 23 April)

Edition 121: Wednesday 14 May (deadline Wednesday 7 May)

We may publish promotional information based on our assessment of the level of genuine news content. Any material which is clearly advertorial in nature is best promoted as paid advertising. Support the paper that supports the town!

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

MidCoast Council Meeting summary - 26 March 2005

Exploration of activities in the Manning

Council will write to MCI Carbon to meet with the Ministers for Mining and Agriculture to express the community's concerns with potential impacts of exploration and drilling activities in the Manning River catchment.

We will also call on MCI Carbon to meet with the Mount George community to talk through the project and document outcomes to support wide community understanding.

[See article "Potential open cut mine" by Kym Kilpatrick in last Forster Fortnightly edition.]

Planning proposals support future housing supply

Two planning proposals were endorsed at the meeting which will see opportunities for much needed future housing development for communities of Forster and Wingham.

These endorsements mean the planning proposals now go to the NSW Department of Planning, Housing and Infrastructure for approval to move to community consultation on the proposals.

This is a positive step towards housing supply in our region and will have an eventual positive impact on our local building industry and economy.

One proposal is for a future development, including 135 homes, on the Lakes Way, Forster near Stocklands.

The second is a proposal for 276 residential lots on Wingham Road.

Forster Main Beach fence

The replacement of Forster's Main Beach fence is a step closer with the awarding of a tender for the project. The work is scheduled to be undertaken before the September school holidays. The 250 metre long fence has been in place for over 70 years.



Draft walk cycle & trail-based activity strategy

The draft Walking, Cycling and Trail-based Activity Strategy will be placed on public exhibition for community comment.

The strategy is a 10-year plan that outlines actions to improve walking, cycling and trail-based experiences across the region.

It builds on community provided information about their preferred walk and cycle routes that was provided during an extensive community consultation process during 2022.

You can view the plan at www.midcoast.nsw.gov.au/walkandcycle and leave any feedback until Wednesday 7 May.

MidCoast Community Strategic Plan

Councillors adopted a new Community Strategic Plan for the 2025-35 period following a period of community consultation and public exhibition.

The plan is designed to capture the community's vision for the future and identify strategies to achieve this vision. The Community Strategic Plan guides Council's delivery program and operational plan and is required to be reviewed with each new term of Council.

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

The next Council meeting is on 30 April.

Pets of the Fortnight

Great Lakes and Manning Branch of AWL NSW are delighted to advise that Mumma Cat from the last edition found her forever home very quickly and now it is time for her family to find their loving homes.

There are 3 kittens left - 2 gorgeous girls and one little black boy that looks just like Mumma. All 3 have wonderful natures, love cuddles and attention. They have a great time playing with their toys and in the tunnel and are very much time wasters, but OH so much fun.

They have all been desexed and are litter trained. They have also been vaccinated, microchipped and flea and worm treated. At only \$150 each they are a real BARGAIN.

Our funds come from our OP Shop in the Dolphin Arcade in Tuncurry and we thank our fabulous volunteers for their time and effort.

If you would like to meet any of these kittens please call Windan Sea Vet in Forster, 65552275.

Thank you to Forster Fortnightly for sharing our animals with the public.



Proud to sponsor 'Pet of the Fortnight' - finding homes for animals in need.
CALL US: 02 6557 2273
4 SOUTH STREET, TUNCURRY

Federal Election 3 May 2025

'Meet the Candidates' Conversation Connect Event

The event will be held from 5:15 to 7pm at the Bellevue Hotel, 23 Manning Street Tuncurry on Thursday 3 April 2025

Forster Tuncurry Business Chamber has scheduled a "Meet the Candidates" event through our Conversation Connect format - a Q&A session where all candidates answer identical questions.

This approach allows our local business and community to meet each candidate, while attendees can also review candidates' policies on their respective websites.

Candidates attending this event include Mark Hornshaw (Libertarian), Jeremy Miller (Independent), Alison Penfold (Nationals) and Digby Wilson (Labor) and Stephen Burke (Australian Citizens).

Free event by booking online

Anyone from the community is welcome to come along and meet the candidates by booking online with our exclusive code "FORSTERFRIENDS" to get a FREE Ticket.

Visit: www.ftchamber.com.au

This Conversation Connect event normally costs \$10 for members of the Forster Tuncurry Business Chamber and \$35 for non-members.



Q&A Session Format

1. What is your name, where did you come from, and when did you arrive in our beautiful region?
2. What's the 1 thing you love most about living or working in the MidCoast, NSW Barrington Coast?
3. What is the most enjoyable part of your work?
4. If you could ask the room for advice, input, or support on something you're working on, what would it be?
5. What's something people might not know about you but would love to hear?

'Meet the Candidates' Forum April 5 Gloucester

The forum will be held at 2.30pm at the Uniting Church Hall, 5 Cowper Street Gloucester on Saturday 5 April 2025.

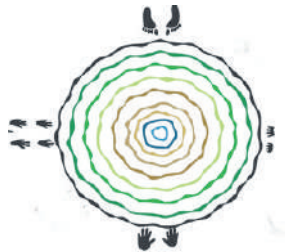
Matt Clinch, President of the Gloucester Business Chamber, has accepted the invitation from Gloucester Transitions Inc. to facilitate their Meet the Candidates Forum for the 2025 Federal Election forum on April 5 in Gloucester.

Candidates - Mark Hornshaw (Libertarian), Jeremy Miller (Independent), Digby Wilson (Labor), Tom Ferrier (Greens) and Alison Penfold (Nationals) have confirmed their attendance. Invitations have been or will be extended to all Lyne election candidates.

Gloucester Transitions aims to hold a friendly and informative forum, where the community can learn about policy platforms and candidates' political aspirations.

Sylvia Ray, Committee Member, stated "It's important for small communities to have the opportunity to meet and listen to their potential Federal Member of Parliament and hear of the issues those candidates believe are important to us. We are appreciative the majority of candidates will participate in our forum. Federal elections are important to all of us, we need this chance to meet our candidates face to face".

Gloucester Transitions is promoting this event via local Facebook pages and direct invitation to community members. For further information, contact the Secretary, Megan Benson via megabens@gmail.com or message Gloucester Transitions Facebook.



The Forster Fortnightly will be publishing a 'Get to know your Candidates' feature on 16 April. Plus information on where and how to vote for the 3rd May 2025 Federal Election.

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Ampol Station
Tradies Takeaway
Coles Service Stn
Coles

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Foodworks Charlotte Bay

Smiths Lake

Pacific Palms Bowling Club
Good Food Store
Smiths Friendly Grocer

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Coomba Aquatic Centre

Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store



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2025 Great Lakes Leadership Teams



Above: Great Lakes Tuncurry Campus (L-R) Sienna Bell, Kaylee Sipek, Christian Clemente (Captain), Saffron Gersbach (Captain), Riley Leatherbarrow (Captain), Cody Skidmore (Captain), Joseph White, Ebony Besant and Lily Thomas. Photos supplied.



Above: Great Lakes Forster Campus (L-R) Principal Scott Brown, Indigo Sudana (Vice Captain), Audrey Dorfling (Captain), Ethan Dowse (Captain), Hunter Moy (Prefect) and Lilly Jenkinson (Vice Captain).

Students toss gum boots for great cause!



Above: Great Lakes Senior Campus Leadership Team (until term 3). (L-R) Eric Mooney, Indigo Titow, Dylan Kinkade (Vice Captain), Piper Bowen (Vice Captain), Harrison Class (Captain) and Lesha Latjeno (Captain).

The Great Lakes College Senior Campus, Leadership Team and Student Representative Council (SRC) has been running a "Gum Boot Toss Comp" for 2 weeks at recess to raise funds for GLEF (Great Lakes Education Fund), a local charity which gives grants to young people 16-25 years to assist with post school education.

As part of the comp, the SRC

have set up a leader board and at the end of term there will be a throw off between the student from Year 11 and 12 and staff members to see who can throw the boot the furthest. There will be prizes, bragging rights, and a place on the SRC trophy.

All Great Lakes Senior Campus students are eligible to apply for funding through GLEF. The grants are not based on academics, rather on financial need. In 2025 GLEF gave \$64,000 to 24 individuals for their post school education.

For more information on GLEF, please visit: www.cef.org.au/foundations/great-lakes/



Above: Lachlan Beavis in action to raise funds for GLEF. Photo supplied.

Mr Potato comes to town

By Tabitha Webber

Seventeen year old Georgia Webber was lucky enough to be chosen in Forster to help raise money for her animal cause 'Lost, Found and Rescues needing homes, Forster-Tuncurry' by the touring food truck Mr Potato.

On 27 March, Mr Potato organised a fundraiser at the Lakeside Tavern which went extremely well. Georgia raised \$1092.55 from them with \$620.35 in cash donations from our beautiful community. All funds will be spent on vet bills, food and equipment for all our animals in care.

Mr Potato are travelling around Australia for the next 6 months organising community initiatives and raising money for local charities. They are a beautiful group of people and we hope they get to call back into town one day soon.

It was a fantastic afternoon and we would love to thank our community for their beautiful support they have given us.

Lost, Found and Rescues needing homes, Forster-Tuncurry: www.facebook.com/groups/596757085509894/
www.mrpotato.net.au/australian-tour

Right: Georgia is in white top on far left.




Forster Tuncurry Social Justice Group
Invite you to a
Social Justice Afternoon
Palm Sunday 13 April
2pm to 4pm
Forster Uniting Church
Corner of Macintosh and Lake St
Entertainment - Guest Speaker - Afternoon Tea Served
Free event

Contact Judy 04 0805 1203 for more information

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Tanya's Community Update

I'm hitting the road again for my annual Electorate Tour. This year I'm running two tours, one in April and another in August – to reach even more communities across the Myall Lakes.



I'll be visiting towns across our region to meet with residents, businesses, and community groups. These visits are a great opportunity to raise local issues, share ideas, and discuss how we can work together to make our communities stronger.

These tours are about bringing Parliament to the people. No appointments are necessary - just come along and have a chat.

One key concern I've been hearing is about community safety. In response, I am hosting a Community Safety Forum in Old Bar on Wednesday, 16 April, from 6:00 pm to 7:00 pm at the Old Bar Surf Life Saving Club. This forum will give residents and business owners a chance to share their concerns about crime and safety, learn about proactive crime prevention efforts and explore solutions to improve safety.

No one should feel unsafe in their own home. I encourage you to come along, have your say, and be part of the conversation.

For more information, contact my office: 6555 4099 | myalllakes@parliament.nsw.gov.au.

Tanya Thompson MP

NSW Police to target 100 ringleaders in crackdown on youth crime

By Bruce MacKenzie, Catherine James, and Zaarkacha Marlan, ABC Western Plains - 19 March 2025.

Police will look to divert those 'on the periphery of offending' to youth support services.

Up to 100 young "ringleaders" committing violent crimes in the state's north and west will be the target of a new rapid-response strategy revealed by NSW Police today.

Operation Soteria will involve 60 officers and rapid response units targeting offenders aged between 11 and 16 in nine designated areas.

The regional trouble spots identified are Moree, Tamworth, Dubbo, Orange, Tweed Heads, Coffs Harbour, Kempsey, Taree, and Newcastle.

Deputy Police Commissioner Paul Pisanos told the ABC the officers would use their local knowledge to crack down on repeat offenders.

"These police are match-fit regional officers. They know their communities," he said.

"There is an identifiable cohort, roughly 80 to 100 ringleaders that are committing very, very serious offences ... kicking their way into people's homes and committing really serious crime."

Bureau of Crime Statistics and Research (BOCSAR) showed little increase in youth crime across the state in the past decade.

The initiative has been launched just days after figures released by the Bureau of Crime Statistics and Research (BOCSAR) showed little increase in youth crime across the state in the past decade.

In the 12 months to the end of 2015 NSW Police took 10,874 young people to court, while in the 12 months to the end of 2024 the figure was 11,451.

BOCSAR classifies that trend as stable.



Above: Police Commissioner Karen Webb (right) and Deputy Police Commissioner Paul Pisanos launched the strategy in Dubbo. Photo from ABC Western Plains: Catherine James.

During the same period there was a slight decrease in the number of young people diverted from the court system.

"We don't make apologies for what is a strong policing response," Deputy Commissioner Pisanos said.

"Communities aren't feeling safe. To us that's a call to arms that we need to do more."

Police Commissioner Karen Webb (right) and deputy Paul Pisanos launched the strategy in Dubbo. (ABC Western Plains: Catherine James)

In a statement NSW Police said Operation Soteria would focus on aggravated break, enter and steal offences, stealing motor vehicles and "post-and-boast" offences where children used social media to gain notoriety for their crimes.

An extra 20 officers will be available to supplement the unit in the form of surge operations each week, and Polair and roaming-response units will also be used.

This week's BOCSAR report also broke down the crimes committed by young people into

more than 60 different categories.

The only crimes showing a significant increase over the 12 months to December 2024 were stealing from a retail store, up 37% from 665 to 913, and prohibited and regulated weapon offences up 40% from 128 to 180.

The NSW Police statement said Operation Soteria would oversee Operation Regional Mongoose which was established in September 2023 and has been arresting,

on average, 13 young offenders every week.

It said since new post-and-boast legislation came into effect 12 months ago 53 individuals have been charged, including 27 under the age of 16.

'Another life'

NSW Police Commissioner Karen Webb said it was "heartbreaking" to see so many young people committing crimes.

"They are getting younger, and a life of crime at that age can be a slippery slope," she said.

"We can divert them into something more meaningful and they take another path."

"We hope that we can get them early and get them into another life."

NSW Police said those "on the periphery of offending" would be diverted to youth support services such as YAMS (Youth Action Meetings) and other programs run through its Crime Prevention and Youth Command.

Statement from the NSW Police Force Youth Command

The NSW Police Force Youth Command, along with Manning Great Lakes Police District, are proactively engaged in programs that involve both prevention and intervention strategies for young people who are at risk of entering the criminal justice system. This includes specialist youth officers who work with local police to deliver NSW Police Force youth-focused programs and youth initiatives – including Fit for Life and Fit for Change – that focus on

preventing and disrupting crime.

Youth Engagement Officers also work with PCYC, schools and external service providers within the command to interact with and provide mentor opportunities to young people.

Ultimately, the aim of these programs is to steer youth away from crime and build their engagement with education and employment opportunities within the community.



While the NSW Police Force will continue to work to empower youth to make the right decisions, there needs to be a concerted, community effort to instil a sense of belonging and purpose to enable at-risk young individuals to reach their full potential. This could mean

Manning - Great Lakes Police District Update

Dear Readers,

Property theft – which includes stealing offences, 'break and enter' offences, the stealing of motor vehicles and the stealing of property from motor vehicles – is a hot topic now, and one that quite rightly angers and upsets community members – and not just the victims of such crimes.

These offences remain a priority focus for local police – for us to conduct proactive and reactive activities to prevent, disrupt and respond to such crimes – but it is also timely that I remind you of some very simple things you can do to reduce your chance of becoming a victim of such crimes:

LOCK IT OR LOSE IT

Prevent vehicle and property theft:

8/10 homes are entered by car thieves via unlocked doors and windows.

Lock it or lose it

Where are your keys right now?

8/10 cars are stolen using the owner's keys.

Lock it or lose it

50% of vehicles stolen are left unlocked with a remote to the garage inside.

Don't give thieves access to your home.

Lock it or lose it

70% of thieves enter homes while victims sleep upstairs.

Lock it or lose it

If your wallet is stolen, thieves can use your cash and your identity.

Don't give thieves access to your car or your home.

LOCK IT OR LOSE IT

• When at home lock your doors and windows, do not leave keys, wallets or other valuables visible from outside your home or near entrances.

• Lock your vehicle and always remove and take your ignition keys and garage remotes. Take everything of value from your vehicle each time you leave it.

PARK SMARTER

Prevent vehicle and property theft by protecting your vehicle and valuables:

- Thieves are opportunistic.
- They may not be interested in stealing your

vehicle, instead interested in what's inside.

• They will look inside to identify anything of value.

• Thieves will damage your car including smashing a window to steal valuables from console, floor or seats.

• It's simple, don't leave anything visible inside your car.

And remember:

• Don't hide spare keys inside or underneath your vehicle.

• Engrave or mark your vehicle's accessories with your driver's license number.

• Photograph and record details of expensive or essential bolt on accessories.

• Don't leave bicycles affixed to the top of your vehicle.

• Don't leave fishing rods on top of your vehicle or inside your boats – keep them inside your locked garage or other secure location and make sure they are out of sight.

LIGHTS, CAMERA, CATCH 'EM

Break, enter and stealing incidents can have a serious impact on families and individuals in

different ways. People can often feel violated and have difficulty overcoming the experience.

By implementing these recommendations and adequately securing your home, you can reduce the likelihood of this crime occurring.

LOCK IT, ALARM IT, LIGHT IT, RECORD IT

...and don't forget, especially with the Easter Long Weekend fast approaching, to adhere to the below 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

Tanya THOMPSON MP

Member for Myall Lakes

OLD BAR & SURROUNDS

COMMUNITY SAFETY FORUM

16 APRIL 2025

OLD BAR SURF LIFE SAVING CLUB

6:00PM – 7:00PM

A community discussion on local safety concerns.

Come along and be part of the conversation.

1-9 Manning Street, Tuncurry

02 6555 4099

tanyathompson.com.au

myalllakes@parliament.nsw.gov.au

TanyaThompsonForMyallLakes

Authorised by Tanya Thompson MP, 1-9 Manning Street, Tuncurry NSW 2428, funded using Parliamentary Entitlements April 2024.

APRIL ELECTORATE TOUR

DATE	TIME	LOCATION
Wednesday 2nd April	10:00am	MONDROOK Mondrook Hall
	12:15pm	TINONEE Tinonee School of Arts Hall
	1:30pm	TAREE Taree Universities Campus
Tuesday 8th April	10:00am	CROKI Croki Reserve
	11:20am	CUNDLETOWN Cundletown Memorial Hall
	1:30pm	WINGHAM Wingham Memorial Town Hall
Friday 11th April	10:00am	OXLEY ISLAND Oxley Island Hall
	11:20am	MITCHELLS ISLAND Mitchells Island Hall
	1:00pm	MANNING POINT Club Manning Point
Monday 14th April	11:20am	UPPER LANSDOWNE Upper Lansdowne Hall
	1:00pm	LANSDOWNE Lansdowne Hall
Tuesday 15th April	10:00am	KILLABAKH Killabakh Hall
	11:20am	MOORAL CREEK Moorall Creek Hall
Tuesday 22nd April	10:00am	MOUNT GEORGE Mount George Hall
	12:00pm	CAFFREYS FLAT & KNORRIT FLAT Caffreys Flat Hall
Wednesday 23rd April	1:30pm	MARLEE Marlee Hall
	3:00pm	WHERROL FLAT Wherrol Flat Hall

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2025 Budget announcements - Mid North Coast



Missed opportunity for a Medicare Urgent Care Clinic in Forster/Tuncurry

By Staff Reporters - 26 March 2025

In its 2025-26 Federal Budget, the Albanese Government has committed just over \$644 million over three years from 2025-26 to expand the Medicare Urgent Care Clinics by an additional 50 clinics. It builds on the 87 existing Urgent Care Clinics which have already opened. However, there was no announcement made in the Budget to establish a clinic in the Mid-Coast local government area (LGA).

This is despite the population in the LGA now sitting at just over 97,000 people and 21 per cent of the population over the age of 67. The closest Urgent Care Clinic will be in Coffs Harbour - over 250km north of Forster/ Tuncurry.

The Government claims that Urgent Care Clinics are being established in regions where their public hospitals are significantly understaffed and under pressure. It has again led to disappointment expressed by the National Rural Health Alliance that says this year's budget was city-focused, country-funded. "With the Federal Election on the horizon, it is not

too late to prioritise rural health," Chief Executive Susi Tegan said. "We owe it to the 7.3 million people who live and work in these communities."

While there is a private hospital in Forster the closest public hospital to the township is Manning Base Hospital in Taree, with complex hospitalisations usually triaged to John Hunter Hospital in Newcastle or Coffs Harbour Hospital.

Despite the missed opportunity, general practitioners in regional, rural and remote areas will be able to claim items on Medicare with higher rebates compared to those working in metropolitan areas. This means any Medicare-eligible patient bulk billed for a standard GP consult would be eligible for a tripled incentive of \$32.50 in regional areas compared to an incentive of \$21.35 in metropolitan areas.

By Harry Sekulich - 28 March 2025
www.thedailyaus.com.au

Dutton's Coalition has matched some of Labor's healthcare commitments in recent weeks, including \$8.5 billion to boost bulk-billing rates at GPs.

The Opposition will also cap the maximum cost of medicines listed on the Pharmaceutical Benefits Scheme (PBS) from \$31.60 to \$25 if it wins the election.

Dutton announced he would lock in a permanent doubling of subsidised mental health sessions from 10 to 20.



Above: Albanese and Dutton's 2025 budget announcements and reply. Image from www.theconversation.com/au



New scheme plans to force telcos to provide better mobile coverage

By Staff Reporters - 26 March 2025

The Albanese Government has announced it will introduce a Universal Outdoor Mobile Obligation that will require major telecommunication companies to provide

access to mobile voice and SMS across regional, rural and remote communities. The Obligation is expected to commence by late 2027 with the framework legislation to be brought to Parliament by 2025.

Despite the announcement made in the Regional Ministerial Budget Statement for the 2025-26 financial year, there has been no allocation in funding made by the Albanese Government to fund the Obligation. Telstra, Optus and TPG will be required under the Obligation to ensure that those living in the most rural and remote areas of Australia have some sort of mobile connection to ensure they are able to make phone calls, send texts and in the case of an emergency - dial Triple Zero.

It comes after the 3G network shutdown happened steadily from October last year that has left many residents in rural and remote areas of the country left in the dark and without mobile reception. The Forster/Tuncurry area remains to be left without 5G connectivity despite Telstra promising that regional, rural and remote communities across the country would not be adversely impacted by the 3G shutdown.

In addition to this announcement, the Albanese Government announced \$2.2 billion to strengthen regional digital connectivity, including the ambitious Better Connectivity Plan for Regional and Rural Australia, and investment to enhance connectivity and digital inclusion outcomes in remote communities; and a range of initiatives to keep regional, rural and remote Australia connected to metropolitan cities.

In its foreword in the Regional Ministerial Budget Statement, the Federal Government says it will continue to roll out record funding to improve regional telecommunications and data resilience.

Travelling Podcaster 'Rabbit'

By Mary Yule

After 30 years of radio work, 'Rabbit' from the Central Coast took the next step and decided to become a travelling podcaster in his decked out recording van.

Where ever Rabbit decides to go next, he puts up a social post and asks for suggestions of interesting locals to interview. Since starting he has recorded and published 165 podcasts while travelling around Adelaide, Dubbo and Tamworth.

"I like meeting people and having the time to connect with them, listen to their stories and share what they do," said Rabbit. "Everyone has a story to share."

While in Forster on 28 and 29 March, Rabbit set up his Podvan near the Forster Tuncurry Marine Rescue and recorded a few interviews. Local artist Donna Rankin was interviewed about her Heart to Heart art initiative that continues to support young people who have been challenged by life. Local Graffiti man Ted Bickford was also interviewed about how his graffiti program started and how it is 'winning'



Above: Donna Rankin with Rabbit.

by educating and getting the kids, schools and town all on board.

To hear Donna's and Ted's interviews, please visit: www.podvan.com.au



Rabbit outside his podvan in Forster.



Ted Bickford.

Third Art & Craft Exhibition at Coomba Aquatic Club

By Jenny Cotterill

The Art and Craft Exhibition, held from 19–22 March at the Coomba Aquatic Club, was a vibrant celebration of creativity, talent, and community spirit. This inspiring event brought together local artists and artisans, with stunning displays of artwork and handmade crafts. With a lively atmosphere and an impressive turnout of visitors, the exhibition not only showcased artistic excellence but also fostered connections among creatives and art enthusiasts alike.

The primary aim of the exhibition was to provide a platform for local artists and craftspeople to display their work. It also served as an opportunity for networking among visitors and exhibitors. Many items were available for sale, highlighting the demand for unique, handmade products.

The exhibition featured a diverse range of artworks and crafts, including paintings, pottery, textile arts, paper crafts, and handmade jewellery. A standout feature of the event was the upcycled art presented by Christine Buko, who creatively transformed items otherwise destined for landfill into stunning works of art. Her piece, "Seahorse Spectacular," won the most votes in the People's Choice category, earning her a bottle of bubbly presented by event organizer Brian Cotterill.



Brian Cotterill presents Christine Buko, People's Choice winner, with a bottle of bubbly.

Christine upcycles a variety of discarded items, such as glass bottles, spectacle cases, vases, wooden bowls, and cosmetic containers. Her work breathes new life into these objects, transforming them into unique artistic pieces while promoting sustainability and environmental consciousness.

The exhibition was a tremendous success, fostering appreciation for art and creativity within the community. Many exhibitors and visitors expressed their excitement for next year's event, eager to once again celebrate local talent and artistic innovation.

Left: Seahorse Spectacular by Christine Buko.



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NSW Governor visit to Forster Tuncurry



Above: The NSW Governor visiting the Forster Neighbourhood Centre.

Her Excellency The Governor of NSW, the Honourable Margaret Beazley AC KC, her husband Mr Dennis Wilson, accompanied by Protocol Officer Jack Gillmore and security detail, visited several Forster Tuncurry community organisations last week.

Forster Neighbourhood Centre

High on Her Excellency's list were visiting Forster Neighbourhood Centre (FNC) and speaking directly to community members who rely on their support, including a number of members from the weekly Mens' Group.

Forster Neighbourhood Centre exists to support the well-being of all Great Lakes residents, particularly those most vulnerable. The purpose of Her Excellency's visit was to understand regional issues and challenges and she was interested in the range of programs and services delivered from FNC central community hub. The visit included a visit to the

FNC Men's Group, where clients were able to explain their own issues to the Governor.

The Forster Neighbourhood Centre Men's Group responds to an identified community need for a safe place for men to come together and connect, providing an opportunity for men who may be feeling isolated to come along and join a group for a cuppa. This program develops connections and friendships for men who might be otherwise isolated, and has been a very successful early intervention and engagement strategy for other essential services to meet their needs.

Escorted by FNC Manager Corinne Stephenson, the Governor engaged in extensive discussions with around 8 members of the FNC Men's Group and the co-ordinator, FNC Child and Family Worker, Steven McWilliams. Issues raised included the lack of support for men in the community, the need for the Neighbourhood Centre to be adequately funded and the important support role that



Above: The NSW Governor visiting the Great Lakes Women's Shelter.

FNC provides while community members are on extensive waitlists to access services such as Mental Health support, housing and parenting support.

Her Excellency also toured the FNC office and was briefed on the many community programs run and auspiced by FNC. She connected again (from visits on the day before) with Aunty Janice Paulson, and with FNC staff, Felicity Carter (President) and Julie Brady (Treasurer). FNC was able to highlight the disadvantage experienced by Great Lakes residents due to a lack of funded services with a physical presence in the community and the limited public transport that creates further barriers to access, further compounding the problem.

Great Lakes Women's Shelter

Later on Friday afternoon, Her Excellency, Mr Wilson and entourage visited Great Lakes Womens Shelter. Following an Acknowledgement of Country delivered by the

Manager Carly Ravenscroft, Her Excellency, who is a Patron of Women's Community Shelters (the GLWS parent body) toured the shelter with staff, Aunty Janice Paulson, GLWS Chair Bernadette Flannery and past and founding President Julie Brady.

The Governor engaged enthusiastically with shelter resident clients and their children. She showed a particular skill at connecting with and charming the children, who responded just as enthusiastically and charmed her right back. Much to the excitement of the children, who had made very fancy cupcakes especially for the Governor and her entourage, she then presented each child with a commemorative gold coin in a special velvet bag.

All protocols were observed during Her Excellency's visit. However, clearly her main agenda was to dispense with formality and connect with as many community members as possible.

A visit to remember!!

The Grin Bin



Doodley Squat



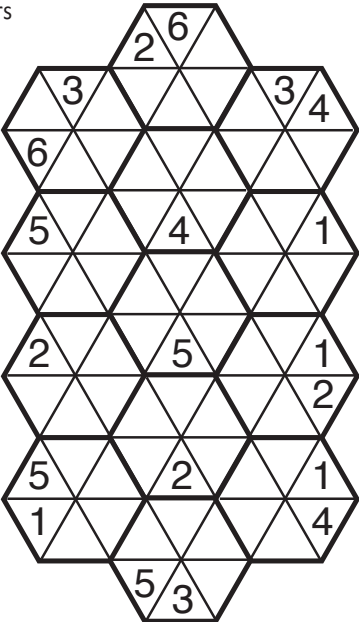
Sudoku

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

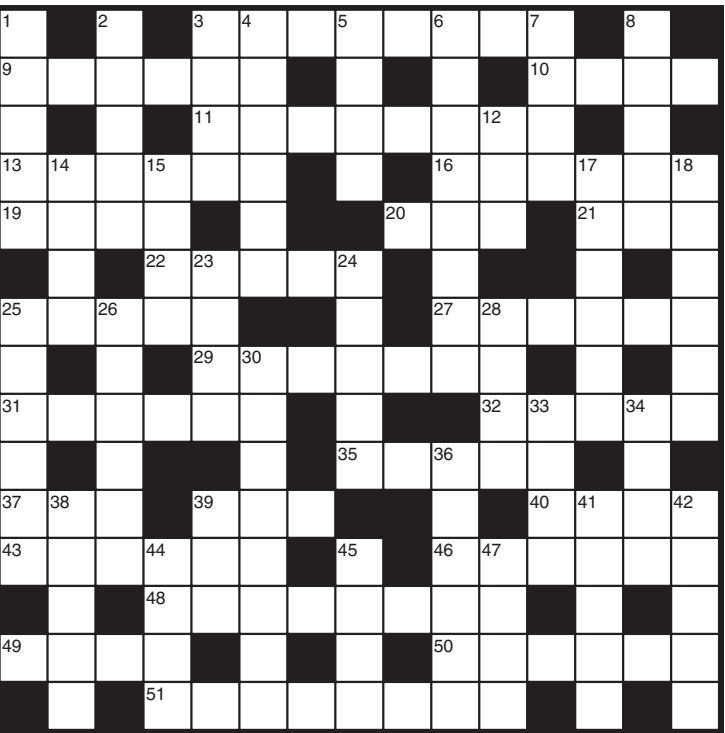
		8				5	
			4		9	1	
9	4			7			2
6	9				3		
		7			4		9
			6			8	
					2		1
5		9	7		3		
1		4				7	

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
- 46 Club
- 48 Stirs violently
- 49 Lofty
- 50 Fault

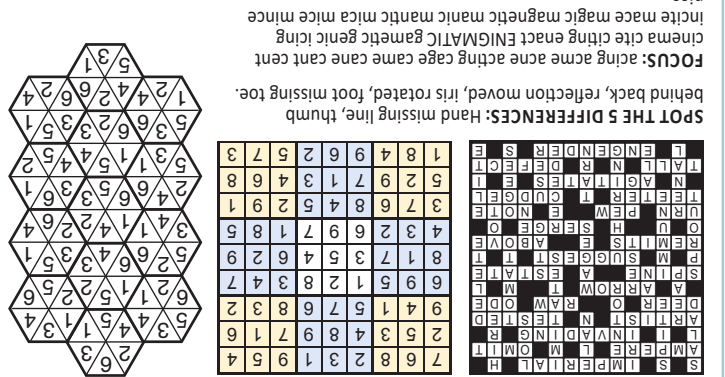
51 Give rise to

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
 - 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 Auspac Media



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- ✓ Improving access to GP services, quality health and aged care.
- ✓ Fixing mobile and internet connections.

ALISON PENFOLD

THE NATIONALS for Lyne

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

YOUR FORTNIGHTLY TV GUIDE

April 2 - 8

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Grand Designs Aust. 2.55 Back Roads. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.25 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 Allstars Supershow. 11.05 News. 11.20 The Business. 11.35 Auntie Donna's Coffee Cafe. 12.00 Auntie Donna's Coffee Cafe. 12.30 Grand Designs. 1.15 Long Lost Family. 2.05 Rage. 3.30 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.00 Highway To The Sky. 4.10 Lost Treasures Of Ancient Rome. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 7.30. 8.00 Alone Australia. 8.40 Eurostar: Minding The Gap. 9.40 Rogue Heroes. 10.45 SBS News. 11.15 Blackwater. 12.20 My Brilliant Friend. 3.50 Bamay. 4.50 Destination Flavour China Bitesize. 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: The Good Sister. (2014) 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 6.00 News 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. (M) 10.00 Lawrence Mooney: Embracing Your Limitations. (MA15+) 11.30 Autopsy USA. 12.30 Covert Affairs. 1.30 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 MOVIE: The Wrong Cheerleader Coach. (2017) 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 The Hundred With Andy Lee. 8.30 The Grand Tour. 9.50 Freddy And The Eighth. 10.50 9News Late. 11.20 The Equalizer. 12.10 Tipping Point. 1.05 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. 10.20 Dog House Aust. 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 Airborne: Nature In Our Skies. (PG) 8.40 Elsbeth. (M) 9.40 NCIS: Origins. (M) 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 1.00 Miniseriess: Best Interests. 2.00 Grand Designs Aust. 2.55 Back Roads. 3.25 Grand Designs. 4.15 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 Restoration Australia. 9.00 Grand Designs Aust. 10.00 Grand Designs Revisited. 10.50 News. 11.05 The Business. 11.20 Darby And Joan. 12.05 Grand Designs. 12.55 Long Lost Family. 1.40 Rage. 3.25 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.55 Alone Australia. 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. 7.30 Finding Your Roots. 8.30 Sydney's Super Tunnel. 9.30 Virdee. 10.35 SBS News. 11.05 Breaking Point. 11.55 Blinded. 12.10 Alone Hughs! The Wild West. 3.45 Inside The Modelling Agency. 4.40 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: The Sisterhood. (2019) 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. (PG) 7.30 Dogs Behaving (Very) Badly. (PG) 8.30 Britain's Got Talent. (PG) 9.45 The Amazing Race. (PG) 11.15 The Chernobyl Disaster. (M) 12.15 Damnation. (MA15+) 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 MOVIE: Death She Wrote. (2021) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 5. Canberra Raiders v Cronulla Sharks. 9.55 Thursday Night Knock Off. 10.40 9News Late. 11.10 Outback Opal Hunters. 12.05 Next Stop. 12.35 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 Morning Programs. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Ent. Tonight. 10.20 Airborne: Nature In Our Skies. 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 Googlebox Aust. 8.30 Taskmaster Australia. 9.40 Law & Order: SVU. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 News. 10.00 Poh's Kitchen. 10.30 The Pacific. 11.00 ANZAC Battlefields. 12.00 News. 1.00 Unforgotten. 2.00 Grand Designs Aust. 3.00 Back Roads. 3.30 Grand Designs Revisited. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.35 Gardening Aust. 8.35 Under The Vines. (PG) 9.20 The Weekly. (PG) 9.50 Hard Quiz. (PG) 10.20 Melbourne Comedy Festival Allstars Supershow. 12.20 Father Brown. 1.05 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 The Queen's Guard: A Year In Service. 2.55 The Point: Road To Referendum History Bites. 3.00 Nula. 3.30 Plat Du Tour. 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 The Hunt For Cleopatra's Missing Tomb. 8.25 Bettany Hughes' Lost Worlds: Nabataeans. 9.25 Scotland's Scenic Railways. 10.20 SBS News. 10.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Fatal Following. (2021) 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. (PG) 8.30 MOVIE: Pitch Perfect. (2012) (M) Anna Kendrick, Brittany Snow, Rebel Wilson. 10.50 The Americas. (PG) 12.00 MOVIE: Trapped Daughter. (2021) (MA15+) 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: Murder At The Country Club. (2023) 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 5. South Sydney Rabbitohs v Sydney Roosters. 9.55 Golden Point. 10.45 MOVIE: The Foreigner. (2017) (MA15+) 12.40 Tipping To An All Girls' School. 11.00 News. 11.20 Pang Tong. 11.55 The Project. 12.55 Stephen Colbert. (PG) 2.00 Shopping.	6.00 Drew Barrymore. 7.00 Frugal Foodie. 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 Family Feud. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Soccer. Women's international friendly Australia v Korea Republic. 10.30 News. 10.55 Sam Pang Tonight. 11.05 The Project. 12.55 Stephen Colbert. (PG) 2.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Death In Paradise. 1.30 Darby And Joan. 2.15 Under The Vines. 3.00 Dinosaurs Of The Frozen Continent. 3.50 A Life In Ten Pictures. 4.45 Creative Types. 5.15 Landline. 5.40 Aust Story. (PG) 6.15 Father Brown. (PG) 7.00 ABC News. 7.30 Death In Paradise. (M) 8.30 Vera. (M) 10.00 Unforgotten. (M) 10.50 Boat Story. (MA15+) 11.45 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Figure Skating. ISU World Championships. Highlights. 4.30 Herolines. 5.00 Golving Places. 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. 10.45 Great Coastal Railway Journeys. 11.15 Paris Paris. 11.45 Paris Paris. 1.15 Paris Paris. 1.45 Bamay. 1.59 Going Places. 5.15 France 24 Feature. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. The Star Championships Day and Caulfield Race Day. 5.00 News. 5.30 News. 7.30 The Wonders Of Europe. 8.30 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: Central Intelligence. (2016) (M) 9.45 MOVIE: Battle Los Angeles. (2011) (M) 12.10 Idris Elba Meets Paul McCartney. (PG) 11.10 Travel Oz. (PG) 2.00 TBA. 4.00 It's Academic. 5.00 My Greek Odyssey. (PG)	6.00 Morning Programs. 1.00 Let's Eat With George. 1.30 Innovation Nation. 1.40 MOVIE: Uptown Girls. (2003) 3.30 The Hundred With Andy Lee. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: Black Adam. (2022) 10.50 MOVIE: Shazam! (2019) 1.10 Let's Eat With George. 1.35 Garden Gurus. 2.00 The Incredible Journey. 2.15 TV Shop. 2.30 World's Greatest Natural Icons. 3.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 12.00 Intrepid Adventures. 12.30 Australia By Design: Architecture. 1.00 10 Minute Kitchen. 1.30 Frugal Foodie. 2.00 Silvia's Italian Masterclass. 2.30 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 Googlebox Aust. 9.30 Ambulance Australia. 10.30 Elsbeth. 11.30 FBI. 12.30 NCIS. 1.00 Matlock. 1.30 Shopping. 5.00 Help Of Power.
SUNDAY	6.00 Morning Programs. 9.00 Insiders. 10.30 Offsiders. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Monty Don's French Gardens. 3.30 Grand Designs Revisited. 4.30 Restoration Australia. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Darby And Joan. 8.15 Unforgotten. 9.05 Boat Story. 10.05 MOVIE: Ali's Wedding. (2017) 11.50 You Can't Ask That. 12.25 Rage. 3.00 Ask The Doctor. 3.30 Gardening Aust. 4.30 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Figure Skating. ISU World Championships. Highlights. 4.00 Sailing. SailGP. Round 4. Highlights. 5.00 Herolines. 5.30 WWII War Machine. 6.30 News. 7.30 The Wonders Of Europe. 8.30 The Fall Of An Empire. 10.30 Mayhem: Secret Lives Of Georgian Kings. 11.25 Rebel With A Cause. 12.25 Empires Of New York. 2.55 Britain's Great Outdoors. 3.25 Fergal Keane Living With PTSD. 4.25 Bamay. 5.00 NHK World English News Morning. 5.15 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feed. 1.00 Football. AFL. Round 4. GWS Giants v West Coast. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 7.00 Australian Idol. (PG) 8.40 7News Spotlight. 9.40 Waco Untold: The British Stories. (MA15+) 12.00 The Bay. (M) 1.00 My Greek Odyssey. (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. 11.00 NRL Sunday Footy Show. 1.00 Fish Forever. 1.30 Drive TV: Drive Car Of The Year. 2.00 Adelaide Motor Festival. 3.00 Rugby League. NRL. Round 5. Manly Sea Eagles v Melbourne Storm. 6.00 NBN News. 7.00 Married At First Sight. 8.50 60 Minutes. 9.50 9News Late. 10.20 See No Evil. 11.20 The First 48. 12.10 Adelaide Motor Festival. 1.05 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 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. (PG) 8.40 Sam Pang Tonight. (M) 9.40 Taskmaster Australia. (M) 10.50 News. 11.55 The Project. 12.20 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Grand Designs Aust. 3.00 Back Roads. 3.25 Grand Designs Revisited. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 The Weekly. 11.35 Home Delivery. 12.05 Grand Designs Revisited. 12.55 Long Lost Family. 1.40 Rage. 3.30 Sherwood. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 The Queen's Guard: A Year In Service. 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 Milan With Michael Portillo. 8.25 Pompeii: The New Dig. 9.35 24 Hours In Emergency. 10.30 SBS News. 11.00 Syndrome E. 12.00 Infiniti. 1.05 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 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 9-11: Lone Star. (M) 10.10 Suits L.A. (M) 11.10 The Agenda Setters. 12.10 Treardstone. (MA15+) 1.20 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. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Married At First Sight. 9.20 Love Triangle. (M) 10.50 9News Late. 11.20 Police After Dark. (M) 12.15 Next Stop. 12.40 Tipping Point. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. (PG) 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. (PG) 8.40 Sam Pang Tonight. (M) 9.40 Taskmaster Australia. (M) 10.50 News. 11.55 The Project. 12.20 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Grand Designs Aust. 2.55 Back Roads. 3.25 Grand Designs Revisited. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.25 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Creative Types. 9.00 Finding The Archibald. 10.05 The ABC Of. 10.35 News. 10.50 The Business. 11.05 Four Corners. 11.50 Media Watch. 12.05 Q+A. 1.10 Grand Designs Revisited. 1.55 Rage. 2.30 Late Programs.	6.00 Morning Programs. 2.00 The Queen's Guard: A Year In Service. 2.55 Lucknow. 3.05 The Weekly Football Wrap. 3.15 Plat Du Tour. 3.45 The Cook Up. 4.15 New York: The City That Never Sleeps. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.00 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Guillaume's Paris. 11.00 Snow. 11.55 Illegals. 12.50 Illegals. 1.45 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 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 9-11: Lone Star. (M) 10.10 Suits L.A. (M) 11.10 The Agenda Setters. 12.10 Treardstone. (MA15+) 1.20 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. 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) 8.40 100% Footy. (M) 9.40 9News Late. 10.10 Wild Cards. (M) 11.10 The Equalizer. (M) 12.00 Next Stop. 12.30 Tipping Point. (PG) 1.30 TV Shop. 2.30 Building Ideas. (PG) 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 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 Australian Survivor. (PG) 8.40 NCIS. 9.40 NCIS. (MA15+) 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.

April 9 - 15

	ABC TV	SBS	SEVEN	NBN	TEN	
	6.00 Morning Programs. 1.35 Media Watch. 2.00 Restoration Australia. 3.00 Back Roads. 3.25 Grand Designs NZ. 4.10 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 Fresh Blood: Urvi Went To An All Girls' School. 9.30 Planet America. 10.05 Mayfair Witches. 10.50 News. 11.05 The Business. 11.20 Auntie Donna's Coffee Cafe. 12.15 Grand Designs NZ. 1.00 Long Lost Family. 1.50 Rage. 2.25 Late Programs.	6.00 Morning Programs. 12.30 ABC World News Tonight. 1.00 PBS News. 2.00 Dateline. 2.30 Insight. 3.30 Destination Flavour China Bitesize. 3.40 Plat Du Tour. 3.45 The Cook Up. 4.15 New York: The City That Never Sleeps. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.40 The Handmaid's Tale. 10.40 SBS News. 11.10 Blackwater. 12.15 My Brilliant Friend. 4.15 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: Seasoned With Love. (2021) 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. (M) 8.30 The Front Bar. (PG) 9.30 Unflattered. (PG) 10.00 Jimeoin: Result. (M) 11.20 Autopsy USA. (M) 12.20 Midnight Texas. (MA15+) 1.20 Travel Oz. (PG) 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: A Town Called Love. (2023) 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 The Hundred With Andy Lee. 8.30 The Grand Tour. (MA15+) 9.30 Freddy And The Eighth. 10.50 9News Late. 11.20 The Equalizer. 12.10 Tipping Point. 1.05 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 Lingo. 10.00 10.00 Ent. Tonight. 10.20 Dog House Aust. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Airborne: Nature In Our Skies. (PG) 8.40 Elsbeth. (M) 9.40 NCIS: Origins. (M) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	WEDNESDAY
	6.00 Morning Programs. 1.00 Miniserics: Best Interests. 2.00 Restoration Australia. 3.00 Back Roads. 3.30 Grand Designs NZ. 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 Restoration Australia. 9.00 Grand Designs Aust. 10.00 Grand Designs. 11.20 Darby And Joan. 12.05 Grand Designs NZ. 12.50 Long Lost Family. 1.35 Rage. 3.25 Rage Closer. 3.30 Sherwood. 4.30 Late Programs.	6.00 Morning Programs. 1.55 Alone Australia. 3.00 Where Are You Really From? 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 New York: The City That Never Sleeps. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Concorde: Chasing A Dream. 8.30 Sydney's Super Tunnel. 9.30 9.35 SBS. 10.05 Breaking The Bank. 12.00 Blinded. 12.50 Blinded. 1.45 Desperate Measures. 3.25 Inside The Modelling Agency. 4.20 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Curious Caterer: Falt Vows. (2023) 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 Dogs Behaving (Very) Badly. (PG) 8.30 Britain's Got Talent. (PG) 9.35 The Amazing Race. (PG) 11.15 The Chernobyl Disaster. (M) 12.15 Emergency Call. (PG) 115 Harry's Practice. 2.00 TBA. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 MOVIE: Finding Mr Right. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 6. Dolphins v Penrith Panthers. 9.45 Thursday Night Knock Off. 10.40 9News Late. 11.10 10.00 Topical Hunters. 12.10 Topical Shop. 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 Morning Programs. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 10.00 Ent. Tonight. 10.20 Airborne: Nature In Our Skies. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Airborne: Nature In Our Skies. 8.40 NCIS: Origins. (M) 9.40 NCIS: Taskmaster Australia. 9.40 Law & Order: SVU. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	THURSDAY
	6.00 Morning Programs. 1.00 Planet America. 10.30 The Pacific. 11.00 All AC Battlefields. 12.00 News. 1.00 Unflattered. 2.00 Restoration Australia. 3.00 Back Roads. 3.30 Grand Designs NZ. 4.10 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.30 Sherwood. 9.30 The Weekly. 10.00 Hard Quiz. 10.30 Fresh Blood: Urvi Went To An All Girls' School. 11.00 News. 11.20 Father Brown. 12.05 Mayfair Witches. 12.50 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 The Queen's Guard: A Year In Service. 2.55 The Point Guard To Referendum History. 3.10 3.00 Nuala. 3.30 The World. 4.00 Mesopotamia 3D. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Mystery Of The Nazca Lines. 8.40 Bettany Hughes' Lost Worlds: Nabateans. 9.40 Scotland's Secret Railways. 10.35 SBS News. 11.05 A Body That Works. 12.05 Romulus. 2.05 Agent Hamilton. 2.55 Agent Hamilton. 3.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Nikki And Nora: Sister Sleuths. (2023) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 7.30 Football. AFL. Round 5. Collingwood v Sydney. From Adelaide Oval. 10.30 AFL Post-Game Show. 11.15 GetOn Air. 11.45 9-11: Lone Star. (M) 12.45 The Black Donnellys. (M) 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: The Love Life. (2023) 2.00 Pointless. 3.00 Tipping Point. (PG) 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 6. Brisbane Broncos v Sydney Roosters. 9.55 Golden Point. 10.45 MOVIE: War. (2007) (MA15+) 12.40 Tipping Point. (PG) 1.30 TV Shop. 2.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Drew Barrymore. 7.00 Frugal Foodie. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 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 Lingo. 3.00 News. 4.00 Family Feud. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 The Graham Norton Show. (M) 9.30 Sam Pang Tonight. (M) 10.30 News. 10.55 The Project. 12.00 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 Extraordinary Escapes. 3.00 Dinosaurs Of The Frozen Continent. 3.50 A Life In Ten Pictures. 4.40 Creative Types. 5.10 Landline. 5.40 Aust Story. 6.10 Father Brown. (PG) 7.00 News. 7.30 Death In Paradise. 8.30 Vera. (M) 10.05 Unforgotten. (M) 10.50 Boat Story. (MA15+) 11.45 Rage. (MA15+) 5.00 Rage.	6.00 Morning Programs. 2.00 Figure Skating. ISU Synchronised Championships. Highlights. 3.30 Cycling. UCI World Tour. Tour Of Flanders. Men's race. Highlights. 4.30 Heroines. 5.00 Going Places. 5.30 Shipwrecked: The Crisp Sinkings. 6.30 News. 7.30 The Wonders Of Europe. 8.30 Snowdon & Margaret: A Scandalous Affair. 9.25 The China For Lovers. 10.05 Coastal Railway Journeys. 10.45 Great Coastal Railway Journeys. 11.15 Paris Paris. 11.45 Paris Paris. 12.45 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. The Star Championships Day. Golden Mile Race Day And PKF Italian Day. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 Border Security. (PG) 7.30 MOVIE: The Day After Tomorrow. (2004) (M) 9.55 MOVIE: The Book Of Eli. (2010) (MA15+) 12.20 Motor Racing. Supercheap. 1.00 The Coast. 1.30 Super400. 1.41 Highlights. 1.20 The Black Donnellys. (M) 2.30 TBA. 4.00 It's Academic. 5.00 My Greek Odyssey.	6.00 Morning Programs. 10.00 Today Extra. Saturday. 12.00 Destination WA. 12.30 Young Sheldon. 1.00 Let's Eat With George. 1.30 MOVIE: Oddball. (2015) 3.30 The Hundred With Andy Lee. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: Mrs Doubtfire. (1993) 11.10 MOVIE: The Birge. (1996) 11.15 Let's Eat With George. 11.45 Talking Honey. 12.00 The Incredible Journey. 2.30 TV Shop. 3.40 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 10.30 Australian Survivor. 12.00 Intrepid Adventures. 12.30 Australia By Design: Architecture. 1.00 10 Minute Kitchen. 1.30 Frugal Foodie. 2.00 Silvia's Italian Masterclasses. 2.30 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 The 1% Club. 8.30 Googlebox. 9.30 Ambulance Australia. 10.30 Elsbeth. 11.30 FBI. 12.30 Shopping. 5.00 Hour Of Power.	SATURDAY
	6.00 Rage. 7.00 Wknd Brekky. 9.00 Insiders. 10.30 Insiders. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Monty Don's Japanese Gardens. 3.30 Restoration Australia. 5.30 Antiques Roadshow. 6.30 Compass. (PG) 7.00 News. 7.30 Darby And Joan. (M) 8.15 Unforgotten. (M) 9.05 Boat Story. (MA15+) 10.05 MOVIE: Wridnder. (1986) (M) 11.35 You Can't Ask That. (M) 12.05 Rage. (MA15+) 3.00 Ask The Doctor. 3.30 Gardening Aust. 4.30 Insiders.	6.00 Morning Programs. 1.00 Motor Racing. ProMX Championships. Round 2. 4.00 Heroines. 4.30 Cycling. UCI World Tour. Tour Of Flanders. Women's Highlights. 5.30 Operation March On Rome. 6.30 News. 7.30 Ancient Empires. 9.30 Clash Of The Crown Princes. 10.30 What They Found. 11.20 Mayhem: Secret Lives Of Georgian Kings. 12.15 Rebel With A Cause: Neville Bonner. 1.15 Empires Of New York. 2.55 Empires Of New York. 3.45 Britain's Great Outdoors. 4.15 Bamay. 4.45 Late Programs.	6.00 Morning Programs. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 Border Patrol. 3.00 Highway Cops. 3.30 Dog Patrol. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 The 1% Club UK. 8.00 Highway Patrol. (PG) 8.30 MOVIE: The Equalizer 3. (2023) 11.00 MOVIE: Firestarter. (2022) 1.00 Motor Racing. Supercars Championship. Taupo Super400. 2.41 Highlights. 2.00 Shopping. 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: Drive Car Of The Year. 2.00 Oz Off Road TV. 2.30 Rugby League. NRL. Round 6. Newcastle Knights v Wests Tigers. 6.00 NBN News. 7.00 60 Minutes. 8.00 RBT. 8.30 The People Vs Michael Jackson. 10.30 9News Late. 11.00 See No Evil. 11.50 The First 48. 12.40 Oz Off Road TV. 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. 8.30 GCBC. 9.00 Freshly Picked. 9.30 Loving Gluten Free. 10.00 10 Minute Kitchen. 10.30 Pooches At Play. 11.00 My Market Kitchen. 11.30 Buy To Build. 12.00 Australian Survivor. 1.00 Everyday Gourmet. 1.30 Cook With Luke. 2.00 Dog Down Under. 2.30 4x4 Adventures. 3.30 All 4 Adventure. 4.30 Farm To Fork. 5.00 News. 6.00 Sunday Project. 7.00 Australian Survivor. 8.10 Matlock. 9.10 FBI. 10.10 FBI. 11.10 Sunday Project. 12.00 Shopping. 4.30 CBS Morning.	SUNDAY
	6.00 Morning Programs. 1.00 Landline. 2.00 Restoration Australia. 3.00 Back Roads. 3.30 Grand Designs NZ. 4.15 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 Hard Quiz. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.00 Planet America. 11.40 The Weekly. 12.10 Grand Designs NZ. 1.00 Long Lost Family. 1.45 Rage. 3.20 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Queen's Guard: A Year In Service. 2.55 Travel Shooters. 3.25 The Cook Up. 3.55 London's Super Tunnel. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Milan With Michael Portillo. 8.30 Pompeii: The New Dig. 9.35 24 Hours In Emergency. 10.30 SBS News. 11.00 Syndrome E. 12.00 Infiniti. 2.00 Son Of. 2.55 Son Of. 3.45 Inside The Modelling Agency. 4.40 Bamay. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Love, Romance And Chocolate. (2019) 3.00 Beat The Chasers UK. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Highway Patrol. (PG) 8.30 9-1-1: Lone Star. (M) 9.30 Suits L.A. (M) 10.30 The Agenda Setters. 11.30 St. Denis Medical. (PG) 12.00 Treadstone. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 MOVIE: Zoe's Having A Baby. (2023) 2.00 Pointless. 3.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Paramedics. 8.30 Australian Crime Stories. 9.40 TBA. 10.40 9News Late. 11.10 Wild Cards. 12.00 The Equalizer. 12.50 Talking Honey. 1.00 Fish Forever. 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 Lingo. 10.00 Judge Judy. 10.20 Australian Survivor. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. 9.00 Sam Pang Tonight. (M) 11.05 The Project. 12.35 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.	MONDAY
	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Restoration Australia. 3.00 Back Roads. 3.30 Grand Designs NZ. 4.15 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 Hard Quiz. 8.30 The Weekly. 9.00 Fresh Blood: Urvi Went To An All Girls' School. 9.30 Planet America. 10.05 Mayfair Witches. 10.50 News. 11.05 The Business. 11.20 Auntie Donna's Coffee Cafe. 12.15 Grand Designs NZ. 1.00 Long Lost Family. 1.45 Rage. 3.20 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Mystery Of The Assassination Of JFK. 2.50 The Weekly Football Wrap. 3.20 Plat Du Tour. 3.25 Plat Du Tour. 3.30 The Cook Up. 4.00 London's Super Tunnel. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Milan With Michael Portillo. 8.30 Pompeii: The New Dig. 9.35 24 Hours In Emergency. 10.30 SBS News. 11.00 Syndrome E. 12.00 Infiniti. 2.00 Son Of. 2.55 Son Of. 3.45 Inside The Modelling Agency. 4.40 Bamay. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Sweet As Maple Syrup. (2022) 3.00 Beat The Chasers UK. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 The Americas. (PG) 8.30 9-1-1: Lone Star. (M) 9.30 The Irrations. (M) 10.30 The Agenda Setters. 11.30 St. Denis Medical. (M) 12.00 The Act. (MA15+) 1.10 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 MOVIE: Zoe's Having A Baby. (2023) 2.00 Pointless. 3.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Paramedics. 8.30 Australian Crime Stories. 9.40 TBA. 10.40 9News Late. 11.10 Wild Cards. 12.00 The Equalizer. 12.50 Talking Honey. 1.00 Fish Forever. 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 Lingo. 10.00 Judge Judy. 10.20 Australian Survivor. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 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) 8.40 NCIS. 9.40 NCIS. (MA15+) 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.	TUESDAY

Local Calendar

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

April

Open daily until 27 April - The Forster Art Prize Exhibition 10am - 4pm at Forster Gallery, 34 Lake St Forster.



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.

Fri 18 April (Good Friday) & Mon 21 April (Easter Monday) are Australian Public Holidays

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

Sat 26 April - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994



Sun 27 April - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall. Enquiries: Jennifer Doyle 0401 968 516

Daylight Saving Time Ends



When local daylight time is about to reach 3:00am on Sunday 6 April 2025, clocks are turned backward 1 hour to 2:00am Sunday 6 April 2025, local standard time instead.

Sunrise and sunset will be about 1 hour earlier. There will be more light in the morning and less light in the evening.

www.timeanddate.com

What's on around town & beyond!

The Forster Art Prize Opens With a Splash!

By Christine Rands - GLAS President
Literally!

On Saturday 29 March the heavens opened to 'toast' the Awards Ceremony for the Great Lakes Art Society's 43rd Annual Open Exhibition.

Luckily it did not deter over 160 Sponsors, VIPs, Members and their guests from enjoying the works on display and celebrating the winning artists.

"We renamed the event this year to The Forster Art Prize which we feel more accurately describes this premier exhibition" says the President, Christine Rands. "And, again, we have been able to offer over \$10,000 in prizemoney due to the generosity of local businesses. Over 26 awards were presented on the night. Thank you to the following sponsors: Ray White Forster Tuncurry, Tanya Thompson MP, Beaver Novello Moss, Ken Richards & Family, Ultimate Eye Care, Palm Lake Resort, On Time Painting, and Club Forster."

Exhibition Co-ordinator, Toni de Bruin, is exhausted but thrilled "we exhibited 249 works from 111 artists including 71 local artists. We believe the standard of this exhibition steps

up each year, with this year's works displaying an exuberant use of colour and many artists opting for large works to capture your attention".

Jessie Beard, a local artist from Old Bar, took on the daunting task of judging 1st, 2nd and Highly Commended across eight Categories. Jessie judged the two overall winners to be:

- Best Member's Work: Wendy Earnshaw for Autumnal Coast
- Best In Show: Wild Flower by Keir Jamieson

The Forster Art Prize is on exhibit from 29 March until 27 April 2025. The Forster Gallery is open 10am – 4pm seven days a week (except for Anzac Day).

Come along and enjoy this wonderful exhibition and take the opportunity to cast your vote for the People's Choice award, and get a taste for

how hard it is to Judge such a variety of works! All works are for sale and one of them might just be perfect for you home, your office, or as a gift.

Photos by Georgie Yule and Matilda Yule.



Above: Best GLAS Member's Work Award to Autumnal Coast - by Wendy Earnshaw (on right), presented by Tanya Thompson MP.



Above: President of GLAS Christine Rands (wearing glasses) and Judge Jessie Beard (holding microphone) presenting art awards.



Above: 2nd Prize Watercolour Award to Cattai Wetlands - by Brian Barker, presented by Maxine Calladine from Club Forster.



Above: 2nd Prize Sculpture Award to Swirling Trumpets - By Ella Szpinider (behind her sculpture), presented by Pat Mackaway (on right).



Above: Best Small Painting Award to Precious Pooch - By Olivia Cotovich (on far left).

Dandelion HYPNOTHERAPY

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- TimeLine Therapy (Anger, Guilt, Fear)
- Performance
- Relaxation
- Stress
- Anxiety

BOOK TODAY

Online or in person, Forster
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FORSTER GALLERY

THE FORSTER ART PRIZE 2025
29 March – 27 April

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

Tanya Thompson MP
Ken Richards & Family
Ultimate Eyecare
BNI
Beaver Novello Moss
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ON TIME PAINTING
club forster

Autumn School holidays

Free Learn-to-Sail lessons at Coomba Aquatic Club

Both kids and adults can take free one-on-one lessons with the Coomba Aquatic Club's highly experienced instructors.

- Sun 13 April 9:30am - 11:30am
- Sun 11 May 9:30am - 11:30am

Youngsters get their first taste of sailing in Open Bic dinghies. Even first timers usually master the basics of tacking and turning in the nimble, lightweight craft under the one-on-one coaching from an experienced instructor.

Adults learn the basics in a very stable, two-person 303 dinghy, accompanied by an instructor - all under the watchful eye of the safety boat crew.

To wrap up each session, participants and parents are welcome to enjoy the free sausage sizzle lunch.

Please note: All participants must wear: a floatation vest (your own or borrow a club vest), water shoes, a hat, and water-resistant sunscreen. A parent or guardian must remain on site to supervise their child.



We need volunteers!

We'd love you to be part of the Coomba Aquatic Club's team of volunteers? On or off the water, we have a role for you!

To learn more, contact John Price on 0429 272 363.

Koala art competition

Whether you're building a career as an artist or writer, or still learning these talents at school, there's a category for you in the MidCoast Koala Art Competition.

MidCoast Council's Acting Manager of Natural Systems, Tanya Cross described it as a great opportunity for community members to display their visual art or creative writing skills and use their talent to highlight an important local topic.

As well as the chance to win a prize, selected artworks will be exhibited and may be sold at the artist's discretion.

The competition is hosted by MidCoast Council's Koala Safe Spaces program, with the aim of raising the profile of local koalas.

Participants will produce original works that raise awareness of threats to koalas and help change attitudes and behaviour.

The competition is split into three age-group categories:

- primary school aged students
- secondary school aged students
- open category 18 years and over

Within each age-group category, participants can choose to enter Visual Art, Writing or both.



First prize in the open category for Visual Art is a \$300 #shopMidCoast voucher, and for Writing, a \$100 #shopMidCoast voucher.

Selected works will be exhibited at the Forster Art Gallery and at Council venues as space permits.

All entries must be registered online by Friday 5 September. You can find our Information Pack, Terms and Conditions, and Registration Form at www.midcoast.nsw.gov.au/koala-competition.

MidCoast Council Libraries Autumn Holiday Program

Join us across MidCoast Council Libraries as we celebrate the autumn holidays with a range of free fun and exciting activities for children of all ages. Bookings are essential: www.library.midcoast.nsw.gov.au/Home



- 14 April - Sun Catcher Workshop, Hallidays Library
- 15 April - Easter Bag Creation, Forster Library
- 17 April - Holiday Movie Screening, Hallidays Library
- April - Sand Art Workshop, Forster Library
- 24 April - Clay Creation Workshop, Forster Library

For more information you can visit our website, call us on (02) 7955 7001 or email us at library.events@midcoast.nsw.gov.au

Free Author Talk: Rosemary Gattuso - 'It's Not You, It's Me'

Join Rosemary Gattuso, acclaimed mediator for an inspiring author talk on 9 April, 10 – 11:30am at Forster Library, 4 Lake Street Forster.

In this interactive session, you'll learn evidence-based, trauma-informed strategies to harness your strengths, develop your authentic self, and build resilience. Whether you're seeking personal development or simply want to improve your mental well-being, Rosemary's strengths-based approach offers valuable insights and practical takeaways.

Rosemary's book 'It's Not You, It's Me!' offers a practical, compassionate approach to turning overthinking into a tool for personal growth.



Bookings essential at: www.library.midcoast.nsw.gov.au/Events

FORSTER TUNCURRY LIONS CLUB

TRAMPOLINE & MINI GOLF PARK

OPEN OVER APRIL SCHOOL HOLIDAYS
10AM - 9PM
10th till 27th April

TRAMPOLINES: 10 minute sessions \$5 per person
MINI GOLF: \$5 per head (9 holes)

Interested in having a friendly family competition? We offer free playoff hole. Trophies for sale @ \$15 each.

Drinks \$2 each & mints 80c
Eftpos available
Lions Club Fundraising

GROUP FARM STAY
Kings Creek Rd Krumbach

KINGS CREEK RETREAT

Hens Weekend ~ Family Reunion
NDIS Respite ~ Special Occasion
kingscreekretreat.com.au

Monday Monday Pasta \$15	Tuesday Happy Hour 3pm to 5pm Members Swipe Draw at 5:30pm Bingo From 10:30am Pizza's L \$20 / S \$15 \$15 Seniors Lunch Deal	Wednesday Raffles from 6pm Club Super Draw from 6pm 220gr Porterhouse w/Chips & Salad \$20	Thursday Mufti Bowls & Raffle from 12:30pm Happy Hour 3pm to 5pm Schnitty \$20	Friday Raffles from 6pm Super 100 Draw after Raffles Lunch Burger 'n' Beer \$20 Live Music Every Friday 8pm
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There's always something happening at the Palms!

Saturday Fishing Club Raffle starts at 3pm & 4pm Happy Hour 3pm to 5pm Kids Meals \$5 (16y)	Sunday Every Sunday-BBQ, Bowls & Tunes Chook Run Bowls from 10:30am Outdoor Bar 1pm - BBQ 2pm Live Music at the Green from 2:15 Kids Meals \$5 (16y)	Open 7 Days 11:00 till Late Lunch 12pm & Dinner 5:30pm Courtsey Bus from 4pm 8 Paradise Drive, Smiths Lake Ph: 6554 4333 www.pacificpalmsbowlingclub.com.au Follow us on Facebook, Instagram and Twitter.	Glen Mead Fri 4 Apr	Rueben & Friend Fri 11 Apr
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Pacific Palms Bowling Club
Your local Bowling Club

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

A good story from Forster and Manning Base Hospital



While in Forster on holidays, my elderly wife Anne fell over in the street and made a complete mess of her face. Almost as soon as she hit the deck, a young guy and a young woman, who had been seated separately in the nearby Dragons Den restaurant, rushed to our side. One announced "I'm a doctor, my name is Lachie," and the other, while comforting Anne and me said, "I'm Sophie, I'm a paramedic." At the same time about at least 6 other citizens appeared helping in various ways. A waitress handed me a phone and said, "I've called an ambulance, talk to them." A man who had been walking by stood to provide a brace for Anne to sit against while Lachie and Sophie attended to Anne's rather scary looking bloody wounds. Another diner from the restaurant brought a chair whilst the primary carers gently lifted her into the seat. Another lady had gathered up Anne's handbag and broken glasses and handed them to me.

After maybe 15 minutes the ambulance appeared, staffed by Matt and Em, who cheerfully noticed Sophie was there. I watched as Sophie did a well-practiced handover to the other two.

Anne was taken to Manning Base Hospital, an inconvenient 35kms away and I followed in my car. She was admitted to ED around 7.30pm, triaged within 15 minutes and was taken for a CT scan within the first hour. Then we settled in the waiting room with about 40 other people. Various other patients had been there for some hours already, so we were ready for a long wait. Sure enough we had to be patient (excuse the pun) as the staff understandably took time to work through the backlog of people in front of us in the queue.

At about 1:30am a doctor finally appeared, apologised for our wait, and then spent about 45 minutes carefully assessing Anne's wounds, reading and explaining the scan results, treating the various cuts and bruises including 2 separate cuts requiring stitches and finally sent us home with a comprehensive report about 2.30am.

This was our first time to the ED of a country hospital where typically we see services on TV news frequently being described as providing unsatisfactory service. Well let me tell you that although we had to wait our turn for a number of hours, we ended up getting excellent care and I could not commend the organisation highly enough.

During these days of regular news of various groups in society hell bent on harming each other, here is a story that makes me, at least, aware of how people in Australia will help fellow citizens in trouble and also how our health system at what is reportedly its greatest pressure point, serves the community magnificently.

A special thanks to Doctor Lachie and Paramedic Sophie plus various other unnamed helpers who came to our assistance.

By Frank Coogans - Sydney.

Removal of plaques from Tuncurry Breakwall

I'm writing to bring awareness of the disrespect to the deceased and their families by the recent removal of plaques from the Tuncurry break wall by unknown persons.

The plaques are just a small piece of memory for those who have lived and loved this area. What better place to view them than overlooking the water.

I don't have any family plaques on the break wall but I do read them as I'm walking past. They are part of our history. Our own Barry Stoneham Park in Tuncurry is named after a local man who worked tirelessly to make things better.

So, what's a few plaques on the break wall? The break wall is always a great place to visit for locals and visitors to the area. You don't have to read them. Just enjoy the view or the friendly atmosphere.

Better lighting in this area is needed.

Marilyn - Tuncurry (full name sighted)

A Transport for NSW Maritime Spokesperson said:

Transport for NSW Maritime's policy on Breakwater Memorials and Artwork states that the practice of placing plaques or other unauthorised additions to marine-based infrastructure including NSW coastal breakwaters such as the one at Tuncurry is not encouraged.

If Transport for NSW has to undertake work on infrastructure, we will notify the community, so they have the opportunity to remove and retain their memorials.



Australia's Energy Security

As a nation, we are highly reliant upon imported oil - for our national transport, for defence, for the flying doctor service for example, and for our own activities.

Doubtless, energy security is front of mind in the recently released government report proposing an overview of all sorts of threats to our economy.

In the event of major conflict or political pressure such as an embargo (think what happened to our exports recently to China), an interruption to our oil imports is no longer unthinkable.

We would need to fall back on electrical power. That is not practicable for aircraft, either civil and military. But for the road transport on which as a large country we are very dependent, battery power is quite achievable with battery swap stations thus releasing the oil-based fuels indispensable for our national security.

For this to work, we need every available source of electricity we can get. Offshore wind farms are one such source. Those who object to them should consider the national security ramifications of their nimbysism.

John King - Pacific Palms



www.moir.com.au

Press coverage of Trump

Rather than vote to give Donald Trump the keys to the Oval Office, he would have been far better placed as the CEO of Looney Tunes Cartoons.

Why oh why do the major media outlets continue to give this Human Headline airtime and boundless press coverage?

Fast forward to the 2028 US Presidential Election.

Steven Maher - Forster

Fact Check for Federal Election

Political elections often lead to a flood of misinformation presented to the public as fact. On Saturday morning, the Australia One Party had a stand at the Tuncurry markets with a sign claiming that the federal government was an illegal entity. Curiosity got the better of me, so I asked why a political organisation displayed posters on a signboard stating that federal governments were unlawful.

According to the Australia One Party, the federal government does not have the legal power to have an Australian Business Number ("ABN") under the Australian Constitution.

This seems odd as federal governments of all persuasions have implemented ABN since the legislative framework for implementing the ABN Act 1999 was introduced.

Fact Check - Taxation Collection: The Constitution grants the Commonwealth the power to impose taxes through Section 51(ii), which allows the federal government to make laws regarding taxation. The power is essential for funding government operations and services.

ABN (Australian Business Number): While the Constitution does not specifically mention ABNs, the ABN system is part of the broader legislative framework that supports business and government operations in Australia. The ABN is a unique identifier for businesses and government entities, facilitating interactions and transactions.

Therefore, Section 51(ii) of the Australian Constitution allows the federal government to issue ABNs to businesses and government entities, facilitating streamlined interactions and regulatory compliance.

Sometimes, it is prudent to read Section 51(ii) in its entirety before concluding that the federal government is illegal.

The signs displayed by Australia One should be removed.

Graeme Glossop - Forster

Editor's note: The Australian One Party signs were sighted by this newspaper including a message to "Boycott the Ballot". All Australian citizens aged 18 or older are required by law to vote. www.elections.act.gov.au

First place at the Nabiac Show



A group of dedicated knitters from Kirinari's Community Centre in Forster has won 1st place and the Stewards' Choice Award at the Nabiac Show for their beautifully crafted masterpiece.

Created during their time at Kirinari's Forster-based centre, the piece is a testament to their

skill, patience, and collaboration. The group was delighted with the recognition and hopes to inspire others to explore the joy of knitting and creative pursuits.

Congratulations to all involved!

Trades & Services



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In Memoriam

Ellen Mary Stewart

27th May 1931
17th March 2025

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Late of Forster Keys.
Beloved Wife to Eric (deceased).
Adored Mother, Grandmother
and Great Grandmother

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Community News

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Weekly Diary

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

Mondays

Great Lakes Ladies Probus Club

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

Forster Hospital Pink Ladies

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

Boomerang Bags Forster Tuncurry

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

Forster Tuncurry Seniors

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

The Man Walk - walk, talk and support

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

Great Lakes Evening VIEW Club

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

Club Forster Travel Club

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

Manning Great Lakes Parkinson's Support Group,

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

Quota Club of Forster Tuncurry

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

Al-Anon Family Groups

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

Alcoholics Anonymous

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

Forster Tuncurry Lions Club

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

Tennis Forster

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

Great Lakes Vietnam Veterans Association

Email: vvagforster@gmail.com

1st Forster Tuncurry Scout Group Cub Section

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

Mixed Social Tennis

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

Coomba Fitness Group:

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

Forster Tuncurry Men's Shed Inc.

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

Family History Advisory Group

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

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
greatlakespn2428@gmail.com for details.

Forster Digital Photographic Club (FDPC)

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

Alcoholics Anonymous

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

Alcoholics Anonymous

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

One Mile Beach Dunecare

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

Hallidays Point Men's Shed

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

Dementia Infomation drop in at Forster Library

4th Wed of the month 9.30 - 11.30am. Speak
with local Dementia Alliance representative on
local services.

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

Lodge Forster Great Lakes United

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

Tennis Forster

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

Great Lakes Vietnam Veterans Association

Email: vvagforster@gmail.com

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout Section

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

Mens Social Tennis

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

Great Lakes Concert Band

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

Twin Towns Tennis Club

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

Fridays

Forster Country Women's Association (CWA)

1st Friday of the Month, 9:30am to 11:30am
Coolongolook Room at Forster Civic Centre,
Lake Street. Contact: Annette 0411 028 857

Wallis Lake History Group

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

Forster Tuncurry Seniors

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

Forster Tuncurry Red Cross

1st Friday of the month at 10:30am.
Please contact Janet on 0413 799 543 to find
out new venue.

Alcoholics Anonymous

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

Pickleball Tuncurry

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

Tuncurry Beach Dunecare

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

Ladies Social Tennis

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

Coomba Fitness Group:

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

Twin Towns Tennis Club

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

Forster Tuncurry Men's Shed Inc.

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

Saturdays

Forster parkrun community 5km run/walk

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

Club Forster Table Tennis

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

Forster Country Women's Association

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

Great Lakes Rural Australians for Refugees

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

Great Lakes Orchid Society Meeting

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

Dragon Boating

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

Community News

www.forsterfortnightly.com.au

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Community Meals & Pantry



Above: (L-R) Rick Star and Peter Hester at Tuncurry Community Brunch.

Tuncurry Community Brunch

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

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

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

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

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

Tuncurry Community Morning Tea & Lunch

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

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

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

11:30am to 1pm - Lunch served

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

Forster Community Lunches

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

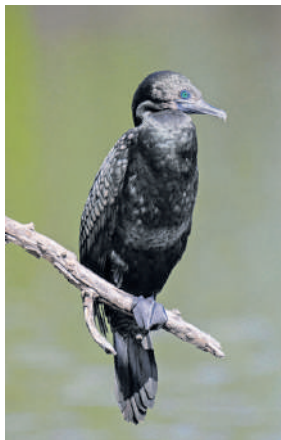
All are welcome. Lunches are served in the
CATHOLIC CHURCH HALL located behind the
Catholic Parish at 33 Lake Street, Forster.

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

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

The 'Weekly Diary' 2 is FREE to promote
community group info that changes monthly.

April



Thurs 3 April

- Manning
Great Lakes
Birdwatchers.
Minimbah
Nature Reserve.

Sat 19 April

- Manning
Great Lakes
Birdwatchers.
Ton O Fun
Road Firetrail
and Darrawank
Reserve.
Enquiries: 0431
878 395

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Our Local wildlife



By Kym Kilpatrick – FAWNA Hallidays Point

The Crested Pigeon

The punk rockers of the bird world, the Crested Pigeon (Ocyphaps lophotes) has done well from farming and urbanisation. Once only found in the arid and semi-arid zones of inland Australia, with only vagrants recorded closer to the coast, Crested Pigeons are now found throughout mainland Australia with Adelaide the first city to be populated closely followed by Brisbane, Perth, and Sydney. Numbers are increasing in Canberra and Melbourne and only the far northern tropical areas are without populations.

The Crested Pigeon is grey in colour with tinges of brown, pink and green. It has an upright thin black spike of a crest on its head giving it its common name. The wings are bronze coloured with black bars, and have iridescent patches of soft purple, blue and green underneath. The eyes are orange-red with patches of surrounding red skin.

An additional identifying feature is the whistling/clattering sound made when they take to the air, especially if in fright. It is believed that this clattering noise is as a result of the way the air rushes over the modified primary wing feathers but may also serve as a warning of danger to other birds and/or as a way of distracting potential predators away.

In flight they are swift and direct but will intersperse rapid clattering wing-beats with periods of gliding on outstretched wings. When landing they swing their tails high above their bodies in what appears to be an act of balance.



They are not birds of thick scrub or forest but prefer lightly wooded grasslands in both rural and urban areas where they feed upon seeds and grains but will also take insects if possible. They will also feed on the weed Patterson's Curse (Echium plantagineum) which is otherwise toxic to grazing animals. Because they need to drink daily they are also dependent on fresh water. They are gregarious birds and will tend to stay in small to large groups.

Crested pigeons breed between September and March but in the right circumstances can breed at any time. They are monogamous with elaborate courtship mating dances where the male will bob his body up and down, while opening and closing his wings and upright fanned tail. He will also serenade her with a soft cooing in time with his bobbing. If she is interested, she will become stationary and submissive when he approaches.

Nests are built in a tree or dense bush and are a delicate frail platform of twigs of about 170mm in diameter. Two glossy white eggs are laid and both parents incubate. Eggs hatch after about 18 days and the young chicks are fully fledged after 25 days. In a good year up to seven successive broods may be reared.

Photo by William Haigh.

Palings, Petals & Pots closing at Green Point

Cathy and Ken Oldfield are closing Palings, Petals & Pots at Green Point

From our humble beginnings at local markets, we opened our doors in 1993 with nothing more than a dream and a double garage. It's been a journey we'll never forget.

In 1995, we added a café, creating a space where husbands could relax and enjoy themselves while their wives shopped. Over the last 32 years, our goal has always been to offer unique homewares at reasonable prices, with the added joy of an exceptional coffee experience.

We've been fortunate to have not only loyal locals but also cherished tourists who visit us each year, making us a part of their holiday memories. We've been honoured to serve some incredible customers along the way, including Kerrie Anne Kennerly, Barnaby Joyce and his family, Isaac Henney, and John Alexander, just to name a few.

Our travels have always inspired us, guiding our approach to drink and cake presentation, which we've had the pleasure of perfecting with Nadine, the Cake Queen, a classically trained patisserie with experience alongside Neil Perry.

We've also had the privilege of being the only café in the area to serve Australian-grown coffee from Zentveld's Estate in Newrybar, and we're proud to be one of the few outside the Governor-General's office to feature the Ernesto roast.

Our greatest hope is that we've created a space where people from all walks of life feel at home - a place of happiness, relaxation, and memories that last.



Above: Cathy and Ken Oldfield. Photo supplied.

As we look to the future, we're excited to focus on managing our holiday business, renovating our home, traveling, and, most importantly, savouring every moment with our beautiful grandbabies.

To everyone who has supported us over these amazing 32 years—our incredible staff, loyal customers, and wonderful business partners—we are deeply grateful. Thank you from the bottom of our hearts for being a part of this unforgettable journey.

Our last day is Sunday, May 4th, so there's still time to enjoy cake, coffee, and fantastic bargains on our homewares before we close our doors for the final time.

Come celebrate with us!

Read Vanda Gooley's Connected story on Cathy and Ken in the 61st edition at www.forsterfortnightly.com.au

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.

For accurate, up-to-date information, register for our weekly email newsletter.



Get the right information, at the right time. **Subscribe today.**

midcoast.nsw.gov.au/Facts



Midcoast Council

Your work in progress

Pacific Cape Lodge

Now open

Kularoo Drive Forster



GLAICA Ltd are now very excited to show case Pacific Cape Lodge

GLAICA is a community-based organisation for the community and is committed to providing a home for residents.

All suites air-conditioned with individual ensuites

Now open for viewing

Contact 5502 6555

For further information please contact GLAICA House Tuncurry during business hours

Mon - Fri 9:30am till 4pm (02) 6554 5521

Local Identity – Jessica Gray

43-year-old Jessica Beth Gray, is a dynamic entrepreneur, community leader, and problem solver who thrives on creating opportunities and driving progress. As the Director and Licensed Conveyancer of Smart Coast Conveyancing, she has been serving the community for over a decade, offering cost-effective and client-focused legal services.

Jessica's journey has been shaped by resilience, adaptability, and a passion for helping others succeed. From a childhood marked by constant change to building a career that empowers others, she believes that success is not about where you start but about staying true to yourself, pushing boundaries, and leading with purpose.

Born in Liverpool, Australia, Jessica grew up in a blended family and moved frequently due to divorce and job changes. Stability wasn't something she knew - home was simply wherever her family could afford to live. Jessica's mum worked multiple jobs, and taught Jessica the value of earning the life you want. Jessica spent a lot of time with her nan or taking care of her younger siblings. "I believed that being helpful and reliable would secure my place in the family and ensure I was loved." Jessica's mum is a disability support worker and is a generous woman who enjoys helping others. Jessica has one brother and a sister from her mum's second marriage. "We are not a well-balanced family and there has been many real-life struggles with mental health, substance abuse and depression over the years."

"I was bossy, determined, and always striving to prove my worth. My childhood taught me that success isn't about where you start, but how you push forward." While her early years had challenges, they instilled in Jessica a strong work ethic, a passion for helping others, and the drive to create her own success on her own terms.



Above: Jessica aged 2 years old.

Jessica moved around a lot through high school and finished her HSC at Thomas Reddall High School in Ambarvale. She took a job as a legal receptionist straight after high school in Kensington, which is when she decided she wanted to study law. She worked full time and attended Sydney University part time doing her Bachelor of Law. After her 6th year studying, she wanted to specialise in property law and transferred to Macquarie University to complete her studies while finishing her practical training to become licenced. "Whilst I still have a passion for all areas of law, I felt that as a conveyancer people were generally happier when they came to see me than with other types of law. It was process driven and logical which really ticked all the boxes for me."

Beyond conveyancing, Jessica owns and operates Smart Coast Test & Tag, a business focused on electrical safety compliance. She is also the driver behind the Forster Tuncurry Business Chamber's Community Partnership, an initiative designed to bring businesses and individuals together to support passion projects that make a real impact. These include major events like the MidCoast Business Awards, Lakeside Festival, Pink Up Forster/Tuncurry, the Christmas Spirit Lights in Forster, Tuncurry, Taree, and Old Bar, and initiatives aimed at strengthening community engagement and collaboration.

Collaboration is at the heart of everything she does. "I believe that true success comes from surrounding yourself with like-minded, driven people who challenge, support, and inspire each other to grow. Whether it's in business or community projects, I thrive on creating connections, sharing ideas, and working alongside passionate individuals to drive meaningful change. Together, we achieve more."

Jessica considers herself lucky to have met some incredible people on her journey to date. First and foremost, her Nan who recently passed away. "She was the kindest woman I've ever known and always believed that true beauty comes from kindness. She taught me the simple but powerful lesson: if you don't have anything nice to say, don't say anything at all."

and serves on various committees, always with a mission to make things work smarter, easier, and more impactful - whether in business, community projects, or everyday life.

Jessica moved to Forster as part of a new chapter in her life. "My marriage was ending, and my mum was relocating here, so it felt like the right time for a fresh start. The idea of a sea change and escaping the high-stress Sydney rat race pushed me to take the leap."

Forster had always been a special place for Jessica - she brought her children here for holidays and fell in love with the peacefulness. When she discovered opportunities in the local legal industry, she knew it was time to make the move. She wasn't entirely sure what she was looking for at the time, but she knew she needed change, growth, and a new beginning - and Forster became the perfect place to find that.

With over 20 years in the legal industry, Jessica built her career on problem-solving, efficiency, and delivering client-focused service, which led to establish her own business.

For years, she dedicated herself to working for legal firms and in house legal teams for large insurance companies, pouring her energy into creating success for others. But as an employee, she said the goalposts always shifted - "I wasn't the decision-maker, the innovator, or the one shaping the future."

When the conveyancing firm Jessica worked for was sold, she knew it was time to change the narrative. Her good friend and business partner, Kellie Cary, and Jessica, decided to build something of their own - Smart Coast Conveyancing. Their vision was clear: a future for their children. "Even our company's foundation, Future of SEED Pty Ltd (Sebastian, Esteban, Emma, and Dylan), was inspired by our children - our driving force, our reason for taking the leap. We built this business not just for ourselves, but to create something meaningful that would be our legacy for the future."

Beyond conveyancing, Jessica owns and operates Smart Coast Test & Tag, a business focused on electrical safety compliance.

She is also the driver behind the Forster Tuncurry Business Chamber's Community Partnership, an initiative designed to bring businesses and individuals together to support passion projects that make a real impact. These include major events like the MidCoast Business Awards, Lakeside Festival, Pink Up Forster/Tuncurry, the Christmas Spirit Lights in Forster, Tuncurry, Taree, and Old Bar, and initiatives aimed at strengthening community engagement and collaboration.

Collaboration is at the heart of everything she does. "I believe that true success comes from surrounding yourself with like-minded, driven people who challenge, support, and inspire each other to grow. Whether it's in business or community projects, I thrive on creating connections, sharing ideas, and working alongside passionate individuals to drive meaningful change. Together, we achieve more."

Jessica considers herself lucky to have met some incredible people on her journey to date. First and foremost, her Nan who recently passed away. "She was the kindest woman I've ever known and always believed that true beauty comes from kindness. She taught me the simple but powerful lesson: if you don't have anything nice to say, don't say anything at all."



Above: Jessica Gray at the 2024 Mid Coast Business Awards.

Jessica was also inspired by Walt Disney - his vision, resilience, and ability to create something magical from nothing is something Jessica strives for in business and life. "He proved that with imagination, belief, and a little bit of courage, anything is possible. Be fearless and be brave."

Also inspirational is Jessica's good friend and fellow entrepreneur, Hector Lucenti, owner of The Beach Geek. He's a powerhouse in IT and cyber security, delivering exceptional managed services to businesses. "More than that, he's the person who keeps me grounded and on track. He is always there to advise me and collaborate on projects."

Jessica believes, at the end of the day, success isn't just about hard work - it's about the people who lift you up, challenge you, and support you. The network around you is what truly makes the journey worthwhile."

Jessica has an eclectic mix of passions and hobbies that keep life fun and full of surprises. You'll usually find her on the netball court as a goal shooter - "because why sprint when you can let everyone else do the running?" She loves a good game of darts, playing poker, and unwinding with a well-earned glass of wine with friends. She loves travelling to see new things around the world but spending time at home with her partner and children is her happy place. Lately, she's shocked herself by developing a love for growing vegetables and herbs. "Considering I once thought gardening was a dirty word, this surprises even me."

Jessica loves living in the MidCoast because it offers the perfect balance of community, lifestyle, and opportunity. She said the natural beauty is breathtaking - stunning beaches and a relaxed coastal vibe that makes every day feel like a holiday. "But more than that, it's the people. The sense of community here is something special. It's a place where businesses thrive through collaboration and where giving back is part of the culture. I get to enjoy the best of both worlds - working

hard while still feeling like I have time to take a breath when it matters."

Jessica lives by a simple rule: "If it doesn't make me happy or it doesn't make me money, I don't do it."

"Life is too short to waste time on things that don't align with your goals, values, or well-being. Whether it's in business or personal life, I believe in being intentional with my time and energy. If something doesn't bring joy, fulfillment, or financial stability, it's not worth pursuing. This mindset has helped me stay focused, build successful businesses, and create a life I truly love."

Maxine Calladine, Board of Directors at Club Forster, said this of Jessica...

"Jessica Gray's career highlights the importance of collaboration, diligent work, and determination to overcome obstacles, achieve goals, and find innovative solutions."

Jessica's success is not only due to her determination but also inspiration from Walt Disney. "All our dreams can come true if we dare to pursue them."

Collaboration is crucial to her success, allowing her to leverage others' expertise and support. This teamwork and shared vision propelled her conveyancing business forward and fostered a culture of innovation and growth. This was key to her success in her key role at the 2024 Mid Coast Business Awards. Jessica's vision for innovation has enabled her to create environments for sensitive information and potential expansion into areas like town planning and economic growth."

Her journey has had challenges, especially maintaining a healthy work-life balance. Jessica's dedication to her work teaches her children the value of sacrificing and most importantly taking time out for yourself. As a result of this powerful lesson, negativity is dispelled, showing that everything is possible when you have the right attitude."

Hector Lucenti - Managing Director of Let's Connect

"I have had the privilege of knowing Jessica for many years, and I can confidently say that her drive and energy are truly unmatched. From the moment our paths first crossed, when our businesses were just starting out, it was clear that Jessica was someone whose passion for what she does knows no bounds. Over the years, we've built not only a strong professional relationship but also a personal bond that I deeply value."



Above: Jessica with her two boys at the local Pink Carnival - Esteban is the eldest (left) eldest and Sebastian the youngest (middle). Photos supplied.

What sets Jessica apart is her unwavering commitment to her visions and goals. She is constantly motivated by her passions, which fuel her drive to succeed. No matter how many times you might suggest she slow down, she won't - and that's what makes her so incredible. Her energy is the core of who she is, and it propels her forward in everything she does, whether it's in business or her personal life."

Jessica's ability to maintain such a high level of enthusiasm and focus, day in and day out, is truly inspiring. I have seen firsthand how her dedication and relentless work ethic have helped her achieve remarkable things. I have no doubt she will continue to succeed in whatever she sets her sights on and I am glad to be part of her journey."

Book Review



John King – Librarian Pacific Palms Community Library (and formerly in the Department of Defence, though a while ago now.)

How To Defend Australia

The chaos and uncertainty of this Trump presidency and the interview on the ABC’s Radio National (Global Roaming 7 & 10 March 2025) by Geraldine Doogue and Hamish Macdonald with Hugh White, former Deputy Secretary of the Australian Department of Defence reminded me to reread White’s 2019 book How To Defend Australia (2019) written during the first Trump presidency.

Hugh White’s book is a timely, closely reasoned analysis and very well worth reading again.

In summary, he sees that we, and much of the world, have been asleep to the fundamental changes underlying the world strategic balance. The advantages that Britain and then America got from their early industrial revolutions have now been overtaken by China and, in prospect, India and Indonesia. It is no longer a unipolar world with America as prime, but a multi-polar one. What Trump has done by pulling back from the previous international order has made this absolutely clear. America can no longer be relied upon to “pick up the tab; you want it, you pay” (my terminology). Moreover, the fundamental changes underlying the world order mean there is no going back to past sureties.

This not the first time we have had a wake-up call. With the British withdrawal in 1968 from east of Suez, and America’s Guam doctrine, directed at the Philippines admittedly, that “god helps those who help themselves”, we realised that there were circumstances where we would need to act independently, and so we did in East Timor. But, with the 1991 dissolution of the USSR, complacency ruled and the underlying forces ignored. Europe has not invested the resources for its own defence – though White is quite sure that it is more than a match for Russia provided it gets its act together. Nor has America invested to ensure its primacy in the Asia Pacific, as its problems with submarine production clearly show – and White doubts very much that Australia will ever receive the promised nuclear submarines. Moreover, satellite and missile technology mean that America’s surface fleet is not likely to survive in a battle with China in the seas around China.

So to Australia. White says we need to fundamentally rethink our strategic posture and our force structure starting with exclusion of hostile powers in our immediate approaches, then in our neighbourhood, next to help protect maritime Southeast Asia, and finally add our weight to prevent an aggressor dominating the entire region. Our geographic distance and sea surround coupled with modern surveillance and missile technology give us a real capacity to do the first. Further away, we need to recognise that Indonesia will be a major power, as will India, and we need to work with them.

I do not find myself satisfied with White’s dealing with our trade and oil vulnerabilities. Basically, he says that China as a trading nation is also vulnerable which balances the risk. But as a continental nation with control of the south and east China seas, is it equally vulnerable? Where? In the Indian ocean for oil supplies or minerals out of Africa? How? Moreover, there is a range of circumstances where pressure could be applied such as diverting shipping to its advantage, declared firing areas, blockade. We get into a tizz about their warships circumnavigating Australia; now much more so if they planted a flag on the Cocos – Keeling Islands!!! While much of our sea trade can be set aside for a while, that is not true of oil supplies, nor of essential equipment only some of which might be flown in. White is critical of our heavy lift air transport which, I think, might be especially important in these circumstances. He advocates stockpiling of spare parts, of fuel, and munitions rather than trying to regain our own manufacturing capability though we are doing some of the last. And, of course, our own oil sources are very substantially depleted.

White argues for a policy of sea denial, not sea control which is the basis of US policy and the structure of our navy. Sea denial simply means we can destroy an enemy’s ships and that does not need our own, vulnerable, surface fleet. Other roles such as regional stabilisation can be done much more simply and at far less cost. He would cancel orders for large surface naval vessels; they are not needed, are too expensive, too vulnerable, and the money can be much better spent elsewhere.

Clearly, they are vulnerable and expensive. But take away his facile premise about equal trade vulnerability, and note that there is no reason

to suppose that our major trade with China would necessarily cease, as we saw recently, what then about interdiction and pressure tactics? Do we then need and can we establish moving sea control beyond our port approaches and through the island chain for very high value cargo? It is an intractable problem, certainly, but if we decide we need some capability for limited area control, then our navy might not look very different from what is proposed. Nor should we forget fixed sonar (SOSUS) arrays that with modern signal processing might be an effective submarine detection system in conjunction with the Indian navy in the Indian as well as with the US in the Pacific oceans. At the very least, it complicates a submariner’s operations. While India is a member of the Quad, it is essentially non-aligned (it is buying cheap Russian oil despite embargoes because of sanctions against Russia’s invasion of Ukraine, for example), it would be surprising if it were indifferent to hostilities in its own sphere of interest.

White’s argument against nuclear submarines is essentially that there is no guarantee we will get them against competing US interests and they are too few in number and very costly. Our navy is a medley of small parcels of capability and the loss of a few elements could be very disastrous. He is very sanguine about getting the crews for a much larger force of conventional submarines (and the Indian navy, for one, is introducing air-independent submarines). It is, he says, simply a matter of management with attractive pay and conditions! If only!

In respect of the RAAF, he recognises the centrality of air power for combat, strike, and reconnaissance. He notes the potential for long range land / truck- based missiles as well as from small, fast surface vessels. The Indonesian Komar class missile armed patrol boats worried the RAN very much during confrontation and the prospect of Houthi rebels’ missiles is limiting RAN deployments in the Red Sea area. His analysis of surveillance capabilities is well worth reading; they are critical. Two points. First, in accord with his earlier view, he says anti-submarine detection is not a priority. Really??? Second, he recognises the vulnerability of satellites for surveillance/ intelligence collection. But, while geostationary satellites are clearly vulnerable (and if the US did what it has just done to Ukraine because of Chinese pressure, the availability of their output), multiple orbiting satellites may be less so.

In respect of the Army, he advocates abandoning a conventional ‘heavy’ army with a focus on what a maritime defence, dealing with low level incursions, and stabilisation in our region requires.

A further chapter deals with nuclear weapons – should we? Finally, he considers whether Australia can create a larger defence force – yes, because we need skilled personnel, not a large mobilised army. Can we afford it – yes but it is costly and as regional powers increase their GDP, we will find it increasingly difficult to match capabilities. Moreover, there is a substantial cost in ensuring we can maintain, support and improve the forces we have, which does not mean building unless we can get economies of scale.

My own observation is that as a community we need to see ourselves as a maritime nation, not as traditionally as a land nation. For example, had we got the inshore minehunter catamarans, they could have been in every major port using naval reservists from mariners there, being part of the community, and providing skilled personnel for higher tempo naval operations generally. The RAN needs to be visible. Maybe it is time to revisit this capability; mines are a very inexpensive threat whether actual or claimed and we need to ensure we can meet it since no merchant ship owner is going to risk even the possibility.

Trump has issued a wake-up call. White’s analysis is valuable. We now need a clear exposition by the Australian government of where to now. The proposed establishment of a central office in Treasury with a new focus on protecting Australia’s economic security is a good start. See the summary issued Friday 21 March 2025 (AFR 22-23 March 2025).

'Out and About'



Above: Senior athletes - Ash, Levi, Abby, and Ella.



Forster Tuncurry Athletics Club Award Presentations on 28 March at Tuncurry Beach Bowling Club. Photos by Geordie Yule.

Left: Ari - U7 Age Manager Trophy Winner.

Below: Tiny Tots 2024/25 - our next generation of champions.



Below: (L-R) Bridie, Darcy, Paige, Issac, Harry, Jax from Under 10's with Age Managers Thomas and Ben.



Sport

Bluewater Fishing Club March Competition Report

By Allan Bowden (President) and Dave Nash

Whilst the effects of the recent cyclone Alfred left many areas wind damaged, rivers flooded and coastal beaches severely eroded with the rising sea levels and king tides that occurred, on the whole thankfully, Forster-Tuncurry proved resilient.

With waterways being left clean, and the winds finally slowed, the Club Forster Bluewater Fishing Club monthly fishing competition went ahead on the weekend of 15th and 16th March with 8 boats and 13 fishos.

The conditions were fine and some good catches were made on many of the boats competing. Those who only came back with small numbers of fish still enjoyed a beautiful day on the ocean. Better luck next time fellas.

Despite some good numbers of fish, (54 fish caught weighing a total of just under 42 kilos) ‘stonkers’ were not to be found. There was however, similar to February’s competition, good diversity in the total catch, with not only the usual Snapper, teraglin and Flathead weighed in, but also Morwong, Kingfish and Pearl Perch.

New member Grag Dunasemant was not amongst the prizes, but did take home some nice pan sized Snapper, weighing in at 1.98 kilos, with John Meyn running up with a 1.36 kilo Snapper. Ever reliable Martyn Barry hooked best Flathead of the day weighing in at 1.29 kilo, as well as taking out the overall monthly competition with 325 points for the day. John Habraken was second with 209.6 points. Best Teraglin was shared by Dave Nash and Martyn Barry, with Martyn topping off his day by taking out the jackpotted ‘Mystery Fish’ prize with a Morwong.



Above: New member Grag Dunasemant.

Our next competition day is on the Easter weekend competing against Newcastle Fishing Club in the Annual Rowley Kay Competition. Unfortunately, they have been our nemesis over the last many years, but here’s to hoping we can get ‘em this year, and take home the cup!

For those interested in joining the Club Forster Blue Water Fishing Club, please contact Barry Wrench on 0428 557 090.



Right: Bill Greene rated the best Snapper of the day.

Three podium places from three events

By Mary Yule

Dylan Kinkade has won a commendable bronze in the U17 Flags and a silver in the U17 Sprints at the NSW Surf Life Saving Carnival held at Queenscliff Beach in Manly on 15 and 16 March.

He was also part of a team that won bronze in the Open Men’s Relays, making it 3 podium finishes from 3 events.

“The other three relay runners, Jarrah Verdich, Braydan Lee and Sam Wilkinson, are from the IRB (Inflatable Rescue Boat) team at the Forster Surf Life Saving Club (FLSC). They are pretty speedy and we did really well. It was a great result from our training together.”



Above: Open Men’s Relay bronze winners (L-R) Dylan Kinkade, Braydan Lee, Jarrah Verdich and Sam Wilkinson.



Dylan is a member and lifeguard at FSLC and trains with coach Beth Lee. He competes regularly at Flags and Sprint events in Surf Life Saving Competitions. His next event is the Australian Surf Life Saving Championships at Kira, on the Gold Coast, on 5 and 6 April.

Left: Photo of Dylan by reneerobertson_mua_photography

Alcohol-related crashes on regional roads are almost twice as likely to end in death or serious injury.

Say “Yeah...NAH” to drink driving.



Three fantastic local events for all ages!!!

1. Club to Club Ocean Swims 13 April

A day of ocean swim races is back again on Sunday 13 April 2025.

250m Ocean Swim

This swim is held on Forster Main Beach in front of the surf club. The beach is north facing and well protected. Swimmers will follow an around-the-buoys course before returning to shore to finish. (8yrs +)

500m Ocean Swim

The Professionals Forster & Tuncurry 500m swim is held on Forster Main Beach in front of the surf club. Swimmers will follow an around-the-buoys course before returning to shore to finish. (10yrs +)

3.8km Ocean Swim

The 3.8km Club to Club is truly deserving of its 'epic' title. The swim starts out the front of Cape Hawke Surf Club on One Mile Beach, then goes west around the headland to finish near the Forster Surf Club on Main Beach. Always fun. Sometimes challenging. A wonderful swim. (14yrs +)

3.8km Event Information

- All 3.8km competitors need to be at Forster Main Beach on the Sunday morning for race number and cap or bring your own cap and recycle.

- Forster Buslines transfer 3.8km swimmers from Forster SLSC to start line at Cape Hawke SLSC about 8.30am.

- Sunday late entry fee for Club 2 Club is \$10 extra. Contact John on 0427 415 283.



Cape Hawke SLSC to Forster SLSC Ocean Swim
13th of April 2025

3.8K Ocean Swim (\$50) 9.15am
500m Swim (\$15) 8am
250m Swim (\$10) 9.30am
held at Forster Main Beach

Entries online at oceanswims.com
(Entries close 2.00pm Saturday 12th April 2025)

OR Prerace day registration at Forster SLSC,
Main Beach, Forster,
Saturday 12th April 2025. 8.30 am till 9.30am

2. Rock to Rock Ocean Swims 20 April



Held at Elizabeth Beach in Pacific Palms over the Easter weekend, the Pacific Palms Real Estate Rock to Rock & Mini Rock Ocean Swim is a fun and family-friendly set of ocean swims for swimmers of all abilities to compete in.

Choose from the 1.5km Rock to Rock or the 600m Mini Rock swim or do both.

600m Ocean Swim

Swimmers in the Mini Rock will follow a course that will take them straight across the beach before finishing on the sand. Elizabeth Beach is quite well protected from the worst weather conditions and big swell. As a relatively calm and safe beach, the event is suitable for competitors of all abilities, including those new to the sport. (10yrs +)

1.5km Ocean Swim

Swimmers in the main event, will follow a 1.5km triangular course around the buoys in the bay. (10yrs +)

Pacific Palms Real Estate
Rock to Rock Ocean Swim
Sunday 20 April
Elizabeth Beach Pacific Palms
600m Swim (\$30) 11am
1.5km Swim (\$45) 12pm
Both Swims \$70
Entries online at
www.oceanswims.com
Online close - 3pm Saturday 19 April

3. The NSW Triathlon Club Championships 17 May

The NSW Triathlon Club Championships is on again in Forster on Saturday 17 May 2025. The event is exciting, beautiful, challenging and a blast all at once.

The iconic NSW Triathlon Club Championships has long been the end of season trip where members get to race 'with' their fellow club members, as opposed to "against" them. Earn points for your club, not yourself. And stick around

for the biggest End of Season party which is legendary in its own right.

The Club Champs course runs in and around Forster, showcasing the very best views of the ocean and lake.

Most of the triathlon events will be based around Main Beach. Spectators are very welcome to see the all the action from 6am to 12.30pm.

Keen to help out and also help your local Tri Club gain valuable points for the Club Champs? Sign up online.

Different Tri events to suit all ages

- Club Distance and relay (15yrs +)
- Half Club Distance and relay (14yrs +)
- Junior Distance (12-13yrs)

• Sub Juniors (7-9yrs & 10-11yrs)

• Watch out for a new mixed club relay test event!

For more information and to enter, please visit: hevents.com.au/events/trinswclubchamps/

Social Golf Club report

By Warren Warner

The annual Club Forster President's Team versus Club Forster General Manager's team event was played at Tuncurry Golf Course on 16 March with the President's team winning in good warm conditions.

Results

A Division: 1st Ken Woods 33, 2nd Darryl Fahey 29, 3rd Rob Thompson 27.

B Division: Tom Welch 40, Warren Warner 35, 3rd Len King 33.

Ladies: 1st Robyn Rogers 26, 2nd Sharon Evans 24, 3rd Maree Fieldhouse 24.

Nearest to pin second shot

4th hole: Ken Woods, Gary Cook, Robyn Rogers.

9th hole: Grant Mathews, Tom Welch, Maree Fieldhouse.

14th hole: Ken Woods, Allen Bowen, Maree Fieldhouse.

16th hole: Wayne Richards, Warren Warner, Maree Fieldhouse.

Next Game - The Easter Egg Cup

The next games will be the Easter Egg Cup at the Tuncurry Golf Course at 6.42am for 7.12am hit off. The event is a 2 person alternative shamble stableford.

Contact Ken Woods for inclusion and all enquiries on 0401767257.

Right: Ready to hit off (L-R) Marlene Meyer, Robyn Poole and Robyn Rogers.



Successful Autumn Golf Croquet Carnival

By Carmel Rigby

Last week Forster Croquet club hosted its annual Autumn Golf Croquet Carnival. Thirty two players from Newcastle, Maitland, Gosford, Port Macquarie and surrounds travelled to play the 4 day tournament.

Both pairs and singles games were played, resulting in Tony Croft, Alex Michalak and John Farrell winning their respective singles division. Peter Coles partnered with Frank Berg, Bernie McAlary with John Farrell and Barry Rogers with Donna Sinclair to win their respective doubles division. Each player played 4 games per day resulting in quite a few players being able to reduce their overall golf croquet handicap.



Above: Donna and Tracey were not deterred by the rain.

Tournament Director, Aileen Matlawski thanked the many members of the Forster Croquet Club who volunteered their time to make the carnival the success it was.



Winners of Doubles divisions (L-R) Peter Coles, Bernie McAlary, John Farrell, Dianne Sinclair and Barry Rogers (absent Frank Berg).

'The Keith' Tri

Want to get your hands (and name!) on this magnificent World Championship trophy? Race 'The Keith' in honour of Forster Tri Club legend Keith Pearce on Sunday 6th April at Forster Keys Reserve.



All members are welcome to participate but to be in contention for line honours you need to have raced three Club Tris for the 24/25 season.

This is a handicapped race with the first athlete starting at 7:15am. (Don't forget daylight savings ends this morning so you'll get to enjoy a bit more sleep time). Leave a message on our Facebook if you are interested in racing at www.facebook.com/forstertriclub

If you're not racing, come down and watch. It's a great way to end our season club events.

THE KEITH
SPRINT TRIATHLON
6TH APRIL 2025

Forster Surf Club Nippers Award Winners

Annie Evans

Forster Surf Life Saving Club (FLSC) Nippers gathered in the new clubhouse members room to celebrate the end of the 2024-2025 season at the annual award presentation on Sunday, 16 March 2025.

The atmosphere for the Forster club presentations was filled with excitement and pride as young athletes, parents, families and club personnel came together to recognise the hard work, dedication, and achievements of the Nippers throughout the year.

The ceremony honoured the outstanding performances in various surf lifesaving events, from surf races to board paddling and beach sprints. Special awards were presented to those who demonstrated exceptional sportsmanship, teamwork, and commitment to training.

It was a heartwarming moment as every Nipper received new swimming goggles in recognition of their personal progress, with some also earning trophies for their exceptional efforts. The day not only celebrated athleticism but also fostered a sense of community, encouraging the Nippers to continue pursuing their passion for surf lifesaving.

While all Under 6 and Under 7 Nippers received awards, club champions were recognised for the Under 8 to the Under 13 categories where surf sport competition occurs. The 2024-2025 Forster Surf Lifesaving Nipper Club award recipients are as follows:

Under 8 Champions - Alex Watson and Arian Kelly, Encouragement Awards – Edward Wright and Penelope Green

Under 9 Champions - Remi Tull and James Richmond, Encouragement Awards – Lachlan Royal and Zoe Moncrieff

Under 10 Champions - Josh Adamson and Anne Brooks, Encouragement Awards – Hermione Grieve and James Summers

Under 11 Champions - Edie Loy and Noah Adamson, Encouragement Awards - Lexi Cornall and Isaac Hutton

Under 12 Champions - Chase Brooks and Freya Belic, Encouragement Award – Emma Davison and Sophia Whitehouse-Miotto



Above: Under 10 presentation with Age Manager Mandy Brooks.

Under 13 Champions – Mason Grosvenor and Georgia Royal

Forster SLSC Junior Activities Chair, Nova Grosvenor, thanked parents for their support and acknowledged the pivotal role played by the age managers and water safety officers (WSOs) without whom the programs cannot run.

"A big thank you to all the Nipper WSOs and age managers for their dedication and hard work. Your commitment ensures that our young participants stay safe while learning valuable skills in the water. The support and guidance you provide is crucial in fostering a fun and educational environment for our Nippers. Your passion and attention to safety make a lasting impact on every child's experience, and we are grateful for your efforts in shaping the next generation of surfers and water safety advocates. Thank you for all you do!"

WSO co-ordinator, Lori Belic, echoed these sentiments while encouraging parents to consider taking a role for the 2025-2026 season. The WSO coordinator role for next season is passing to Tim Wright.

Planning is already under way for the 2025-2026 season with officials to fill the numerous positions being sought.

The event concluded with a sausage sizzle and dance for the children, a social occasion for parents, and a planning opportunity for the future by the Nippers Committee.

Nippers may be winding up but beach patrols still have more weekends to cover with the surf season closing at the 'Newcastle Permanent Lowering of the Flags' to be held on all NSW beaches on Sunday 27 April 2025, the last day of the schools' autumn vacation.

**RACE WITH YOUR MATES,
NOT AGAINST THEM!**

**NSW TRIATHLON
Club Championships
Saturday 17 May
Forster Main Beach
6am to 12:30pm**



www.hevents.com.au/events/



Success at NSW Kayak Titles



Michael Keegan & Karen Tipping

Two local paddlers had success at the 2025 NSW Kayak Marathon Titles which were held on the Molonglo River at Canberra over the weekend of the 8th and 9th of March.

The titles were run for Paddling NSW by the Burley Griffin Canoe Club and attracted over 120 competitors from New South Wales and Victoria. Events were run for men and women in open and age group divisions for all International Canoe Federation craft as well as ocean racing skis.

Karen Tipping won a gold medal in her age group ladies doubles kayak/ski race, a gold medal in her age group mixed doubles kayak/ski race and a silver medal in her age group ladies single kayak/ski race. Karen is a member of Lane Cove Kayak Club and has been a successful competitor at previous State and National kayak titles.

Michael Keegan won a gold medal in the over 80 years men's singles kayak/ski race. Michael is a coach with Forster Surf Club and, like Karen, has been a successful competitor at previous State and National kayak titles.

Oh, what a feeling!

Tuncurry Forster Women's Pennant Division 2 are Runner-Ups in Bowls NSW for 2024-25

By Sue Ryan

"We're extremely happy to come home with a Flag. None of us have achieved a State Flag before and this will probably be our highest achievement in our bowling career!"

Bowls NSW held their 2024-25 Women's Pennant Finals at Figtree Bowling Club in Wollongong from 11th-13th March and what a tremendous week away it was for the Tuncurry Forster Sports Division 2 Pennant Team.

On day one of the Playoffs, the heavens opened, and it rained all day, but it did not stop the ladies taking to the bowling greens. We only played one game and lost to Bomaderry before the bowling greens were closed.

On day two, thankfully no sign of rain and we played Merimbula Inlay in the morning. This was a close game that went down to the wire, however we dug deep and won the game to progress to the Quarterfinals. Another tough game in the Quarterfinals this time against Engadine. It was a great game played in good sportsmanship and went down to the wire with Sporties winning.

On day three, under brilliant sunshine, hot and humid conditions our opponents in the Semi-Finals were Maitland City. If there were any nerves from us it was not showing, and our bowling was very consistent, and Sporties defeated Maitland City to progress to the Final.

Our opponents in the Final were from West Tamworth, and we knew they would be on a high as they had not lost a game throughout the Playoffs. The ladies from West Tamworth got off to a good start and immediately settled into their line and length. They managed to keep the pressure on Sporties with consistent bowling with bowls in the head. As hard as Sporties tried, West Tamworth were able to pull away from us and win the Final. Congratulations to West Tamworth on winning the Division 2 State Flag.

Congratulations to Marilyn Fitzgerald, Sue Ryan, Dianne Blanch, Ruth Higham, Judy Lawrenson, Helen Campbell, Vicki Piper, Helen Bush, and Robyn McDonnell (Reserve/Manager) on their tremendous achievement of being Bowls NSW 2024/25 Women's Pennant Division 2 Runner-up. Also, thank you to Marko Pendelj our Coach



and to the loyal supporters who cheered and supported the Sporties Team playing at Figtree.



Above: Division 2 Pennant Team celebrating back at Sporties. (L-R) Judy Lawrenson, Helen Campbell, Vicki Piper, Helen Bush, Ruth Higham, Dianne Blanch, Sue Ryan and Marilyn Fitzgerald. Photos by Georgie Yule.

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- Plantar warts
- Diabetic foot checks
- Wound assessment and treatment
- Peripheral and neurological testing
- Doppler

Referrals not required
EPC PLANS ACCEPTED
111 Macintosh Street, Forster

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