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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 16 April 2025

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.119

Epic Ocean Swim!



Above: Swimmers at the start of the legendary Club to Club 3.8km Ocean Swim from One Mile Beach to Main Beach Forster via Bennetts Head in the distance. Photo by Matilda Yule.

Club 2 Club Ocean Swim Cape Hawke to Foster

By Annie Evans

Sunday 11th April 2025, marked 25 years since the first unofficial 3.8-kilometre ocean swim from Cape Hawke Surf Life Saving Club (SLSC) to Forster SLSC; however, this year does not mark the 25th event due to Covid-19 restrictions with 2006 and 2022 being cancelled due to unsafe water quality and surf conditions.

This local swim had its origin in 2001 when a group of surf club members from both Cape Hawke and Forster SLSCs undertook an informal swim between the two clubs.

Now more formalised and known as The Dorsal Club2Club, the Forster event is registered with Australia's premier ocean swimming

organisation – oceanswims.com – which, although not organising events, promotes them.

Although local surf club members run the day, entries are open to all comers with 135 swimmers in total this year.

The Dorsal Club2Club program consisted of three separate ocean swims – 250 metres for those 8 years of age and over, the Professionals Forster Tuncurry 500m swim for 10 years and older, and the main event, the Dorsal 3.8 km for those 14 years and above.

Commencing at the Cape Hawke clubhouse, the 3.8 km swim travels the length of One Mile Beach, skirts Bennetts Head, continues along The Tanks waterfront at Shelley Beach after which the course rounds Second Head before finishing at Forster Main Beach. This course can be subject to strong wave and current action

which, for some, can be a challenge in finishing within the 2-hour time limit.

The shorter two events are conducted in the more sheltered waters at Forster Main Beach.

A collaboration between the two surf clubs located in Forster, it sees the presidents and members of each clubs organising the morning with safety a priority.

Cape Hawke SLSC President Gary Curtis said, "This is a great day for a great event. The water is nearly 24 degrees Celsius, the air temperature is the same, water quality is high, the ocean is calm and the surf at both beaches is moderate making ideal conditions."

In marshalling the main event, Gary Curtis emphasised the safety aspects associated with

Continued on the back page. More photos and results on page 30.



First female & overall winner of the 3.8km swim Abbie Yourell (from Evans Head) with first male Chris Wilson (Newcastle) at Main Beach.

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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.

Shingles vaccine linked to reduction in dementia diagnoses



By Jacinta Bowler and Olivia Willis,
Edited, 3rd April 2025 www.abc.net.au

Scientists may have produced the strongest evidence yet that the shingles vaccine is linked to reduced dementia risk.

Using the health records of more than 280,000 older adults in Wales, researchers found those who received the shingles vaccine were 20% less likely to develop dementia over the next seven years than those who did not receive the vaccine.

The findings, published 2nd April 2025 in journal Nature, build on other recent studies that have demonstrated associations between herpes virus infections and an increased risk of developing dementia.

Lead author Pascal Geldsetzer, from Stanford University, said the protective effects of the vaccine appeared to be "substantially larger" than those offered by existing dementia medications, but that further research was needed to determine if the observed effects were truly causal.

"If the shingles vaccine really prevents or delays dementia, then this would be a hugely important finding for clinical medicine, population health, and research into the causes of dementia," Dr Geldsetzer said.

According to the researchers, there are two potential mechanisms that might explain how the shingles vaccine could reduce the risk of dementia, and they may even work in tandem.

The first is that vaccination reduces reactivations of dormant varicella-zoster virus, which have been shown to cause long-lasting cognitive impairment and brain pathology akin to what is seen in Alzheimer's disease.

Varicella-zoster virus, a type of herpes virus, causes chickenpox and can linger in the body for years, later reactivating as shingles.

"There is a growing body of research showing that viruses that preferentially target your nervous system and hibernate in your nervous system for much of your life may be implicated in the development of dementia," Dr Geldsetzer said.

The second possible mechanism is that vaccination triggers a more widespread immune response.

More research needed to understand vaccine effects

Further studies are needed to understand how vaccination might actually confer protection against dementia.

The research team looked specifically at the live herpes zoster vaccine — known as Zostavax — which was commonly used at the time.

The UK, US and Australia currently all recommend a different vaccine called Shingrix, which uses different technology, and is significantly more effective at protecting against shingles.

The vaccine is freely available in Australia to those over 65, and limited other groups.

"There has been evidence for some time that older people who receive their vaccinations in general are less likely to develop dementia. This is the best evidence yet to show this," Henry Brodaty, co-director of the Centre for Healthy Brain Ageing at UNSW and who was not involved in the study, said.

"Future research will determine whether the newer non-live vaccine Shingrix will provide the same benefit and whether immunisation at younger ages may be just as effective."

A large US study published last year found that Shingrix appeared to lower the risk of dementia even further than Zostavax.

The researchers of the current study, however, believe that the live nature of the Zostavax vaccine may have specific benefits for lowering dementia risk, and hope to fund further clinical trials investigating it.

Pets of the Fortnight

3 Kittens & Mumma Cat

These 3 little bubbas are not ready for adoption yet as they are only approximately 6 weeks old. In this lot we have 2 boys and 1 girl and are just gorgeous and so playful.

They will be available for viewing at Mid Coast Animal Hospital from 28th April, so please call them on 6557 2273 and make an appointment to view these bundles of joy. They are all cuddly and playful and real time wasters.

As with all our animals they come vet checked, vaccinated, flea and worm treated, desexed and microchipped and at only \$150 they are a real bargain.



We also have a 3-year-old (approximately) very pale tortoise shell Mumma cat that is looking for her forever home. She is just beautiful and would make a great companion for pretty much anyone.

Thank you to Mid Coast Vet for looking after our fur babies.



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4 SOUTH STREET, TUNCURRY

ANZAC Day Services - Friday 25 April 2025

Main ANZAC Day Dawn Service & ANZAC DAY Main Service



Above: 2024 ANZAC Day March on Manning Street Tuncurry. Photo by Geordie Yule.

Tuncurry Dawn Service

The Forster Tuncurry RSL sub-Branch will be conducting an Anzac Dawn Service at the Lone Pine Memorial Park Tuncurry commencing at 6.00am.

Following the Dawn Service, Club Forster will be opened between 7.00am and 10am for Veterans and the General Public for the traditional ANZAC Day Breakfast in the 242ate Bistro at a cost of \$20 to the general public. All current and former defence force personnel wearing medals and their immediate family members will be able to purchase subsidised Breakfast Tickets at a discounted price of \$10.00 per person.

The Breakfast tickets will be available at the 242ate Bistro cash Register on the ground floor at Club Forster.

ANZAC Day Main Service

The ANZAC Day March will form up in Parkes Street, Tuncurry at 10.15am and proceed

along the Eastern side of Manning Street to the Lone Pine Memorial Park, Tuncurry for the Commemorative Service commencing at 11.00am.

Temporary Road closures will be in place from approximately 10.00 am to 10.45 am.

Road Closures will be Little & Parkes St, Lake & Parkes St, Parkes & Beach St, Kent St, Wharf St at Manning St, the Bridge at Manning St and Point Rd intersection, Taree St & Point Rd, Coral & Point Rd. Barriers and Marshals will be manning these points so please respect those Rural Fire Brigade Volunteers.

Anyone wishing to lay a wreath or Tribute at either Service please contact the sub-Branch Secretary on 6591 6519.

Following the ANZAC Main Service, Club Forster bistros will be open for lunch and the ANZAC Day Two-Up will commence from 2.00pm in the club auditorium on level 2.

Local ANZAC Day Services

Hallidays Point Dawn Service

Commencing at 5.30am with personal reflection at the Ocean Pool, followed by a 6am ANZAC Day Dawn Service at Black Head Ocean Pool.

The wearing of Medals by family members is encouraged, as is the laying of Wreaths. Children are invited to lay wreaths, or sprigs of rosemary which will be provided.

Join us after the Dawn Service for our annual free Lions Club ANZAC Day Breakfast at the Black Head Surf Life Saving Club. This event is a joint Hallidays Point Lions Club and Hallidays Point ANZAC Day Committee event.

Any Veteran requiring transport to attend the Dawn Service Please call David O'Hara on 0447 377 555.

Pacific Palms Dawn Service

An ANZAC Day Dawn Service will be held at 6am at the Pacific Palms Community Centre, 3957 The Lakes Way, Elizabeth Beach – next to the Recky Club. Hosted by the Pacific Palms Community Association.

Seal Rocks Dawn Service

The Reflections Holiday Park at Seal Rocks will have a March through the park for all school



Above: ANZAC Day Dawn Service at Hallidays Point. Photo supplied.

students (please wear uniforms) leading up to the ANZAC Day Service at the Guest Lounge which will start at 6am. Followed by a BBQ breakfast with donations to Legacy.

We'd love to see the community there. Anyone is welcome to bring a wreath, Katie and Dan Toney, Managers of Reflections Holiday Park at Seal Rocks.

Coomba Park Service

Come along to Memorial Hill off Coolangatta Street and give thanks to those who gave their lives in the name of freedom. The ANZAC Day Service commences at 7.45am for an 8.00am start. Immediately after the Service is an Anzac breakfast at the Coomba Community Hall. Donations towards breakfast are appreciated.

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Pollards General store
Coomba Aquatic Centre

Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store

Happy Probus New Year



Above: The newly elected Forster Shores Committee (L-R) Rod Hallett, Brian Lidbury, Rob Henley (President), Lynn Lambert, Garth Tilley (Secretary), Chris Lidbury, Sue Elliott, Brenda Jay, Lorraine Tilley, Col Jay, Warwick Hansen (Treasurer) and Linda Lovell (holding the banner).

By Gail Henley

Most celebrate New Year on 1st January although we all know about Chinese New Year and the end of the Financial Year. Our local Forster Shores have recently celebrated Probus New Year, the start of the Probus Year.

Pictured are the newly elected committee and a group celebrating with a barbecue at Rockpool (on the right) when the

rain obliged us by pausing for the event.
Photos by Bob Smith.



Councillor Smith retires from MidCoast Council

Councillor Dheera Smith has announced her retirement from MidCoast Council due to a serious illness.

Cr Smith was first elected to MidCoast Council in 2021 and was most recently re-elected in the September 2024 local government elections. Her retirement was effective as of Monday 7 April.

In acknowledging the contributions of Councillor Dheera Smith to Council and the community, Mayor Claire Pontin paid tribute to her dedication.

"Cr Smith has served our community with unwavering dedication, passion, and integrity. Since her election she has been a strong advocate for the community, especially on environmental and social issues."

"On behalf of my fellow Councillors, Council staff, and the community, I extend my heartfelt thanks to Cr Smith for her outstanding contribution and selfless service. Her leadership and compassion have been greatly valued and will be deeply missed around the Council table."

"We respect her decision to step back at this time and offer our full support and best wishes to her and her loved ones."

During her time on Council, Cr Smith contributed to a number of Council Committees and Reference Groups, including as:

- Chair of the Koala Reference Group
- Chair of the Community Inclusion and Wellbeing Reference Group



- Chair of the Heritage Reference Group
- Member of the Aboriginal Reference Group
- Member of the Hunter Regional Weeds Committee
- Member of the Southern Estuaries Reference Group
- NSW Public Libraries Association Councillor representative

Cr Smith's replacement on Council will be determined by the NSW Electoral Commission based on a countback of votes from the September 2024 election. This option, which avoids the cost to the community of conducting a by-election, is administered by the NSW Electoral Commission. According to the Electoral Commission this process can take up to 49 days.

MidCoast Council resolved to follow this path in the event of a Councillor's resignation at the October 2024 Council Meeting.

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Local activities planned for World Parkinson’s Month

Held in April, World Parkinson’s Month provides the Forster Tuncurry community with opportunities to learn more about the issues facing local people living with Parkinson’s – including how their lives can be improved through exercise, social opportunities, and community activities.

Here in Forster Tuncurry the local Support Group will be undertaking a free light lunch at Club Forster Atrium on Monday 28th April at 1pm to provide information on the condition. Numbers are limited, contact Maureen on 0481 243 727 if you wish to attend. The support group appreciates the support of Club Forster and Cape Hawke Health.



Parkinson’s is a progressive, degenerative condition of the central nervous system that causes problems with movement, mental health, sleep, pain, and other health issues. Its causes are unknown and there is no cure.

38 people are diagnosed with Parkinson’s each day in Australia.

Advertising Feature

Mr Trump and the Tariff Impact

By Alan Tickle

There have only been a handful of clients who have phoned us in relation to drops in share markets around the world, which is pleasing, because it means that the education to clients about staying invested, has been well understood.

While not getting too much into the politics of free market trade verses using tariffs to subsidise or protect a country’s own industry or product, economists rightly argue that such rises in cost to consumers, adds to inflation.

Regardless of any of this, the first half of this year saw markets around the world hitting year on year highs, which resulted in returns of over 10% in balanced portfolios but with growth portfolios exceeding 16% across the Your Heritage blends.

The fall in markets having come back from those high returns, does not mean that clients now have negative returns. Because conservative portfolios have the majority of their assets in fixed interest such as government bonds, the impact of the fall in

share markets won’t be felt as much either.

We don’t know when the market volatility will settle and it may go on for some time, but it will settle, and markets will respond accordingly.

The lessons we have learned from our combined 50 years in the financial planning industry, is that panic is not what is needed during periods of market volatility.

It wasn’t that long ago, that similar market falls were experienced when Covid lockdowns commenced. The following few years performance post covid, quickly recovered those losses and that run continued until recent months.

It is now crucial that investors stay in the market, while those who are cashed up, might see this as an investment opportunity to which advice should be sought.

Those clients on part pensions due to asset test, ought to lodge updated asset evaluations with Centrelink. We can assist in that regard by providing reports and schedules for Centrelink for clients to utilise.

Successful community connection

A number of the Great Lakes Suicide Prevention Network (GLSPN) Volunteer Team were at the Great Lakes Viking Challenge on the 1st and 2nd of March at Harry Elliot Oval Tuncurry and 35 people came and collected a bag of goodies and mental wellbeing resources from us. A big thank you to Great Lakes United Football Club Winter Football for having us here to support the community.



How to listen and talk about the topic of suicide and how to help prevent it.

Free Suicide Prevention Training Workshop

The Great Lakes Suicide Prevention Network in Forster and Tuncurry is a community network of Volunteers dedicated to addressing the risk and impact of suicide through growing connection between all individuals and cultures. We are offering in Partnership with Wesley Mission and Tuncurry Beach Bowling Club (TBBC) a Free ½ Day Training on Basic Suicide Prevention on Saturday 3rd of May with Trainer Maria Krohn at the TBBC. All members of the community are very welcome. Please register per the advert.

Opening conversations around suicide is vital to increase awareness and help prevent suicide in our communities – but knowing exactly how to do that can be daunting. Over 10 million Australian adults are estimated to know someone who has died by suicide. One in two young people are impacted by suicide by the time they turn 25 and around 8-lives are lost by suicide every day.

Wesley Lifeforce Suicide Prevention training educates people about suicide, challenging attitudes and teaches basic engagement and suicide intervention skills.

You will gain increased confidence in your ability to identify people who may be at risk of suicide, communicate appropriately, ask a person if they are considering suicide and conduct a suicide intervention.

By Mark Davies and Mel Lightfoot

(See advert below for more details.)

Busy year already for local Helicopter Rescue Service Support Group

By Judi Wilkinson

Great Lakes Westpac Helicopter Service has started a busy year with their fundraising and monthly meetings.

On January 25th, the group held a bustling day at Stocklands Shopping Centre with their merchandise on display and a Great 100 Club. This is always a very popular day and the 100 Club is a great fundraiser. The winner was a local lady Kris who generously donated the \$50 back to our group. Thank you so much Kris.

The Viking Soccer Challenge held in March at Sporties Soccer Fields in Tuncurry, was another busy time for our group with our merchandise on display and volunteers doing Bucket Collections. Thank you to everyone who supported us and thank you to our volunteers Harold, Ruth, David, Stanley, Ted, Toni and Judi for their help on the day.

Tuncurry Forster Jockey Club (TFJC) have approached our members to make sandwiches on their Race Day Meets during the year. This is another great fundraiser for our group and

great work by Ruth, Ros, Laraine and Janette. The TFJC have also approached our members to do the Bottles & Cans collections after each Race Day Meets. This has been very successful. Thank you to all the volunteers who are helping with this very lively day.

Our Bunnings BBQ’s have also started again with our first one happening on the 8th of March. What a great day this was. Thank you to



Above: The popular raffle draw outside Bakers Delight.

everyone who always support our busy BBQ Days and thank you for all the donations in our special bucket!!! Can’t beat our "snag sandwiches."

March 15th was another busy day at Stocklands Shopping Centre with merchandise on display and multiple raffles. A BBQ Grill & Pizza Oven were on offer, generously donated by volunteer member Leonie

Left: Fundraising BBQ at Bunnings by volunteer members.

Watkins. Thank you, Leonie. The raffle was very popular and drawn by a staff member of Bakers Delight. The winner of both raffles was delightful - Tola from Foster. Congratulations and thank you to everyone for their support.

Reflections Caravan Park in Tuncurry has generously assisted with our Bottles & Cans collections by donating special cages, which have been very successful. A big thank you to David, Ruth, Ros, Laraine, and Judi for their valuable time and help during this busy period.

To join our fantastic fundraising group, contact President Harold at 0421 087 945 or Secretary Ruth at 0434 234 511.

Tanya's Community Update

It’s been a busy and rewarding few weeks out and about across our wonderful Myall Lakes community. I’ve had the pleasure of connecting with many constituents and local groups and also celebrating some exciting funding announcements.



MANNING VALLEY HOCKEY ASSOCIATION

I was excited to announce \$265,498 in NSW Government funding for Manning Valley Hockey Association to upgrade their field lighting at Allan Taylor Field. This project will deliver brand new, energy-efficient LED lights, improving safety and playing conditions for local players while also creating opportunities to host major events that boost our local economy.

SURF LIFE SAVING CLUBS

Our Surf Life Saving Clubs are also set to benefit from infrastructure funding, with four local clubs receiving a share of \$330,255 through the NSW Government’s Surf Club Facility Program. This investment will support projects that improve safety, sustainability, and accessibility at Forster, Taree Old Bar, Cape Hawke, and Pacific Palms Surf Clubs.

I wish you a peaceful and relaxing Easter, connecting with family and taking time out with loved ones. If you’re getting away for the weekend, please be safe on our roads.

If you have any questions or concerns please reach out to my office: 6555 4099 myalllakes@parliament.nsw.gov.au.

Tanya Thompson MP

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Member for Myall Lakes

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

\$330,000 in funding for local Surf Live Saving Clubs



Above: Tanya Thompson MP with Forster Surf Life Saving Club members.

Tanya Thompson, Member for Myall Lakes, is pleased to announce that four local Surf Life Saving Clubs have secured a total of \$330,255 in funding through the NSW Government's Surf Club Facility Program 2024-25. This investment will improve lifesaving infrastructure, accessibility, and will strengthen community engagement across the region.

Mrs Thompson said this funding is a huge win for our local surf clubs.

"It allows our volunteers to have the facilities they need to continue their lifesaving work while also making these spaces more inclusive and sustainable for the broader community."

The successful recipients in the Myall Lakes include:

Forster Surf Lifesaving Club: \$74,597 for fitting out the training room and first aid rooms in the new clubhouse.

Taree Old Bar Surf Life Saving Club: \$48,267 for Club sustainability and safety upgrades.

Cape Hawke Surf Lifesaving Club: \$92,849 for the expansion of the lifesaving gear and equipment storage room and a new gymnasium.

Pacific Palms Surf Life Saving Club: \$114,542 for clubhouse roof repairs, deck works to enclose and improve accessibility, rectification of water damage in the gym area, and fixing plumbing issues in male amenities.

"Our surf lifesavers do an incredible job keeping our beaches safe, and I am so happy to see four of the five Surf Clubs in our electorate receiving such important funding," Mrs Thompson said.

Mayor calls for sustainable funding for local Councils

MidCoast Council's Mayor has called on all candidates for Lyne in the forthcoming Federal election to commit to sustainable funding for local Councils.

Mayor Claire Pontin said Councils are now receiving around half of the level of Financial Assistance Grants that were received 30 years ago.



"This is very alarming," Mayor Pontin said.

"We are trying to deliver all the services the community wants and deserves, but without the financial support we used to get from Government.

"I am asking every candidate for the electorate of Lyne to commit publicly to supporting this campaign to increase Commonwealth Government support to local Councils. If they don't they need to explain why to the voters."

Historically, the Federal Government has provided one per cent of tax revenue back to local councils to assist in providing vital local services and facilities. This funding has since reduced to around 0.5% of tax revenue.

"Councils, especially regional and rural Councils without other non-rates income, have been hung out to dry," said Mayor Pontin.

"We need to get our fair share of funding support from the Commonwealth. We cannot go on squeezing budgets to provide meagre services to our local communities. I ask all candidates to get behind this push for a better deal for our local communities."

Mayor Pontin said that State and National advocacy groups for Councils (LGNSW and ALGA) are calling on the Commonwealth Government to provide Councils with significantly more funding for safer, better local roads; housing infrastructure; natural disaster emergency response; and mitigating the impacts of a changing climate.

"I will be writing to all candidates explaining the situation and calling for public responses. If residents want to see a change, they need to do the same."

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Best Professional Services
Best Trade Business
Best Health & Wellbeing Business
Best Personal Services Business
Best Visitor Experience (Tourism Business)
Best Customer Service

For more information and to enter, please visit:
www.midcoastbusinessawards.com
Entries close 1st June 2025.



Forster Foreshore plan of management



The Forster Foreshore plan was developed with community user groups and will provide a long-term strategic plan for the management of this important site.

It outlines how the community land that makes up the Forster foreshore will be managed for the next 5-10 years. It includes key actions to maintain and improve the land and facilities to meet the needs of the community and visitors to the area.

The plan of management was open for submissions from 9 September - 17 October 2024.

Community feedback resulted in some changes to the plan.

Changes to the plan include updating the surf club's image to reflect the footprint of the new building.

Some wording in the plan has been amended.

The copy has been amended to say: 'create a car park in the lot immediately east of Ronald MacDonald Family Retreat with appropriate screen planting (3 - 10years)' and 'extend marina jetty and other boating infrastructure noted in the MidCoast Recreational Boating Infrastructure Plan to attract new boating clientele'.

To read the final plan, head to: www.haveyoursay.midcoast.nsw.gov.au/forster-foreshore-draft-plan-management

EGGSTREME
EASTER Raffles!

SEAFOOD RAFFLE \$2,500 WORTH OF PRIZES!

THURSDAY 17 APRIL
Tickets on sale 4pm
Drawn from 6pm

24 MARCH - 20 APRIL
2 x ADDITIONAL \$50 EASTER HAMPER
WILL BE DRAWN FOR EACH RAFFLE ON
TUES | WED | THUR | SUN

Angels SHOW

FACE TO FACE
COMIN' DOWN TAKE A LONG LINE AFTER THE RAIN I AIN'T THE ONE
MARSEILLES AM I EVER GONNA SEE YOUR FACE AGAIN
AND MANY MORE!

SATURDAY 26 APRIL
FREE in the Main Lounge
From 8pm

MOTHER'S DAY Luncheon

THE Whispering Jack SHOW

A TRIBUTE TO THE MUSIC OF
JOHN FARNHAM
FEATURING
MIKE VEE WITH HIS BAND

SUNDAY 11 MAY
Doors Open 11.30am for a 12 noon start
Tickets \$55pp - includes 2 course meal
\$25 for children aged 12 years and under
Book NOW at reception

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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

'Out and About'



**Easter Hat
Parade at
Holy Name
Public School
on 10 April
2025.**

Photos supplied.





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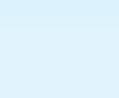


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Puzzles Page

The Grin Bin

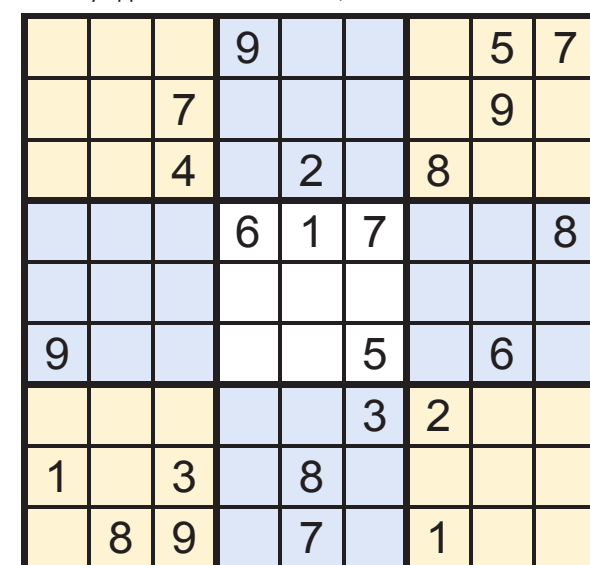


Doodley Squat



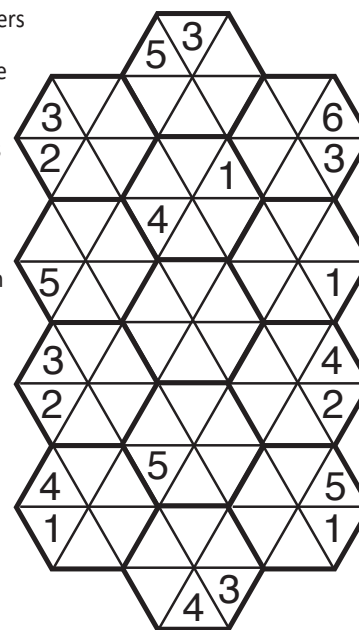
Sudoku

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

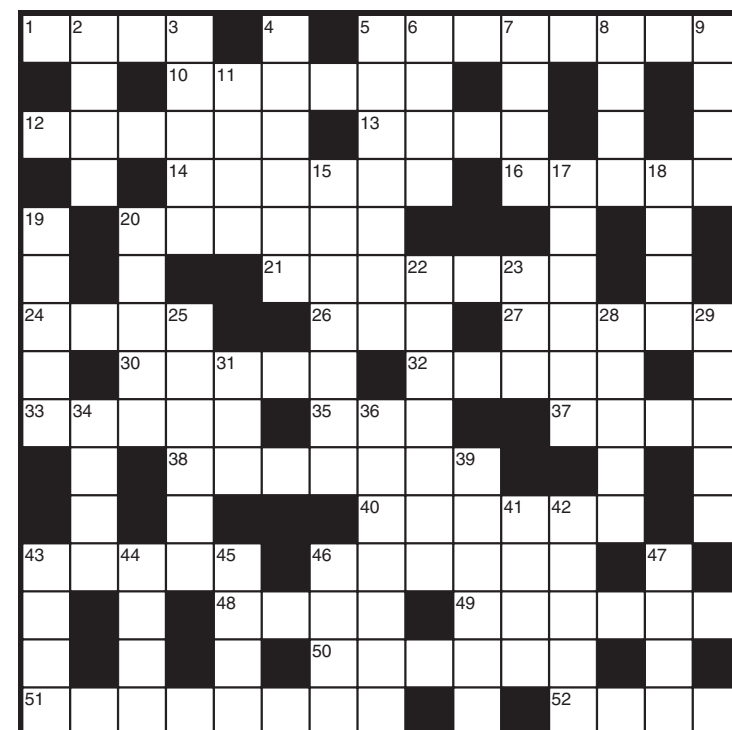


Quick Workout

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



Crossword

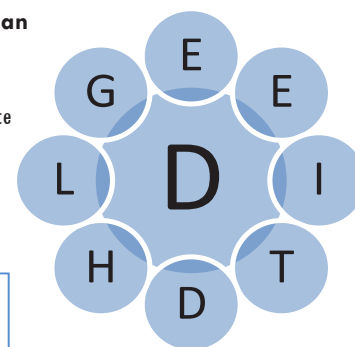


Focus

An All Australian Word Game

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

TODAY'S FOCUS Good: 15 words
Very good: 23 words
Excellent: 37 words



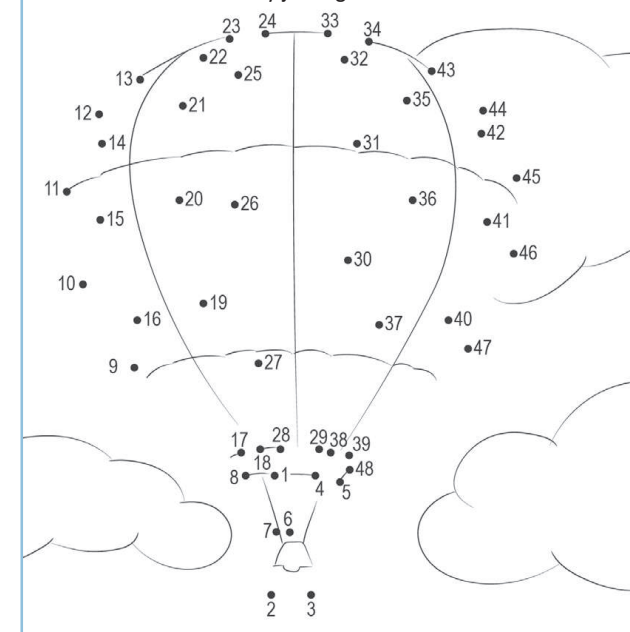
Reference: Macquarie Concise Dictionary
Focus No. 3957

Spot the 5 Differences

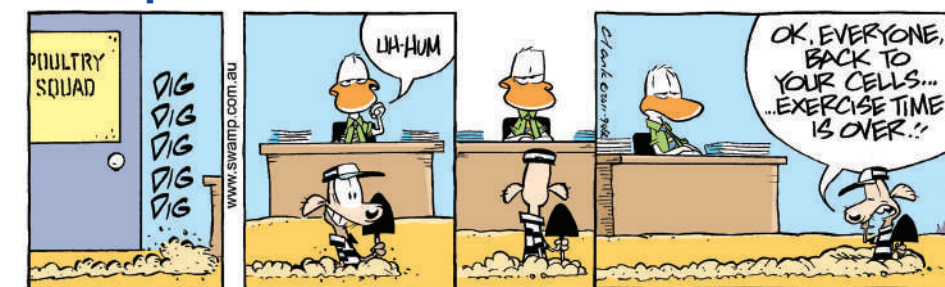


Join the Dots

What is this? Find out by joining the dots.



Swamp



Bushy Tales

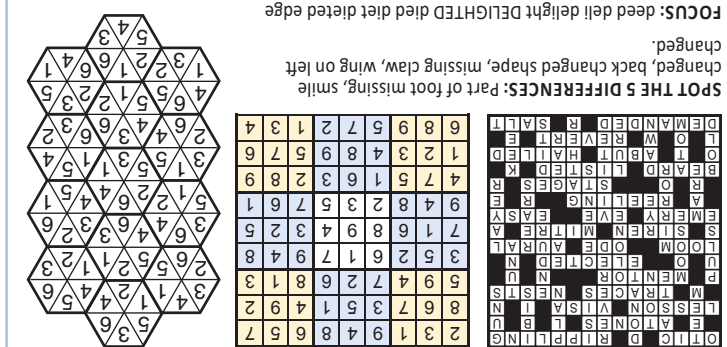


ACROSS

- | | | |
|-----------------------------|---------------------------|-------------------------|
| 1 Of the ear | 46 Careened | 20 American elk |
| 5 Making little waves | 48 Be adjacent to | 22 Joins firmly |
| 10 Makes amends | 49 Welcomed | 23 Consume |
| 12 Instructive example | 50 Return to former habit | 25 Looking glass |
| 13 Passport endorsement | 51 Claimed as a right | 28 Brings up |
| 14 Vestiges | 52 Preservative | 29 Thickness |
| 16 Cosy retreats | | 31 Cereal |
| 20 Wise counsellor | DOWN | 34 Female horse |
| 21 Chosen by vote | 2 Rain heavily | 36 Called on |
| 24 Weaving machine | 3 Social class | 39 Collect |
| 26 Lyric poem | 4 Give to charity | 41 Equipment |
| 27 Of the organs of hearing | 5 Venerated | 42 Revises and corrects |
| 30 Sea nymph | 6 Egyptian goddess | 43 Forward |
| 32 Bishop's headdress | 7 Scheme | 44 Minute particle |
| 33 Very hard mineral | 8 Wading bird | 45 Daybreak |
| 35 Girl's name | 9 Weapons | 46 Bait |
| 37 Not difficult | 11 Lacerated | 47 Part of a yacht |
| 38 Staggering | 15 Army rank | |
| 40 Degrees in a process | 17 Suffer | |
| | 18 Fish | |

Solutions

Puzzles and pagination
supplied by Auspac Media



YOUR FORTNIGHTLY TV GUIDE

April 16 - 22

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Restoration Australia. 2.55 Back Roads. 3.25 Grand Designs NZ. 4.10 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.25 Federal Election Announcement. 6.30 Hard Quiz. 6.55 Federal Election Announcement. 7.00 News. 7.30 7.30. 8.00 Australia Votes: Leaders' Debate. 9.00 Insiders: Debate Analysis Special. 1.31 The Weekly. 10.00 Fresh Blood: Westerners. 10.30 Planet America. 11.05 Mayfair Witches. 11.50 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 Bitesize. 3.40 Plat Du Tour. 3.45 The Cook Up. 4.15 Mystery Of The Ark Of Covenant. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Alone Australia. 8.40 The Handmaid's Tale. 10.20 SBS News. 10.50 My Brilliant Friend. 1.00 My Brilliant Friend. 1.55 My Brilliant Friend. 3.15 Inside The Modelling Agency. 4.10 Bamay. 4.55 Poh & Co. Bitesize. 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: Darrow And Darrow: Body Of Evidence. (2018) 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The % Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiled. (PG) 10.00 The Stevenson Experience: Stranger Twins. (FRI) 11.30 Autopsy USA. 12.30 Midnight Texas. 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 11.30 MOVIE: Finding Love In Saint Lucia. (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. 9.50 Freddy And The Eighth. 10.50 9News Late. 11.20 The Equalizer. 12.30 Next Stop. 12.40 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Dog House Australia. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 1.30 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Dog House Australia. (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.
THURSDAY	6.00 Morning Programs. 1.00 Sherwood. 2.00 Restoration Australia. 3.00 Back Roads. 3.25 Grand Designs NZ. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 6.55 Federal Election Announcement. 7.00 News. 7.30 7.30. 8.00 Restoration Australia. 9.00 Grand Designs Australia. 9.55 Bill Bailey's Wild West Australia. 10.45 News. 11.00 The Business. 11.15 Darby And Joan. 12.00 Grand Designs NZ. 12.50 Long Lost Family. 1.35 Rage. 3.15 Late Programs.	6.00 Morning Programs. 1.55 Alone Australia. 3.00 Going Places. 3.30 Destination Flavour. 3.40 Plat Du Tour. 3.45 The Cook Up. 4.15 Mystery Of Blackboard's Net Treasure. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 The Secret DNA Of Us. 8.35 Sydney's Super Tunnel. 9.35 Virdee. 10.45 SBS News. 11.15 Breaking Point. 12.05 Blinded. 1.50 Desperate Measures. 3.30 Could Hitler Have Been Stopped? 4.20 Bamay. 4.50 Late Programs.	6.00 Morning Programs. 1.00 MOVIE: Murder, She Baked: A Chocolate Chip Cookie Mystery. (2015) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. 7.30 Dogs Behaving (Very) Badly. 8.30 Britain's Got Talent. 10.00 The Amazing Race. 11.30 The Chernobyl Disaster. 12.30 Emergency Call. 1.00 Emergency Call. 1.30 Travel Oz. 2.00 Shopping. 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Getaway. 1.30 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 7. Manly Sea Eagles v St George Illawarra Dragons. 9.45 Thursday Night Knock Off. 10.30 9News Late. 11.00 Outback Opal Hunters. 12.00 Young Sheldon. 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. 7.00 Neighbours. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Dog House Australia. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 1.30 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Gogglebox Australia. 8.30 Taskmaster Australia. (M) 9.40 Law & Order: SVU. (M) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 Morning Programs. 10.00 Planet America. 10.30 The Pacific. 11.00 ANZAC Battleships. 12.00 News. 12.30 Cook And The Chef. 1.00 Unforgotten. 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 Gardening Australia. 8.30 Sherwood. 9.30 The Weekly. 10.00 Fresh Blood: Westerners. 10.30 Father Brown. 11.20 Mayfair Witches. 12.10 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Destination Flavour. 2.10 The Holy Grail Mystery. 2.55 The Point: Road To Referendum History Bites. 3.00 Nula. 3.30 Destination Flavour. 3.40 Plat Du Tour. 3.45 The Cook Up. 4.15 Mystery Of The Loch Ness Monster. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 William And Harry: The Unseen Photos. 9.15 Scotland's Scenic Railways. 10.10 SBS News. 10.40 A Body That Works. 11.40 Romulus. 1.40 Late Programs.	6.00 Sunrise. 10.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Murder, She Baked: A Peach Cobbler Mystery. (2016) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Better Homes And gardens. 8.30 MOVIE: Sweet Home Alabama. (2002) (PG) Reese Witherspoon. 10.45 Get On Extra. 11.15 9-1-1: Lone Star. (M) 12.15 The Black Donnellys. (M) 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Learning To Love. (2023) 2.00 Tipping Point Australia. 3.00 Rugby League. NRL. Round 7. Canterbury Bulldogs v South Sydney Rabbitohs. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 7. Dolphins v Melbourne Storm. 9.55 Golden Point. 10.45 MOVIE: John Wick. (2014) (MA15+) 12.40 Tipping Point News. 1.30 TV Shop. 4.00 Skips. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 11.40 Farm To Fork. 12.00 Everyday Gourmet. 12.30 Australia By Design: Architecture. 1.00 10 Minute Kitchen. 1.30 Frugal Foodie. 2.00 Silvia's Italian Masterclass. 2.00 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 Australia. 7.30 Love It Or List It Australia. 8.30 Gogglebox Australia. 9.30 Ambulance Australia. 10.30 Elsbeth. 11.30 FBI. 12.30 Shopping. 5.00 Hour Of Power.
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 Extraordinary Escapes. 3.00 Megaluna: What Killed Australia's Giants? 3.50 A Life In Ten Pictures. 4.45 Creative Types. 5.10 Landline. 5.40 Australian Story. 6.10 Father Brown. (PG) 6.55 Federal Election Announcement. 7.00 News. 7.30 MOVIE: Made In Dagenham. (2010) (M) 9.20 Midsomer Murders. (M) 10.50 Unforgotten. (M) 11.40 Boat Story. (MA15+) 12.40 Rage. (MA15+) 5.00 Rage.	6.00 Morning Programs. 1.00 Motor Racing. Bathurst 6 Hour. Qualifying. 3.00 Cycling. UCI World Tour. Paris-Roubaix. Women's Race. Highlights. 4.00 Cycling. UCI World Tour. Paris-Roubaix. Men's Race. Highlights. 5.00 Going Places. 5.30 Venice: Building Beauty From A Swamp. 6.30 News. 7.30 The Wonders Of Europe. 9.30 Searching For Italy. 10.20 Great Coastal Railway Journeys. 10.50 Great Coastal Railway Journeys. 11.20 Homicide. 1.10 Homicide. 2.05 Homicide. 3.50 Bamay. 4.50 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. All Aged Stakes Day. Mornington Cup And WATC Derby Day. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 The Americas. (PG) 8.00 MOVIE: Twister. (1996) (PG) Helen Hunt, Bill Paxton, Cary Elwes. 10.20 MOVIE: Anna. (2019) (MA15+) 12.50 The Black Donnellys. (M) 2.00 Shopping. 4.00 It's Academic. 5.00 My Greek Odyssey. (PG)	6.00 Morning Programs. 1.00 Let's Eat With George. 1.30 MOVIE: Getting Even With Dad. (1994) 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 Torvill & Dean: Our Last Dance. 8.30 MOVIE: Willy Wonka & The Chocolate Factory. (1971) 10.35 MOVIE: Yes Man. (2008) 12.30 How We Celebrate. 1.30 Surfing Australia. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 11.40 Farm To Fork. 12.00 Everyday Gourmet. 12.30 Australia By Design: Architecture. 1.00 10 Minute Kitchen. 1.30 Frugal Foodie. 2.00 Silvia's Italian Masterclass. 2.00 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 Australia. 7.30 Love It Or List It Australia. 8.30 Gogglebox Australia. 9.30 Ambulance Australia. 10.30 Elsbeth. 11.30 FBI. 12.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Australia. 2.30 The Pope's Easter Vigil. 5.00 Restoration Australia. 6.00 Back Roads. 6.25 Federal Election Announcement. 6.30 TBA. 6.55 Federal Election Announcement. 7.00 News. 7.30 Darby And Joan. 8.15 Unforgotten. 9.05 Boat Story. 10.05 MOVIE: Ten Canoes. (2006) 11.35 You Can't Ask That. 12.05 Rage. 3.05 Ask The Doctor. 3.35 Outback Ringer. 4.05 Gardening Australia. 5.05 Easter In Australia.	6.00 Morning Programs. 10.55 Ascot Kayaking. 11.00 Motor Racing. Bathurst 6 Hour. Race. 5.30 Rediscovering Venice. 6.30 News. 7.30 Ancient Empires. 9.05 Secret Lebanon: The Treasures Of Byblos. 10.10 Mayhem: Secret Lives Of Georgian Kings. 11.05 Rebel With A Cause: Oodgeroo Noonuccal. 12.05 48 Hours To Victory. 2.55 Britain's Great Outdoors. 3.50 Britain's Great Outdoors. 3.50 Bamay. 4.55 Poh & Co. Bitesize. 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 Al Jazeera.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 Jabba's Movies School Holiday Special. 3.00 Highway Cops. 3.30 Border Patrol. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 The % Club UK. (PG) 8.00 Mrs Brown's Boys. (M) 9.30 Billy Joel Live At Madison Square Garden. (PG) 11.30 MOVIE: Midnight Run. (1988) (M) 2.00 Shopping. 4.00 Believer's Voice Of Victory. 4.30 Drive TV: Drive Car Of The Year. 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. 3.00 Rugby League. NRL. Round 7. Newcastle Knights v Cronulla Sharks. 6.00 NBN News. 7.00 60 Minutes. 8.00 RBT. 8.30 The People V 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. 7.30 Australia By Design: Innovations. 8.00 The Yes Experiment. 8.30 GCBC. 9.00 Freshly Picked. 9.30 Silvia's Italian Masterclass. 10.00 10 Minute Kitchen. 10.30 Pooches At Play. 11.00 My Market Kitchen. 11.30 Buy To Build. 12.00 Australian Survivor. 1.40 Everyday Gourmet. 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 Matlock. 9.00 FBI. 11.00 Sunday Project. 12.00 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Restoration Australia. 2.55 Back Roads. 3.25 Grand Designs NZ. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 6.55 Federal Election Announcement. 7.00 News. 7.30 7.30. 8.00 Australian Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 The Truth About Menopause With Myf Warhurst. 10.30 News. 10.45 Planet America. 11.15 The Weekly. 11.45 Grand Designs NZ. 12.30 Long Lost Family. 1.20 Late Programs.	6.00 Morning Programs. 2.00 The Body On Somerton Beach. 2.45 Travel Shooters. 3.20 Going Places. 3.50 The Cook Up. 4.20 Mystery Of The Puzzling Pyramids Egypt. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Milan With Michael Portillo. 8.25 Big Fat Quiz Of Everything. 10.05 Rock Legends. 10.30 SBS News. 11.00 Classified. 11.50 Infiniti. 1.55 Son Of. 3.35 Little Heroes. 4.35 Bamay. 4.55 Poh & Co. Bitesize. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 10.00 The Morning Show. 11.30 Athletics. Stawell Gift. Easter Monday session. 2.30 AFL Pre-Game. 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.15 9-1-1: Lone Star. (M) 10.15 Suits L.A. (M) 11.15 The Agenda Setters. 12.15 Treadstone. (MA15+) 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Paris Can Wait. (2016) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 News. 5.30 Travel Guides. 9.00 100% Footy. (M) 10.00 9News Late. 10.30 The Prison Confessions Of Gypsy-Rose Blanchard. 11.20 Police After Dark. 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 Ent. Tonight. 10.30 Jamie's Air-Fryer Meals. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Gogglebox Australia. 8.40 Sam Pang Tonight. 9.40 Taskmaster Australia. 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Restoration Australia. 3.00 Claire Hooper's House Of Games. 3.30 Grand Designs NZ. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 6.55 Federal Election Announcement. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Creative Types. 9.00 Swingers: How To Win An Election. 9.30 The Assembly. 10.15 The ABC Of. 10.45 News. 11.00 The Business. 11.15 Late Programs.	6.00 Morning Programs. 2.00 Egypt Code Breakers. 3.00 Pita With Vegemite. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 The World's Most Beautiful Landscapes. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 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 Living Black. 11.00 The Point. 12.00 Guillaume's Paris. 12.30 Unbroken. 2.10 Faking Hitler. 4.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.05 Doc. (M) 10.05 The Irrational. (M) 11.05 The Agenda Setters. 12.05 The Act. (MA15+) 1.15 Travel Oz. (PG) 2.00 Home Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 MOVIE: Love In Zion National: A National Park Romance. (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 Tipping Point: Travel Guides. 9.00 Australian Crime Stories. 10.10 9News Late. 10.40 Wild Cards. 11.40 The Equalizer. 12.30 Tipping Point. 1.20 9Honey Hacks. 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 Ent. Tonight. 10.30 Jamie's Air-Fryer Meals. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Dog House Australia. (PG) 8.40 NCIS. 9.40 NCIS. (M) 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.



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Federal Election - 3 May 2025

How does preferential voting work in Australia?

By Sarah Motherwell, Edited, abc.net.au

Australians are preparing to head to the polls to decide which party will run the country for the next three years.

To do this, the election uses a preferential voting system for the House of Representatives (the lower house) and the Senate (the upper house).

While the major parties will try to get as many candidates as possible in both houses, it is the winner in the House of Representatives that gets to form government.

What is preferential voting?

Preferential voting gives people the chance to say who they want to win the election and who they don't.

You do this by numbering the candidates on the ballot paper in order from your first choice (1) to your last.

Voters get two ballot papers for the two houses - green for the House of Representatives (see sample on the left) and white for the Senate.

For the House of Representatives, voters must write a number in every box next to the candidates' names.

You must write the number 1 next to your first choice on a House of Representatives ballot paper, then number the remaining candidates in order of your second choice, third choice, et cetera.

For the Senate, voters can choose to vote above the line by political party or below the line for individual candidates.

If you vote above the line, you must number at least six boxes from 1 to 6.

If you vote below the line, you must number at least 12 boxes from 1 to 12.

How are preferential votes counted?

Preferential votes are counted until one candidate gets more than half of all the votes.



Get to know your Candidates

Seven out of the 10 candidates registered for the seat of Lyne provided responses in time for our Forster Fortnightly's 'Get to know your Candidates' feature. We thank them for their effort. The 7 candidates are published here in alphabetical order according to their surnames. By Mary Yule - Editor & Owner



Above: 'Conversation Connect' event hosted by the Forster Tuncurry Business Chamber at the Bellluve Hotel in Tuncurry on 3 April 2025. (L-R) Lyne Candidates - Stephen Burke, Mark Hornshaw, Jeremy Miller, Alison Penfold, Digby Wilson and MC Simon Gould. Photo by Mary Yule.

The electoral division of Lyne

The current Member for Lyne is the Honourable Dr David Gillespie from the National Party who is set to retire at this election. He has held this seat since 2013.

Background

Lyne was an electorate created on the expansion of the Parliament at the 1949 election. It is named after Sir William Lyne, NSW Premier at the time of Federation and a member of the first Federal Cabinet.

Area

Covering 16,099 square kms on the NSW Mid-North Coast, Lyne runs along the coast from Port Stephens to just south of Port Macquarie. It is based on the towns of Taree, Forster-Tuncurry, Hawks Nest-Tea Gardens, Gloucester, Dungog, Laurieton, Wauchope and surrounding areas.

2025 Candidates in Ballot Paper Order (10 Candidates)

1. FERRIER, Tom - The Greens
2. WILSON, Digby - Labor
3. CHARLSLEY, Cathy - Trumpet of Patriots
4. HUGHES, Colin - Pauline Hanson's One Nation
5. PENFOLD, Alison - The Nationals
6. MILLER, Jeremy - Independent
7. MASTERS, David - Family First
8. MANLEY, Keys - Legalise Cannabis Party
9. BURKE, Stephen John - Citizens Party
10. HORNSHAW, Mark Alexander - Libertarian

For more information on the Federal Election, please visit: www.aec.gov.au

1. Name and party:

Stephen Burke, Citizens Party

2. What town do you reside in and what is your background?

I'm a Wootton resident, agist cattle and operate a small wholesale plant nursery. In my earlier years I also spent time teaching in the TAFE system.

3. What experience and achievements would you bring to this role?

I have been associated with the Citizens Party for 27 years and I support their historically proven policies. The Citizens Party's motto is "Citizens Taking Responsibility."

4. Why do you want to be the Member of Parliament for Lyne?

I have always been concerned about the lack of representation that ordinary people have in our political system which overwhelmingly favours vested and powerful interests.

5. What do you think are 3 main issues affecting the Lyne District and how would you address these?

The parliament belongs to the people. It is not the prerogative of political parties or unelected entities who have far too much influence. Bills of Legislation (which affect our lives) are too often rammed through without proper scrutiny, let alone the voters being properly informed or consulted. This is a corrupting situation.

Voters who are fully informed and consulted (by the Citizens Party's methods) will produce a better outcome for Lyne. We will achieve this by establishing a robust, proactive branch structure from which we will operate a "defacto" MP's office by informing the Lyne residents on what is really happening in parliament and by extensively networking with all stakeholders, holding forums on diverse



Stephen Burke - Citizens Party

topics relevant to all legislation and issues. If we are being misinformed and disinformed by government or the mainstream media, we will hold them to account. We will consistently continue to expose, as we have done over the last 25 plus years corruption, nepotism and incompetence and will be vigilant to defend our right to liberty of conscience.

We wish to reverse the economic entropy caused by neo liberalism, promote our policies such as a Post Office Bank and a People's Bank that will invest in our people and nation.

We wish to cultivate leadership and statesmanship, to inspire, enable and empower our people to reach beyond and achieve great things. As President Kennedy once said, "we do these things not because they are easy but because they are hard."

1. Name and party:

Mark Hornshaw, Libertarian Party.

2. What town do you reside in and what is your background?

I live in Lorne and operate a bushfoods business with my family. I am also an economist with 15 years university teaching experience in economics and entrepreneurship.

3. What experience and achievements would you bring to this role?

I am the Federal Policy Chair for the Libertarian Party and have an extensive policy background. I am a current Port Macquarie Councillor. I have served as President of a State Sporting Organisation and board member of an overseas aid charity. I have operated many businesses and won a sustainable business award.

4. Why do you want to be the Member of Parliament for Lyne?

Libertarians want a big thriving community and a tightly constrained government. We want less of our money and resources wasted in Canberra, and more for families in Lyne.

5. What do you think are 3 main issues affecting the Lyne District and how would you address these?

1. Lower taxes.

We have a cost of government crisis, as the clowns in Canberra tax us to death, with little to show for it. Thanks to their recklessness, real incomes have been set back to 2011 levels, meaning housing, groceries, electricity and fuel are becoming unaffordable for families in Lyne, with nothing left for holidays and fun. The Libertarian Party will raise the tax-free threshold to \$50,000 for singles, or \$100,000 combined for couples, with a flat 10% tax above that. We want less for Canberra, more for your family.

2. Affordable housing

The Australian dream includes a roof over your head and a backyard for the kids to



Mark Hornshaw - Libertarian Party.

play in. But 50 years of government policy has all but shattered this dream for young Australians. Libertarians will stop the money printing that causes price inflation, constrain government debt, slash red and green tape, and give you control over your superannuation contributions. Together with drastic cuts to immigration numbers this will empower Australian families to live their dreams.

3. Cheap reliable energy

Sky-high power bills are no accident, they are a symptom of the net-zero agenda. China, India, Russia and the USA are greatly expanding their consumption of coal and gas, but Australians are expected to use unreliable and expensive wind and solar energy instead. Libertarians want no bans, no subsidies, just cheap reliable energy. We will exit the Paris climate accords and abolish all renewable energy targets, and eliminate fuel excise and 'ute tax' completely.

Get to know your Candidates

1. Name and party:

Keys Manley, Legalise Cannabis Party.

2. What town do you reside in and what is your background?

Residing in Wingham, I attended Wingham High School, grew up on a local farm. Ran in the last state election seeking positive change.

3. What experience and achievements would you bring to this role?

Having lived in the area most of my life and growing up on an isolated rural farm, I've watched the farming industry fall apart. My father also attended school in Wingham and my grandfather was a police officer here in the 1950s and 1960s. Now my partner and I are raising a child of our own here - I understand the values of our local farmers and environment and have strong ties throughout the community. I want only the best for the area of Lyne.

4. Why do you want to be the Member of Parliament for Lyne?

Our hospitals are being left underfunded, our roads falling apart and the government just keep raising the taxes.

I want to be a part of Parliament to make sure the people of Lyne have the representation that we deserve.

5. What do you think are 3 main issues affecting the Lyne District and how would you address these?

Affordable housing, freeing up the cannabis industry and investing in the hemp infrastructure will make cheaper more affordable homes. Hempcrete and hemp insulation provide superior thermal insulation, helping to maintain comfortable indoor temperatures year-round and reducing energy costs.



Keys Manley - Legalise Cannabis Party

The cost of living which is another huge issue at the moment legalising cannabis will bring that cost down for over 700,000 Australians using medical cannabis, and bring more taxes in to support our communitys fix our roads and support our health care system.

Rural industry and jobs is a big problem. We need to create jobs for our farmers and local communities. Opening the doors to the cannabis industry would do this, by removing the heavy licencing fees and outrageous compliances. The majority of the market is imported from overseas and it's our farmers missing out.

1. Name and party:

Alison Penfold, The Nationals.

2. What town do you reside in and what is your background?

I live in Wauchope now but grew up around Taree. I have worked in leadership roles for business and government for the past 30 years.

3. What experience and achievements would you bring to this role?

I've worked in senior roles for Ministers in our Federal Parliament, giving me in-depth policy knowledge and connections in the areas of agriculture, health, and trade policy. I've also worked in corporate roles, for a business consultancy as a social-licence-to-operate adviser, and as an advocate for Australian agriculture.

4. Why do you want to be the Member of Parliament for Lyne?

I am sick of bad government hurting good businesses, industries and communities. I know how Canberra works and want to make it work harder for us.

5. What are the 3 main issues affecting Lyne District and how would you address these?

Everything hinges off the state of the economy and the cost of living. It's tough and people are having to make decisions that they should not have to make. We need decisive and purposeful national economic leadership that creates prosperous regional economies. Being part of the Nationals team gives me direct and powerful leverage in the Parliament and in Government to argue our case and ensure the right economic levers are pulled that benefit Lyne.

Infrastructure – roads, energy, telecommunications, community facilities – are key issues across the electorate. The focus for me is to continue as David Gillespie has done for the past 13 years. He delivered billions of dollars in funding by working closely with local



Alison Penfold - The Nationals

Councils, community groups and business to listen, care and deliver funding for projects. Energy is fundamental to our ability to grow and create jobs and we need a technology neutral energy system that delivers affordable and reliable energy.

Healthy communities are also thriving communities. It is difficult to get into a GP and have a family doctor and local bulk billing rates are falling. The Nationals have guaranteed funding for Medicare. I will use my experience working on regional health workforce policy to ensure incentives for GPs, nurses and allied health professionals are well targeted to our needs. I will also work actively with the local aged care sector to address the growing wait list for home care, address the workforce challenges and deliver high quality care.

1. Name and party:

Jeremy Miller, Independent for Lyne.

2. What town do you reside in and what is your background?

I live in Old Bar with my family and I get things done. I've been involved in community projects since the '90s, focusing on practical solutions, building facilities and running a cafe and bakery in Taree.

3. What experience and achievements would you bring to this role?

With nearly 30 years of experience bringing people together and delivering results, I'm not your typical politician. Whether it was building community facilities, running major events, or solving Council issues, I've always focused on practical solutions. As your Independent voice in Parliament, I'll deliver real results with less talk, more action.

4. Why do you want to be the Member of Parliament for Lyne?

I believe in grass-roots democracy, where locals have a voice in policy. Our community deserves the same success as everyone else, making positive change together.

5. What do you think are 3 main issues affecting the Lyne District and how would you address these?

The biggest issues in this election for the region include the rising cost of living, healthcare access, and the need for better local infrastructure.

Affordable housing for future generations is a key focus. I am committed to standing up to large corporations to protect the interests of local families. The cost of living crisis is hitting Australians hard, I will advocate to stop anti-competitive land banking, where supermarkets buy up property to block competitors from entering the market. We need to be creating job opportunities in local sustainable industries, to preserve the regions local resources and support the local economy.

Healthcare remains central. We all know someone who's struggled to get into a GP or had to travel hours for specialist treatment. The latest Cleanbill report found no fully bulk-billing



Jeremy Miller - Independent for Lyne

medical centres in the Lyne region, creating a "bulk-billing desert" for local patients. We can't keep talking about it, we need to fix it.

There is a strong emphasis on improving roads, basic services, and mobile reception, addressing critical gaps that separate the region from more developed areas. Improvements will ensure better access and opportunities for all residents, enhancing connectivity and infrastructure for a thriving community. Together, these issues highlight the importance of creating a balanced approach to development, one that prioritizes the needs of local families while fostering sustainable growth and protecting the regions unique resources.

Addressing these challenges will build a future where residents have access to affordable housing, quality healthcare, and improved infrastructure, ensuring a better quality of life for everyone.

1. Name and party:

Digby Wilson, Labor.

2. What town do you reside in and what is your background?

Taree based, I'm retired from senior leadership roles in telecommunications, including emergency management, now serving as a MidCoast Councillor and volunteer charity worker.

3. What experience and achievements would you bring to this role?

From humble beginnings, I carved a career in technology and leadership. From strong fiscal management, to leading leaders, to crisis management. My career has been strategically built on supporting people, communities and accountability. 35 Years in telco, from technician, engineer to leader – I have a solid history of delivering.

4. Why do you want to be the Member of Parliament for Lyne?

I don't want to be a passenger. My passion is to actively improve our communities. The Federal government must do right for our communities.

5.What do you think are 3 main issues affecting the Lyne District and how would you address these?

The electorate will benefit from increased cost-of-living support, improved health outcomes, and broader access to quality education.

Healthcare remains a pressing issue. People deserve healthcare that's affordable and available when they need it most. I've spoken with residents forced to choose between paying bills or seeing a doctor—a tough reality that's simply unacceptable.

For those in good health, this might not seem urgent, but affordable healthcare and medications can transform lives, and that's a priority I'm passionate about. If elected, Labor will cap prescription costs at \$25 and make 9 out of 10 doctor visits free—for starters.

Global inflation has hit Lyne residents hard, making essentials like food and housing a struggle. That's why sustained tax cuts and other relief are critical without risking



Digby Wilson - Labor

economic stability. The \$300 energy bill relief made a difference, and another \$150 this year will help.

Energy costs are high; the closure of 11 coal-fired plants has not helped, leaving the grid short of supply. We need to continue turning on cheaper, faster renewables. Labor will also support home batteries with up to 30% cost assistance—making them viable for homes now.

Education is fundamental. Fully funding NSW public schools to the Gonski standard, a benchmark private schools reached seven years ago, ensures every child gets a fair shot.

Labor's plan includes 500,000 fee-free TAFE places nationwide, with 5,000 in Lyne. Apprentices completing their programs will receive \$10,000, while businesses supporting them also benefit.

These aren't luxuries so they're what I'm fighting for.

Seniors demand action on six election priorities

www.nationalseniors.com.au 4 April 2025

Don't be a bystander – demand our politicians act on these important issues.

The federal election has been called for 3 May. The election campaign is a critical opportunity to push for policies that improve the lives of older Australians.

Since the last election, you have told us what is important to you, and we are telling politicians and candidates that if they want the support of older Australians and National Seniors Australia (NSA), then they need to commit to six key policy demands summarised below.

Cost of Living

The rising cost of living, and price rises, are a concern for everyone, but there are two policies that could help.

1. Retain the deeming rate freeze until a fair method is devised.

Deeming rates are used as part of the Age Pension income test; to determine eligibility for the Commonwealth Seniors Health Card, and to determine co-contributions for aged care services. Over recent years, governments have decided to not raise deeming rates in line with rising interest rates.

If deeming rates go up on 1 July, part-pensioners will lose some of their pension income, some self-funded retirees will lose their concessions, and aged care recipients will pay more.

NSA wants the freeze to continue until the next government creates a fairer and more transparent method for calculating deeming rates in the future.

2. Assist pensioners who want to work by exempting employment income from the pension income test.

Current pension rules discourage older people from remaining in the workforce. Age Pensioners lose 50 cents in the dollar from their

pension if they work more than the rules allow. This discourages some people from working past pension age, undermining the retention of mature and skilled workers at a time of workforce shortages.

Age Pension rules are complex and confusing and cause many to not work or to work in the black economy to avoid impacting their pension.

Our solution is simple: unwind the complexity by letting pensioners work without impacting the Age Pension income test.

Health and Aged Care

The health and wellbeing of older Australians is being diminished. The rising cost of private health insurance and out-of-pocket medical costs; and the lack of home care packages all need urgent attention.

3. Review the private health system to reduce premiums and out-of-pocket costs.

Older Australians are frustrated that health costs seem to be rising much faster than other costs at a time that they rely more heavily on the health sector.

Understanding what is causing price inflation is the first step in developing solutions.

The Productivity Commission is best placed to undertake an inquiry into the private health care system with a particular focus on the:

- Growth of private health insurance premiums and out-of-pocket expenses
- Value and scope of product offerings covered by private health insurance
- Reforms needed to minimise premiums and out-of-pocket costs
- Reforms needed to suppress price inflation in the private health care sector.

4. More home care packages are needed to reduce the wait list to three months.

Approximately 80,000 older people are waiting



for a home care package to help them with much needed care and support. About 50,000 additional packages need to be released to bring down wait times to a reasonable level.

We acknowledge that even with these additional packages, wait times for home care services will be impacted by staffing issues.

However, it is important to address the wait list as a first step as this will send a signal to providers to increase capacity.

Banking and Superannuation

Older people are among the most affected by changes sweeping the finance sector and are heavily reliant on savings and superannuation to ensure a decent standard of living in later life. NSA has two key priorities to support financial security for seniors.

5. Create an Australia Post bank for regional and rural Australia.

While post offices, especially in regional towns, supply some banking services, it is not enough to meet people's needs.

Face-to-face banking is being withdrawn, replaced by online banking. Cash is no longer king, as many merchants move to electronic transactions.

The next government should use the proposed banking levy to support Australia Post to obtain an authorised deposit-taking institution (ADI) licence to provide more banking services.

Australia Post will be able to leverage its existing branch network (one of the largest retail footprints in Australia) to provide face-to-face banking services and access to cash in regional, rural, and remote areas.

6. Protect your hard-earned super by retaining choice and control.

Older people value the flexibility and choice offered by our retirement income system and need savings to meet living costs, including health and ageing costs, as they get older.

However, superannuation is often subject to policy changes and debates, including what appears to be the shaming of retirees for not spending enough of their super.

NSA believes:

- While we support the compulsory nature of superannuation in the accumulation phase, older people should retain choice and control over their super during the pension phase.

- People value being able to use super to generate regular income streams, while others value having access to lump sums to fund planned activities and expenses in later life or to pass on to charities or future generations.

- With older people facing rising out-of-pocket health and aged care costs, it is vital superannuation is protected and available to them to meet their ageing needs.

To protect choice and control, we are calling for:

- A moratorium on substantive changes to superannuation rules, with future changes subject to rigorous and independent analysis.
- Amend the legislated Objective of Superannuation to rebalance its focus on the retirement income phase.
- Resist the imposition of noticeably bad inheritance taxes.
- Increase Age Pension gifting limits to provide an incentive for pensioners to donate to charity and gift to younger generations.

ABC TV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 1.35 Media Watch. 2.00 Restoration Australia. 2.55 Claire Hooper's House Of Games. 3.30 Grand Designs NZ. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.25 Federal Election Announcement. 6.30 Claire Hooper's House Of Games. 6.55 Federal Election Announcement. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 The Weekly. 9.00 Planet America. 9.30 Big Boys. 10.00 Mayfair Witches. 10.40 News. 10.55 The Business. 11.15 Late Programs.	6.00 Morning Programs. 1.00 PBS News. 2.00 Dateline. 2.30 Insight. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 The World's Most Beautiful Landscapes. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Alone Australia. 8.40 Weight Of The World. 9.45 The Handmaid's Tale. 10.50 SBS News. 11.20 My Brilliant Friend. 12.25 Lost Luggage. 12.30 Invisible. 4.50 Poh & Co. 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 TBA. 2.35 Surveillance Oz: Dashcam. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Akmal: Open For Renovations. (MA15+) 11.15 Autopsy USA. (M) 12.15 Midnight Texas. (MA15+) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Love's Fast Lane. (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+) 9.50 Freddy And The Eighth. 10.50 9News Late. 11.20 The Equalizer. 12.10 Next Stop. 12.40 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Dog House Australia. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Dog House Australia. (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 Sherwood. 2.00 Restoration Australia. 2.55 Claire Hooper's House Of Games. 3.25 Grand Designs NZ. 4.10 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 6.55 Federal Election Announcement. 7.00 News. 7.30 7.30. 8.00 Restoration Australia. 9.00 Grand Designs Australia. 9.55 Bill Bailey's Wild West Australia. 10.45 News. 11.00 The Business. 11.15 Darby And Joan. 12.00 Grand Designs NZ. 12.45 Late Programs.	6.00 Morning Programs. 1.55 Alone Australia. 3.00 Living Black. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 The World's Most Beautiful Landscapes. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 The Secret DNA Of Us. 8.35 Sydney's Super Tunnel. 9.40 Virdee. 10.50 SBS News. 11.20 Breaking Point. 12.15 The Hollow. 1.15 Departure. 2.50 Hitler's Teen Killers. 3.50 Paul O'Grady's Little Heroes. 4.50 Poh & Co. Bitesize. 4.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Hailey Dean Mysteries: Deadly Estate. (2017) 3.00 The Chase. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Dogs Behaving (Very) Badly. (PG) 8.30 Britain's Got Talent. (PG) 10.00 The Amazing Race. (PG) 11.30 Born To Kill? (M) 12.30 Spitfire Guardians. (PG) 1.30 Travel Oz. (PG) 2.30 Shopping. 4.00 NBC Today. 4.50 Anzac Day Dawn Service.	6.00 Morning Programs. 12.00 MOVIE: The Love Hunt. (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 8. Brisbane Broncos v Canterbury Bulldogs. 9.45 Thursday Night Knock Off. 10.30 9News Late. 11.00 Outback Opal Hunters. 12.00 Young Sheldon. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.20 Anzac Day Dawn Service.	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 Ent. Tonight. 10.20 Dog House Australia. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Gogglebox Australia. 8.30 Taskmaster Australia. (M) 9.40 Law & Order: SVU. (M) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	THURSDAY
6.00 Morning Programs. 1.30 Villers-Bretonneux Dawn Service. 2.25 ABC News. 3.00 Claire Hooper's House Of Games. 3.25 Grand Designs NZ. 4.10 Long Lost Family. 5.00 A Bite To Eat. 5.25 Antiques Roadshow. 6.25 Claire Hooper's House Of Games. 6.55 Governor-General's Anzac Day Message. 7.00 News. 7.30 Gardening Australia. 8.30 Sherwood. 9.30 The Weekly. 10.00 Hard Quiz. 10.30 Big Boys. 10.55 News. 11.10 Father Brown. 11.55 Mayfair Witches. 12.40 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 1945: The Year That Changed History. 3.00 Nula. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Etoa: A Kokoda Track Story. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Niagara Falls. 8.30 Last Secrets Of The Great Sphinx Of Giza. 9.30 Scotland's Scenic Railways. 10.25 SBS News. 10.55 A Body That Works. 12.00 Between Two Quiz. 12.30 The Black Donnellys. (M) 1.20 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Saturday at the Valley. Charity Race Day and SA Oaks & Sangster Day. 4.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 The 1% Club. (PG) 8.30 The Americas. (PG) 10.00 MOVIE: Evan Almighty. (2007) (G) 10.00 MOVIE: No Hard Feelings. (2023) 11.45 Travel Oz. (PG) 2.00 Shopping. 2.30 Shopping. 3.30 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 10.00 Innovation Nation. 1.15 Explore TV. 1.45 The Pet Rescuers. 2.15 Young Sheldon. 2.45 MOVIE: Yours, Mine And Ours. (2005) 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 MOVIE: Midway. (2019) 10.10 MOVIE: The Man With The Iron Heart. (2017) 12.20 Young Sheldon. 12.45 Australia's Top Ten Of Everything. 1.45 Innovation Nation. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 11.30 Freshly Picked. 12.00 Everyday Gourmet. 12.30 Australia By Design: Architecture. 1.00 10 Minute Kitchen. 1.30 What's Up Down Under. 2.00 Food Trail South Africa. 2.30 Silvia's Italian Masterclass. 3.00 Taste Of Australia. 3.30 Farm To Fork. 4.00 My Market Kitchen. 4.30 GCBC. 5.00 News. 6.30 Dog House Australia. 7.30 Love It Or List It Australia. 8.30 Gogglebox Australia. 9.30 Ambulance Australia. 10.30 Elsbeth. 11.30 FBI. 12.30 Shopping. 5.00 Hour Of Power.	FRIDAY
6.00 Morning Programs. 1.30 Gardening Australia. 2.30 Monty Don's Paradise Garden. 3.30 Bill Bailey's Wild West Australia. 4.15 The Telegram Man. 4.30 Restoration Australia. 5.30 Antiques Roadshow. 6.25 Federal Election Announcement. 6.30 Compass. 6.55 Federal Election Announcement. 7.00 News. 7.30 Vera. 9.00 Vera, Farewell Pet. 9.50 MOVIE: My Brother Jack. (2001) 11.20 The Story Of The Kelly Gang. 11.55 You Can't Ask That. 12.25 Rage. 3.00 Ask The Doctor. 3.30 Late Programs.	6.00 Morning Programs. 1.00 Motor Racing. ProMX Championships. Round 3. 4.00 Cycling. UCI World Tour: Amstel Gold Women's Race. Highlights. 4.30 Cycling. UCI World Tour: Amstel Gold Men's Race. Highlights. 5.30 De Gaulle Vs Churchill: Memories Of War. 6.30 News. 7.30 Chernobyl: The Lost Tapes. 9.15 The Crusaders: Fortresses Of Faith. 10.15 Mayhem: Secret Lives Of Georgian Kings. 11.00 The Rebel With A Cause: Tigr Bayles. 12.10 The Boys Who Said No. 1.15 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 1.00 Football. AFL. Round 7. Gold Coast Suns v Sydney. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00 The 1% Club. (PG) 8.10 Cold Chisel: The Big 5-0. (M) 10.10 Menendez & Menudo: Boys Betrayed. (MA15+) 11.20 Autopsy USA. (M) 12.20 MOVIE: The Flip Side. (2018) (M) 2.30 Shopping. 3.00 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. 3.00 Rugby League. NRL. Round 8. Wests Tigers v Cronulla Sharks. 6.00 NBN News. 7.00 Travel Guides. 8.10 60 Minutes. 9.10 1BA. 10.10 See No Evil. 11.10 The First 48. 12.00 Oz Off Road TV. 12.50 Destination WA. 1.20 Explore. 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. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Airborne: Nature In Our Skies. 1.130 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Australia. 9.00 Sam Pang Tonight. 10.00 Taskmaster Australia. 11.10 News. 11.35 The Project. 12.35 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.	SATURDAY
6.00 Morning Programs. 1.00 Landline. 2.00 Restoration Australia. 3.00 Claire Hooper's House Of Games. 3.30 Grand Designs NZ. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 6.55 Federal Election Announcement. 7.00 News. 7.30 7.30. 8.00 Australian Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 The Weekly. 12.10 Grand Designs NZ. 12.55 Long Lost Family. 1.40 Late Programs.	6.00 Morning Programs. 2.00 Pompelli: The Secrets Of Civita Giuliana. 3.00 Travel Shooters. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 The World's Most Beautiful Landscapes. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.35 Prague With Michael Portillo. 8.25 Bettany Hughes: Treasures Of Turkey. 9.20 Sri Lanka With Alexander Armstrong. 10.15 SBS News. 10.45 Classified. 11.30 Don't Leave Me. 1.35 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Fun With Dick And Jane. (2005) 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.05 9-11: Lone Star. (M) 10.05 Suits L.A. (M) 11.05 The Agenda Setters. 12.05 Treadstone. (MA15+) 2.00 Shopping. 2.30 Shopping. 3.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Taken In Montana. (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 Floor. 8.45 100% Footy. (M) 9.45 9News Late. 10.15 The Prison Confessions Of Gypsy-Rose Blanchard. 11.15 Police After Dark. 12.05 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Airborne: Nature In Our Skies. 1.130 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Australia. 9.00 Sam Pang Tonight. 10.00 Taskmaster Australia. 11.10 News. 11.35 The Project. 12.35 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.	SUNDAY
6.00 Morning Programs. 1.55 Restoration Australia. 2.55 Claire Hooper's House Of Games. 3.25 Grand Designs NZ. 4.05 Long Lost Family. 4.50 A Bite To Eat. 5.15 Antiques Roadshow. 6.15 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Creative Types. 9.00 Swingers: How To Win An Election. 9.30 Kitchen Cabinet. 10.00 The ABC Of. 10.30 The ABC Of. 11.05 News. 11.20 The Business. 11.35 Four Corners. 12.20 Media Watch. 12.35 Q+A. 1.40 Late Programs.	6.00 Morning Programs. 2.00 Who Do You Think You Are? 3.00 The Weekly Football Wrap. 3.30 Plat Du Tour. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 The World's Most Beautiful Landscapes. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Australia. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Living Black. 11.00 The Point. 12.00 Guillaume's Paris. 12.30 Unbroken. 1.20 Unbroken. 2.10 Faking Hitler. 4.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.35 Surveillance Oz. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Australia. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 8.45 Doc. (M) 9.45 The Irrational. (M) 10.45 The Agenda Setters. 11.45 Autopsy USA. 12.45 The Act. 2.00 Shopping. 2.30 Shopping. 3.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Floor. 1.15 My Way. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Floor. (PG) 8.45 100 Days Of Trump. 9.45 9News Late. 10.15 Wild Cards. (M) 11.15 The Equalizer. (MA15+) 12.05 Tipping Point. 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. 10.30 MasterChef Australia. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Australia. 8.40 The Cheap Seats. (M) 9.40 NCIS. 10.40 News. 11.05 The Project. 12.05 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.

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

Fri 25 April - ANZAC Day Services See page 3 for details of local ANZAC Day Services.

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



May

Sat 3 May - Real Food Market 8am -11am Pacific Palms Community Centre. Come meet your local farmers. Enquiries: Sue Williams 0438 433 063.

Sat 3 May - 2025 Federal Election See liftout for details of where to vote locally.

Sun 4 May - Hallidays Point Car Boot Sale 7am to 12pm Hallidays Point Shopping Village Enquiries: 0403 042 088

Sun 4 May - Black Head Bazaar Market 8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures. www.facebook.com/blackheadbazaar

Easter & School Holidays

Country Press NSW 125th Anniversary Writing Competition



In the year 1900, newspapers were the main form of public communication, Henry Lawson and Banjo Paterson were making their names as famous bush authors, and Australia's first print media organisation was founded.

For 125 years, the member newspapers of Country Press NSW Inc. (CPNSW) have told the stories of the people of regional New South Wales.

"Our member newspapers remain trusted news providers, owned by country people, and always here to support and encourage rural and regional NSW," said Lucie Peart, President Country Press NSW.

Now it is your chance to be a modern-day Lawson or Paterson, by entering this State-wide commemorative challenge for creative writing and maybe even see your story published in the pages of your local newspaper!

The competition is open to primary and secondary school students, and adults, living in readership areas of the Country Press NSW newspaper network.

The Forster Fortnightly newspaper is a member of Country Press NSW and plans to publish a selection of submitted stories.



Entry information

Entry forms can be downloaded through the Country Press NSW website under the Events and News tab at: cpnsw.org.au.

The competition is opening in time for students to write their stories over the school holidays and throughout Term Two, with the deadline for entering closing on 4 July.

• Short stories entered may be on any topic or theme, or set in any time period, but must have one special inclusion: the words "local newspaper" must be included as part of the story.

• Categories - Best Primary School Student (300 words), Best Secondary School Student (750 words) & Best Adult Open Entry (3,000 words)

• Please note that entries must be posted to the central mailbox listed on the entry form and also emailed to info@forsterfortnightly.com.au

Entry is free, thanks to generous sponsorship of the State-wide event by Australian agribusiness company, Manildra Group.

Judging of the Country Press NSW 125th Anniversary Writing Competition will be carried out by leading creative writing organisation, the Fellowship of Australian Writers (NSW).

FAW (NSW), which will provide a panel of judges from its 14 country branches, specializes



Above: Country kids are encouraged to get inspiration from their local newspaper and enter the Country Press NSW 125th anniversary writing competition this school holidays.

in helping people develop their writing talent and has resources available to help youngsters and adults improve their writing experience (visit fawnsw.org.au for more information).

Save the date!

Quota's fundraiser for The Forster Neighbourhood Centre

On Saturday 24th May, Quota is inviting the public to "A Cavalcade of History Fashion: Living in the 70's - the good, the bad and the ugly" at 2pm, Forster Uniting Church, Lake Street Forster.

The event is a themed talk including examples from the 70s collection that are carried amongst the audience allowing a closer look at the clothes and the story of the people who wore them.

This is a fund raiser for The Forster Neighbourhood Centre. Tickets cost \$25. This includes a delicious afternoon. To purchase please email: Quota.forstertuncurry.inc@gmail.com

So, save the date, book your ticket and help us raise funds for this local project.

We hope to see all our Quota friends there.

More details to come.



TUNCURRY MARKETS
John Wright Park
Saturday 26 April
8am - 1pm
Bookings Essential
Enquiries 0417 400 994

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

"Watercolour Impressions"
with **Chan Dissanayake**
2 Day Workshop - 10 & 11 May 2025 - Forster Gallery
34 Lake Street, Forster
Members \$240 — non-Members \$280
Bookings: classesandworkshops@forstergallery.org
or phone 0401 761 812
Join this multi award winning watercolour artist and be guided through a variety of subjects to produce two paintings a day. Suitable for those who have some knowledge of watercolour and would like to improve their skills.

Easter & School Holidays

MidCoast Festival of Stories 26 April - 23 May

Bookings are essential. To see the full program, please scan the QR code on page 7 OR visit www.library.midcoast.nsw.gov.au/MCFOS OR ring 7955 7001.

There are many ways to tell a tale



• The Search for a Song

Tuesday 29 April - Forster Civic Centre

Join Scott Greenaway from EMG Music Hub and learn to tell your tale through music and song.

• Cut, Paste, Publish: The Art of Zine-Making

Thursday 1 May - Hallidays Point Library

In this hands-on, interactive workshop, participants will learn the art of zine-making.

• Stephen Michael King Illustration Workshop for kids

Saturday 3 May - Forster Civic Centre

Step into the magical world of children's book author and illustrator, Stephen Michael King, at this hands-on illustration workshop!

• Picture Book Creation with Stephen Michael King

Saturday 3 May - Forster Civic Centre

Renowned author and illustrator Stephen Michael King will present an insightful talk on the process of creating children's picture books.

• Podcasting 101 - Learn the Art of PodCasting:

Monday 5 May - Forster Library

Unlock your creative potential with hands-on training in the state-of-the-art Podcast Room at Forster Library.

• 'Wish You Were Here' - A Postcard Tour of Forster

Forster Civic Centre

Stroll through our coastal town's history, using vintage postcards as our guide.

• The Changing Nature of Wallis Lake

Thursday 8 May – Forster Civic Centre

Join Local Land Services and MidCoast Council Natural System Ecologist for an interactive story-walk starting at Forster Civic Centre.

• Author Talk - Lynda Holden & John Heath

Friday 9 May – Forster Civic Centre

Join authors Lynda Holden, Jo Tusciano & John Heath for a powerful discussion on storytelling, history & cultural preservation.

• Cultural Heritage Nature Walk

Saturday 10 May - The Ruins Campground and Picnic Area, Booti Booti

Experience this guided walk-through bushland where participants learn about traditional Aboriginal resources and ways of life.

• Peter FitzSimons - Author Talk

Saturday 10 May – Forster Civic Centre

Join bestselling author Peter FitzSimons for a fascinating talk on history, storytelling, and his latest book.

THE FORSTER ART PRIZE 2025
29 March – 27 April
FORSTER GALLERY
34 Lake St, Forster, 10am – 4pm
www.forstergallery.org

HOPE 25
HOPE IN AN UNCERTAIN WORLD

Happy Easter 2025!

What do you hope for most in life? How sure are you of getting what you hope for? This year after Easter the Anglican Church across Australia is focussing on sharing the HOPE that we have through faith in Jesus. Why do Christians have hope? Hope in what? And what is hope anyway?

For Christians HOPE is much more than a wish which may or may not happen. The hope Christians have is centred on Jesus. This hope is sure and certain, because of what Jesus has achieved for us through his death and rising from the dead three days later. It is not blind faith, rather it's a faith based on well-reasoned evidence.

There is no reasonable doubt that Jesus was crucified, and there is also evidence that he came alive again. He wasn't resuscitated; he was resurrected. That means he's alive right now in the presence of God Almighty! Many people saw Jesus alive again for 40 days before he returned to be with God the Father.

How does this give us Hope? Jesus promised that everyone who believes and follows him will also rise from the dead. Like Jesus, they will receive a new, supernatural body suitable to live forever and they'll be made perfect. Even more than this (as if this isn't enough!) Jesus promised to send his Spirit to help us to follow him and help us in times of trouble.



This certainly was the case for the first followers of Jesus as they faced immense hardship because of their faith. And yet as a result the Christian faith became a major world religion.

This Easter, connect with a church near you! How about starting Sunday off with the Sunrise service at 6am at the Tanks, followed by gathering at one of our local churches?

May you and your family be blessed deeply this Easter!

Rev Mark Harris

Anglican Parish of Forster-Tuncurry, and chairman of the Ministers Association Forster Tuncurry

Anglican Church
Forster-Tuncurry & Nablac
HOPE 25
HOPE IN AN UNCERTAIN WORLD
Good Friday 18th April
Forster: 9am - Proclamation of the Cross
Nablac: 11am -Proclamation of the Cross
Easter Day 20 April
Forster: 9am - Communion service suited to all ages
5pm - Contemporary Communion Service
Nablac: 11am - Traditional Communion
Our addresses are:
♦ 4 St Albans Place, Forster.
♦ 38 Clarkson St, Nablac.
Parish Office Phone: 6555 5565
www.forsteranglican.com

TRIVIA
Theme - *Shades of Blue*
Great Lakes Palliative Care Support
Invites you to join us for our annual Trivia night.
16th May at 7pm for 7:30pm
Bridge Club 34 Lake St, Forster.
Bring along drinks, glasses, nibbles and sense of fun.
Tea and coffee provided.
Tickets \$10- Tables of 8
Bookings Helen - 0401 649 608
GREAT LAKES Palliative Care Support

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



The Purple Peril

As a long term local and daily driver around the streets of Forster I am dismayed at the number of rental scooters left lying in the gutters, across the footpaths and in the parks. The riders are usually young people, some very young, with no idea of the road rules, not wearing helmets, often bare feet, often two or three on a scooter, often looking at their phone or eating. They dart out between parked cars, ride down the wrong side of the street and come up quickly without warning on the footpaths, add into the mix the proliferation of private electric scooters and bikes that travel at excessive speeds often at night without lights and don’t seem to come under any traffic laws.

I have seen numerous near misses and in a town where the majority of drivers are elderly as well as the large number of older people walking their dogs it’s a matter of time before someone is killed or seriously injured, all for a few extra dollars in council coffers.

Terry Brooker – Forster.



www.moir.com.au

Americans starting to get tired of all this winning

POLITICAL SATIRE: Americans are not sure they can handle all of the winning that has occurred since Donald Trump became President, it has emerged.

From the moment Donald Trump became President Americans have been subjected to an unyielding stream of winning which is starting to get monotonous.

“I’ve lost my job, the economy is in freefall, I can’t afford healthcare, my friend just got deported, I have to see Elon Musk’s face on TV every day – it’s just win, win, win, win, day after day after day. It’s relentless,” one supporter said.

He said Trump had been true to his word. “Trump did say, before he became President, that if we elected him we’d get sick of all the winning. Well I’m definitely sick, but I can’t get healthcare because Trump sacked all of the workers.

“Don’t get me wrong, I love all the winning. But can we tone it down a little bit maybe? I’m not sure how much more I can take”.



Trump said America was winning more than any other country in the world right now. “There’s been a huge outbreak of winning. It really is tremendous,” he said. www.theshovel.com.au

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Book Review



Review by John King - Librarian

An Elephant in My Kitchen

An Elephant in My Kitchen is a sequel to The Elephant Whisperer by Lawrence Anthony, one of my all-time favourites. This sequel is by his wife after her husband died unexpectedly leaving her, Francoise Malby-Anthony, with the full responsibility for their nature reserve Thula Thula. With her Parisian upbringing and business acumen, she was accustomed to arrange the guest lodge and finances while he was out in the reserve with the elephants, rhinos, antelope etc, managing the game keepers and dealing with the assistance of guards with poachers that had become an increasing menace especially those after rhino horn. The Chinese believe rhino horn to be an aphrodisiac, a cure for cancer, and a general health tonic and are prepared to pay big money for it, even though rhino horn is essentially keratin like our fingernails!

Central to this book is Francoise’s establishment of an orphanage for rhinos especially but also for other animals such as a small elephant. They need their cuddles, love and warmth, as well as hand-feeding from the many volunteers who arrive to help. (How does one play with a baby rhino or hippo? The book tells how.)

The elephants continue to be a key theme here with their empathy with Francoise and her staff, arriving at her house on the anniversary of her husband’s death. They come to her when one of their babies is ensnared by poachers knowing that only their humans can help to remove the snare, one of dozens that are set almost nightly either for food or for black-magic medicine.

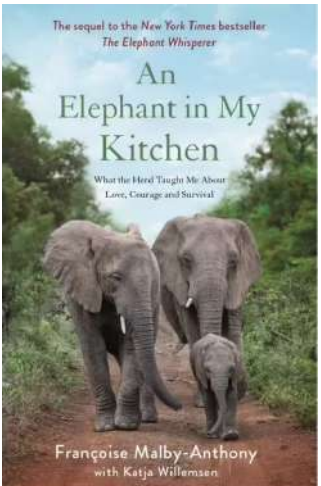
Despite extensive security measures, highly professional poachers arrive with a surveillance drone, radio intercept equipment, military

weapons, and a disregard for human life. The volunteers are terrorised and the orphanage has to be shut down. Francoise carries on, re-establishing the orphanage, now renamed a wildlife rehabilitation centre, with even more professional security.

Curiously, Francoise discovers she is afraid of the elephant’s matriarch. The final chapter reveals the resolution of her fears.

I might add a personal experience. When we were in Sri Lanka at the Yala National Park there was a sign halfway between the lodge and the lagoon which said – Wild elephants gather here at dusk. Take care when out walking and carry a torch. If an elephant charges you, run. Dropping the torch may gain you a few moments if the elephant is inquisitive. If not, run faster. I like to think the writer had a sense of humour.

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



Screen Reviews



TV Show Reviews by Leon Batman

Prime Target – Apple, Premiered January 2025, 8 episodes

An interesting movie that is full of suspense with an intricate storyline of a young mathematician who is on the breakthrough of dealing with prime numbers, but unknown forces do not want this to happen and are trying to not only stop his idea but him too. With the help of a government agent who has been tracking/protecting him, they begin to unravel the conspiracy.

This is a show you must give your full attention to if you really want to understand and enjoy.



Disclaimer – Apple, Released October 2024, 7 Episodes

This excellent series stars Cate Blanchett who really makes this series with her excellent acting. The series begins with a new book arriving on the desk of Catherine, a writer for a magazine (played by Blanchett) and after reading the book realises the book is about her. Through a gripping storyline the versions of what happened, from parents of the dead son (who published the

book) through to Catherine (who had an association with the dead person), leaves you wondering which is the series of events right up to the last episode - which really changes things.

An excellent storyline that blends mystery and drama makes this series a must to watch.

Prime Suspect – Stan, 1991-2006, 7 Seasons

A police procedural drama series starring Helen Mirren as Jane Tennison, the first female Detective Chief Inspector in London’s Metropolitan Police. The police force is still a very much a boy’s club with female officers only given menial tasks to complete. Despite the boy’s club atmosphere, Jane Tennison fights to break down barriers and rises to the rank of Detective Superintendent.

Although getting on in age the series is well worth watching.



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Forster
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Gloucester

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

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

DATE: 14th May 2025
TIME: 5 pm
VENUE: FLALC Building, 10 Breckenridge St, Forster

AGENDA

1. WELCOME
2. APOLOGIES
3. PREVIOUS MINUTES
4. 5:15 pm At the meeting members will be asked to approve or not approve the following land dealings.
 - i. Forster Local Aboriginal Land Council (FLALC) granting a lease of part Lot 430DP 753168 be 68a Macintosh St, Forster, known as the “Tobwabba Medical Centre Building” (Property) to Tobwabba Aboriginal Medical Service Incorporated.
 - ii. FLALC registering a positive covenant for the onsite stormwater detention system (rain garden) on the property.
5. 5:45 pm Approval of the Forster LALC Community Land and Business Plan (CLBP) 2024-2029 and amendments to the Community Benefits Scheme (CBS)
6. 6 am New members applications.
7. MEETING CLOSE

Authorised: Natalie Ridgeway, Chairperson Forster LALC
All enquiries about this meeting should be directed to the Forster LALC Office during business hours.

Michael Joseph Dolahenty

22nd July 1941
5th March 2025
Aged 83 years
Late of Forster.
Beloved Husband to Barbara,
Adored Father to Adrian,
Stephen, Sarah and James,
Admired Grandfather.

‘In God’s Care’
A Funeral Service & Private
Cremation has been held.



6554 5433

Bernadette Hilray Warrington

19th November 1944
3rd March 2025
Aged 80 years
Late of Tuncurry.
Beloved Wife to Lawrence.
Adored Mother to Michael,
Therese, Marie and Bernadette.
Admired Grandmother and
loved friend.
‘Forever in our hearts’

A Private Cremation has been held.



6554 5433

Brian Guiseppe Fazio

28th May 1930 - 4th March 2025

Aged 94
Late of Tuncurry.

Cherished husband to Lynette.
Loved Father to Scott & Samantha.
Beloved Grandfather to Brianna, Ben, Savannah & Amber.
Beloved Great Grandfather to Marcella & Jackson.



‘Will be sadly missed’
A Private Cremation has been held.



6554 5433

Community News

www.forsterfortnightly.com.au

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Weekly Diary

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

Mondays

Great Lakes Ladies Probus Club

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

Forster Hospital Pink Ladies

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

Boomerang Bags Forster Tuncurry

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

Forster Tuncurry Seniors

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

The Man Walk - walk, talk and support

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

Great Lakes Evening VIEW Club

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

Club Forster Travel Club

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

Manning Great Lakes Parkinson's Support Group

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

Quota Club of Forster Tuncurry

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

Al-Anon Family Groups

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

Alcoholics Anonymous

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

Forster Tuncurry Lions Club

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

Tennis Forster

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

Great Lakes Vietnam Veterans Association
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 Col Jay on
0448 918 645 and Linda Lovell 0447 473 510.

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. 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

Community News

www.forsterfortnightly.com.au

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Community Meals & Pantry



Above: (L-R) Volunteers Jenny Medland and Cathy Footit 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.

Alcoholics Anonymous

9.30am, Steps and Traditions
Girl Guides Hall - Opp Council Playing Fields
Lake St, Forster 1300 222 222

Tennis Forster

Every Saturday 12.30pm – 4pm Mixed
Organised Social, Forster Tennis Club, Lake
Street. Contact: Jaime 6554 9120

National Parks Association

Saturday walks in national reserves and parks.
Contact Sue on 0416 074 026

Pickleball Tuncurry

5pm at tennis courts behind Sporties.
Enquiries: Sonia Rockley 0427 309 032

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

Green Bikes Community Workshop

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

Twin Towns Tennis Club

7.30am Mixed Social every Saturday, Capel St
Tuncurry. Contact Ellise 0411 476 063.

Sundays

Forster Tuncurry Dolphin Dancers

Meet every Sunday 2pm to 5pm at Senior
Citizens Hall Breeze Parade Forster
Enquiries Warwick on 0409 600 294.

Forster Rainbow Pride

Social activities for
LGBTQIA+ community. FB/Insta/Subscribe for
info & dates ForsterRainbowPride@gmail.com
or call Jeni 0414 296 859.

Coomba Park Tennis Club

Every Sunday 8 - 10am Mixed Social Tennis
Enquiries: Text Melissa 0403 309 807

Forster Tuncurry Boardriders:

Runs on a
Sun once a month from Feb to Dec. See
forstertuncurryboardriders.com or contact
info@forstertuncurryboardriders.com

Great Lakes Prostate Cancer Support Group

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

Next meeting 22 April

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

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



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Star Pet

Name: Benji

- he was
originally a
rescue from
the RSPCA.

Breed: 7

years old

Age: Border

Collie x Irish
Wolfhound
mix

Likes: Benji

spends
his days
napping in
bed with
his humans,
playing with
his brother
Bodhi and
running
along the beach. He also loves
cuddles.

Dislikes: He dislikes people
walking up his street, pigeons

and other dogs on TV.

Claim of Fame: Benji is a huge
fan of vegemite toast.

If you would like to see your beloved pet featured in Star Pet
please submit a HIGH RESOLUTION PHOTO & answers to
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Your work in progress

March photography results

By Keith Pascoe

The Forster Digital Photography Club (FDPC) wishes to congratulate Wanda Amos for achieving the Judges Choice Award in both competitions.

Results for "Monochrome"

Merits

Spoonbill Feeding by Wanda Amos (also Judges Choice) Boots by Yvonne Moule, Sydney Metro by Marguerite Lamb, Peeping Tom and Rocky Coast and The Mall by Lesley Walter.

Credits

Chasing his Shadow and High off the Bull by Helen Walker,Torres Del Paine by Cozette Leonard, Preening Swan by Yvonne Moule, Sunset view from the Ridge by Wanda Amos.



Left: The Mall by Lesley Walter.



Above: Spring Fields of Gold by Marguerite Lamb.

Results for "Seasons Competition"

Merits

Summertime and the living is easy by Wanda Amos, (also Judges Choice) Winter Snow by Janice Amato, Falling in Love Helen Walker, Summer Carnival Time by Grahame Wilson, No Cycling Keith Webster.

Credits

A Foggy Winters Morning by Janice Amato, Spring Fields of Gold by Marguerite Lamb, Summer Love by Anna McKendry, Autumn Poplars by Lesley Walter.

The first Forster Hotel



Trials and tribulations of the first hotels built in Forster

Forster's first hotel was named Fisherman's Rest, which unfortunately was burnt down in 1870. In 1872, Thomas Blanche, who had purchased lot 7 (the present site of the Lakes and Ocean Hotel on Little Street, Forster) applied for and was granted a license for the Forster Hotel. The building was erected and trade began. Mr Blanche carried on until 1878 when application was again made to the court to transfer the license to Leonard Steinmetz who remained lessee until 1895. The establishment was carried on until it burnt down and was replaced by a two storied building which was again burnt down and replaced in 1922.

Hotels in early days occupied a rather unique status. Food supplies must be maintained for the provision of meals for the travelling, as well as liquid refreshment which could also be demanded if the traveller had travelled the required number of miles. The hotel advertised that it 'offered the hand of friendship to those who would care to resort here and relax or exert themselves as they desire in a climate unexcelled and surroundings unrivalled.'

The Great Lakes Museum opening times are Tuesday, Wednesday and Friday 10am - 1pm and Sunday 1am - 3pm. 1 Capel St, Tuncurry

Connected - Kerry-Lee & Paul

By Vanda Gooley

Kerry-Lee Gockel, 41, also known as the Wingless Warrior, and her husband, Paul Gockel, 59, a Paralympic silver medallist, share a passion for open water swimming and inspire others to challenge their limits. They are regular visitors to Forster and enjoy swimming with the Forster Turtles group.

Kerry-Lee was born with congenital amelia, in her case missing both arms. Perhaps a surprising choice of sport for someone with no arms, she is addicted to the challenge of swimming in the ocean. Paul has spina bifida with partial paralysis below the waist. This year, they were Joint Event Ambassadors for the Busselton Jetty Swim in WA. "It was an honour to represent an iconic event that prides itself on being "a swim for everybody and everybody's swim."

Kerry-Lee always wanted to be a lawyer and studied law and business at university. She worked as a solicitor for approximately 2 years before realising she didn't want to make it her career. She felt really disappointed, considering how hard she had to work to get her foot in the door in the legal profession. Kerry-Lee wanted to use her skills and experience and took on a role with the Queensland Revenue Office in 2010. She's been there ever since, having had a few different roles- investigations officer, team leader, project manager, and now, a senior revenue advisor.

Outside of her "day job" Kerry-Lee is a public speaker which she loves! "I have shared my story at schools, fundraising events and corporate events – the best part is connecting and having great conversations with so many different people."

Kerry-Lee started competing in swimming in 2000. After finishing school in 2001, Kerry-Lee represented her club in multi-disability events at regional and state titles. Each time Kerry-Lee competed at a swim meet, she saw Paul on pool deck, in his capacity as Development Officer (SWD). The first time they met was in 2002. Back then there was no romantic interest – Kerry-Lee was only 20 and Paul was nearly 40. But Kerry-Lee remembers Paul being a really nice guy.

At one of those swim meets, Kerry-Lee received a medal for placing second in her 50m breaststroke race and Paul was presenting the medals. Kerry-Lee watched as he handed the medal to the 3rd placegetter, and thought "I hope he remembers I have no arms and puts mine over my head!" Paul didn't and Kerry-Lee had to remind him that she couldn't take the medal in her hand. Paul was a bit embarrassed and quickly put the medal over her head – and then promptly put his hand out to shake Kerry-Lee's! By this time, he was mortified! Kerry-Lee thought it was hilarious and has never let him forget it!

Kerry-Lee stopped competing in the pool around 2004/2005 and had no reason to see or keep in touch with Paul. Then, on 20 December 2011, Kerry-Lee was walking through the city (Brisbane) on her way to meet girlfriends for lunch, and she bumped into Paul. They chatted for a few minutes and made plans to catch up for a coffee in the new year. Kerry-Lee didn't stop thinking about Paul for the entire Christmas break. They had their first date in January 2012 and spent time together as friends for 3 months. For their third date, Paul invited Kerry-Lee to his house for dinner and served apricot chicken – it's a dish that still holds a special place in their hearts! In March 2012, Kerry-Lee asked Paul whether he saw their relationship going any further, because she really liked him and needed to know if he was simply in the "friend zone". Paul said he was definitely keen to move beyond friendship and the rest is history.

They moved in together in June 2013. Paul proposed to Kerry-Lee while in Tasmania in January 2014. they were staying in a log cabin in Cradle Mountain, and it was snowing. Paul lit a fire, poured a couple of glasses of wine and asked Kerry-Lee to marry him. Of course, she said yes! They got married in May 2015. "We love each other deeply,"

Kerry-Lee said Paul has such a warm personality and is incredibly kind, he has a huge heart. "He also has incredibly blue eyes and is a total babe! He is the most patient person I have ever met – which is a good thing in our relationship; I'm a very impatient person so we balance each other out! He is so dependable – if he says he is going to do something, he follows through. He has a lovely way of reassuring me that everything will work out fine, when life gets stressful or a bit chaotic. He just keeps his cool. Home is where Paul is. He makes me feel

special schools over the 3 years.

Paul was the middle child growing up with six other siblings. His parents sent each of the kids to different private schools and career wise, they have all gone their own individual ways. "I wasn't the brightest student, but I enjoyed my Business Principles/Accounting and Geography subjects at school."

In 1982, Paul finished what he thought was his final year of school. His final marks, though, weren't good enough to gain entrance into

disability, to experience the same opportunities afforded to Paul. While no longer in these roles, he has over the years kept in touch with many of these swimmers that have experienced their own individual swimming successes. Very satisfying.

When Paul met Kerry-Lee, he was attracted to her confidence and friendliness which drew him in instantly. "She was stylish and conversation with her was easy - I was certainly looking forward to the next opportunity to catch-up with her."

Paul said the thing he admires most about Kerry-Lee is that she cares a lot about people, especially those close to her but also those in the broader community who need support. As an example, over the past four years, Kerry-Lee has used her swimming to raise more than \$35,000 for various charities. He also said Kerry-Lee expresses a natural warmth towards people and has the ability to bring people together. It is a warmth that Paul adores. "She loves fiercely. She has a fantastic memory for detail, events and people. Quite often, she will recall peoples' names and events much to the surprise of many. It also keeps me on my toes. Kerry-Lee is someone who invests a lot of time and energy in our relationship, and her relationships with others. She seems to bring out the best in everyone she meets. Her glass is always half full."

On the flip side, "Kerry-Lee LOVES the occasional Macca's double cheeseburger – even at 10.30pm!"

Paul said they share the same values, and having a positive impact on those around them is important to them.

"We really value our relationships with those close to us.

"We're both also very organised and good at planning. Neither of us like to "just wing it".



Above: Paul and Kerry-Lee Gockel share a passion for open water swimming and inspire others to challenge their limits.

safe and so long as he is there, everything will be ok."

Kerry-Lee and Paul do have their differences. Kerry-Lee is a classic extrovert and needs to be around people to recharge her batteries. Paul on the other hand at times craves solace to recharge his batteries. "We understand this about each other and respects each other's need for socialising/alone time."

On a less serious note, Kerry-Lee loves to have music blaring in the car, Paul doesn't. The volume button on the car stereo gets a good workout on a road trip!

Kerry-Lee initially didn't know that Paul was 18 years older than her – but when he mentioned he had been working for the Queensland public service for 30 years, she realised he was older than he looked. "For us though, age is just a number."

There is very little about Paul that Kerry-Lee finds annoying. The only thing she can think of is sometimes, she has to tell him to can the "dad jokes"!

Together they have had some incredible adventures. They have travelled to Fiji, Indonesia, the Philippines, French Polynesia and to Heron Island in Queensland to swim in beautiful locations with Forster pseudo-locals Paul Ellercamp and Suanne Hunt.

In 2024, they completed the 20km swim around Great Keppel Island as a duo relay – each swimming for 2 hours at a time to complete the distance. They had a fantastic support team of companion swimmers, a paddler and boat crew "and it was an awesome day on the water."

Also in 2024, they embarked on a 9-week caravan adventure, travelling the coast of NSW to explore the magnificent ocean pools that are so unique to NSW. "It was an experience we'll never forget and an adventure that definitely has a part 2!"

In the last 3 years, Kerry-Lee completed a number of marathon distance (10km+) open water swims. When she started doing open water swimming, the 2km events seemed impossible!

university. After meeting with his school headmaster and his parents, Paul decided that repeating his final year of school, was going to be the best course of action. One year later, and with much determination, Paul landed a full-time university placing and a permanent job with the Queensland public service, all on the same day. He had a career pathway and was in control of his destiny - it was the best Christmas present ever!

Paul attained a Bachelor of Business (Public Administration) and a Master of Business (Professional Accounting) from the Queensland University of Technology (QUT) and currently holds the position of Management Accountant within the Queensland public service, with whom he has been since February 1984.

As a child, Paul's family had a backyard pool, and his parents would encourage him to jump in and do a few laps. In 1987, Paul saw an advertisement for Sporting Wheelies and Disabled Association promoting their state championships and that entries were still open if anyone wanted to nominate to compete. Paul thought "Why not?" and nominated for five swimming events. He won all five events on the day. He was later put in touch with a local swim coach and in 1989 was selected in three national teams to compete in overseas competitions. "The travel and competition bug had bitten me! The pinnacle of my swim career was selection into the 1992 Barcelona and 1996 Atlanta Paralympic Games, with the latter being my first international competition. At that meet, I won a silver medal as a member of the Men's 4x100m Freestyle Relay team."

Paul enjoys travel, the outdoors etc, but his passion has been swimming. Paul's swim career highlights include winning five individual gold medals in his first international meet at the 1989 Far East and South Pacific International Congress Games in Kobe, Japan. Also helping break the world record in the heats of the Men's (S7-S10) 4x100m Freestyle Relay at the 1996 Atlanta Paralympic Games. This world record was broken again in the final later that same day by the German team, and the Australian team came away with the silver medal.

Following on from his successful swimming career, Paul took up a part-time role of Development Officer for Swimmers with a Disability with Queensland Swimming and later a similar role with Swimming Australia. This role was to provide and develop opportunities for other up and coming swimmers with a

The ocean is our happy place, and we can't go too long without a swim.

We both enjoy meeting new people and experiencing new places."

After their 9-week caravan adventure, where they stayed in close proximity to the beach at every stop, their desire to move closer to the coast is stronger than ever. "The ocean is calling us loudly!"

There are so many parts of the world they want to see together and plan to travel while they're fit and healthy. "We're certainly not waiting until retirement to do the things we want to do – there is no time like the present and we want to squeeze as much out of life as we can, while we can."

Kerry-Lee said their strength is their ability to work together as a team. When the going gets tough, they pull together to find a solution. "Because we both have a disability, we place demands on each other that could lead to resentment. For example, Paul undertakes most of the household chores in our home – packing/unpacking the dishwasher, hanging up/bringing in washing etc but he has never expressed resentment that the "workload" in our home is unequal." There is an unspoken acceptance between them and a deep sense of gratitude that they have each other.

They have a deep understanding of each other – they celebrate the wins, understand the frustrations and continue to be grateful that they have a wonderful life together.

Both Paul and Kerry-Lee had been single for a long time when they met, and had somewhat resigned themselves to the fact that they may not find their person. But their paths eventually crossed again, and they fell in love – "it's not something we take for granted".

Paul and Kerry-Lee feel there is a genuine sense of community in Forster – "we felt it during our stay in November last year. It's telling when the community comes together to celebrate the 90th birthday of a local legend. We were so touched to be included in Terry Hudson's birthday celebrations, and it was heartwarming to see the love and care the community had for him."

Life in Forster is centred around the water – whether it be the ocean, the lakes or the Bullring. It's the beating heart of the town. It's hard to beat coming over the bridge and a magnificent turquoise expanse opens up before you.



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Our Local wildlife



By Kym Kilpatrick – FAWNA Hallidays Point

Little Pied Cormorants

Little Pied Cormorants (Microcarbo melanoleucos) are Australia's smallest cormorant at 610 mm and common around our waterways. As the name suggests, they are black and white birds, with black backs, crowns, wings, and tails, and white underparts. They have nictating (a translucent third eyelid) brown eyes with yellow eye-rings. Their dull yellow bills are hooked at the end. Their feet are black and webbed. During breeding season, they develop black tufts on their forehead and white frills on either side of their heads whilst their chins become more orange. Chicks are hatched naked before developing black down.

Like other cormorants, Little Pied Cormorants are superb swimmers, able to dive and chase fish deep under water. From the surface they 'duck-dive' to great depths using both feet kicking out in unison from the sides of their bodies. When paddling on the surface, however, they use alternative leg strokes.

Their feathers lack barbules, i.e., the little hooks that hold feathers tightly together, which means that they shed air quickly enabling them to dive and swim under water more effectively. However, this means that their feathers become waterlogged and heavy. This is why they must spend long periods out of water, with their wings outstretched, often with their dark backs to the sun. Their feathers also need constant preening and oiling produced from the uropygial gland at the base of their tail. When their feathers are wet it takes maximum effort for them to fly but, once dry, they are unique amongst cormorants in that they are able to soar on thermal currents.

Little Pied Cormorants also have heavier bones than most birds, which helps them to withstand the pressure of deep-diving. And they have nasal glands that allow them to excrete excess salt.

They catch a large range of aquatic animals, often using the hooked tip of their beaks. After capture they bring their prey to the surface before flipping it around to swallow headfirst.



Above: Photo of Little Pied Cormorant by Tyson Thorpe.

Little Pied Cormorants are social birds, preferring to fish and roost in flocks which may

contain other waterbird species. When fishing they will all dive together and likewise take flight together.

They are also colony breeders, sharing their breeding sites, typically flooded timber and trees lining waterways, with a range of other waterbirds.

In courtship the male will find a suitable nest-site and then call and bow slowly up and down with his wings and tail raised. When spotting a prospective mate, the bowing will become deeper whilst he swings his head upside down towards his feet with his bill open and crest raised. After pairing he brings home the sticks to the female from which she will build a platform nest. Both parents incubate and care for the young with ritualised handovers involving both standing erect, grunting, raising their crests and swaying their heads.

Like so many of our seabirds', Little Pied Cormorants are vulnerable to being entangled in discarded fishing lines and hooks and in any one year FAWNA will receive several callouts to rescue these unique little birds. Often these rescues involving attempting to capture birds on branches overhanging waterways and therefore difficult and dangerous. Sadly, even if successful, the birds are too injured to be able to recover.

It's up to each of us to help save life on Earth – I love this challenge

By Bob Brown, Wed 9 Apr 2025
www.theguardian.com

Extinction. In 1844 Ketill Ketilsson won the race to grab the last pair of great auks. They were nesting on Iceland's Eldey Island. Millions of these penguin-like birds had been slaughtered for feather-stuffed quilts to keep Europe's burgeoning human population warm. Ketilsson strangled the two but tripped over and broke their egg. Never mind, he won the reward being offered by museums in Copenhagen for the final specimens.

A perverse market rule on species had been established: the rarer a species gets, the more valuable it becomes. It came too late for those who killed the last dodo, moa or Steller's sea cow – but look at the money now going into resurrecting mammoths and thylacines.

Extinction is forever but it is mostly ho-hum for the rulers of our age of materialism. In this world of commercial expedience, it can even be a worthy thing. In 1888 the Tasmanian parliament legislated a one-pound bounty on thylacine heads – more than 2,000 bounties were paid – in its successful bid to "extirpate" (eradicate) the species.

The rate of loss of nature has accelerated ever since and in my short lifetime three-quarters of the world's volume of wildlife has been eradicated, including most of the big specimens of human-edible fish.

The Maugean skate is a contemporary headache. This ancient fish survived when the dinosaurs didn't but is now having its habitat polluted by problematic industrial fish farm activity in Macquarie Harbour on Tasmania's west coast. To save the profits of the foreign-owned salmon corporations both the prime minister, Anthony Albanese, and opposition leader, Peter Dutton, have promised laws to guarantee the fish pens – but not the Maugean skate.

Environmentalists are a problem because they publicise the reality of impending extinctions.

Corporations have had to have parliaments pass laws banning peaceful protests in forests and near fish pens and to criminalise the nature-defending ringleaders. Eco-sabotage is subsidised while eco-rescue risks a jail sentence.

Nevertheless, the polls show a huge majority of Australians want to end native forest logging to save what's left of koalas, greater gliders, swift parrots, masked owls and black cockatoos. So far, the corporate lobbyists have managed to keep the big-party politicians subsidising the forest destruction even though primary schoolchildren, and the national minister for the environment, know that it is a prime cause of habitat loss and extinction.

Then there's coal and gas extraction driving an age of global heating and consequent worldwide extinctions. That includes coral bleaching. The corporate-dependent parties back more coalmines and gas extraction and promise cuts in the "green tape" which protects species – but their stand is not free of political risk.

Millions of voters, especially young voters alarmed about their future in a nature-depauperate world, have turned to the Greens and green-minded independents to stop the rot.

The new generation is very aware that things are worse than the conventional and co-opted commercial coverage makes out and is not comforted by the false government estimate that since 1788 "only 100" species of plants and animals have become extinct.

According to the Biodiversity Council's Prof John Woinarski and the researcher Jess Marsh, 9,000 species of Australian insects may be extinct, including many "ghost extinctions" of species before they were discovered or described.

February's bushfires in Tasmania's world heritage-value Takayna burned 100,000 hectares including some Huon pines, one of



Above: Bob Brown protests in native forest in Tasmania in 2023. Photo from Bob Brown Foundation

the longest-living species on the planet. The fires will have caused another bout of ghost extinctions as well as edging this high-profile species closer to oblivion. Huon pines are depleted from two centuries of logging and global warming, and the February fires were child's play compared with what's to come.

In the hands of arrogant, empathy-lacking autocrats and billionaires like Trump and Putin, both quite capable of using ecocidal weapons, we risk the end of our own species through a nuclear, microbial, chemical or genetic weaponry war. Or via artificial intelligence getting the drop on us very soon. On current evidence, our empowering big brains are an evolutionary own goal set for self-extinction.

Perversely, the chances of most other life forms on Earth getting through the next century depend on our own urge for survival. That is,

human common sense has to prevail for them as well as for ourselves.

It's up to each of us to help save life on Earth by voting the exploiters of nature out, by peacefully obstructing their destruction, or through civil disobedience for our children and fellow creatures.

I love this challenge. Such green-flag action may be risky but it is deeply rewarding compared with wallowing in white-flag hopelessness. The prospect of getting what's left of nature through to the Sustainocene or next age of assured life on Earth is incalculably attractive and remains within our reach – but only if enough of us take action.

Bob Brown is a former senator and leader of the Australian Greens and is patron of the Bob Brown Foundation.

Plastic pollution along Australian coastlines decreases by 39%



4 April 2025 www.csiro.au

Plastic pollution littering Australian coastlines has dropped by more than a third over the last decade, according to research by CSIRO, Australia's national science agency.

Researchers surveyed inland, riverine, and coastal habitats across six metropolitan regions across Australia including Hobart in Tasmania, Newcastle in New South Wales, Perth in Western Australia, Port Augusta in South Australia, Sunshine Coast in Queensland, and Alice Springs in the Northern Territory.

Dr Denise Hardesty, Senior Research Scientist from CSIRO and co-author, said it was heartening to see a significant decrease in plastic pollution on Australian beaches and coasts.

"Three-quarters of the rubbish we find on our beaches is plastic, and flexible plastics, such as food packaging, are the most harmful to wildlife," Dr Hardesty said.

"Along with a 39% reduction in plastic waste in coastal areas, we also saw a 16% increase in areas we surveyed with no plastic debris at all."

"Although there are still areas for concern, it's exciting to see a significant decrease in plastic pollution as people around the country are becoming more aware of the harmful effects of plastic waste on people, communities and wildlife."

NSW Governor visits Forster Surf Club



Above: Governor Beazley with Patrol 5 Capt Joe Williams and Patrol 5 member Wally Litwin. Photos supplied.

By Annie Evans

During the period Thursday 27 March 2025 to Saturday 29 March 2025, Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales, and her husband, Mr Dennis Wilson, visited the Lower North Coast.

According to David Butts, Government House Manager Communications, the visit was part of the Governor's regional visit program, in which, up to six times a year, the Vice Regal couple spend several days in different parts of NSW.

He explained, "This was the first time Her Excellency and Mr Wilson have visited Taree, Forster-Tuncurry, and surrounds as part of this program."

"Each visit is planned to engage with a broad cross-section of local communities, with an emphasis on meeting the people, organisations, and enterprises that support, celebrate, and empower a particular region."

"It also provided an opportunity for the Governor and Mr Wilson to visit local branches of organisations of which they are Patrons; for instance, on this visit the PCYC and Surf Life Saving NSW (SLS NSW), of which Her Excellency

and Mr Wilson are joint Patrons, and Scouts NSW, of which the Governor is Patron.

While at the new Forster Surf Club, Governor Beazley said, "SLS is one of the most important volunteer organisations in Australia, and this club here in Forster is a magnificent exemplar."

"I am encouraged by the impressive number of youth and nipper members which ensures the future beach safety of the locals and visitors."

"In my roll as Governor of NSW, I am endeavouring to get to all areas of the state, so that Dennis and I can have face-to-face conversations which provide us with real time knowledge of community achievements and challenges."

"People are continually thanking me for coming to their area – but it is me who should be thankful to each community with the amazing volunteers and workers across so many emergency response and support organisations."

Right: Governor Beazley speaking with (L-R) Jim Wills (FSLSC Director of Education), Brian Wilcox, Dave Howe, Julie Wilcox, Georgia Wilcox and John Quinn.



HOPE SKIN CANCER & GP CLINIC

Hope Skin Cancer & GP Clinic is delighted to welcome Dr Nadia Zafar to the practice.

Dr Nadia Zafar is a dedicated and compassionate General Practitioner with a strong academic background from Pakistan and UK, ready to start her medical career in Australia. Dr Zafar has a special interest in general practice, chronic disease care, women's health, skin cancer management and mental health. She is focused on building long-term, supportive relationships with her patients and helping them achieve better health outcomes through personalised care.

Nadia is proud to be part of the team at Hope Skin Cancer and GP Clinic, where she continues to serve the community with empathy, professionalism, and clinical excellence. She is committed to providing long term patient care and facilitating patients.

Nadia will be available for appointments Monday to Friday 8.30am - 4.30pm and will be bulk billing all patients.

Dr Nadia Zafar is available for appointments Monday to Friday 8.30am – 5.30pm. New Patients Welcome!



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2024-2025 Club Triples

By Sue Ryan

Our Tuncurry Forster Sports Women's Bowling Club (WBC) 2024-2025 Club Triples Championship commenced on 13th March 2025 and concluded with the Final played on 28th March.

The Semi-Finals played on Friday 21 March were close games and good to watch. Sharon Taylor, Sue Ryan, Ruth Higham 25 shots defeated Julie Curry, Marilyn Fitzgerald, Marilyn Gorrie 19 shots and Lorraine Clark, Dianne Blanch, Karen Carlton 23 shots defeated Val Feuersanger, Vicki Piper, Gae Re 20 shots.

The Final of the Club Triples Championship played on Friday 28 March under cloudy skies and the threat of rain between Sharon Taylor, Sue Ryan, Ruth Higham and Lorraine Clark, Dianne Blanch, Karen Carlton.

The game had no sooner started, the rained commenced and the players were asked to

leave the green. Upon resumption of play and after six ends Ruth's team were leading seven shots to Karen's team of five shots. Karen's team then steadied and collected nine shots over the next four ends to take a handy lead of fourteen shots to seven shots. Ruth's team picked up five shots over the next two ends and were only two shots behind 12-14 after twelve ends. Over the next eleven ends Karen's team steadied and played more consistent bowls to collect eighteen shots to Ruth's team four shots and won the Final 32-16.

Both teams are to be congratulated on a game played in good sportsmanship. Congratulations to Lorraine Clark, Dianne Blanch, and Karen Carlton on winning the 2024-25 Club Triples Championship. Congratulations also to Sharon Taylor, Sue Ryan, and Ruth Higham on their achievement on reaching the Final and being Runners Up.



Above: (L-R) Winners Lorraine Clark, Karen Carlton, Dianne Blanch and Runners Up Sharon Taylor, Ruth Higham and Sue Ryan. Photo supplied.

Club to Club Ocean Swim events on Main Beach



Above: (L-R) Local swimming legends Phil Stokes and John Koorey. Photos by Mary Yule.



Swimmers ready for the 250m on Main Beach.



(L-R) Liliane Kellett, Sam Hoey and Susan Gonzalez with their daughters.

3.8km Club 2 Club Results 2025

Opens: Male -1st Chris Wilson, 2nd Nigel Ray, 3rd James Parson

Female - 1st Abbie Yourell, 2nd Kaitlin Jean, 3rd Amanda Davies

Age Group Champions

14-19 Female - Eva Keen

20-29 Male - Callum Boag, Female - Courtney Warren

30-39 Male - David Reynolds, Female - Louise Keegan

40-49 Male Damien Hiles, Female - Sam Hoey

50-59 Male - Daryl Fidge, Female - Jo-anne Elliott

60-69 - Male Craig Clarke, Female - Carolyn Turnham

70+ Male - Peter Naylor



(L-R) Local swimming legend Peter Naylor with Damien Hiles, Callum Boag and Hendrik Odendaat (from Port).

500 metres Ocean Swim

1st Murphy Rolaston, 2nd Sophie Lee, 3rd Alfie Marshall

200 metres Ocean Swim

1st Alfie Marshall, 2nd Delilah Marshall, 3rd Haley Duncan

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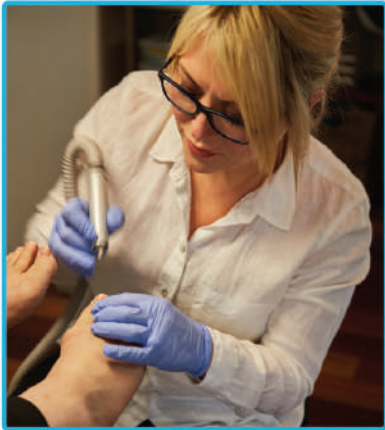
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'The Keith' Triathlon

By Kiby Eichner

'The Keith' Handicapped Sprint Relay was held on 6 April at Forster Keys in honour of local legend Keith Pearce, World Triathlon Champion.

Well done to everyone who raced The Keith this morning at Forster Keys. Cracker of a day! Congrats to Angus Westaway who took out line honours, with Simon Gay coming in second and Nicole Ingram hot on his heels in third.

"Congratulations to Angus Westaway. Great to see you going so strong! Keith would've been proud of not only how you raced today but the work you've done over the last 12 months to get here." Aaron Eichner, President of Forster Tri Club.



Above: (L-R) Nicole Ingram, Angus Westaway, Roberta Pearce and Simon Gay. Photos by Kirby Eichner.

Thank you to Roberta Pearce for presenting Keith's trophy and cheering everyone on.

Next up is Tri Club Champs on 17th May.



Tristan's Tackle World Report

Wallis Lake was right on for the fishos last month with fish coming of all sizes and species. Unfortunately, Cyclone Alfred put a big damper in our day's fishing with some howling windy days and bucket loads of rain. It slowed the fishing, but things are looking promising again!

Bream have been one of the better species to chase with all the dirty water around, they can smell a bait from miles away and hone straight in on it, the dirtier water mean they are far less leader shy resulting in some awesome bream fishing all over the lake. It won't be long and they will be pushing down to the front of the system for their annual spawn. There are already great numbers down the front and along the break walls. Lightly weighted plastics or a lightly weighted strip bait are the best way to target these guys this time of year

Flathead is still one of the stand outs with these guys getting caught throughout the whole bad weather period. Some days are quieter than others but boats are still managing a feed and some cracking Flathead up and over that 80cm mark (released of course) taking a very wide variety of lures and baits. Plastics from 3inch all the way up to 12 inch will have you in some red hot Flathead sessions.

Prior to the bad weather, offshore fishing was shaping up to be a good season and the Marlin fishing was producing some cracking catches south of Forster. Big Cobia were testing anglers



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gear and knots and the Snapper fishing was red hot! Shallow reefs from 9m all the way out to the 80m mark were holding some great schools of bait and the fish took great advantage of that. Slow pitched jigs work a treat for those bigger, schooled up snapper but nothing goes past big soft plastics. You'll pick up some nice Pearl Perch and Trag in the mix also.

The Mackerel have turned up, but they are very patchy! Getting in super shallow early morning and trolling the slowest you possibly can will assist in hunting one of these toothy speedsters down, using the freshest bait is always the best. Some nice Spanish Mackerel have been caught so far and spotties have been a really nice size! While it's still early days we are hoping their schools only continue to thicken up. The Longtail tuna have also been schooling up and smashing bait along our beaches and ledges which are great sign of things to come!

Overall, there is always some great fishing to be done whether its by boat or from the shore, in the lake or out offshore. Whether it'll be chasing Bream and Flathead on the local jetties and around the lake, to chasing Snapper, Marlin and other offshore predators looking for that next opportunity for a feed - we have something for you at Barclay Marine/Tackle World Forster.

Call in and see the team today for anything Fishing or Boating!

Buddy to represent Australia in high jump

By Mary Yule

15-year-old Buddy Schubert from Forster has been chosen to compete in his age group in the 2025 Track and Field Tour Canada by qualifying in the high jump through his successful school performances at state athletics. He will be one of around 90 athletes, aged 13-17 years, representing Australia in this international competition organised from 25 June to 13 July by Sports Travel Australia.

Buddy has been competing in the high jump since he was in Year 3. From an early age he used his natural talent and passion - combined with some makeshift help in the backyard from his Mum and sister holding a curtain rod for him to jump over - to break records and reach state levels.

In primary school Buddy had a few lessons in high jump technique with local Forster Tuncurry Athletic Club's (FTAC) Dan Lawton when he made it to state. Now in Year 10 at Great Lakes Tuncurry Campus, Lee McDonald, President of FTAC, has been helping him out a bit too.

Buddy said he mostly trains for high jump with a mat at home and works out at the gym. He likes the high jump as it is fun to do. This will be his first time overseas and he will be travelling without family. Although, he won't know anyone at first, he said he is very excited.

Buddy's Mum Sue said Buddy was very happy to have the opportunity to travel and compete in Canada as his older brother Danny Schubert just happened to move to Canada in January this year on a two-year working visa. Danny will visit Buddy and watch him compete.

In their first week away, the group from Australia will compete in the Canadian province of British Columbia, firstly at the Jack Brow Meet in Kelowna, then the Trevor Craven Meet in Vancouver. The Jack Brow Meet is hosted by the Okanagan Athletics Club and is the biggest competition with around 1000 athletes competing at this annual meet. The



Trevor Craven meet in Vancouver is hosted by Norwesters Track & Field Club. Good competition is expected and medals are awarded at both meets.

In the second week the young athletes get to experience a week in America and visit Disney Land, Universal Studios and Hollywood.

Sue has set up a Gofund ME page to help cover the costs of Buddy's trip that the athletes are required to cover.

www.gofundme.com/f/help-buddy-schubert-reach-new-heights-in-high-jump-support



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Club to Club



(L-R) Ocean swim entrants Louise Keegan and Louise Every with their daughters.

Continued from the front cover.

a long ocean swim. This included a pre-swim 'marking the roll' to ensure starter and finisher lists could be compared.

Forster SLSC President John Quinn highlighted the effective organisation of the day including marshals, recorders and behind the scenes work teams. He thanked the many volunteers from the two local clubs and those accompanying visiting swimmers who provided welfare surveillance through 3 jetskis, 9 inflatable rescue boats, 2 UAVs (drones), multiple surf skis and an older-style surf row boat.

Participants included the major sponsor, 82-year-old John Koorey who is a Manly SLSC member, a pre-race favourite Peter Naylor who is a 71-years-old Cape Hawke SLSC member, Phil Stokes who is President of the local Turtles swim club, and former Olympic swimmer and now local resident, Liliane Kellett, who competed for Argentina at Beijing in 2008.

Meanwhile, for Forster SLSC veteran Greg Randall, it was his 21st entry having been a 2001 original and only missing due to event cancellations and an overseas trip.

Revival or Survival for the Dolphins?

With Autumn slowly descending upon us, that means the smell of liniment oil, strapping tape and ice packs on a Monday. Last year the Dolphins limped into the Lower Mid North Coast Grand Final, high on hopes but low on numbers, ultimately conceding defeat to a persistent Wallamba Bulls, lead ably by their mercurial Chris Tout.

Rubbing the crystal ball often doesn't yield any results, but it was asked that 'will enough players front up' to be able to field a team this season and make it through another tough winter. Losing quality players such as Jake 'Kiwi' Williams and Ryan Pike to relocation and the ultimate bull terrier in Casey Woodford as he commits to wrestling, hits the stocks hard as rugby players are like hen's teeth in this area.

But, like someone doing a spring clean and finally finding those missing lego or chess pieces, somehow, somehow, new players have



Above: The Forster Tuncurry Dolphins at the 2024 Crescent Head 7's competition. Photo supplied.

started to emerge, some with vast potential, some with youth exuberance and others with vast rugby experience, giving optimism for those that last played in the 2019 premiership triumph. In what is eerily similar fashion to that year, is that the Dolphins lost in 2018 to Wallamba, before rebuilding and vanquishing their long-time foes in emphatic fashion.

With pre-season already done and dusted, which included some heavy workouts at the

Dolphins new sponsor, POWR gym along with positive trial performances, the season is looking like one not to miss.

The Dolphins are still welcoming new players as it takes a full squad to lift the trophy. Training is at 6:00pm at Peter Barclay Oval on Tuesday and Thursdays.

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