

Local polling booths
Federal Election p3

'Connected'
Hayley & Justine p25



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 30 April 2025

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.120

ANZAC Day 2025



Above: Pacific Palms Primary School students (L-R) Richie O'Neill, Marlo Thompson, Coco Woolley and Lola Sheppard at the Pacific Palms ANZAC Day Dawn Service. Photo by Mary Yule.

On 25 April, large numbers of residents and visitors gathered at ANZAC Day Services across the region to honour Australian & New Zealand Service Men and Women who have served or are currently serving in wars, conflicts, and peacekeeping operations. ANZAC Day Services were held at Hallidays Point, Forster Tuncurry, Pacific Palms, Seal Rocks and Coomba Park. See pages 26 & 27 for more photos.

Birks boys win at Bathurst



Above: Ash and his son Matt Birks with his Autosport Bathurst Cup.

By Debbie Milligan

Forster resident Matthew Birks from Birks Racing Team (BRT), has won the Autosport Bathurst Cup, held at Mount Panorama over the Easter long weekend. Driving a Toyota Corolla, built by his father Ashley Birks, Matthew finished 1st place in the U/2Litre Improved Production class, a support category for the Bathurst 6 Hour. The event was marred with multiple red flags during each race, making driving frustrating and difficult, however, Matt successfully navigated the challenges, winning first place and also achieving the fastest lap time for U/2L, receiving the pole position award of \$1000 novelty cheque, and a P7 place outright.

Birks Racing Team (BRT) has a long history of circuit racing with Matthew's father and grandfather both successful drivers with impressive trophy collections in their own rights. These days Ashley is the chief engineer and mechanic for the car, custom designing and fabricating the majority of parts himself in the shed at home. Grandfather David Birks was also involved in obtaining specialist parts, which

Continued on page 28.

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Authorised by Jeremy Miller, 224 Dowling Street, Dungog NSW 2420.

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Photo by Patricia Macvean.

- Business Hours are 9:30am to 5pm (Mon - Fri).
- When submitting stories, please note - around 300 words is best with high resolution photos sent separately (in largest size). Please include names for photos left to right and your contact details.
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We acknowledge the Worimi People, the traditional custodians of the land where this newspaper is published. We pay respect to their Elders past, present and future.

Vote Compass data shows rise in importance of cost of living ahead of 2025 Federal Election

Edited from www.abc.net.au 20 April 2025

Vote Compass data shows cost of living is the most important issue for voters ahead of the election, with one-quarter of respondents saying it is their biggest concern.

The cost of groceries and rent is top of mind for Brisbane university student Maya Rawlinson who is preparing to vote in a federal election for the first time.

To reduce costs she opts to buy fresh produce at the markets and is grateful for her parents' support to help cover rent after having to go beyond her budget of \$700 to find a house to share with her sister and partner.

"If we didn't have the support of my mum and dad, it would definitely be much harder to find a rental," she said.

"A lot of places, if you don't have a certain amount in your bank account they won't even consider you."

Cost of living is the most important issue for Vote Compass respondents regardless of age, education, birth, sex, and voting intention, but particularly among those under 40.

One-quarter of respondents cite the cost of living crisis as their top concern for this election, which rises to one-third when combined with housing.

The second-most important issue for respondents differs by voting intention, with Liberal-Coalition voters concerned with immigration and the economy and Labor voters concerned with climate change.

For Vote Compass respondents who indicated they would be voting for an independent this election, cost of living and climate change were their top priorities, followed by government operations.

These findings are based on 254,376 responses to Vote Compass.

Overall, issues related to the economy and finance were identified as the most important for 11.6% of respondents, followed by government operations, which encompasses democracy, corruption and good governance, at 8.6%.



Responses not an indication climate change less important for voters

University of Queensland political science and international studies professor Katrina Lee Koo said the cost of living had become a "crisis point" issue for people.

"It's not necessarily the case that climate change is less important than it was as an issue in itself, but more that it's been overtaken by the cost of living issue," she said.

"The last election was fought during a time of a type of cultural war around climate change — I think we've partly moved on from that."

Professor Lee Koo said while candidates had identified cost of living as the primary issue for voters, it was important to take into account how it impacted age groups and those living in rural and metro areas differently.

"For instance, women in their 50s increasingly becoming a sort of noticeable homeless group in our country, so we have to ask questions about what kind of housing affordability packages are available for that particular group," she said.

Professor Lee Koo said each party had put forward key policies for Australia's energy transformation, which was part of the bigger climate change debate.

"I think that is a major policy for both parties, and it's one of the few policy areas where we're seeing a major difference," she said.

www.abc.net.au/news/vote-compass

Pet of the Fortnight



Violet - a beautiful tortoise shell 3 year old

This gorgeous little girl is Violet, and she is approximately 3 years old. She came into the care of Animal Welfare League, Great Lakes and Manning Branch with her 4 babies that have already gone to their forever homes.

Violet is a diluted tortoise shell. She comes desexed, microchipped, flea and worm treated and vaccinated, and at only \$80 is a real bargain. She is also very good with her litter box.

Violet's foster carer has 3 other cats that she took a little time to warm to but is now fine with them. So, when introduced in the correct manner with other cats she will come around.

Violet is at Mid Coast Vet in Tuncurry. Please give them a call on 6557 2273 to make an appointment to view her.

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Federal Election 3 May 2025

Local polling booths are open
8am to 6pm on
Saturday 3 May

• Hallidays Point Public School
300 Diamond Beach Rd,
Diamond Beach

• Hallidays Point Community Church
17 Diamond Beach Rd,
Hallidays Point

• Tuncurry Public School
22 Tuncurry St, Tuncurry

• Forster Tuncurry Community Centre
12 Breese Parade, Forster

• Forster Public School
110 Head St, Forster

• Great Lakes College - Forster Campus
Cape Hawke Dr, Forster

• Pacific Palms Community Centre
3957 The Lakes Way, Elizabeth Beach

• Bungwahl Public School
56 Seal Rocks Rd, Bungwahl

• Coomba Park Community Hall
86 Moorrooba Rd, Coomba

Early Voting

Early voting is still available on Wednesday 20 April and Thursday 1 May, from 8:30am to 5:30pm, and Friday 2 May, from 8:30am to 6pm, at the Tuncurry Memorial Hall, 7 Point Rd, Tuncurry.

Federal Election count

The count begins after the polling place doors close at 6pm on election night.

For House of Representatives electorates, the Australian Electoral Commission (AEC) conducts



Above: Around 750 people voted on the first day of early voting at Tuncurry Memorial Hall. Photo by Mary Yule.

first preference counts (tallies of every ballot paper with a '1' vote for each candidate) and Two-Candidate Preferred counts in which each formal ballot paper is distributed to one of the two most prominent candidates on election night.

These counts provide election analysts and the public with an early indication of who might be likely to win each seat. It may not be possible for people to determine the likely winner of the election on election night. At the last federal election, the AEC was required to perform a small number of Three-Candidate Preferred counts in seats with very close results.

The count of Senate ballot papers is an intensive process that takes weeks. On election night, the AEC will tally the number of first preference votes on Senate ballot papers. However, a full distribution of preferences can only be conducted by the AEC's specialised software after every Senate ballot paper has been scanned and manually checked — a process that begins after election night.

The AEC must receive and process postal votes up to 13 days after election day. However, all

postal votes must be completed and sealed by 6pm on election day.

The results

A link to the Tally Room (an online home to all the electoral results) will be made available on aec.gov.au just before 6pm on election day.

While election analysts may be in a position to predict results on election night, the AEC has a higher threshold. We cannot formally declare the result in any electorate until it is mathematically impossible for any other result to occur. In other words, the number of outstanding or uncounted votes must be lower than the margin the winning candidate is leading by. These declarations typically begin taking place in the week following the election.



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



2BOB Meet the Candidates

Above & top right: (L-R) Mark Hornshaw (Libertarians), Stephen Bourke (Citizens Party), Keys Manley (Legalize Cannabis Party), Jeremy Miller (Independent), Alison Penfold (The Nationals), Digby Wilson (Labor) & Tom Ferrier (Greens) answered questions from the host and audience. Photos by Julie Slavin.

Seven out of the ten candidates for Lyne attended the 2BOB Meet the Candidates event at the Manning Entertainment Centre on 22 April with 69 residents in attendance.

All recordings from the Meet the Candidate event, as well as the candidate interviews

conducted on 2BOB during this election campaign, are available as audio on demand from 2BOB's website www.2bobradio.org.au

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Lifeline Forster
Lakes & Oceans Tavern

Pacific Palms

Pacific Palms Supamart

Charlotte Bay

Foodworks Charlotte Bay

Smiths Lake

Pacific Palms Bowling Club
Good Food Store
Smiths Friendly Grocer

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Residents shaken by earthquake



By Bruce MacKenzie and Keely Johnson
www.abcnews.net.au 23 April 2025

A magnitude-4.6 earthquake has shaken parts of the New South Wales Hunter region.

According to Geoscience Australia, the quake hit just before 3am on 23 April 2025 and was centred near Broke, about 25 kilometres south-west of Singleton.

More than 3,800 people have reported feeling it.

It occurred at a depth of about 10km and was felt as far as Tamworth to the north and Canberra in the south.

There have been no reports of any injuries.

Phil Cummins, a senior seismologist at Geoscience Australia, said it was "pretty large for Australia".

"I would certainly say it's significant," he said. "Historically, there's also been the Ellalong earthquake of magnitude 5.4 in 1994 and then of course there was the Newcastle earthquake magnitude 5.6 in 1989."

'Room shook'

Tea Gardens nursing home resident Jenny Bennett said she felt her bedroom shake.

"My bed rocked and the wardrobe doors rattled.

"I also heard like a loud rumble coming from outside."

Further south in Newcastle, Alan Berry also felt the quake.

"I just got up to get some water ... and there was just this bang sound like against the side of the house," he said.

"I heard the fence outside and gate rattle, and the bed just moved."

Earthquake 'cluster'

The earthquake is the latest in a series recorded in the Hunter Valley recently.

On August 23 last year, a magnitude-4.7 earthquake shook the area around Muswellbrook.

Just a day later, another quake, this one measuring 4.5, was recorded in the same area.

A magnitude-4.5 quake was recorded there on September 7, and a 4.1 on November 12.

Mr Cummins said there had been 11 earthquakes with a magnitude of 3 or more recorded in the Hunter Valley over the past 12 months.

"In general, earthquakes in Australia occur in response to the build-up of tectonic stress," he said.

"This stress occurs due to the forces exerted at the tectonic plate boundaries ... thousands of kilometres away.

"Eventually, it will exceed the frictional strength of faults in the Earth's crust and an earthquake will occur, and that is what I would say likely caused this one."

Earthquakes, mining and nuclear

The epicentre of the earthquake was near the Mount Thorley Warkworth open-cut coal mine.

Seismologists said it was difficult to know if mining activity had played any role in the earthquake "swarm" in the area in recent months.

Earthquake geologist Dee Ninis from Monash University said this particular quake was likely not caused by mining activity.

"I would say at this depth that we've located it that it's too deep to be related to mining," Dr Ninis said.

The region is among seven identified by the federal opposition as a location for a nuclear power plant.

The Nationals member for New England, which is adjacent to the federal electorate of Hunter, has been questioned about the wisdom of building a nuclear plant in the region. Barnaby Joyce told the ABC that any nuclear facility would be built to withstand a quake far more intense than the one experienced on Wednesday.

"These things are designed for vastly bigger earthquakes than anything that has been experienced in the Hunter Valley," he said.

"And if you look at it, Bayswater [a coal-fired power station just south of Muswellbrook] is still standing this morning."

Map: earthquakes.ga.gov.au

Mobile Services Australia

Services Australia's Mobile Service Centre Golden Wattle is visiting towns on the Mid North Coast of NSW in the coming weeks. The mobile service centre will be offering the community easy access to Medicare and Centrelink services and can provide information about the National Disability Insurance Scheme and Department of Veterans' Affairs services.

Golden Wattle will visit:

- Bulahdelah on Thursday 15 May near Wade Park, Crawford Street (9:00am to 4:00pm)
- Smiths Lake on Friday 16 May adjacent to the shopping hub, Third Ridge Road (9:30am to 4:00pm)
- Nambucca on Monday 19 May near Memorial Park, Clarkson Street (9:00am to 4:00pm)



- Hallidays Point on Tuesday 20 May near the library, off High Street (9:00am to 4:00pm)
- Diamond Beach on Wednesday 21 May near the shopping hub, Diamond Drive (9:00am to 4:00pm)
- Old Bar on Thursday 22 May at the Club Old Bar car park, Waterman Street (9:00am to 3:00pm)

For more information, including upcoming stopping locations and times, go to servicesaustralia.gov.au/mobileoffice

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AUTHORISED BY DOMINIC O'NEILL, AUSTRALIAN LABOR PARTY (NSW BRANCH), LEVEL 9 377 SUSSEX ST SYDNEY NSW 2000.

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Welcome to Forster Tuncurry University of the Third Age (U3A) TERM 2 2025

U3A offers a relaxed yet informative program of courses and events for retired and semi-retired people over 50.

We have a variety of classes presented by our members, such as History, Art, Travel, as well as Philosophy, Media discussions, Writers. We also have guest speakers on a variety of subjects when available.

We also have gentle exercise classes and a walking group.

Other regular classes include games Mahjong and Bolivia and "pop up" classes such as drawing and Origami.

As well as classes we enjoy social events such as morning teas at local cafes and other outings.

Membership for the remainder of 2025 is \$60 per person.

Come along to our Welcome Morning on Monday 5th May 10-12 at our beautiful venue Cape Hawke Surf Lifesaving Club One Mile Beach. You can enrol for our Term 2 program, have a cuppa and meet our friendly members.

For more information go to our website www.forstuncurry.u3anet.org.au



U3A Term 2 Dates
Monday 5th May to Friday 27th June 2025.

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Council's winning food safety approach

MidCoast Council have won the NSW Food Authority's Food Regulation Partnership Champion Award 2025 in the Country category, for outstanding performance and achievement in food surveillance.

Director of Liveable Communities Paul De Szell said that this award recognises the excellent work that Council's food safety staff undertake and their dedication to supporting local food businesses.

"Last year we saw MidCoast food businesses outshine the rest of the State with 93% having a four or five-star food safety rating under the Scores on Doors rating system."

"The NSW state average was only 79%. This shows that staff and the business community are working together to achieve an enviable overall food hygiene standard in our area," Mr De Szell said.

The State Government has tasked local Councils with regulating food safety and helping food businesses to comply with the NSW Food Authority's regulations.

While Council's food safety team does conduct inspections and investigate complaints, their main goal is to educate. They provide seminars, training videos, newsletters, and face-to-face assistance.



They are especially focussed on keeping businesses up to date with food safety news as well as supporting businesses owners to get new staff adequately trained in food safety. Through support and education, they help businesses understand how to achieve a high 'Scores on Doors' rating.

The food safety rating, known as 'Scores on Doors' can help consumers identify businesses that have performed well during food safety inspections. Many businesses choose to display their score.

Find out more about our food safety programs at: www.midcoast.nsw.gov.au/Business/Business-support/Food-businesses

Forster Neighbourhood Centre to host Forster Tuncurry's First Pop-Up Pub Choir!

18 May 4.45pm for 5pm start, to 7pm at the Bellevue Pub, Tuncurry
when we launch our fund-raising campaign...

"Support Forster Neighbourhood Centre, one cup of coffee at a time"

Who doesn't love singing in the shower? And who wouldn't help someone in need if they could? It will be heaps of fun so come and join a crowd of us as we enjoy the vibe of making music and putting our own spin on a famous song, recording it for posterity (so you can prove you were there) and leaving on a high. The more the merrier! Get your beverage of choice and be ready to hit the high notes by 5pm.

Tickets for the Pub Choir are \$5, (same theme) and are available on FNC website at: www.fnc.org.au

Our "ask" is that people sign up to donate at least \$5 per month – the price of one cup of coffee.



By signing up to the FNC link monthly, you will help us reach our target of \$110,000 which will allow us to:

- Re-open on Mondays
- Employ a specialist trauma counsellor to support our increasingly complex clients.

Since the bushfires, COVID and the floods, FNC has been supporting more and more complex clients with no increase in our funding. We've tried pretty much everything to raise more money, appealing to all levels of government,

Image credit - Lachlan Douglas.
speaking to MPs face-to-face, applying for grants, raising the issues with our funding body, all of which has fallen on deaf ears.

FNC runs so lean that our amazing, committed reception desk is run by volunteers. They all do a fabulous job and go that extra mile for people. They are the first faces potential clients see when they come through our doors. However, our volunteers are not trained to deal with complex issues or trauma.

So, avoiding that well-known definition of madness, we have decided to force change ourselves, by appealing to our community. We need a Tsunami of change so that we can continue to look after all Great Lakes residents in need and keep our volunteers and staff safe.



We hope to see you at our Pop-Up Pub Choir, and that you sign up to support our campaign, "Support FNC, one cup of coffee at a time" (See advertisement below.)

2025 NSW Volunteer of the Year Awards

The NSW Volunteer of the Year Awards are an annual program aimed at recognising the incredible dedication, effort and community service of our state's volunteers, volunteer leaders and volunteer teams.

Last year's Awards

In 2024, three Mid North Coast Regional awards went to 2 local individuals and a team from the Forster Tuncurry region.

1. Tuncurry graffiti buster Ted Bickford was named 2024 Mid North Coast Volunteer of the Year for his decade's long dedication to a clean and graffiti-free community across the region.

2. Melinda Lightfoot was named 2024 Mid North Coast Adult Volunteer of the Year as the founding member of the Great Lakes Suicide Prevention Network where she gives her time to raise awareness and support for suicide prevention.

3. The Forster Neighbourhood Centre Community Hub was named 2024 Mid North Coast Volunteer Team of the Year for their much-needed support to people experiencing mental health issues, suicide concerns, homelessness, escaping domestic violence or in financial distress.

To nominate

Nominations close 5pm Friday 23 May 2025.

For more information and to nominate, please visit:
www.volunteering.com.au



Above: Volunteer winners from 2024 included Ted Bickford and the Forster Neighbourhood Centre.

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

House of Representatives
Ballot Paper
Electoral Division of Lyne

10	FERRIER, Tom
9	WILSON, Digby
5	CHARSLEY, Cathy
2	HUGHES, Colin
1	PENFOLD, Alison THE NATIONALS
7	MILLER, Jeremy
4	MASTERS, David
8	MANLEY, Keys
6	BURKE, Stephen John
3	HORNSHAW, Mark Alexander

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The Nationals have taken us for granted. Poor healthcare and roads, and not enough opportunities for young people in our region. We can't give them another go.



Unlike a party, I think **YOU** should decide **your** preferences:

1. Put a **1** next to **Jeremy Miller**
2. Number every other box from 2-10 in the order of **YOUR** choice

Vote **1**
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Independent
for Lyne

IMPORTANT Number **EVERY** box 1-10 or your vote won't count!

☐	FERRIER, Tom THE GREENS
☐	WILSON, Digby LABOR
☐	CHARSLEY, Cathy TRUMPET OF PATRIOTS
☐	HUGHES, Colin ONE NATION
☐	PENFOLD, Alison THE NATIONALS
1	MILLER, Jeremy INDEPENDENT
☐	MASTERS, David FAMILY FIRST
☐	MANLEY, Keys LEGALISE CANNABIS PARTY
☐	BURKE, Stephen John CITIZENS PARTY
☐	HORNSHAW, Mark Alexander LIBERTARIAN

LET'S GET THINGS DONE FOR LYNE.

jeremy4lyne.com.au

Authorised by Jeremy Miller, 224 Dowling Street, Dungog NSW 2420.

Community News

www.forsterfortnightly.com.au

Page 9

Help protect our waterways

Have your say on how MidCoast Council will work to protect our waterways from a range of threats over the next ten years.

Council is developing a Southern Estuaries Coastal Management Program to identify and manage issues impacting lakes, lagoons and river systems from Wallabi Point to Karuah River.

MidCoast estuaries are facing a range of different issues including climate change, lack of community stewardship, agricultural impacts, aquaculture and commercial fishing, loss of coastal wetlands, changes to estuary entrances, impacts to human health, flooding and inundation, recreational impacts, threats to biodiversity and habitat, loss of cultural heritage, land use planning, erosion and sediment control, and stormwater and litter.

The program aims to create a long-term plan that will set the direction for the future of our estuaries. The program will outline required actions to manage these threats and protect the environment.

"We know that estuaries are some of our region's biggest assets and are well loved by the community because of their social, cultural, recreational, economic and environmental importance," said MidCoast Council's Natural Systems Manager, Gerard Tuckerman.

"We encourage everyone to be informed and get involved in protecting our waterways," said Mr Tuckerman.

Visit the Southern Estuaries Coastal Management Program's Have Your Say page to learn more about each of the issues, their impact on our estuaries, what we are already doing to manage them, and what else we can do.

Provide your feedback about which management solutions you believe are the best choices for our estuaries.



Your feedback will be used to prioritise the options in the Southern Estuaries Coastal Management Program.

Look out for our team visiting estuary foreshores during the school holidays or see us at a drop-in session. Chat with our friendly staff who can help you access the information and provide feedback on:

- Wednesday 30 April at Pacific Palms Foreshore (near the Recky) from 1pm to 5pm

- Tuesday 6 May at Myall Quays Shopping Centre (near Coles) Tea Gardens from 1pm to 5pm

- Tuesday 13 May at Hallidays Point Shopping Centre (near Foodworks) from 1pm to 5pm

Have your say by Thursday 22 May at www.haveyoursay.midcoast.nsw.gov.au/oursouthernestuaries.

This project is supported by the NSW Government through its Coast and Estuary Program.

Under the NSW Coastal Management Act 2016, Council must prepare and implement coastal management programs to help protect the social, environmental and economic values of our coast now and into the future.



Above: A significant landslide occurred after the heavy rain at Seal Rocks on 27 April. The landslide went under the main road, down to Boat Beach. Photo by Dan Toney.

CHERY

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[T8] Terms and conditions apply.



What a difference a day makes!
Stunning photos around Main Beach and Forster Breakwall by Steve White, capturing the everchanging ocean conditions.
Calm days photographed on 17 April. Big swells photographed on 18 & 19 April 2025.





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- Meal Preparation:** Support to select, prepare and enjoy meals.
- Rehabilitation:** Support after surgery or recovering from illness.
- Respite:** Support for the carer, who needs a well-earned break to rejuvenate and maintain wellness.
- Home Maintenance:** Yard, minor modifications, spring clean.

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Save the date

National Palliative Care
Week 19-25 May 2024



Every day in Australia, 400 people of all ages die of a terminal illness. Every one of them could benefit from palliative care – care that is their human right, care that can enrich their final days, and care that too many people still miss out on.

With the support of the Australian Government Department of Health and Aged Care, National Palliative Care Week (NPCW) opens conversations, raises awareness, and advocates for better access to and acceptance of palliative care.

In 2025, led by Palliative Care Australia and our members around Australia, NPCW celebrates 30 years by asking a simple yet powerful question: “What’s your plan?” It’s a direct approach to Australians and their loved ones to talk about what matters most at the end of life and to make a plan that empowers and respects their choices during the last years, months, and days of life.

Why does this conversation matter even more now?

Death still remains a difficult subject for people to talk about, that’s natural and human. Death is also often considered to be a taboo. The reluctance, and lack of awareness and engagement contributes to a widespread misunderstanding of what palliative care is and what it can offer.

NPCW 2025 is about changing that. It provides an opportunity to start those conversations,

Great Lakes Palliative Care Support

break down taboos, dispel myths, and empower the life and choices that need to be considered with terminal illness and ageing.

1. To celebrate National Palliative care Week, Great Lakes Palliative Care Support (GLPCS) will be holding our annual **Remembrance Service at Community of Christ Church, Tuncurry on Tuesday 13th May commencing at 10am**. The Green Cathedral Choir will be in attendance and morning tea will be provided. All welcome, come and light a candle to reflect and remember your special person.

2. This year, GLPCS will provide an opportunity for you to get your questions answered. Come along to our **Information morning to be held at Tuncurry Beach Bowling Club on Thursday 15th May commencing at 10:30am**. Representatives will be sharing on many aspects of palliative care service provision and support services available in our local area. Information will be available on the Community Palliative Care Service, Great Lakes Palliative Care Support, Dying with Dignity, Advanced Care Planning, Death Doulas and local services available in our area. We are also looking for new members to join us in our fundraising ventures to assist with the work we do. Come along and share a cuppa and find out what you want to know.

3. To finish off Palliative Care Week we will hold our annual fundraising **Trivia night at Forster Bridge Club, Lake St Forster on 16th May at 7pm**. \$10 - tables of 8, bookings essential. The Theme for the night will be Shades of Blue. To book contact Helen on 0401 649 608. All funds raised will be used to assist and support palliative care patients, carers and their families in our local community.

For more information or queries please ring 0437 830 818 or www.greatlakespalliativecaresupport.com.au



Pope Francis
1936-2025

MidCoast community speaks on assets & services

MidCoast Council is thanking the community for taking part in the asset conditions and service consultation. There were over 1,000 responses received from November 2024 – March 2025.

Results from MidCoast Council’s community consultation on asset conditions and service levels are now available online at: www.midcoast.nsw.gov.au/assetsreview.

“We can be confident in these results. The results show that people want us to maintain most of our assets at a satisfactory condition. Most people recognised that to improve assets to good or very good condition would require a large increase in spending, which the community may not be able to afford” said Council’s General Manager, Mr Adrian Panuccio.

The exception was the road network. The results show that people want us to maintain our roads to a satisfactory condition, or to increase spending to improve them.

The service level survey revealed how much people value the range of Council services. Weed management, environmental



water quality, flood planning and coastal management were the most valued services. Planning, building and development assessment, and customer service along with communication, engagement and marketing, and waste management were also highly valued.

The results will help develop long-term financial and asset management plans. These plans will be available when complete.

Palliative Care Week 2025

Please join us for a **Remembrance Service** to be held at Community of Christ Church Manning St Tuncurry on Tuesday 13th May 2025 10:00am followed by morning tea.

We will be joined by the Green Cathedral Choir.

All Welcome



National Palliative Care Week 11-17 May

Palliative Care Information Session Free Morning Tea

Come and share a cuppa and find out what you need to know

Thursday 15th May 2025 10:30am - 12 Noon

Function Room Tuncurry Beach Bowling Club

Guest speaker: Community Palliative Care Team Great Lakes Palliative Care Support Dying with Dignity

Information available on Kirinari Services, Death Doulas, Massage and Lymphodema treatment



COMMUNITY CONVERSATIONS



COMING SOON TO FORSTER & NABIAC

Right now we’re heading back out to 15 local communities across the MidCoast to provide you with an update on what we’re delivering in your area.

The program has proven to be a great way for everyone to stay updated, ask questions and speak with council staff, and it helps us understand the things that matter to your community.

We look forward to sharing this update with you.

JOIN THE CONVERSATION

Forster Civic Centre
Monday 19 May 2.30 – 4pm

Nabiac Showground Hall
Monday 19 May 5.30 – 7pm

Also coming to Pacific Palms and other locations across the region

FIND OUT MORE

Scan to learn more and for the full schedule of dates and locations.



midcoast.nsw.gov.au/conversations



Great time of year for bushwalking

Here are three local bushwalks to get you out into nature during the cooler Autumn weather.

1. Black Head Rainforest Reserve, Pebbly Beach & Back Beach

START: Black Head Headland Track

DISTANCE: 5 km

DURATION: 2 hours

GRADE: Moderate

This track starts from the headland at Black Head. There are two lookouts, a dramatic sea stack and a large tilted rock platform with pools and a cave. You may see photos on social media of this cave that resembles the shape of Australia when standing inside it... except Tassie is missing, LOL!

At low tide you can reach there from Black Head ocean baths. The track meanders through littoral rainforest down to a small footbridge and continues south to Pebbly Beach with small rock pools and a pretty sandy beach.

Alternatively you can use the access track down the side of the bowling club which brings you more quickly to the timber bridge and access down to the beach. The rocky shores are mostly covered in - you guessed it - large pebbles but

there's a pretty sandy stretch that can also appear as a sand bar at low tide.

The track continues south across the rocks to Back Beach which is dog-friendly and has views south to Forster. Returning through littoral rainforest, the track reaches the bowling club car park. Dogs are not permitted on this track.

2. McBrides Beach Walking Track

START: At the carpark halfway up Cape Hawke

DISTANCE: 600m to McBrides Beach

DURATION: 30 - 45 minutes

GRADE: Steep/Hard

McBrides Beach is in the northern part of Booti Booti National Park at Cape Hawke for Forster.



Left: Booti Hill walk.

and shores of Wallis Lake, with views from the headland and plenty of wildlife to spot. Starting near The Ruins Campground on the southern corner of Seven Mile Beach, look for the signposted track and stairs - this climbs up the northern side of Booti Hill.

The track emerges onto the ridge crest above Lindemans Cove and joins a fire trail. Go straight ahead to descend to Elizabeth Beach in Pacific Palms or turn right on the main walking track to descend down to the Lakes Way. Cross this busy road for a change of pace as the final 3.5km of this loop on Lakeside Walk follows the Wallis Lake shoreline, taking you back to your starting point at The Ruins.

Walk information by Thomas Davey
www.barringtoncoast.com.au

McBrides Beach Walking Track
www.nationalparks.nsw.gov.au

Below: McBrides Beach.



also starts there. The foot track to the lookout starts at the carpark at the top of the hill where the road ends.

This beach is not patrolled. There is no 4WD access and camping is not permitted.

3. Booti Hill Walking Track

START: The Ruins Campground on The Lakes Way, Pacific Palms

DISTANCE: 7.3km loop

TIME: 2.5 hours - 3.5 hours

GRADE: Medium/Hard

This walk touches the Pacific Ocean

It's accessed only via a steep walking track, completed in 2020.

It's one of those beaches that has you instantly mesmerised and is as good as it looks. It really is the ideal place to escape for the day.

The foot track to McBrides Beach starts at the carpark halfway up the hill. The connecting track to Burgess Beach

Left: Black Head viewing platform.



Pacific Palms Bowling Club

Live Music, Cocktails, Bistro, Lawn Bowls. *There's always something happening at the Palms!*

Monday
Monday Curry Night \$15



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

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

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

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



No Control
Fri 2 May



Slam Tango
Fri 9 May

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

Open 7 Days
11:00 till Late
Lunch 12pm & Dinner 5:30pm
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Friday
Raffles from 6pm
Super 100 Draw after Raffles
Tradies Lunch + Beer \$20
Live Music Every Friday 8pm

Mothers Day Lunches



Our Local wildlife



Swamp Wallabies

By Kym Kilpatrick – FAWNA Hallidays Pt

Swamp wallabies (Wallabia bicolor), also known as black wallabies or black pademelons are one of the more common macropods of our area. Typically, they live in the dense understorey of rainforests, woodlands and dry sclerophyll forest along eastern Australia.

They have dark brown to black-grey fur with rusty orange patches on their bellies, chest and base of their ears and distinctive light-coloured cheek stripes. Their limbs and tails are darker still almost to black. They stand between 65 and 85 centimetres tall and as adults, weigh between 10.3 and 15.4 kilograms for females and between 12.3 and 20.5 kilograms for males.

Although part of the bigger macropod family, swamp wallabies are considered so different they have their own genus. They have unique teeth and chromosome numbers, 11 for males and 10 for females whilst other wallaby species have 16 chromosomes. There are other differences too, rather than eating grass, swamp wallabies forage on ferns, fungi, heath, shrubs and bark and are able to eat plants such as bracken and hemlock that are otherwise poisonous to most animals.

Their gait is also different to most macropods with their heads carried low and their tails straight behind them. This combined with their dark coat and tendency to hide within thick brush means they are the most likely explanation for several alleged 'panther' sightings.

Female swamp wallabies are polyoestrous, and, again uniquely amidst macropods, become fertile and mate during the latter period of their pregnancies, that is, they can have a near-term foetus growing in in one uterus while the new embryo is developing in a second. This means they are able to breed all year round. When a newborn joey begins suckling the second embryo remains dormant until the first joey is ready to leave the pouch. At this time, the second embryo resumes development and is born 33-38 days later.

The joey is blind and hairless when first born and weighs only 1 gram. The first challenge is to crawl up to the mother's pouch, helped by the mother licking a 'trail'. Once in the pouch it finds a teat and latches on. Here it will remain for six to eight months. Occasionally twins are born together. At 12 months the joey is largely independent although he or she may still stay close to the mothers until 15 months when sexual maturity is reached.

Once independent they are typically solitary and nocturnal, becoming active at night. Swamp Wallabies can live up to 15 years.

Being nocturnal, dark and often foraging on road edges, particularly at dawn and dusk, means that Swamp Wallabies often fall victims to car strikes. They often become victims of domestic dog attacks as well.

Sadly, Swamp Wallabies often featured in FAWNA callouts. This little Swampie joey named 'Pesky' was fortunate to be rescued, raised and later released.

If you do accidentally hit a wallaby or a kangaroo and it may be carrying a joey it is important to check if it safe is to do so and call FAWNA (Ph 65814141) for advice. An accurate and detailed description of the location is also helpful (for example south on the Pacific Highway has too many possibilities).



Above: Photo of Pesky by Tyson Thorpe.

Clean energy powered 40% of global electricity in 2024, report finds

By Jillian Ambrose www.theguardian.com
8 April 2025

Thinktank says solar has been the fastest-growing energy source for the last 20 years, but remains dwarfed by hydro power.

The world used clean power sources to meet more than 40% of its electricity demand last year for the first time since the 1940s, figures show.

A report by the energy thinktank organisation Ember said the milestone was powered by a boom in solar power capacity, which has doubled in the last three years.

The report found that solar farms had been the world's fastest-growing source of energy for the last 20 consecutive years.

Phil MacDonald, Ember's Managing Director, said: "Solar power has become the engine of the global energy transition. Paired with battery storage, solar is set to be an unstoppable force. As the fastest-growing and largest source of new electricity, it is critical in meeting the world's ever-increasing demand for electricity."

Overall, solar power remains a relatively small part of the global energy system. It made up almost 7% of the world's electricity last year, according to Ember, while wind power made up just over 8% of the global power system.

The fast-growing technologies remain dwarfed by hydro power, which has remained relatively steady in recent years, and made up 14% of the world's electricity in 2024.

Hydro power is one of the modern world's oldest renewable energy technologies, and made up a large proportion of global electricity in the 1940s – when the power system was about 50 times smaller than it is today.

The continuing growth of solar means clean power – including nuclear and bioenergy – is on track to expand faster than the world's overall electricity demand, according to Ember. This should mean fossil fuels beginning to be squeezed out of the global power system.

Ember had previously predicted that 2023 would be the year in which emissions from



electricity reached a peak, after a plateau in the first half of the year.

Climate experts hoped then that emissions would begin to fall, but a series of heatwaves across the globe ignited a surge in demand for electricity to power air conditioning and refrigeration systems, which caused fuel electricity to grow by 1.4% that year.

The report, which accounted for 93% of the global electricity market across 88 countries, found that the surge in demand pushed emissions from the global power sector up by 1.6% to an all-time high last year.

MacDonald said heatwaves were unlikely to ignite a similar demand surge in the year ahead – but the increasing use of electricity to power artificial intelligence, datacentres, electric vehicles and heat pumps was expected to play a bigger role in the world's appetite for electricity.

Combined, these technologies accounted for a 0.7% increase in global electricity demand in 2024, double what they contributed five years ago, the report found.

"The world is watching how technologies like AI and EVs will drive electricity demand," MacDonald said. "It's clear that booming solar and wind are comfortably set to deliver, and those expecting fossil fuel generation to keep rising will be disappointed."

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Manning St Medical is a brand new medical practice in Tuncurry, NSW, which opened on 14th of April 2025. It is owned by **Dr Muneef Al-Jawabreh (from Hope Skin Cancer & GP Clinic)** and **Debbie Smith**. They both saw a need to expand due to the rapid growth of Hope Skin Cancer & GP Clinic over the past 2 years.

Our goal is to provide the local community with comprehensive, and compassionate and affordable health care in a timely manner.

Our Practice Team and Nurses support the Doctors to provide care for patients of all ages, across all disease categories and over their lifetime - by providing treatment options, advice and education on health care. Our Doctors are experienced in acute, chronic and complex health conditions.

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76-78 Manning St
Tuncurry NSW 2428

www.msmtuncurry.com.au

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.

Dr Nadia Zafar will be Bulk Billing ALL patients

WORRIED ABOUT Skin Cancer? get it checked.

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TRADING MONDAY TO FRIDAY
8.30AM TILL 4.30PM
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Tanya's Community Update

I've spent the past few weeks travelling across our beautiful Myall Lakes, sitting down with local communities, listening to your concerns, and taking notes on the things that matter most to you.



Every town has its own unique concerns, but there are some common issues among many towns. Whether I was in Lansdowne, Mooral Creek, Taree or Mondrook, the key issues raised with me were consistent: health services, road conditions, the rising cost of living, youth crime in our communities, concerns around mining impacts, and the need for dredging in our waterways.

Hearing your concerns firsthand helps me better advocate for our communities in Parliament, as it's through these face-to-face conversations that I am able to understand how these issues are impacting your daily lives.

If I didn't get a chance to meet me out and about this time, my door is always open. You can contact my office on (02) 6555 4099 or email myalllakes@parliament.nsw.gov.au — I'd love to hear from you.

I'll be hitting the road again in August for my next **Community Catchup Tour**, and I'm already planning visits to even more local communities. Until then, thank you to everyone who took the time to have a chat with me this month.

Manning - Great Lakes Police District Update

Dear Readers,

My focus in this article will be road safety.

Fatal and serious injury motor vehicle crashes greatly impact not only those involved, but their families and friends, other community members and first responders/emergency services who attend crash scenes.

A significant portion of the duties of local police is focused on efforts to reduce road trauma. Over the 2025 Easter Long Weekend, local police conducted almost 6,000 random breath tests across the Police District! These efforts pleasingly resulted in no fatal or serious injury crashes during this period.

Below is some information & road safety tips from Transport NSW

Driving too fast is the single biggest contributor to death and injury on NSW roads. Each year, speeding contributes to about 42% of road fatalities and 25% of serious injuries. Almost 128 lives are lost and 1050 people are seriously injured each year.

The faster you go the more:

- time you need to react and avoid a crash
- stopping distance is needed
- severe the impact of a crash
- chance of death or serious injury.

Stopping distances

• The faster you go, the longer it takes to stop. A typical stopping distance when travelling at 30km/h on a reasonable road surface is 19 metres. At 40km/h, the stopping distance increases to 27 metres.

• Even a small difference in your speed can greatly affect the likelihood of death or serious injury.

• If you're driving at 50km/h, it will take you about 37 metres to stop. At 60km/h, that distance jumps to 56 metres.

• If a car hits a pedestrian at 50km/h the impact is twice as likely to cause death than if the car had been travelling at 40km/h.

Other factors that affect stopping distances include:

- distraction, fatigue or dim lighting, as drivers take longer to react
- wet roads or worn tyres, which can lengthen braking distances.
- poorly maintained brakes.

To reduce the risk of a crash, you should stay under the speed limit and drive to the conditions. Slow down in wet weather or when road conditions or visibility are poor.

Speeding and fatalities

• In a crash between a car and a pedestrian, there's a 90% chance a pedestrian will survive if the car was travelling at 30km/h. There's a 60% chance if the car was travelling at 40km/h, and a 10% chance at 50km/h.

• In a side-impact crash with another vehicle, there's a 90% chance that a driver or passenger will survive at 50km/h. There's a 60% chance at 60km/h, and a 20% chance at 70km/h.

• In a head-on crash between two vehicles, there's a 95% chance that a driver or passenger will survive at 60km/h. There's a 90% chance at 70km/h, and a 20% chance at 90km/h.

Fatigue

Research shows that driving while fatigued can be as dangerous as drink driving. But unlike drink driving, there are no laws regulating driver fatigue for light vehicles.

Fatigue-related crashes can happen on any trip, no matter how long or short or what time of day. Think about how tired you are before you drive, recognise the early warning signs when driving, and know what to do to avoid driving tired.



Mobile phones and driving

Driving is a complex task. Anything that takes your mind or eyes off the road, or your hands off the wheel impacts the safety of everyone on the road.

Being distracted increases your chances of having a crash. It slows down your reaction time and puts you in danger of failing to see pedestrians, bicycle riders or other road users and hazards such as traffic lights and stop signs.

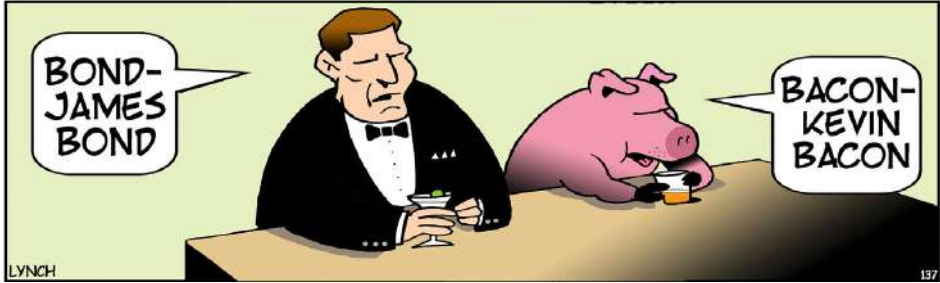
Please remember, to reduce your chance of experiencing road trauma:

- Don't drive at inappropriate or excessive speed.
- Don't drive under the influence of alcohol or drugs.
- Don't drive whilst fatigued.
- Don't drive 'distracted' – by mobile phone or any other electronic device.
- Don't drive without an appropriate restraint (seatbelt) or helmet (if riding a motorcycle or a local Beam (purple) e-scooter).

Remember to be kind to each other and don't forget to say "G'day!" to your local police!

Chief Inspector Timothy Bayly
OIC Forster Police Station

The Grin Bin



Doodley Squat



Swamp

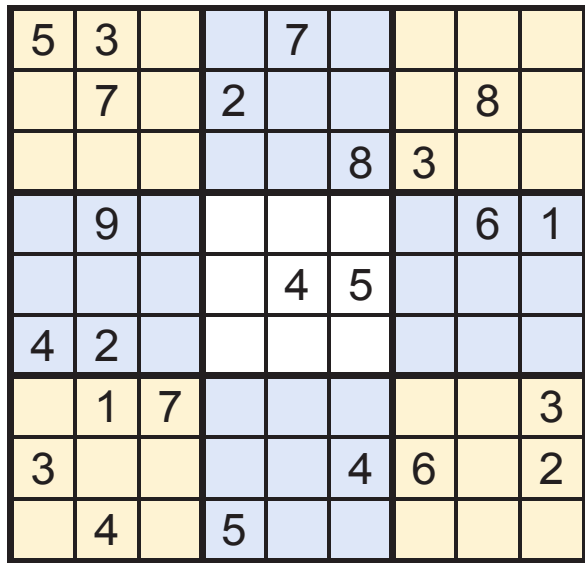


Bushy Tales



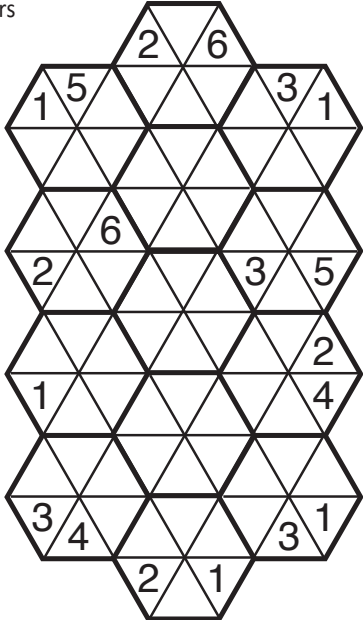
Sudoku

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

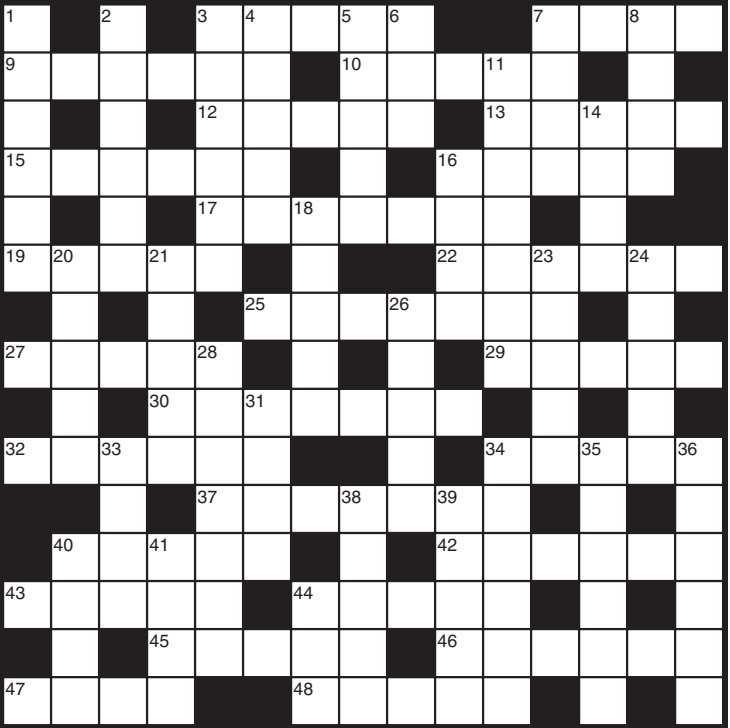


Quick Workout

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



Crossword

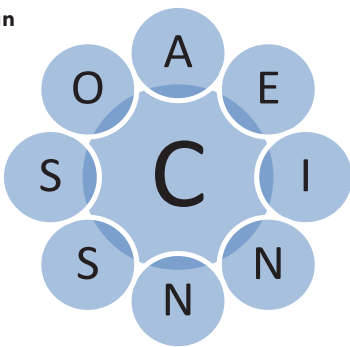


Focus

An All Australian Word Game

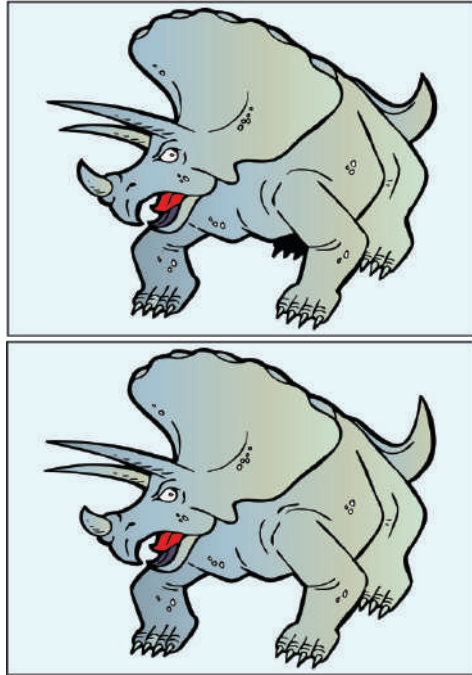
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S Good: 12 words
FOCUS Very good: 18 words
Excellent: 30 words

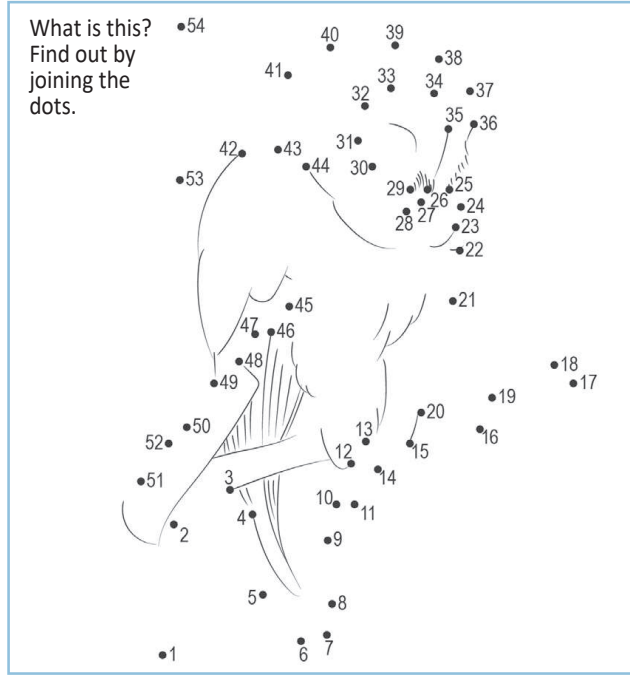


Reference: Macquarie Concise Dictionary
Focus No. 3958

Spot the 5 Differences



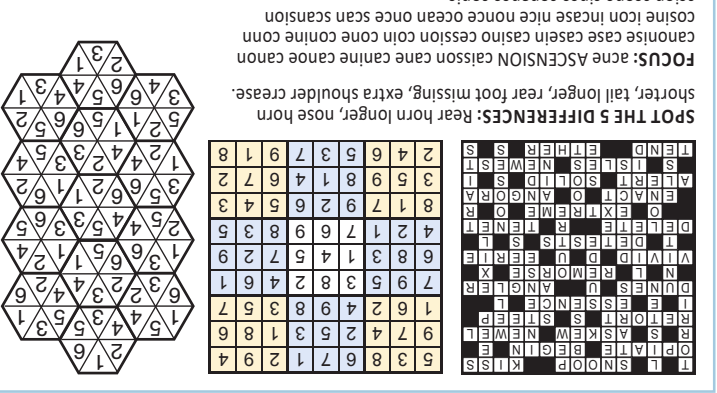
Join the Dots



- ACROSS
- 3 Pry
 - 7 Osculate
 - 9 Narcotic
 - 10 Commence
 - 12 Awry
 - 13 Stair handrail post
 - 15 Sharp reply
 - 16 Precipitous
 - 17 Perfume
 - 19 Low sandhills
 - 22 Fisher
 - 25 Compunction
 - 27 Very bright
 - 29 Weird
 - 30 Loathes
 - 32 Cancel
 - 34 Dogma
 - 37 Utmost
 - 40 Ordain
 - 42 Mohair
- 43 Watchful
- 44 Substantial
- 45 Islands
- 46 Most recent
- 47 Look after
- 48 Anaesthetic
- DOWN
- 1 Oppressively hot
 - 2 Pay attention
 - 3 Gazes fixedly
 - 4 Cosy retreats
 - 5 Abnormally fat
 - 6 Church seat
 - 7 Joint
 - 8 Ooze
 - 11 Acute
 - 14 Waterhole
 - 16 Cicatrice
 - 18 Undressed kid
 - 20 Combine
- 21 Omit in pronunciation
- 23 Farm birds
- 24 Banishment
- 26 Passing of that properly accepted
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Solutions

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Tanya THOMPSON MP

Member for Myall Lakes

Out and About

MOORAL CREEK

SAXBYS SOFT DRINKS - TAREE

UPPER LANSDOWNE

MARINE RESCUE

WHERROL FLAT

ARTISANS ON THE HILL - MONDROOK

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

YOUR FORTNIGHTLY TV GUIDE

April 30 - May 6

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 1.50 Restoration Australia. 2.50 Claire Hooper's House Of Games. 3.20 Grand Designs NZ. 4.05 Long Lost Family. 4.50 A Bite To Eat. 5.20 Antiques Roadshow. 6.15 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Gruen Nation. 8.35 The Weekly. 9.05 Planet America. 9.40 Big Boys. 10.05 Mayfair Witches. 10.50 News. 11.05 The Business. 11.20 In Limbo. 12.20 Grand Designs NZ. 1.05 Long Lost Family. 1.50 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.00 The World's Most Beautiful Landscapes. 4.50 Jeopardy! 5.15 Letters And Numbers. 5.45 Federal Election: Coalition Policy Speech. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.40 Just One Thing With Michael Mosley. 9.15 The Handmaid's Tale. 10.15 SBS News. 10.45 My Brilliant Friend. 11.40 Lost Luggage. 12.35 Lost Luggage. 2.35 Aliquam Dive Stories. 3.35 Aliquam Dive Stories II. 4.35 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Farmer Wants A Wife. 2.30 Border Security: Int. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Clarksons's Who Wants To Be A Millionaire UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Carl Barron: Skating Ring For Films. (M) 12.10 Midnight Texas. 1.01 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 My Way. 1.30 Young Sheldon. 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 Breakthrough: The Rise Of Women's Rugby League. 9.30 NRLW Wrap: Women's State Of Origin Special. 10.30 9News Late. 11.00 The Equalizer. 11.50 Next Stop. 12.15 Tipping Point. 1.05 Drive TV: Launch Pad. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Late Programs.	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 MasterChef Aust. 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 MasterChef Aust. (PG) 8.45 Elsbeth. (M) 9.45 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 Claire Hooper's House Of Games. 3.30 Grand Designs: The Streets. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Restoration Australia. 9.00 Grand Designs Aust. 9.55 Bill Bailey's Wild West Australia. 10.45 News. 11.00 The Business. 11.15 Brush With Fame. 11.45 Grand Designs: The Streets. 12.35 Long Lost Family. 1.20 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 Aust. 6.30 News. 7.30 The Secret DNA Of Us. 8.35 Liberation: D-Day To Berlin. 9.30 Virdee. 10.35 SBS News. 11.05 The Hollow. 10.5 Departure. 2.45 Australia Uncovered: Our African Roots. 3.45 Barkley Manor. 4.15 Barkley Manor. 4.45 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Sweet Revenge: A Hannah Swensen Mystery. (2021) 3.00 The Chase. 4.00 News. 5.00 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Dogs Behaving (Very) Badly. (PG) 8.30 Britain's Got Talent. (PG) 9.35 The Amazing Race. (PG) 11.05 Born To Kill? (MA15+) 12.05 Emergency Call. (PG) 1.05 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Getaway. 1.30 Young Sheldon. 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: Women's State Of Origin. Game 1. Queensland v New South Wales. 9.45 NRL Women's State Of Origin Post-Match. 10.00 9News Late. 10.30 Breakthrough: The Rise Of Women's Rugby League. (PG) 11.30 A Killer Makes A Call. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Late Programs.	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. 10.15 MasterChef Aust. 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 The List. (M) 8.30 Taskmaster Australia. (M) 9.40 The Cheap Seats. (M) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 Morning Programs. 11.00 Vera. Farewell Pet. 12.00 News. 1.00 Bay Of Fires. 3.00 Claire Hooper's House Of Games. 3.25 Grand Designs: The Streets. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. Australia Votes. 8.00 Gardening Australia. 9.00 Sherwood. 10.00 Gruen Nation. 10.35 The Weekly. 11.05 Big Boys. 11.30 News. 11.50 Father Brown. 12.35 Mayfair Witches. 1.20 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Who Do You Think You Are? 3.00 Nula. 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 Aust. 6.30 News. 7.35 24 Hours That Changed The World. 8.30 The Giza Pyramid: Reaching For The Stars. 9.30 Scotland's Scenic Railways. 10.30 SBS News. 11.00 A Body That Works. 12.05 Between Two Worlds. 1.00 Between Two Worlds. 2.00 Agent Hamilton. 3.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Better Homes. 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Better Homes And Gardens. 8.30 House Of Wellness. (PG) 9.30 MOVIE: Couples Retreat. (2009) (M) Jason Bateman, Kristen Bell, Malin Akerman. 10.45 The Black Donnellys. (M) 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: The Marry Me Pact. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 9. Sydney Roosters v Dolphins. 9.55 Golden Point. 10.45 MOVIE: RoboCop. (2014) (M) 1.00 Young Sheldon. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Drew Barrymore. 7.00 Expedition: Raja Ampat And Spice Islands. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.20 MasterChef Aust. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Family Feud. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 The Graham Norton Show. (M) 9.40 The List. (M) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. (PG) 1.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Weekend Breakfast On Election Day. 11.00 Rage. (PG) 12.00 ABC News At Noon. 12.30 MOVIE: Sherpa. (2015) (M) 2.00 Extraordinary Escapes. 3.00 Living With Devils. (PG) 3.55 Landline. 4.25 Australian Story. 5.00 ABC National News On Election Day. 5.30 Australia Votes. 12.00 Creative Types With Virginia Trioli: Tony Albert. (PG) 12.30 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Preparing To Give. 3.00 Cycling. UCI World Tour. Fleche-Wallonne Women's Race. Highlights. 4.00 Cycling. UCI World Tour. Fleche-Wallonne Men's Race. Highlights. 5.00 Going Places. 5.30 How To Lose A War. 6.30 Virdee. 10.35 SBS News. 11.00 Great Coastal Railway Journeys. 10.40 Great Coastal Railway Journeys. 11.10 Homicide. 12.05 Homicide. 12.55 Homicide. 1.50 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Hawkesbury Cup Day. Caulfield Members Day. Guineas Day and SA Derby Day. 12.00 7NEWS: Election Day. 5.00 7NEWS: Australia Decides - Election. 6.00 News. 7.00 7NEWS: Australia Decides - First Count. 8.00 7NEWS: Australia Decides - The Result. 11.00 MOVIE: Life. (2017) (MA15+) 1.05 The Black Donnellys. (M) 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness.	6.00 Morning Programs. 1.00 Great Australian Detour. 1.30 Young Sheldon. 2.00 Rugby League. NRL. Round 9. South Sydney Rabbitohs v Newcastle Knights. 5.00 Election 2025: Australia Decides - Polls Close. 6.00 NBN News. 7.00 Election 2025: Australia Decides - Vote Count. 8.00 Election 2025: Australia Decides - Election Night Live. 10.00 Election 2025: Australia Decides - Analysis. 11.00 MOVIE: Miss Sloane. (2016) 1.30 Destination Wa. 2.00 The Incredible Journey. 2.30 Late Programs.	6.00 Morning Programs. 9.00 My Market Kitchen. 9.30 Key Ingredient. 10.00 The Weekly Kick-Off. 10.30 Roads Less Travelled. 11.00 MasterChef Aust. 12.10 Everyday Gourmet. 12.30 The Brighter Side: Save. Grow. Dream. 1.00 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 Aust. 3.30 Farm To Fork. 4.00 My Market Kitchen. 4.30 GCBC. 5.00 News. 6.00 10 News First: Australia Decides. 12.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Wknd Brekky. 9.00 Insiders. 10.30 Offenders. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Monty Don's Paradise Garden. 3.35 Bill Bailey's Wild West Australia. 4.30 Restoration Australia. 5.30 Antiques Roadshow. 6.30 Compass. (PG) 7.00 News. 7.30 The Piano. (PG) 8.30 Bergerac. (M) 9.20 The Split: Barcelona. (M) 10.20 MOVIE: My Brother Jack - Part 2. (2001) (M) 11.55 Take 5. 12.25 Rage. 4.00 Outback Ringer. 4.30 Insiders.	6.00 Morning Programs. 1.00 Motorcycling Racing. Australian Superbike Championship. Round 3. 4.00 Grace Brown: Time For The Rest Of Life. 4.30 Cycling. UCI World Tour. Liege-Bastogne-Liege. Women's race. Highlights. 5.00 Cycling. UCI World Tour. Liege-Bastogne-Liege. Men's race. Highlights. 5.30 How To Lose A War. 6.30 News. 7.30 Macchu Picchu: City Of Stone. 8.30 Invasion: The Normans. 10.30 The Temple Of Hatshepsut. 11.30 Hell On Earth: WWII. 1.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Show. 1.00 Football. AFL. Round 8. Sydney v GWS Giants. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 The 1% Club. (PG) 8.05 7NEWS Spotlight. 9.05 24 Hours In Police Custody. (M) 10.05 Menendez & Menudo: Boys Betrayed. (MA15+) 11.15 Autopsy USA. (M) 12.15 Shades Of Blue. (MA15+) 1.15 Travel Oz. (PG) 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 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 9. Penrith Panthers v Brisbane Broncos. 6.00 NBN News. 7.00 Travel Guides. 8.10 60 Minutes. 9.10 The Killer Interview With Piers Morgan. 10.10 9News Late. 10.40 See No Evil. 11.40 The First 48. 12.30 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. 9.00 The Chef's Garden. 9.30 Silvia's Italian Masterclass. 10.00 10 Minute Kitchen. 10.30 Pooches At Play. 11.00 My Market Kitchen. 11.30 Roads Less Travelled. 12.00 MasterChef Aust. 1.15 GCBC. 1.30 Cook With Luke. 2.00 Dog Down Under. 2.30 4x4 Adventures. 3.30 Expedition: Raja Ampat And Spice Islands. 4.00 All 4 Adventure. 5.00 News. 6.00 Sunday Project. 7.00 MasterChef Aust. 8.40 Matlock. 10.40 FBI. 11.30 Sunday Project. 12.30 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Restoration Australia. 3.00 Claire Hooper's House Of Games. 3.30 Grand Designs: The Streets. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Q+A. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 The Weekly. 12.10 Grand Designs: The Streets. 1.00 Long Lost Family. 1.45 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 Who Do You Think You Are? 3.00 Travel Shooters. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Greatest Train Journeys From Above. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Prague With Michael Portillo. 8.25 Bettany Hughes: Treasures Of Oman. 9.20 Sri Lanka With Alexander Armstrong. 10.15 SBS News. 10.45 Classified. 11.35 Don't Leave Me. 1.40 Son Of. 3.25 Barkley Manor. 3.55 Barkley Manor. 4.25 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Playing Cupid. (2021) 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 8.50 9-11: Lone Star. (M) 9.50 Suits L.A. (M) 10.50 The Agenda Setters. 12.05 Autopsy USA. (M) 12.50 Treadstone. (MA15+) 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: Learning To Love. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Floor. (PG) 8.45 100% Footy. (M) 9.45 Rise Of The Dolphins. (PG) 11.15 9News Late. 11.45 The Prison Confessions Of Gypsy-Rose Blanchard. 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 MasterChef Aust. 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 MasterChef Aust. 8.40 Sam Pang Tonight. (M) 9.40 Taskmaster Australia. (M) 10.50 News. 11.15 The Project. 12.10 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. 3.25 Grand Designs: The Streets. 4.15 Long Lost Family. 5.05 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Creative Types. 9.00 Freddie Mercury: The Final Act. 10.30 The ABC Of. 11.00 News. 11.15 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 Destination Flavour. 3.40 Plat Du Tour. 3.45 The Cook Up. 4.15 Greatest Train Journeys From Above. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Coastal Railway Journeys. 8.00 Great Coastal Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Living Black. 11.00 Snow. 11.55 Unbroken. 1.35 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.20 Border Security: Int. 3.00 Beat The Chasers UK. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.05 Doc. (M) 10.05 Accused. (M) 11.05 The Agenda Setters. 12.05 The Act. (MA15+) 1.20 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 My Way. 1.30 Young Sheldon. 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 Australian Crime Stories: The Investigators. 9.45 9News Late. 10.15 Wild Cards. 11.15 The Equalizer. 12.05 Young Sheldon. 12.35 Tipping Point. 1.30 TV Shop. 2.30 Garden Gurus. 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 MasterChef Aust. 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 MasterChef Aust. 8.40 The Cheap Seats. (M) 9.40 NCIS. 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

May 7 - 13

	ABC TV	SBS	SEVEN	NBN	TEN	
	6.00 Morning Programs. 1.35 Media Watch. 2.00 Restoration Australia. 3.00 Claire Hooper's House Of Games. 3.25 Grand Designs: The Streets. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Gruen Nation. 8.35 The Weekly. 9.05 Planet America. 9.40 Big Boys. 10.05 Mayfair Witches. 10.50 News. 11.05 The Business. 11.20 Brush With Fame. 11.50 Brush With Fame. 12.20 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 Destination Flavour. 3.40 Plat Du Tour. 3.45 The Cook Up. 4.15 World's Greatest Train Journeys From Above. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.40 Just One Thing With Michael Mosley. 9.15 The Handmaid's Tale. 10.15 SBS News. 10.45 My Brilliant Friend. 11.45 The Wall: Cover Your Tracks. 3.05 Welcome To My Farm. 4.05 Barkley Manor. 4.35 Bamay. 5.00 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 Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Clarksons's Who Wants To Be A Millionaire UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Nurse Georgie Carroll Stista Flow 2.0. (M) 11.45 St. Denis Medical. (PG) 12.15 Midnight Texas. (MA15+) 1.15 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 Innovation Nation. 1.30 Young Sheldon. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Hundred With Andy Lee. 8.30 The Grand Tour. 9.50 Freddy And The Eighth. 10.50 9News Late. 11.20 The Equalizer. 12.10 Young Sheldon. 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 MasterChef Aust. 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 MasterChef Aust. (PG) 8.40 Elsbeth. (PG) 9.40 NCIS: Origins. (M) 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	WEDNESDAY
	6.00 Morning Programs. 1.00 Sherwood. 2.00 Restoration Australia. 3.00 Claire Hooper's House Of Games. 3.30 Grand Designs: The Streets. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Restoration Australia. 9.00 Grand Designs Aust. 9.55 Bill Bailey's Wild West Australia. 10.45 News. 11.00 The Business. 11.15 Grand Designs: The Streets. 12.05 Late Programs.	6.00 Morning Programs. 1.55 Alone Australia. 3.00 Living Black. 3.30 Destination Flavour. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.15 Greatest Train Journeys From Above. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Secret DNA Of Us. 8.35 Liberation: D-Day To Berlin. 9.30 Sherlock & Daughter. 10.25 SBS News. 10.55 The Hollow. 11.55 The Hollow. 12.55 Departure. 2.35 Welcome To My Farm. 3.05 Welcome To My Farm. 3.35 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Carrot Cake Murder: A Hannah Swensen Mystery. (2023) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Dogs Behaving (Very) Badly. (PG) 8.30 Britain's Got Talent. (PG) 9.35 The Amazing Race. (PG) 12.00 Raines. (M) 1.00 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Drive TV: Drive Car Of The Year. 1.30 Young Sheldon. 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 10. Parramatta Eels v Dolphins. 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 Late Programs.	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 MasterChef Aust. 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 MasterChef Aust. (PG) 8.40 Elsbeth. (PG) 9.40 NCIS: Origins. (M) 10.30 News. 10.55 The Project. 12.05 Stephen Colbert. (PG) 1.00 Shopping. 4.30 CBS Morning.	THURSDAY
	6.00 Morning Programs. 10.30 The Pacific. 11.10 Bergerac. 12.00 News. 1.00 Bay Of Fires. 2.00 Restoration Australia. 3.00 Claire Hooper's House Of Games. 3.30 Grand Designs: The Streets. 4.15 Long Lost Family: What Happened Next. 5.05 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Gruen Nation. 8.35 The Weekly. 9.05 Planet America. 9.40 Big Boys. 10.05 Mayfair Witches. 10.50 News. 11.05 The Business. 11.20 Brush With Fame. 11.50 Brush With Fame. 12.20 Late Programs.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 Who Do You Think You Are? 3.00 Nula. 3.30 Destination Flavour. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.15 Greatest Train Journeys From Above. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Rise And Fall: The World Trade Center. 9.05 GloriaVale: New Zealand's Secret Coast. 10.40 Sydney News. 11.10 Atlantic Crossing. 12.10 Between Two Worlds. 1.05 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Better Homes. 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Better Homes And Gardens. 8.30 House Of Wellness. (PG) 9.30 MOVIE: The Dressmaker. (2015) (M) Kate Winslet, Judy Davis, Liam Hemsworth. 12.00 The Black Donnellys. (M) 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: Bad Tutor. (2018) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 10. South Sydney Rabbitohs v Brisbane Broncos. 9.55 Golden Point. 10.45 MOVIE: Looper. (2012) (MA15+) 1.00 Drive TV: Launch Pad. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Drew Barrymore. 7.00 Expedition: Raja Ampat And Spice Islands. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 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 Family Feud. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 The Graham Norton Show. (M) 9.40 The List. (PG) 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping.	FRIDAY
	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 MOVIE: My Brilliant Career. (1979) 2.05 Extraordinary Escapes. 2.55 Spicks And Specks. 3.45 The Piano. 4.45 Creative Types. 5.15 Landline. 5.40 Aust Story. 6.10 Father Brown. (PG) 7.00 ABC News. 7.30 Call The Midwife. (M) 8.30 Call The Midwife. (PG) 9.30 Bergerac. (M) 10.20 Hard Quiz: Battle Of The Has Beens. (PG) 10.55 The Split: Barcelona. (M) 11.55 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 12.30 ABC World News Tonight. 1.00 PBS News. 2.00 Sailing, SailGP. Round 5. Highlights. 3.00 Going Places. 4.00 Heroines. 4.30 Cycling. UCI World Tour. Giro d'Italia. Stage 1. Highlights. 5.30 How To Lose A War. 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. 11.25 Homicide. 3.55 Barkley Manor. 4.25 Bamay. 5.15 France 24 Feature. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. The Coast Race Day, Caulfield Thoroughbred Club Race Day, Hollidale Stakes Day and Goodwood Day. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 The Americas. (PG) 8.00 MOVIE: Armageddon. (1998) (M) 11.05 MOVIE: The Rock. (1996) (MA15+) 2.00 Motor Racing. Supercars Championship. Super 400. Day 1. Highlights. 3.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 12.00 Destination WA. 12.30 Drive TV: Launch Pad. 1.00 Great Australian Detour. 1.30 Young Sheldon. 2.00 The Floor. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Holiday Home Makeover With Rachel & Ryan. 8.30 MOVIE: Casino Royale. (2006) 11.20 MOVIE: The Disappointments Room. (2016) 1.00 World's Greatest Natural Icons. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 10.30 10 Minute Kitchen. 11.00 MasterChef Aust. 12.10 GCBC. 12.30 The Brighter Side: Save. Grow. Dream. 1.00 Roads Less Travelled. 1.30 What's Up Down Under. 2.00 Buy To Build. 2.30 Food Trail: South Africa. 3.00 Silvia's Italian Masterclass. 3.30 Farm To Fork. 4.00 My Market Kitchen. 4.30 GCBC. 5.00 News. 6.30 Dog House Aust. 7.30 Love It Or List It Australia. 8.40 Ambulance Australia. 10.40 Elsbeth. 11.40 Matlock. 12.30 Shopping. 5.00 Hour Of Power.	SATURDAY
	6.00 Rage. 7.00 Wknd Brekky. 9.00 Insiders. 10.00 Offenders. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Monty Don's Paradise Garden. 3.35 Bill Bailey's Wild West Australia. 4.30 Restoration Australia. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 The Piano. (PG) 8.30 Bergerac. (M) 9.15 The Split: Barcelona. (M) 10.20 MOVIE: Hearts And Bones. (2019) 12.05 Take 5. 12.35 Rage. 3.30 Ask The Doctor. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedways. 1.00 Heroines. 3.30 Gymnastics. FIG World Cup. Highlights. 4.30 Cycling. UCI World Tour. Giro d'Italia. Stage 2. Highlights. 5.30 How To Lose A War. 6.30 News. 7.30 Mystery Of The Desert Kites. 8.30 Genghis Khan's Mongolia. 10.30 Incas: The New Story. 11.50 House Of Maxwell. 2.10 House Of Maxwell. 3.15 Barkley Manor. 3.45 J Schwank's Life In Bloom. 4.15 Bamay. 4.50 Destination Flavour. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 TBA. 4.00 Surveillance Oz: Dashcam. 4.30 Motorway Patrol. 5.00 News. 5.30 Weekender. 6.00 How To Lose A War. 7.00 The Club. 8.00 Cold Chisel. The Big 5. (M) 10.00 Menendez & Menudo: Boys Betrayed. 11.15 Autopsy USA. 12.15 Motor Racing. Supercars Championship. Super 400. Day 2. Highlights. 1.15 Shades Of Blue. 2.30 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 NRL Sunday Footy Show. 1.00 Fish Forever. 1.30 Drive TV: Drive Car Of The Year. 2.00 Surf Boats. 3.00 Rugby League. NRL. Round 10. Manly Sea Eagles v Cronulla Sharks. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 10. Parramatta Eels v Dolphins. 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 Drive TV: Drive Car Of The Year. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 The Chef's Garden. 9.30 Silvia's Italian Masterclass. 10.00 10 Minute Kitchen. 10.30 Pooches At Play. 11.00 My Market Kitchen. 11.30 Roadies. 11.55 Travelers. 12.00 MasterChef Aust. 1.00 Everyday Gourmet. 1.30 Cook With Luke. 2.00 Dog Down Under. 2.30 4x Adventures. 3.30 All 4 Adventure. 4.30 Farm To Fork. 5.00 News. 6.00 Sunday Project. 7.00 MasterChef Aust. 8.20 House Hunters Aust. 9.20 FBI. 11.10 Sunday Project. 12.00 Shopping. 4.30 CBS Morning.	SUNDAY
	6.00 Morning Programs. 1.00 Landline. 2.00 Restoration Australia. 3.00 Claire Hooper's House Of Games. 3.30 Grand Designs: The Streets. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Gruen Nation. 8.35 The Weekly. 9.05 Planet America. 9.40 Big Boys. 10.05 Mayfair Witches. 10.50 News. 11.05 The Business. 11.20 Brush With Fame. 11.50 Brush With Fame. 12.20 Late Programs.	6.00 Morning Programs. 2.00 Who Do You Think You Are? 3.00 Travel Shooters. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 3. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Prague With Michael Portillo. 8.25 Bettany Hughes: The Silk Road Treasures. 9.20 Sri Lanka With Alexander Armstrong. 10.15 SBS News. 10.45 Classified. 11.35 Don't Leave Me. 1.45 Surviving An American Concentration Camp. 2.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Poisoned Love: The Stacey Carter Story. (2020) 3.00 The Chase. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.00 9+1: Lone Star. (M) 10.00 Suits L.A. (M) 11.00 The Agenda Setters. 12.00 The Treason. (MA15+) 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 TBA. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Floor. (PG) 8.45 100% Footy. (M) 9.45 9News Late. 10.15 Aussie Road Train Truckers. (M) 11.15 Gypsy Rose: Life After Lockup. (M) 12.05 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 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 MasterChef Aust. 8.40 Have You Been Paying Attention? (M) 9.40 Taskmaster Australia. (M) 10.50 News. 11.15 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	MONDAY
	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: The Streets. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Claire Hooper's House Of Games. 7.00 News. 7.30 7.30. 8.00 Gruen Nation. 8.35 The Weekly. 9.05 Planet America. 9.40 Big Boys. 10.05 Mayfair Witches. 10.50 News. 11.05 The Business. 11.20 Brush With Fame. 11.50 Brush With Fame. 12.20 Late Programs.	6.00 Morning Programs. 2.00 The Bride Flights. 3.05 The Weekly Football Wrap. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Greatest Train Journeys From Above. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Prague With Michael Portillo. 8.25 Bettany Hughes: The Silk Road Treasures. 9.20 Sri Lanka With Alexander Armstrong. 10.15 SBS News. 10.45 Classified. 11.35 Don't Leave Me. 1.45 Surviving An American Concentration Camp. 2.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Border Security. Int. 3.00 The Chase. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.00 9+1: Lone Star. (M) 10.00 Accused. (M) 11.00 The Agenda Setters. 12.00 The Treason. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 My Way. 1.30 Young Sheldon. 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 Australian Crime Stories: The Investigators. 9.45 News Late. 10.15 Wild Cards. 11.15 The Equalizer. 12.05 Young Sheldon. 12.35 Tipping Point. 1.30 TV Shop. 2.30 Garden Gurus. 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 MasterChef Aust. 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 MasterChef Aust. 8.40 The Cheap Seats. (M) 9.40 FBI: Most Wanted. (M) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 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.

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 page 3 for more information.

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

BLACK HEAD BAZAAR

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

Sun 11 May - Forster Town Market
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.

Sat 17 May - Mother's Day
This day is widely observed to appreciate mothers and mother figures, although it is not a public holiday.



Sat 17 May - Forster Farmers Market
8am to 12pm Forster Info Centre, Little St.
Enquiries: Linda 0421 347 273



Sat 24 May - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994



Sun 25 May - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

What's on around town & beyond!



Ladies Race Day



Above and left: Photos from 2024 Ladies Race Day by Patricia Macvean.

Tuncurry Jockey Club

Gate Entry: Members \$5 & general entry \$10

When: Saturday 17th May 2025

Gates Open: At 12 noon

Join us for Ladies Race Day at Tuncurry Forster Jockey Club, where excitement meets elegance. Experience an unforgettable day of thrilling races, great company, and a lively atmosphere.

All ladies will receive a complimentary glass of bubbly and have the opportunity to win exceptional prizes, including a \$500 Occasions Jewellers gift, as part of the Glitz and Glamour race.

Event Highlights:

- Live Entertainment in The Paddock and The McQuillan Pavilion - James Keith and Hudson Rose.
 - Free bus service available to and from the event.
 - Function spaces available for booking – perfect for groups and special occasions.
 - Gazebo catering options for a premium race day experience.
 - More details on race start times head over to www.racingsw.com.au
- www.tuncurryforsterjockeyclub.com.au



Manning Regional Art Gallery



BEV DAVIES - Figurative Works

The vibrant interplay of colour in Bev's art serves as a powerful medium for expression, capturing the complexities of human emotion and interaction often in exaggerated theatrical poses.

Exhibition dates 14 March - 10 May 2025



Above: Manning Regional Art Gallery at 12 Macquarie Street, Taree.

The Gallery is free to enter and is open Tuesday to Saturday 10am to 4pm, closed Sundays, Mondays and Public Holidays.

Exhibitions

The Manning Regional Art Gallery Exhibition Program provides access to international, national, established and emerging artists to the communities and visitors of the Manning, Great Lakes and Gloucester regions. Our exhibitions and associated education and public programs enable visitors to get involved, reflect on current issues, learn something new and have a bit of fun.

The Gallery has several exhibition spaces, featuring curated and touring exhibitions from around Australia, as well as local and nationally recognised artists. These spaces change regularly, with new exhibitions at least every 6 – 8 weeks.

www.mrag.midcoast.nsw.gov.au



POSTWORLD

POSTWORLD features Australian artists who create parallel universes. Audiences are invited into the playful, sublime, poetic and cautionary in this exhibition. Drawing on the detritus of human experience, these worlds have their own internal languages existing in alternate time and space.

Exhibition dates 14 March - 10 May 2025

Ladies Day

SATURDAY 17th MAY

Occasions JEWELLERS

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GATES OPEN AT 12 NOON

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www.tuncurryforsterjockeyclub.com.au

Mixed bag and Feedback

Letters to the Editor

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

Bloke who got free uni and paid \$75,000 for \$4M house wonders what’s in budget for him

POLITICAL SATIRE: A resident of Hawthorn in Melbourne’s east says he is furious that there is nothing in the budget for those struggling to maintain the upkeep on their tennis courts and holiday homes.

“All of these hand-outs for families, and students and renters. Well what about the people who don’t have a HECS debt? What about the people who don’t have a mortgage? Who don’t have to pay rent? Where’s the handout for them?”

“You wouldn’t believe how hard it is right now. Try getting a builder to renovate a holiday house in Portsea – they’re booked up until 2026! That’s two years minimum without a second entertaining area over the summer months.

“And I’m not just having to pay for myself. Sure, my kids may have moved out of home, but I’ve still got five dependents – or ‘investment

properties’ as some people like to call them. They don’t just pay for themselves. Well actually, they do, bad example, but you know what I mean.

“People like me are getting squeezed right now. I mean, just look at how high interest rates are at the moment. Yes, it’s true that I don’t have a mortgage, because I only paid \$75,000 for my house. But it doesn’t change the fact that 6% is a large number”.

www.theshovel.com.au



www.moir.com.au



Above: ANZAC Dawn Service at Seal Rocks by Dan Toney.

Book Review



Book Review by John King - Librarian

The Taiwan Story

Kerry Brown has long studied China, first working at the British Foreign and Commonwealth office stationed in Beijing, at Chatham House, then Professor of Chinese Politics and Director of the China Studies Centre at the University of Sydney, and is now Professor of Chinese Studies at King’s College London. His book *The Taiwan Story* subtitled *How a Small Island Will Dictate the Global Future*, was published in 2024 before the second Trump presidency.

The book starts by describing life in Taiwan today before looking back at Taiwan’s turbulent history with successive waves of immigration, conflict, fifty years of Japanese occupation, and finally its emergence as a vibrant democracy of 23 million people. The contrast with China could not be more stark.

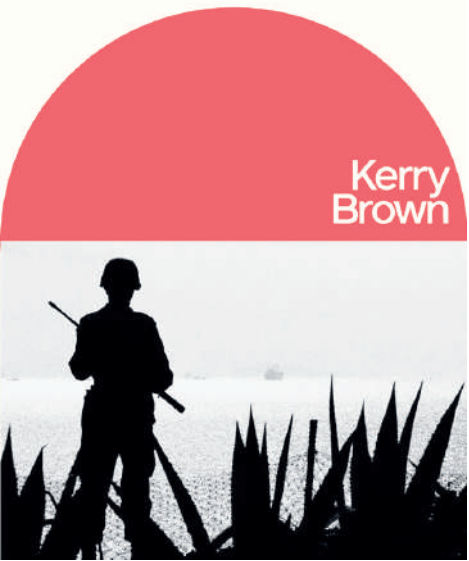
He looks at Taiwan’s economy and the role that its production of high-end superconductors is playing in the world economy. (Note that Trump has just cancelled its tariffs on electronic equipment including computers and the superconductors that it does not produce.) He goes on to look at Chinese/Taiwanese/US relations. China has shot itself in the foot with its handling of the integration of Hong Kong: no Taiwanese wants that to happen to them. The younger generation especially identifies itself as being Taiwanese.

Brown sees no solution to China’s intransigence that come what may, Taiwan will be part of China, and Taiwanese concern for their own identity and governance. He simply hopes that calm management of the situation together with the current ambiguity about US support for Taiwan if China attempted invasion can last until circumstances change enough to effect a peaceful resolution and avoid a wholesale catastrophe.

Yet, it is here with the second Trump presidency that circumstances have changed. Brown does not conceive of a situation where the US would simply withdraw. Yet it has been said that America will fight Russia’s invasion of Ukraine to the last Ukrainian soldier. What about Taiwan where it must be added an air and sea blockade would serve very well to deny any foreign support. American support

THE TAIWAN STORY

How a Small Island Will Dictate the Global Future



for a democratic Ukrainian state is clearly lukewarm, something Xi has doubtless taken into account. Notable too is the very recent tri-lateral summit between China, Japan, and South Korea about Trump’s tariffs – who would have foreseen it? Academics tend to view world actors as rational. Unfortunately, history shows that power is an addiction, like drugs, with rationality a poor second. With Xi’s utter conviction that Taiwan must and will be reunited with China, and now with the power to do it, can the current stand-off continue peacefully as Brown says it must?

This is very worthwhile and timely book even if it needs a 2025 update.

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

Rogue Hero’s (Season 2) SBS, released January 2025

A continuation of Season 1, *Rogue Hero’s* Season 2 carries the moniker- “inspired by true events, but be aware this is not a history lesson.” After success in North Africa the SAS now turn their sights on the pre invasion of Sicily and Italy, disrupting the defending Italian and German armies through commando raids. If you like plenty of action and a good storyline, with some black humour thrown in, you will find this series worth watching.



Mobland (Season 1 - 10 Episodes) Netflix, released March 2025

A new UK psychological drama on Netflix starring Helen Mirren and Pierce Brosnan.

A very gritty and realistic show about 2 warring crime families and a battle that threatens both empires. In the middle stands a street smart fixer who knows where loyalties lie as opposing forces collide. A very interesting gangland series to watch which is (unfortunately) being released weekly, episode by episode.



Adolescence - Miniseries 4 Episodes – Netflix, released March 2025

A gripping crime drama about a teenage boy accused of murdering a female classmate. You become immersed in the show happening in real-time as the police build a case against a teenager who thinks he is grown up. The pressure builds on the family both from outside and inside the family. An excellent series that leave you wondering how someone so young could do this.



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Application for Appointment of Board Members

Tuncurry Public Hall Reserve Land Manager

Ever wondered who is responsible for keeping Crown reserves operating?

Countless facilities like showgrounds, local halls and parks are run by Statutory Land Manager Boards, made up of people just like you. People who understand the need and have a desire to manage public land and assets for the benefit of the entire community.

Your role as a Board Member is voluntary, but the rewards of giving something back to the community are priceless.

We are looking for a good mix of people with a variety of skills, however, sound business and financial management skills and objective decision-making expertise would be a distinct advantage.

Don't let this opportunity to do something for yourself and your community pass you by – contact us today.

The Tuncurry Public Hall Reserve Land Manager manages the Reserve No. 54151 at Tuncurry notified on 10-Sep-1920 for Public Hall. The term of appointment will be for a period not exceeding 5 years.

Application for membership can be made via portal.crownland.nsw.gov.au

All applications are required to be lodged by **31 May 2025**.

For further information contact Matthew McGilvray on 0408 055 241 or go to reservemanager.crownland.nsw.gov.au

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Community News

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Weekly Diary

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

Mondays

Alcoholics Anonymous

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

Al-Anon Family Groups

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

Boomerang Bags Forster Tuncurry

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

Club Forster Travel Club

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

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

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

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.

Forster Tuncurry Lions Club

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

Forster Tuncurry Men's Shed Inc.

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

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

Forster Tuncurry Seniors

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

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

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

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

Great Lakes Vietnam Veterans Association
Email: vvagforster@gmail.com

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

Mixed Social Tennis

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

Quota Club of Forster Tuncurry

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

Tennis Forster

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

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

Tuesdays

Alcoholics Anonymous

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

Club Forster Social Dance Club

Every Tuesday we have Learn to Dance 6-7pm
then Social Dance 7-9pm.
Contact Mark 0412 384 077

Coomba Park Tennis Club

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

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 Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

1st Forster Tuncurry Scout Group Venturer

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

Great Lakes Prostate Cancer Support Group.

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

Hallidays Point Combined Probus Meeting

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

Hallidays Point Surfing Mums

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

Pacific Palms Probus Club

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

Pickleball Tuncurry

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

Rotary Club of Lower Midcoast

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

The Coomba Mens Shed

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

Wallis Lake Dining Group

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

Wallis Lake Tourers Travel Club Inc.

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

Wednesdays

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

Club Forster Table Tennis

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

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

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.

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

Forster Tuncurry Evening View Club

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

Forster Tuncurry Men's Shed Inc.

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

Great Lakes Breast Cancer Support Group

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

Great Lakes Historic Automobile Club Inc.

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

Great Lakes Knit and Spin

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

Great Lakes Suicide Prevention Network

Meet third Wednesday of every month at 6pm
Tuncurry Beach Bowling Club & on zoom. Email
greatlakesspn2428@gmail.com for details.

Green Bikes Community Workshop

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

Hallidays Point Men's Shed

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

One Mile Beach Dunecare

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

Seaside Heritage Quilters meet on the first
and third Wednesday of each month at 10am –
2pm at the Masonic Hall, Lake St, Forster.
New members welcome.

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.Twin Towns
Tennis Club

8am Mixed Social and 7pm Night Comp

every Wednesday. Capel St Tuncurry.
Contact Ellise 0411 476 063.

Westpac Rescue Helicopter Service

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

Thursdays

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

Codependents Anonymous

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

Coomba Mens Shed

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

Forster District Combined Probus Club

9.45am First Thursday of every month (except
January) Club Forster. Contact Jacqui Costello
0410 662 671

Forster Keys Progress Association

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

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout Section

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

Great Lakes Concert Band

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

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.

Great Lakes Vietnam Veterans Association

Email: vvagforster@gmail.com

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

Knit and Knatter

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

Mens Social Tennis

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

Tennis Forster

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

Twin Towns Tennis Club

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

Fridays

Alcoholics Anonymous

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

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 Country Women's Association (CWA)

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

Forster Tuncurry Men's Shed Inc.

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

Forster Tuncurry Red Cross

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

Forster Tuncurry Seniors

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

Ladies Social Tennis

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

Pickleball Tuncurry

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

Tuncurry Beach Dunecare

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

Twin Towns Tennis Club

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

Wallis Lake History Group

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

Saturdays

Alcoholics Anonymous

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

Club Forster Table Tennis

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

Community News

www.forsterfortnightly.com.au

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Community Meals & Pantry



Above: Forster Community Lunches.

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/Forstersalvos

Forster Community Lunches

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

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

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

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



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

May

Manning Great Lakes Birdwatchers

Thurs 1 May - Ghinni Ghinni - Blacks Lane/
Croki. Enquiries ph. 0431 878 395

Sat 17 May - Seal Rocks /Lighthouse Walk/Local
Firetrails.

Grey-crowned Babbler

Above: Seldom seen apart from their family
groups, Babbler's scour their territory, through
low trees and on the ground looking for insects.
They will build a communal nest where the
young of a dominant pair are raised by the
extended family.

Photographed at Wang Waulk by Brian
McCauley.

Star Pet



Name: Pango

Age: 2 years old

Breed: German
Koolie, an
Australian dog
breed.

Likes: He loves
his ball. He loves
running and
chasing birds.

Dislikes: He likes
going in our dam
but not getting
stuck.

Claim of Fame:
Pango has
completed
around 60
Forster parkruns.
If a family
member finishes
quickly he will
sometimes join
other member
and do an extra
lap. He's always
up for more.

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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Happy 70th Wedding Anniversary James & Jean McMurtry

Happy 70th Wedding Anniversary James and Jean McMurtry from the family.

James Martin McMurtry

James Martin McMurtry was born in County Down in Northern Ireland on 26.9.1930, the eldest son to Elizabeth (nee Carson) and James McMurtry. James had 4 siblings, 1 older sister, 2 younger brothers and a younger sister. He grew up in the village of Magheralin (now known as Maralin) about 20kms southwest of Belfast, or as he used to tell us, nowhere near Belfast.

Always a keen swimmer he swam the river Lagan with his mother walking the bank with a rope tied to his waist. This would have been a pretty rare thing to do in those days as most Irish people would see no sense in swimming in a cold river.

The house they lived in was an old stone cottage, now demolished, that was so poorly built that in winter the snow melted on the walls and stood some distance from the house. Little wonder he dreamt of coming to a place like Australia. He began an apprenticeship as an electrician after leaving school and this allowed him to save the 10 pounds required for his passage to Australia.

James set off in August 1949 for the 6 week voyage to Sydney, landing on his 19th birthday. He stayed briefly with his uncle in the Parramatta area before going to live with his employer in Granville. While in Granville he saw an advertisement for workers at a sawmill in the Dorrigo mountains. The job came with a house so he applied and was accepted. The advertisement had neglected to mention that the house was unfurnished and he set about making furniture for the house. By this time his elder sister May had arrived. James always said that his time in the Dorrigo mountains was some of the best times of his young life - the freedom, sunshine, fresh air and opportunities. He met Bill who was to become a lifelong friend and brother-in-law after marrying May.

Soon after May had joined James, the rest of his family came out from Ireland and joined them in the mountains. James had never really expected to see his parents or younger siblings again so this was a great pleasure. James, now the old hand, enjoyed showing the family around the area.

James could see that while the life was enjoyable there was no real future in living in this isolated part of the world so he moved to Sydney to seek opportunities. Over the next few years he worked at building the Warragamba Dam, the building of Gladesville Bridge and a dairy farm in Hoxton Park. At the dairy he discovered that he had an allergy to the milk which left his hands cracked and bleeding. He needed a new career. This is when he began work at the Parramatta District Hospital, oddly enough, in Parramatta. He started as a night porter. Enter Jean Bullen.

Jean McMurtry

Jean is the third child of Christina (nee Dunstan) and Edmund Bullen. Through her early years Jean and the family moved about New South Wales as her father, a police officer, was posted in various towns, Jean started school in Albury and completed high school in Parramatta.

After completing her leaving certificate Jean began her nurse training at Parramatta District Hospital, oddly enough, in Parramatta. Nurse training in those days required trainees to live in at the hospital nurses' home, now Essington House. This provided Jean the chance to live independently away from very difficult circumstances at home. The year was 1952.

Jean loved her nurse training. It was both stimulating and rewarding, also tiring, exhausting and sometimes frustrating. In some regards nothing much has changed in nursing.

In 1954 James and Jeans paths would intersect

On night duty Jean saw this handsome young night porter covering up his bike to keep it safe from the elements. She thought to herself 'I wonder if he would look after me with such care'. The custom in that far away time was for the nursing staff to provide a meal for the night porters so Jean took this opportunity to meet and speak to James.

With his Irish accent and polite manner James was a little out of the ordinary from her usual acquaintances. They began seeing each other outside work. Neither had any money so a lot of the time this involved sitting on the verandah of Essington house and talking. They



Jean and James McMurtry.

talked about what they hoped the future would be like for them, where they had come from and where they wanted to be. Over time the relationship developed and they married on 15.4.1955 at St Andrews Protestant Church in Parramatta. Later the church became a Uniting church and later still a pizza and pasta restaurant. The very next week James began his training to become a registered Mental Nurse, as it was called then.

In years yet to come, three of their sons would also be married in the same church.

As a result of getting married Jean had to quit her registered nurse training. In those days you were not able to be married as a trainee registered nurse but she was able to apply to be a registered enrolled nurse, which she did.

Their wedding was a small affair attended by James' sister May and her husband Bill, Jeans' mother and a couple of friends.



Jean and James with their 'boys' (L-R) Robert, Stephen, Gary and Alan with Jean and James.

They rented a 'house' in Bossley Park. The first house they bought was in Smithfield in western Sydney. To call it a fixer-upper is to be generous but it was theirs, and the banks of course. Starting in 1956 their family began to grow, first Stephen then Alan then Gary and Robert the youngest in 1960. Jean used to say that she had been pregnant for 5 years. An unexpected legacy of their growing family was that Jean developed a component in her blood that was used to treat mothers with rhesus incompatible babies. Jean donated her blood for many years.

When Robert was a little one year old, the family moved to Wentworthville in to the house that Jean had spent her teen years growing up in. They were to stay there for nearly 2 years while they built their own home on land they had bought from Jeans' mother. They moved in in 1962 and stayed there until, after retirement, they relocated to the Mid North Coast.

In this house, their 4 boys grew and thrived. James had access to Jeans' mothers' land which was set behind their house block. Here he

grew seasonal vegetables to supplement the feeding of his growing lads. There were chooks and the obligatory fruit trees. Over time Jeans' mother built next door and her sister next door again. James was able to grow enough potatoes to keep the three households in potatoes for much of the year. This was done with the assistance of Jean's brother and later the boys.

James achieved his registration in 1959 and over the years gradually moved up the ranks until he retired as Deputy Director of Nursing. He retired after 30 years to begin the next phase of life.

Jean had not been idle in this time either. When first married she worked as an enrolled nurse at Parramatta Psychiatric Hospital where James was doing his training. Later she would work in an aged care facility in Pendle Hill called Ashwood House. The work could be very difficult with staff shortages and deadlines to meet. Some of the patients could be demanding while some of the other staff did not really pull their weight. But it also had its rewards, a kind word from a relative or a smile from a patient when she had made them more comfortable. On one occasion Jean was given a sulphur crested cockatoo by one of the patients. She thought this would be a great pet for her boys, and indeed it was. It had a charming trick where it would mutter something unintelligible then laugh. It sounded like it was telling itself a joke. Neighbours removed the mystery by telling Jean the cockatoo was actually swearing in Italian.



James and Jean on their wedding day 15 April 1955.

The years went by as they do and the boys grew into young men. The 2 eldest followed James into Psychiatric nursing and moved away from the family home. Jean tried to retire but found the time weighed on her so she returned to work. In 1985 Jean had again retired and James decided to take an early retirement at 55 years of age after 30 years at the hospital. For a while they busied themselves around the house, but James had always longed to have a bit of land, something that would have been utterly impossible in Ireland. They'd had a taste of this when they had bought the 5 acres in Kellyville but with a young family, that had proved to be unmanageable.

Off and on, James and Jean had holidayed in Forster and, as many had before them, they had fallen for the area's charms. Driving in the hinterland they found what turned out to be their dream block. It was a 100 acre bush block. Youngest son Robert bought the family home from them and they moved. Over the next year or two they worked tirelessly. First clearing the building site and then becoming owner builders of a 'granny flat' to live in while they built the main house. While hard work, it was a labour of love. Timing was impeccable as the area experienced a very wet season. This made building so much more fun. In the spare moments while building, James set up a veggie garden and began battling the wildlife, who also liked fresh vegetables. Jean also snatched moments and began laying out the flower beds for their home. They spent 6 very happy years on the property, along with their dogs Ralph and Sparky. However, the time came when they realised that the work was starting to get beyond their desire to keep doing it.

Meanwhile their eldest son Stephen, his lovely wife Deb and their son Brad had also fallen for the area's charms and had bought a property nearby.

Jean and James moved into Forster after looking around for some time. Initially it felt cramped after having so much space but they adapted. They would walk the breakwall most mornings, they joined the club and became regular visitors. Life was pretty darn good.

The clan was growing this whole time and by now there were 4 sons, 8 grandchildren and now 10 great grandchildren.

Unfortunately, as happens all too often, James' health began to deteriorate. Jean soldiered on stoically for much longer than lesser mortals would have done. James was given a 4 year prognosis (now 6 years ago) with the kidney failure that he was experiencing. His need for care finally exceeded Jean's ability, not her desire, to continue.

After a spell in Wingham with an unplanned total hip replacement the week before Christmas, and then a second time in Wingham, James is now at Kularoo in Forster. James is well looked after and Jean visits at least 5 days a week, Deb 3 times, son Stephen every Sunday and the other 'boys' as often as they can.

Connected – Hayley & Justine

By Vanda Gooley

Hayley Nicole Moody and Justine Louise Lea, both 40, are a dynamic duo living in Forster. They are passionate runners, share the same interests, goals and dreams, have kids that are friends and have created a successful podcast.

Hayley and Justine first met two years ago at the Forster Runners Club - an informal group of like-minded runners who meet three times a week running various distances. It's also a very social group who complete their runs with a well-deserved coffee and catchup. They was an immediate connection and only a few weeks later, they decided to road trip to the Gold Coast Half Marathon together.

Hayley Moody

Hayley is currently freelance marketing for Piping Hot. She has previously held positions as a Day Spa Manager at the Hilton, Sydney, and was a Marketing Manager for O'Neill Australia.

When they first met Hayley thought Justine was a bubbly ball of friendly sunshine. "She has an incredible ability to turn any situation into a positive and fun experience." What Hayley truly admires about Justine, is that she never speaks negatively about anyone. "Justie is one of the most kind-hearted people I know. Her generosity and compassion shine through in everything she does, always making others feel seen and valued. She's also incredibly determined—once she sets her mind to something, there's no stopping her. Her drive to succeed is truly inspiring. On top of that, Justie has an amazing sense of humour that makes every moment with her enjoyable. She knows how to bring laughter and lightness to any situation. Whether she's cracking a joke or simply being her authentic self, she creates a fun atmosphere wherever she goes. Her combination of kindness, determination, humour, and fun makes her an absolute joy to be around."

On the flip side, Hayley said Justine is 'always' late! "I always arrange to meet 30 mins before I actually mean, so we have a chance at making it in time." Hayley likes to think of herself as organized. For example, if they're going on a road trip, Hayley will pack snacks, drinks, and make sure everything's in order. Before a race, she'll lay everything out and double-check. Justine is the total opposite—"she flies by the seat of her pants all the time! And honestly, it's so much fun to be around her energy and spontaneity!"

Their biggest joint adventure they have shared has been starting and developing their podcast 'Women's Running Collective.' They started their podcast about a year ago with another friend Karmen, who has since left to go travelling. The girls started the podcast as there were no podcasts out there in the 'running space' focussing on Women in Australia. So the girls jumped at the opportunity to be the ones to create it - even though they had no idea how. Since then, they have been on a huge learning curve and learnt how to record, edit, distribute, market and grow a podcast. "It has been a wild ride."



Above: Hayley and Justine record podcasts together to inspire and celebrate women in running. Photos supplied.

Their Podcast is a vibrant and inspiring show that celebrates women in running, offering a space for stories, insights, and advice. Hosted by Hayley and Justine who are passionate runners themselves, the podcast delves into the journeys of women from all walks of life, highlighting their triumphs, challenges, and everything in between. Topics range from training tips and nutrition to mental resilience and community building. It creates a supportive environment for women to connect, learn, and be motivated. They are both driven to grow their podcast into an incredible community for women in running. They want to create a space where women can connect, inspire each other, and push each other to new heights.

Another shared adventure is both girls are training in preparation to run the TCS London marathon together. Their dream is to travel, take on fun races, and enjoy the journey together—running and laughing their way through life until they're 90!

Hayley considers Justine to be one of her biggest champions. She also knows that if she ever needed Justine, she would 100% be there any time of day or night

There's so much that Hayley loves about Forster – "all the obvious things, but No 1 for me would be the amazing community."

Justine Louise Lea

Justine is a Chiropractor and Kinesiologist, Business Entrepreneur and Property Developer.

When Justine met Hayley at the Forster Runners Club, she thought Hayley was the most kind-hearted and genuine person she had ever met. Justine said Hayley has an unwavering ability to support friends, family, and even

complete strangers. "She genuinely treats everyone as equally deserving of kindness and attention. "

Justine said that Hayley has a brilliantly honest perspective on life - all the highs and lows. She takes on every challenge with a can-do attitude, and doesn't let fear of the unknown ever set in. She has a graceful sense of tenacity and determination that is humble, yet profoundly strong. She will take on anything hard with a smile, and be willing to have a great laugh about it afterwards. "I could tell Hayles absolutely

running, and all the benefits that come alongside that."

Justine said she and Hayley have a 'never say no' attitude towards life. They are both optimistic and focus on the positives in life. They also both love giving back, "and could keep talking literally for hours on end - with anyone, about almost anything."

Despite their shared interests and passions, Justine said they are also very different. "Hayley is literally the most organised human on earth. She will plan and prepare for everything. She is a stickler for the rules, which means I would drive her nuts."

Justine considers herself to be more of a 'fly by the seat of my pants' person, who will show up and deal with any issues that arise on the spot. She is so grateful for Hayley's ability to think everything through!

Justine also thrives on changing things up constantly, whereas Hayley prefers things to stay relatively more grounded.

They love and respect each other's differences and accept them with some serious gratitude.

Justine said they both would love to continue to nurture their podcast and its community, creating an encouraging and honest space for women to enjoy through running.

They both would love to run for decades to come together, "but in truth, just enjoying life together is the greatest. Soaking up the simple moments and challenges together through the stage of life we are in is just the best."

Justine said Forster is the perfect sized community - as people aren't lost in anonymity here, "I feel like I never walk alone here, always feel known and welcome." Justine loves the stunning outdoors, our perfect climate, "oh wow I just couldn't imagine living anywhere else."



Our local ANZAC legend

Ruth Stocker - Volunteer/Research Officer Previously published in 2021.

Norma Verdella Avery (1906 – 1995) A lady of many talents.

Norma was born on 27th March, 1906 and died on 3rd January, 1995. She is buried at Tuncurry General Cemetery - Row J Plot 34.

Norma was the eldest child and only daughter of Francis Richard Avery (1883-1968) and Ada Crooker who were married in 1905. Norma was a local girl who attended Tuncurry Public School.

In 1923, aged 17 years, Norma showed her talent as a cook in a cookery competition winning 2nd prize for her Apple Tart and 2nd prize for her Kiss Cakes. The Lower Wallamba A. & H. Association held its Annual Exhibition in the Tuncurry Memorial Hall in October, 1926. Norma Avery and Mrs Harry Wright decorated the Cookery Section and won the prize.

In November, 1927, The Tuncurry Show Concert was held in connection with the Lower Wallamba Show and Norma performed items with other girls under the guidance of Thelma McLaren.

Norma was the recipient of a Home Nursing Certificate on 9-9-1942. Mrs. Harry Wright, Commandant of the Voluntary Aid Detachment (V.A.D.) held instructive lectures at her home for 22 girls. Each girl felt that after attending these lectures, they would be more ably fitted to serve their country should they be called upon to do so. On 17-9-1942, Norma Avery, Marjorie Mead and Jenny Thompson left for Sydney to undergo a medical examination for full time duty.

Norma was a Private in the Australian Army – enlisting at Tuncurry on 17-4-1944. Her service numbers were NFX1782969 and N444347. She was discharged on 5-12-1946 at her posting of 104 Australian General Hospital.

A tennis tournament in aid of the Latter-Day Saints Church was organised by Norma in August 1953. It was held at Avery's Court at Tuncurry. The prizes for the winners were crochet covers made by Norma's mother.

That women are highly capable of conducting



Norma Avery (1906 – 1995)

a church service was accentuated at the annual service of the Latter-Day Saints Church at Tuncurry on 29-11-1953. The ladies combined in proceedings which were interesting, enjoyable and helpful. Among those participating was Norma Avery who took the Scripture Reading. Certainly, a girl of many capabilities.

Avery's Lane in Tuncurry was named after William Avery (Norma's grandfather) - a shipbuilder and sawyer and brother-in-law of John Wright, the founder of the Tuncurry township.

If you would like to know more about our other ANZAC legends and pioneers, please come and visit us at the Museum in Capel Street, Tuncurry.

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

ANZAC Day Services

Forster Tuncurry ANZAC Day Main March & Service



Above: Students from Forster Primary School at the Forster Tuncurry ANZAC Dawn Service, Lone Pine Memorial Park, Tuncurry. Photo by Patricia Macvean.



Above: (L-R) Cēs Miller (President Forster Tuncurry RSL sub-Branch), Terry Davis (VP) and Padre Daryll Moran. Jan Peasnell (Secretary) said, "Thanks to the Girl Guides and other members of the public who assisted with the day."



Above: ANZAC along Manning Street in Tuncurry lead by the 28 Army Cadet Unit Manning Valley.



Left: At 10:30am there was an ANZAC Day fly-past over the Lone Pine Memorial Park in Tuncurry of an RAAF 35 A Lighting II Jet.

Below: The Great Lakes Town Band played during the ANZAC March and at the Main Service.

Photos by Georgie Yule.



Pacific Palms ANZAC Day Service



Left: Organisers and speakers (L-R) Peter Debnam, Doug Whitten Jarryd O'Connell RAN and Angus Begg.

Speaker Jarryd O'Connell grew up in Pacific Palms and spent 6 years in the Royal Australian Navy after joining at the age of 17. He was trained as an Electrical Technician which he still is today.



Left: Lieutenant Tony Bezzina from the Forster Tuncurry Salvation Army lead the gathering in prayer. Photos by Mary Yule.

Friday 25 April 2025

Coomba Park ANZAC Day Service

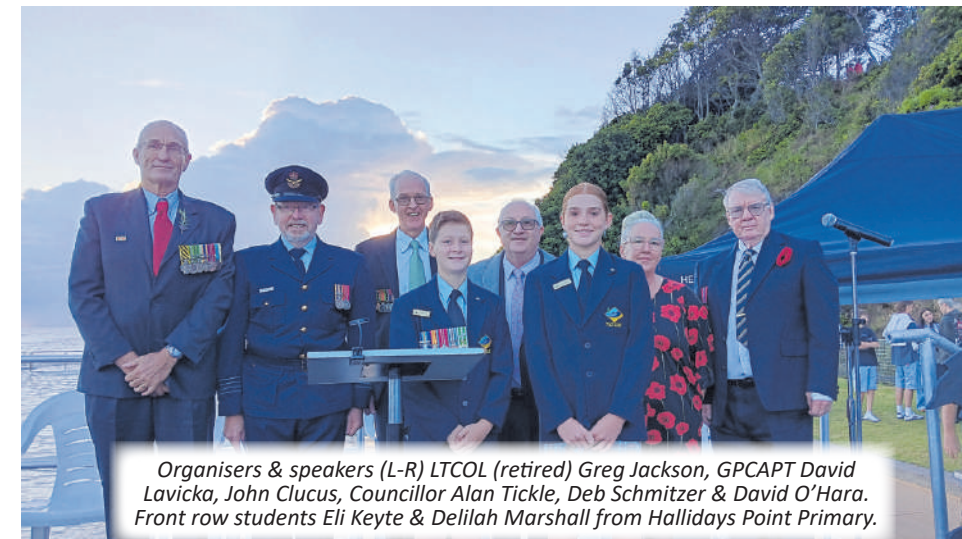


Above: Rear - (L-R) Organiser John Coles, speaker John Titmus (9 Regiment Army Air Force) & David Trimble. Middle - Organiser Linda Neslan, James Trimble (wearing medals from his Great Great Grandfather from the Sudan War) & Bruce Trimble. Front - Evelyn Roberts (Australian Nursing Corp) & Colleen Johnson. Photos by Mary Yule.

When laying a native flower, people shared who they were representing which was much appreciated by the gathering.

"The spirit from the tourists and local residents in this small community is amazing," said Linda Neslan.

Hallidays Point ANZAC Day Service



Organisers & speakers (L-R) LTCOL (retired) Greg Jackson, GPCAPT David Lavicka, John Clucus, Councillor Alan Tickle, Deb Schmitzer & David O'Hara. Front row students Eli Keyte & Delilah Marshall from Hallidays Point Primary.



Lots of children wanted to lay a sprig of rosemary. Photos by Matilda and Ian Yule.

Below: Hallidays Point Lions Club cooked a free ANZAC Day breakfast for hundreds of people.



Seal Rocks ANZAC Day Service



Above: Auntie Janice Poulson spoke about members of her family who served.

Left: A Bagpiper heralded in the Seal Rocks ANZAC Dawn Service. Photos by Dan Toney.



The Australian and Aboriginal flag were carried by horseback on Number One Beach.

Dolphins drown out the noise of the Thunder

By Chris Simon

The Forster Tuncurry Dolphins delivered a commanding performance on Saturday, April 12th, overwhelming the Wauchope Thunder 53-0 in their MNC Southern Division clash at Peter Barclay Oval. Last year's top try scorer, Callum Crawford-Walker was a standout, crossing the stripe 5 times, with one effort seeing him score moments after taking a run on the opposite side of the field.

The game started with heavy defence on both sides, requiring the referee to intervene and call both captains together to discuss each team's willingness. After sustained pressure, Kaleb Trudgett barrelled his way to the line for the opening try, followed quickly by returning front rower, Aaron Booby, leaving bodies on the floor on his way to the stripe before Crawford-Walker decided to etch his name on the scoreboard with the next consecutive five (5).

In what was a pleasing return (particularly the front row club), Aaron Booby marked his return to the Dolphins with a powerful performance, bulldozing his way to two tries. His physical presence and experience added a formidable edge to the Dolphins' pack.



Above: Our newest father and son duo, Reef and John Cato-Symonds.

The Dolphins also showcased some new emerging talent, with debutants Noah Dodds and Reef Cato-Symonds making notable contributions. Dodds brought energy and precision at scrum-half, while Cato-Symonds impressed with his speed and effort on the wing. Both players only 17 years old, with a long rugby career ahead of them. In what was the moment of the match, Reef's father, John provided a gift-wrapped ball to allow him to score the final try of the match.

There were many moments to highlight through the match, however the new combination of Liam Harris, Tim Thomas and Crawford-Walker is one that will only improve as the season progresses and could prove a nightmare for opposing teams.

The Dolphins next home game will be Saturday 3rd of May with our men's side taking the field at 3:00pm against the Wallamba Bulls. This game will be the 2024 grand final rematch, so bound to be a big one.

Right: Club Captain, Callum Crawford-Walker, with Thrive Trainer of the Week, Tim Thomas. Photos supplied.



Birks boys win at Bathurst

Continued from front page.

included a flight to the USA. The team are grateful to all their sponsors, particularly Crisis Transport Logistics – Event Management whose support has been invaluable the past few years.

BRT have had their fair share of mechanical issues over the years, including a plague of problems preventing them from finishing a race in Bathurst 2024. Ashley has spent countless hours finetuning and refining the engine to ensure the whole car is in peak condition. All of which makes this success, so much sweeter. The Bathurst Cup is now the third win in

succession for Birks Racing Team, following wins in the QLD State series in Nov 2024 and a convincing win at One Raceway, Goulburn in February this year.

The next event for BRT is the second round of the NSW Series in Winton Victoria in three weeks. The team is most excited about the Nationals, to be held at Phillip Island, Victoria in November this year, particularly as it's just been announced U/2L cars are guaranteed their own grid. BRT are super keen to 'get out there and have a crack.'

Photos supplied.

Great Lakes Pearl Dragons ready to breathe fire at the AusChamps!

By Janis Radford

The Pearl Dragons set themselves a major challenge this year to compete in the 28th Australian Dragon Boat Championships 2025, to be held at the Sydney International Regatta Centre (SIRC) at Penrith from Tuesday 29th April to Thursday 1st May 2025.

This is the fourth occasion that NSW has hosted the AusChamps; the last being in 2013 and this one is shaping up to be an exciting event. Events will include 200m, 500m and 2km races.

The Great Lakes Pearl Dragons' training began back in October, 2024. There has been an expectation of physical improvement and commitment from the Team members since October, working towards the champion events in Sydney.

The Pearl Dragons have four training sessions per week, although whilst training for the AusChamps, additional training sessions have been set. Members have also been working hard to improve their overall strength and

fitness, utilizing the paddle ERG (exercise training machine), the rowing ERG, running, swimming, cycling and various forms of weight training, in addition to the regular on-water training.

The Lakes & Ocean Hotel in Forster has kindly supported the Pearlers for many years and is also one of our Race Sponsors at our annual Regatta held in the second week of November.

The Hotel allows the Pearlers to raise valuable Club funds through their meat tray raffles, which assists with keeping our boats and team members on Wallis Lake. Our distinctive red dress shirts can be seen mingling with the public selling the tickets and staying on for a delicious meal after. It is a welcome break from training and time to catch up with teammates. Money raised at the Lakes and Ocean Hotel will be used to subsidise the cost of entry fees for the AusChamps competition. For this alone, we are very grateful for the Lakes & Ocean Hotel's support.



"Game Faces" at the State Champs in preparation for the AusChamps.

Forster Croquet Club Success

By Carmel Rigby

Competition time has started for Forster Croquet club. They recently held the Cedar Bat Competition for players with a handicap 7-10. Eight players contested the day and each played 7 singles games. There were some close games and everyone showed great sportsmanship throughout the competition. The winner of the Cedar Bat trophy was Ricky Fittock, 2nd Steve Wallace and 3rd John Matlawski.

On Sunday 13 April, 10 members from Forster travelled to Gloucester to compete

in the Manning North Coast Croquet Council (MNCCC) Inter club competition for Golf croquet. Each player played one singles game and two doubles games. Results for singles were 7 wins to Gloucester, 3 to Forster and in the doubles Forster won all 10 games. The overall result was a win to Forster 13 -7. Thanks to Aileen Matlawski for refereeing for the games.

Right: Players competing in the MNCCC played at Gloucester. Photo supplied.



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Easter Egg Cup Day

By Warren Warner

Our Club Forster Social Golf Club played a 2 person alternate Shamble Stableford event at the Tuncurry Course on 6th April 2025 in good weather and good course conditions.

Results

Men: A div. 1st. Paul Warwick 41, 2nd. Allan Brinckley 40, 3rd. Dave Thompson 38.

Men: B div. 1st. Peter Wilson 40, 2nd. Tom Welch 37, 3rd. Stephen Butler 36.

Ladies: 1st. Robyn Rogers 30, 2nd. Kim Clarke 26, 3rd. Lyn Thomas 25.

Nearest to the pin 2nd shot.

Hole 4: Wally Waller, Peter Wilson, Sharon Evans.

Hole 9: John Burgess, Peter Wilson, Linda Barr.



Prize winners. (L- R) Allan Brinckley, Peter Wilson, Tom Welch, Robyn Rogers, Kim Clarke and Lyn Thomas. Photo Ken Woods.

Hole 14: Jim Lovegrove, Peter Wilson, Robyn Rogers.

Hole 16: Grant Mathews, Gary Cook, Lyn Thomas.

Our next game will be a Mother's Day event at the Forster Course on the 4th May.

6.50am for 7.20am hit off. For further information contact Ken Woods 0401 767 257.

Won by a wave



Above: Placers (L-R) Liam Doyle (first), Emma Jeffcoat (first), Toby Beker, Matilda Smith, Jasmine Alexiou and James Parsons. Photos by Mary Yule.



Above: Gabriel Farrow – 12 years old (Cook's Hill Surf Club in Newcastle) came 8th in the mens.



Above: Amanda Queripel (MacMasters Beach on the Central Coast) and Jerrad Allen (President of Pacific Palms Surf Club).



Above: Forster Turtles. Placegetters were Steve White (first male 60 yrs plus), Susan Gonzalez (second female 40-49 yrs), Sean Coulson (3rd male 50-59 yrs), Lee King (3rd female 60 yrs plus).

Mixed results at Newy

By Dave Hughes

The Henderson Newcastle Marathon took place on Saturday, 19th April 2025, coinciding with the Easter weekend. This event is held annually on the third weekend of April and offers an unforgettable experience for all participants.

Featuring both a flat marathon and half marathon, the picturesque course provides the perfect backdrop for runners of all levels. Being Easter the crowds were above normal, and the atmosphere was one of excitement with plenty of spectator involvement, cheering the runners on every step of the way.

The popular event was sold out with 1500 entering the marathon and 2500 the half marathon. The course commences on Wharf Road with water views on the runners' left. It winds around onto Shortland Esplanade (up a slight incline) and then leads out to Nobby's Lighthouse. This stretch can get quite congested and passing other runners is a challenge in itself. The four wide pack of runners soon became single file. It then meanders back past the start line before returning to complete the first loop.

The weather was not conducive to fast running times with high temperatures - and shade was at a premium. The marathon (4 loops) commenced at 6am and the half marathon at 9 am (not an ideal start time considering the temperatures).

Overall, the late start, significant congestion in parts and high temperatures resulted in times being somewhat slower than expectation.

Local running group Forster Runners had six finishers in the half marathon with the best result coming from Dave (Wizz) Isbel (7th/77 in his age category) in a time of 1 hour 34 minutes. Congratulations to Birte Richardson breaking the 2 hour bracket in a time of 1 h 59 m. She came 25th/94. Lauren Mellor was courageous in completing the half marathon however was well below her best and suffered with the heat to record a time of 2h 5m (35th/94).



Above: (L-R) Kelly Hitchings, Mandy Brooks, Birte Richardson, Lauren Mellor and Lorna Barber completed the half marathon.

Lorna Barber entered her first ever 21k event with a respectable time of 2 h 26 m (63rd/94) Nick Fell ran very well to record a time of 1h 48m (17th/77). Kelly Hitchings managed to complete the course in 2h 43m (39th/47) and Mandy Brooks 1h 51m (15th/93). Bray Smith was suffering from a virus (the hot weather didn't help) and pulled out at the 15km mark.

The only Forster Runner to enter the marathon was Josh Moody. His recent training form had been solid and was hoping for a sub 3 hours marathon which would have possibly been an overall top ten finish. At 30 k Josh was averaging 4m 10s per km pace and had set a pb at that point. However slight twinges in his hamstrings (a runner's worst nightmare) forced him to call it a day.

H Events Run Director Paul Humphreys is known for holding well organised running events and this event was no exception. It sells out very quickly due to its popularity so mark the 18th of April 2026 on your calendar.

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Your work in progress

Big Forster parkrun numbers at Easter



By Mary Yule

Over the Easter weekend, visitors helped swell the numbers at Forster parkrun to 331 runners and walkers. This free 5km run/walk weekly community event follows the Bicentennial path on Head Street and is one of the most scenic parkruns in Australia - offering stunning ocean views complete with surfers, swimmers, dolphins and the occasional whale.

Rob Freijs has been volunteering at Forster parkrun since it started in 2016.

"It's fun to volunteer. When you are a marshal you get to cheer people as they come past and give high fives to the kids, encouraging them to finish the 3 laps. I've got to meet so many new people over the years. There's no way I would have met so many people without parkrun. I'm on my way to a double 200. Soon I will have done 200 parkruns and 200 times volunteering."

Chris Newell, volunteer Event Director of Forster parkrun since 2019.

"I absolutely love being Event Director. The biggest thing about parkrun is the community.

There is so much social interaction. When you step back you can see how it works for people. We see how participants come to meet friends, have a go and then join in for a chat after and a coffee. It can be as competitive as you want it to be, but it also attracts lots of people who are happy to jog or walk.

You don't have to run. We get lots of families with grandparents, kids and the dog."

Daryl Newell added with a laugh, "It's about the finish line, not the finish time!"

Daryl said, "It's been nice for us to visit other parkruns around Australia and meet with other organisers to experience what they have. It opens a lot of doors. Parkrun is still growing. There are currently 522 parkruns across Australia."

"We also see people using their parkrun app to keep up with their own statistics. There are so many ways to interact and participate in a fun way with parkrun around Australia."

Chris said, "Daryl (Chris' husband) is my biggest supporter. He does a lot of work behind the scenes, technology wise. He will process the results and photos each week."

"As the Event Director, it's become really easy to manage parkrun. We are still able to get away on holidays and can organise it remotely when need be. We have a great team of volunteer Run Directors (Organiser on the day)

including Chris Woodhouse, James Quiring, Carmel Rigby, Leon Batman, Kay Worley and Cathy Reardon."

Chris said another great way of getting involved in parkrun is volunteering. Many friendships have formed this way. People can volunteer online with Forster Parkrun or look out for the roster at parkrun each Saturday.

Chris said, "It's such a great free community event and anyone is welcome. Just register with parkrun Australia and print out your barcode to bring along."

Forster parkrun starts at the Peppy Beach playground off Head Street Forster at 8am every Saturday. A race briefing for newcomers is at 7:50am.

www.parkrun.com.au
www.facebook.com/Forsterparkrun



Forster parkrun Event Director Chris Newell with Daryl Newell.



Volunteers at Forster parkrun on Saturday 19 April. Many volunteer at this community event regularly. Photos by Mary Yule.



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Won by a wave - Rock to Rock Ocean Swim



Race Organiser Paul Martin with Cate McKillop.

By Mary Yule

To win an ocean swim race it obviously helps to be able to swim fast. At the Rock to Rock Ocean Swim, it also helps if you are good at catching waves. The first male and female swimmers, Toby Beker and Emma Jeffcoat, both skillfully rode waves in to take out the 600m and 1.5km events. In fact, in the 1.5km race, Toby took over the lead on the same wave as eventual second place getter Liam Doyle, by body surfing further on shore in an elegant curve with one arm extended - causing spectators to nod their heads and express the words 'nice one' before he leaped up and sprinted across the sand to the finish arch.

Entering both swim events has become a thing to do at the Rock to Rock over the Easter weekend. The races don't start until 11am and 12pm, allowing ample time to sleep in, find a park and wander into the Pacific Palms Surf Club to register and admire the view from the top verandah, before heading down to Lizzy Beach. Swimmers can easily finish one race

before dawdling back for a quick rest and another go at the slightly longer race.

On the day, 20 April 2025, 85 swimmers finished the 600m and 126 swimmers finished the 1.5km. The 1.5km swim race was organised into two starting waves - the under 40 year olds went first, followed 3 minutes later by the over 40 year olds. The races attracted a good crowd of supporters and spectators who shared the beach with hundreds of holiday makers.

Paul Martin, Organiser of the Rock to Rock said, "We were worried a week ago with the big swell. We're very happy today with the warm weather, warm water and manageable waves. Everyone is smiling."

"The online entries were down a bit from last year but we've had lots of late entries this morning as understandably people were waiting to see the conditions on the day."

"This year we put the finish line at the eastern end of the beach where it was a bit flatter."

Jerrad Allen, President of Pacific Palms Surf Club said it is a very busy time of year for the club with the huge influx of tourists visiting Elizabeth Beach over the school holidays. Over Easter, there had already been three rescues at Boomerang Beach.

Jarred said Cape Hawke and Forster Surf Club volunteers were helping out with surf patrols. They also had patrol members for a couple of days from Maroubra (Sydney), Fingal Bay (Port Stephens) and MacMasters (Central Coast) Surf Clubs from Sydney, some who have been coming for 5 years.

On the morning, Paul Martin wanted to thank, "Our sponsor Pacific Palms Real Estate and all our volunteers from the various surf clubs,



Action at Elizabeth Beach, Pacific Palms. Photos by Mary Yule

the volunteers at registration and our water safety. It's an important annual fundraiser for our surf club. We've been organizing this event for around 24 to 25 years. Some people have done the swim events 10-15 times. For others, it's their first ocean race. This is a good place to start ocean swim racing as the bay is protected."

Results from the two events

600m Ocean Swim

Male – 1st Toby Beker, 2nd Will Jeffcoat, 3rd James Parsons (also came 3rd in the Club to

Club 3.8km Ocean Swim two weeks prior)

Female – 1st Emma Jeffcoat (2nd overall), 2. Jasmine Alexiou (3rd overall), 3rd Matilda Smith (5th overall)

1.5km Ocean Swim

Male – 1st Toby Beker, 2nd Liam Doyle, 3rd James Parsons

Female – 1st Emma Jeffcoat (3rd overall), 2nd Matilda Smith (4th overall), 3rd Jasmine Alexiou (5th overall)

More photos on page 30.

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