

Motorfest is back again! p14

Local Identity Deborah Nicholas p21

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Forster Fortnightly

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Wednesday 14 May 2025 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS Circulation 7,000 No.121

Alison Penfold wins seat of Lyne

By Mary Yule

Led by Prime Minister Anthony Albanese, the Australian Labor Party was re-elected on 3 May 2025. At the time of print (85.6% votes counted), Labor have secured 93 seats in the Lower House of Representatives - up from 77 seats in the previous election, and with a record number of women Members of Parliament (MPs). The Coalition Government have held on to just 42 seats, Independents have 9 seats, the Greens have one only seat while Others (Centre Alliance and Katter's Australian Party) have two seats with 4 seats remaining.

Sussan Ley has been elected the first woman leader of the federal Liberal Party while David Littleproud remains The Nationals' federal leader. A new leader for The Greens will be decided on Thursday 15 May.

Alison Penfold has been elected the first woman MP for the local federal seat of Lyne with a total of 38,540 first preference votes (at time of print with 88.1% votes counted). She succeeds from retiring MP Dr David Gillespie from The Nationals.

For the first time, the Mid North Coast is currently represented by a woman Local Council Mayor (Claire Pontin), a woman State Member (Tanya Thompson) and a woman Federal Member (Alison Penfold).

Results for Lyne - First preference

The Nationals - Alison Penfold
Vote: 37% 38,540



Alison Penfold is the newly elected MP for the local federal seat of Lyne. Photo supplied.

Labor Party - Digby Wilson
Vote: 19.6% 20,455
Independent - Jeremy Miller
Vote: 15.8% 16,451
One Nation - Colin Hughes
Vote: 8.2% 8,538
Greens - Tom Ferrier
Vote: 6.0% 6,315
Legalise Cannabis - Keys Manley
Vote: 5.4% 5,614
Libertarian - Mark Hornshaw
Vote: 3.7% 3,923
Trumpet of Patriots - Cathy Charsley
Vote: 2.4% 2,446
Family First - David Masters
Vote: 1.5% 1,531
Australian Citizens Party - Stephen Burke
Vote: 0.4% 423
Informal Votes 8.7% 9,974
Total Votes 114,283
Results sourced from:
www.tallyroom.aec.gov.au
www.abc.net.au/news/elections/federal/2025/guide/lyne

Interview with Alison Penfold

How confident were you in winning the seat of Lyne?

I was always confident that I would be working hard to earn votes. I knew what I stood for and where I was within the community. I was confident within myself to gain the support needed to win the seat.

You made a lot of funding announcements in our local region leading up to the election including funding for the Forster Tuncurry Athletics Club's sporting facilities at South Street Oval in Tuncurry, an upgrade to Pacific Palms Recreation Club's emergency evacuation facilities, a new multi-purpose court in Black Head and an Urgent Care Centre in Taree.

What happens now that you have won your seat of Lyne for the Nationals but Labor has been re-elected?

In every one of them I made it very clear that my funding commitments were based on a Coalition Government being elected. My job now is to stand by my support for these projects. I did a lot of work with community groups in the electorate to find out what they needed. I will continue to support these projects. I now must work with the Labor Government within their financial program. The onus is on Labor to provide funding for the regions.

Continued on page 3.



Above: (L-R) Chillie, Gypsy, Marlar, Lilly, Xavier from Bungwahl Primary School all had their stories in the book last year.

A new school term and a new Tell Me a Story competition

Term two has begun for our local primary school students, and so has the very popular two-part 'Tell Me a Story' competition. Due to the large number of entries last year, the competition is now open to years 5 and 6 students only, in the Great Lakes region primary schools.

Students choose their own topic and write a creative and fun story to entertain readers. They may be assisted by their teachers, who value the competition's worth to students' writing development.

The story writing competition closes on July 25, so to all those students, think of a fun event or situation and start writing now!

Then, the Illustration competition begins. Students read some of the stories and choose one to illustrate the main character or a happening in the story. It may also be about their own story.

The Tell Me a Story Illustration competition closes on 21 September.

Winning stories and illustrations will be published in this year's book, by local publisher, Michael Davies.

Students have previously said about the competition and its annual book, "I feel proud to have my story in the book." "I liked thinking up my story." "I like seeing my illustrations in the book." "The judges' comments made me happy."

The competition winners' awards will be presented in term 4.

Further information can be found on the competition's website at: www.tellmeastory.org.au

The Tell Me A Story writing and illustration competition is supported by many local businesses and organisations.

On Sunday June 1, a Bunnings sausage sizzle will be held in support of the competition, from 9am to 2pm. Raffle tickets will also be on sale for some wonderful local vouchers, to be drawn on 17 July, by Mayor Claire Ponting, at the Forster library.



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Forster Tuncurry Lion Club members Jenny Olsen & Bev Old on ANZAC Day 2025. Photo supplied.

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

Forster Fortnightly publishing dates

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Edition 123: Wednesday 11 June (deadline Wednesday 4 June)
Edition 124: Wednesday 25 June (deadline Wednesday 18 June)

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

MidCoast Council - Mayoral column

Council has released the draft Delivery Program 2025–2029, the Operational Plan for 2025–26, and the accompanying budget for public comment.

These documents guide everything we do—from maintaining local roads and parks to investing in infrastructure and delivering community services. They outline the projects and priorities for the years ahead, as well as how they will be funded.

Our plans outline three main priorities – roads, financial sustainability and customer experience.

I know that roads are a priority for our community and along with Councillors and staff have worked hard to invest more funds into roads for the coming year.

While it won't be enough to meet the challenges we face, expenses have been cut to deliver a further \$6.7 million funding for roads for 2025-26.

This brings the total roads funding to \$68.47 million. This covers both our maintenance and capital works projects.

The extra funds secured this year will be invested in key areas of increasing resealing, heavy patching and vegetation management, starting a drainage improvement program and renewing some line marking and guard rails on our higher risk roads.

Further improvements to our road network through the year will rely on extra funding from other levels of government.

Council will also be investing \$7.171 million in community assets and our main projects are listed in the documents on public exhibition.

This is your opportunity to have a say on our plans. I encourage everyone to review the draft documents and provide feedback on Council's website before the consultation period closes.

I also want to take a moment to acknowledge and thank Councillor Dheera Smith, who recently retired from Council. Dheera's thoughtful and compassionate approach to decision-making, along with her tireless advocacy for our community, has left a lasting impact. She has been a strong voice on key issues and her presence around the Council table will be greatly missed. We wish her all the best for the future and thank her sincerely for her service.

As always, I encourage you to stay engaged with the work we're doing. One way you can do that is by subscribing to the weekly newsletter News Wrap, which can be done through our website.



Countback process dates given

The countback process to fill the Councillor vacancy on MidCoast Council is now underway by the NSW Electoral Commission.

The vacancy was created by the resignation of Dheera Smith, who stepped down due to health reasons last month.

Instead of holding a costly by-election (estimated at around \$700,000), a countback process will be undertaken, as agreed when the current Council was formed. This method applies to any Councillor departures within the first 18 months of the term.

Officials will contact any unelected candidates from the last election who may still be eligible.

Those interested must submit a formal application to be considered.

The countback will be based on the original election votes, taking into account the preferences voters selected at that time.

Key dates for the countback:

Thursday, 15 May – Candidate applications close, and the electoral roll will be finalised.

Tuesday, 20 May – Eligible candidates will be officially declared.

Wednesday, 21 May – The original votes will be recounted using voters' preferences, and the results will be announced.

Pet of the Fortnight

Three playful Kittens!

We have a gorgeous litter of three, two calicoes and a ginger and white (the only male). They are extremely friendly and love to play in the tunnel and with all the toys lying around. When exhausted they love to climb on to a lap for snuggles and a snooze. These three are being looked after at Windan Sea Vet in Forster. They can be contacted at 6555 2275.

All our cats and kittens come with their vet work done, that is, flea and worm treated, vaccinated, desexed and microchipped for only \$150 per kitten.

Our gorgeous natured 3 year old from last fortnight is still looking for her forever home. Violet is a very pale grey and ginger tortoise shell; she is a sweetie and real bargain at just \$80 with all her vet work done.

Our Op shop in the Dolphin Arcade in Tuncurry have changed over to winter clothing so come in and have a look around - all proceeds go towards vet work and general costs of looking after our animals in care. A big thank you to our volunteers who donate their time to help our animals.

Thank you to Mid Coast Animal Hospital for sponsoring the Pet of the Fortnight and also for looking after another litter for us which we will feature in the next addition.



Proud to sponsor 'Pet of the Fortnight' - finding homes for animals in need.
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Manning Hospital receives \$355,000 to deliver better patient-centred care

www.nsw.gov.au 6 May 2025

The Great Lakes community and Manning Hospital are set to benefit from a \$355,000 funding boost from the NSW Government that will deliver more inpatient rooms and a better equipped clinical care space.

The planned works at Manning Hospital include \$105,000 to transform a non-clinical area into a new clinically supported three bed inpatient accommodation unit. A further \$250,000 has been committed to relocate the Chronic Care Service from the Manning Hospital campus and to refurbish the existing Nita Reed building which will deliver high-quality rehabilitation services for the community.



The upgrade works at Manning Hospital are in addition to the \$180 million Lower Mid North Coast Health Service Project which merges the Manning Hospital Redevelopment Stage

2 along with the planned investment towards public health services in Forster-Tuncurry.

Enabling works to prepare the site for construction of the Stage 2 Redevelopment have begun which will involve the demolition of the administration building and a number of surrounding buildings.

Boost to Manning Hospital but delays to other health upgrades

Member for Myall Lakes Tanya Thompson said it is a good start but more needs to be done to ensure health services in the region.

"I will always welcome funding for my community, and this will help improve

immediate service delivery at Manning Hospital," Mrs Thompson said. "These works will be delivered alongside the \$180 million Lower Mid North Coast Health Service Project, which includes the Stage 2 redevelopment of Manning Hospital and an Urgent Care Centre in Forster."

"While it's a step in the right direction it falls short of addressing broader infrastructure gaps and staffing shortages that continue to impact our region. The real priority should be delivering the full Lower Mid North Coast Health Service Project as soon as possible and I will keep fighting for that."

Alison Penfold wins seat of Lyne

Continued from page 1.

I was disappointed that no other candidate supported or matched any of these projects. Why is there going to be an Urgent Care Centre in Maitland but not Taree? It should have been matched as these commitments are a signal from the community to understanding their funding needs.

What are you up to next right now?

At the moment I'm busy setting up my office and staff but I will try as much as I can to get out and about. People are already contacted me for assistance and I will be supporting them as soon as possible.

What are your thoughts on the poor election results for the Coalition?

My focus is on Lyne and being a member of The Nationals. I will say, having worked on election campaigns for 30 years, that this was not one of the best for the Coalition.

Who would you like to thank for your election campaign?

Obviously, I had a lot of people involved in helping with our campaign for Lyne. We had

volunteers across the electorate. We had full time volunteers for the whole campaign period and some part time volunteers for the actual election day. I'm very grateful.

Thanks to the other candidates and their volunteers for their efforts as well. We were very fortunate to contest in a free and fair election as we did.

Thanks to all the people who supported me in the electorate. Thanks for their trust. I hope to earn the trust of everyone in this electorate.

Statements from other Lyne candidates:

Digby Wilson, Labor candidate for Lyne stated:

"Thank you for your support, whether through interest, volunteering, donations, or encouragement.

It has been an uplifting experience and one I will build upon. The Labor Party organisation relies on members joining a branch and contributing to shape ideas, actions, and policies.

The branch also has an obligation to represent the community, ensuring the best ideas and

solutions are championed. These ideas and motions are then presented to state or federal conferences. The onus is on us. We must stay connected and active in the community, championing its needs—otherwise, we have no purpose."

Jeremy Miller, Independent for Lyne stated:
"Congratulations to Alison Penfold and the Nationals.

While we didn't quite get over the line this time, we have changed the political landscape in Lyne. The major parties now know they can't take this community for granted. And more importantly, our community knows its own power - we know that we deserve representatives who deliver for people, not parties.

These results prove that Lyne has found its voice. I'm incredibly honoured to have been part of this movement, and I'll continue working for our region in any way I can."

Tom Ferrier, The Greens candidate for Lyne stated:

"Thank you to all our hard working volunteers and loyal voters who stood up for policies that will make a real difference for all Australians.

This campaign was fiercely competitive for the progressive candidates in Lyne, with strong



Above: Alison Penfold with volunteer Rosemary. Photo supplied.

representation from independents and the Legalise Cannabis party running federally. Considering this crowded field, we're pleased to see our first-preference vote sitting at 6%, an encouraging result. While we continue to wait for preference data, the results show a real momentum for the progressive movement in our region."

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Marine Rescue NSW Vessel FO30 undergoing servicing – FO20 steps up to maintain coverage

By Diane Hallam - PR Officer Marine Rescue NSW - Forster Tuncurry Unit

Marine Rescue NSW's 'FO30 - Cape Hawke' offshore rescue vessel has officially gone in for servicing and minor repairs, ensuring it remains in top condition for future operations. Our vessel is expected to be out of action for approximately one to two weeks, but local marine safety will remain unaffected.

During this period, coverage will be maintained by our smaller yet highly capable vessel, FO20, known as 'Wallis Lake.' This dedicated craft will continue to support boaters, ensuring safety and swift response in case of emergencies.

This vital maintenance is made possible by the seamless support of Forster Cranes, Boats by Road and Steber International - Taree, who are ensuring the safe handling, transport, and expert servicing needed for FO30's return to peak performance. Marine Rescue Forster Tuncurry is grateful for their expertise and commitment.

Record numbers of people assisted by Marine Rescue NSW

A record 7,687 people were returned to shore across the state after being assisted by Marine Rescue NSW volunteers during the 2024/25 boating season, which commenced 1st of



October last year and concluded on ANZAC Day 2025.

"The demand on our volunteers continues to be high, but they selflessly answered the call at any time of day or night to reunite a record number of people with their loved ones during the season," said Marine Rescue NSW Commissioner Alex Barrell.

MID NORTH COAST – 235 search & rescue missions including 112 emergency responses with 527 people safely returned to shore across all 9 Mid North Coast units – Woolgoolga, Coffs Harbour, Nambucca, Trial Bay, Lord Howe Island, Port Macquarie, Camden Haven, Crowdy Harrington & Forster Tuncurry.

Number of search and rescue missions in locations of highest demand:
Forster Tuncurry 81, Port Macquarie 55, Coffs Harbour 33

Order of Australia (OAM) Conference

The 50th Annual Conference of Members of the Order of Australia Association was held in Sydney from 1st to 4th May, and Leigh Vaughan OAM, as Coordinator of Manning Great Lakes Region and Helen Bryan OAM as Secretary were fortunate to attend.

The Theme of the Conference was Celebrate, Motivate, Nominate – Inspiring Australian Achievers and it was a joyous celebration of community commitment and involvement.

The whole four days were geared to encouraging members present to "keep up the good work in your communities, leading by example" also to encourage everyone to both nominate others, discover young future leaders and learn details of the OAA Foundation that administers the Scholarships for young future leaders.

Over the four days of the conference, speakers were as varied as Dr Jordan Nguyen, illustrating his designs for life-changing technologies transforming the lives of people with disabilities, Martha Jabour OAM, who co-founded the Homicide Victims Support Group, Professor Kelvin Kong AM, a Worimi man now in Newcastle, Australia's first indigenous surgeon, specialising in Head and Neck surgery with special interest in airway and cochlear implantation.

Also John Brogden AM, former member of Parliament, now leading advocate for suicide prevention and honorary President of Lifeline Australia, who spoke movingly of his own personal experiences.

Many others, including Brett Murray OAM, a most engaging young man who is founder and CEO of the effective bullying and domestic violence education and prevention charity Safeheart Foundation. Also, eighteen year old Molly Croft, a cancer survivor, dedicated to driving positive change and supporting others through lived experience,

Leigh said, "There were many chances to network and be inspired by some amazing



Above: (L-R) Linda Duncombe, Leigh Vaughan and Helen Bryan at the OAM conference in Sydney. Photo supplied.

people, and we both came home with new ideas and thoughts about generating interest in the Association, in the young people's Scholarships and in discovering other people in our local community who deserve recognition".

Helen said, "We would both like to encourage people to consider nominating someone they know who has contributed to the fabric of our society, for an award through the Order of Australia"

Anyone who is a previous OAM medal holder, and has not yet been contacted for a social gathering, we encourage them to make contact with us.

This year, we are planning to welcome those people in the Manning Great Lakes area who were recognised on the Kings Birthday List and those who will be recognised on the Kings Birthday. There will be a function later in June, so watch this space.

Leigh (0417 289 077) and Helen (0448 261 095) are both happy to be contacted for any further information or assistance.

FitzSimons in Forster

By Mary Yule

Prolific author, newspaper columnist, well known republican and former international rugby player, Peter FitzSimons, gave a talk to a captivated crowd of over 120 as part of the MidCoast Story of Festivals on 10 May at the Forster Civic Centre.

Brought up with Australian poetry recalled by his father while on the family farm in Peat's Ridge, NSW, Peter learnt to love the language and colour of stories told well. After a stellar career in the sporting world he became a journalist at the Sydney Morning Herald in 1986 and has been there ever since.

Peter first started writing books on rugby and quickly progressed to publishing over 40 popular books on Australia and Australians including Beazley: A Biography, Nancy Wake and Batavia to name a few. His passion is to bring great Australian stories to life.

"What I'm looking for is just great stories. Mostly ordinary people who find themselves in extraordinary circumstances."

Peter gave the audience an example of an amazing story behind a treasured watch lost and found years later belonging to Joe Dawson, a Forster resident, who he met and included in his book 'Kokoda'. Joe fought and survived in



WW2 against terrible odds with the 39th Battalion in New Guinea.

Peter explained that he simply uses fictional writing devices to tell real stories; y using the fine details of sights, sounds and smells, his readers are taken into the scene, giving them the sense of 'wow – I'm there'. He also explained that today's internet and good researchers (who can provide him with anything ever written on any given subject) give him a great starting point when writing the next new novel. He said he enjoys the focus and process of cross checking and culling a vast amount of information that he will slowly turn into another bestselling Australian story over many days, weeks and months.

Left: Photo of Peter FitzSimons by Mary Yule.

Two Ribbons at Royal Easter Show

By Mary Yule

25 year old Lucy Currie from Tuncurry has won two Ribbons at the 2025 Sydney Royal Easter Show. She was awarded second in the 'Theme Cake' category for her Pumpkin and Two Mice and Highly Commended in 'Special Occasion Cake' for her Buttercream Cake.

Lucy said her creations can take a few days to a few weeks to perfect. Her idea for the Pumkin and Two Mice came after seeing a similar Cinderella theme made from vegetables. Her Buttercream Cake was inspired by vintage pipe cakes. Her third entry 'Snitch' was a lot of work and involved wiring to hold the ears in place. It didn't place this year but was her favourite entry to make.

This is Lucy's third year of entering the Sydney Royal Easter Show and she feels she is getting better at it.

"I don't like fondant work, which is the edible decorative icing, but it's good to enter and see my skills improve."

Lucy said she originally started making cakes for her family and friends. After leaving school she did a Pâtissier Course at the William Angliss

Institute in Sydney when she was 17 years old. Around the same time she started selling her baked goods at the Tuncurry Markets.

"I was learning new skills from my studies and I slowly introduced them into my creations at the Tuncurry Markets."

Lucy said her creations are inspired by how she feels at the time and seeing other works in public and online. She still uses YouTube today to work on skills like piping flowers.

"I try to recreate things I've seen or recreate them using my own twist on things which is always fun."

Lucy still sells her creations at the monthly Tuncurry Markets. Her most popular sellers are her macaroons.

"After 5 years I have perfected them. They are very temperamental to make, and I yell at them sometimes, but they have slowly made a way into my heart", she explained. "The eggs whites and sugar need to be mixed 'just so' before folding in the almond meal and icing sugar. So many things can happen - like overmixing, the oven being too hot or cold and bubbles in the mix."



Lucy Currie with her three entries & 2 ribbons. Photo: Mary Yule.

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When: Tuesday May 27 2025, 11am-2pm

Where: Meet at the Wharf on Forster side of the bridge to walk over to John Wright Park, Tuncurry - Worimi Country

Why: This years theme for Reconciliation Week is 'Bridging Now to Next'. With this in mind, we will be hosting a Forster-Tuncurry bridge walk, followed by a Community BBQ and cultural immersion experience for all to gather and learn together

For catering purposes, please email programs@fnc.org.au if you plan to attend with a large group

Manning - Great Lakes Police District Update

Dear Readers,

This fortnight I will provide examples of great work by local police to apprehend criminals and to positively engage community members (not at the same time though!)

The summer period is a particularly busy time for local police, with a large influx of people to the area; a great increase in the number of vehicles on local roads and the commitment of a large number of police to local and state-wide operations – such as High Visibility Policing operations on New Year’s Eve, Australia Day and ANZAC Day and multiple road policing operations to reduce road trauma. These operations are focused on outcomes that ensure people can safely celebrate significant community events and safely travel through our area.

Now the busy summer period is over, we have been getting back into positive community engagement across the Police District. In recent weeks we have seen a Community Safety Precinct Committee meeting held at Taree; community meetings held at Old Bar and Pacific Palms and ‘Coffee with a Cop’ events held at Buyi Espresso Bar, Old Bar and Kembali Café, Blueys Beach. These events were well attended by citizens and police alike, with police able to provide information regarding local crime trends (both real and perceived) and simple crime prevention strategies and tips to reduce the chance of people becoming victims of crime. A big thank you for those who attended and for those who hosted police at an event.

Speaking of crime prevention, local police continue to focus on activities to prevent, disrupt and respond (quickly) to crime. Below are some examples of this:

- On the afternoon of Tuesday 6 May, police received numerous calls in relation to the behaviour of a male person on Murray Road, Wingham. It will be alleged the male, a 35 year old man from Wyong, was attempting to punch and kick vehicles, jumping out in front of traffic and entering a business and then refusing to leave. Police attended and located the man in the business. He was requested to leave and



Above: ‘Coffee with a Cop’ at Kembali Cafe, Pacific Palms. Photos supplied.

he refused. The man was arrested and during the arrest it will be alleged he resisted officers and spat on them. The man was charged with Trespass, Assault Police, Resist Police and was refused bail.

- On the early morning of 25 April, emergency services were called to a home on Byron Road, Nabic, following reports two people were being assaulted. On arrival, officers were told a 43-year-old man had allegedly forced entry to the home before assaulting a man and a woman – both aged 70 – with a baseball bat. When police attempted to stop the 43-year-old from leaving, he allegedly punched an officer before he was arrested and taken to Taree Police Station. The 70-year-old man and woman – who are believed to be known to the 43-year-old – were treated at the scene by NSW Ambulance paramedics for fractures and lacerations, before the woman was taken to John Hunter Hospital and the man was taken to Manning Base Hospital. Police established

a crime scene and commenced an investigation into the incident. While in police custody, the 43-year-old man allegedly attempted to spit at police. He has since been charged with: Aggravated break and enter, commit serious indictable offence; Armed with intent to commit serious

the Dog Unit, police arrested five teenage boys – three aged 14, one aged 17 and the other aged 15 – nearby. They were taken to Taree Police Station where they were all charged with Aggravated break and enter dwelling etc in company (steal less than or equal to \$60000) and Be in conveyance taken without consent of owner. All were refused bail. Investigations under Operation Soteria (a high visibility youth crime operation) will continue in the local area.



Above: Two new Probationary Constables have joined the Manning Great Lakes Police District.

In closing – and in great news – on 5 May we welcomed two new Probationary Constables to the Manning Great Lakes Police District family! We look forward to working with these new officers as they embark on a challenging but very rewarding career.

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

Sydney Writers' Festival 2025

MidCoast Libraries NSW is officially part of Sydney Writers’ Festival 2025! From 22–25 May, the Festival’s Live & Local program will LIVESTREAM some of the world’s biggest literary names and boldest conversations direct to your local library - completely free.



Bookings not required. You are welcome to bring your own refreshments.

Thursday 22 May - Forster and Wingham Library

10–11AM Markus Zusak: Three Wild Dogs and the Truth

12–1PM Gina Chick: We Are the Stars

2–3PM David Nicholls: You Are Here

4–5PM Past and Future of Indigenous Recognition

Friday 23 May - Taree, Forster and Wingham Library

10–11AM The Moriarty Sisters

12–1PM Helen Garner: The Season

2–3PM Alan Hollinghurst: Our Evenings

4–5PM Colm Tóibín: From Brooklyn to Long Island

Saturday 23 May - Forster and Wingham Library

10–11AM Bakers’ Delight

12–1PM A.C. Grayling on Cancel Culture

Items of interest - 30 April 2025 Council meeting

NAIDOC Funding

Four applicants have been awarded a total of \$14,200 under the NAIDOC Funding Program. Gloucester Worimi First People’s Aboriginal Corporation, Tea Gardens Hawks Nest Aboriginal Corporation and Forster Local Aboriginal Land Council all received \$4,000 and Taree Universities Campus was allocated \$2,200.

Draft development servicing plan for water supply & sewerage for public exhibition

A draft Development Servicing Plan that sets out the water and sewer development charges will be placed on public exhibition for community feedback.

The draft DSP aims to ensure that the infrastructure costs incurred by Council for new developments are recovered.

The draft plan includes updated population projections and a 30 year planning horizon. It proposes capping the sewer development charge in Lansdowne to maintain affordability support services in those areas with the cross-subsidy resulting in a very small increase to annual sewer bills.

Public exhibition of draft Delivery Program 2025-2029, draft Operational Plan 2025-26 & draft Resourcing Strategy

(See Mayor’s Column on page 2 for details)

Other major areas of expenditure for the 2025-26 year includes:

- \$7.171 million on community assets such as Hallidays Point Skate Park; Tea Gardens library upgrade; Pelican Boardwalk Forster, Albert Street Taree new amenities block for Albert Street, Taree, new playgrounds at Mitchell Reserve, Allworth, Pindimar; Forster Main Beach fence replacement, Bulahdelah tennis court upgrade; Nabic multicourt project.
- \$20 million on water capital works, including concept designs for off river storages for



Above: The Hallidays Point community will soon have its long-awaited skate park.

Gloucester & Bulahdelah & Peg Leg Creek Dam

- \$56 million on sewer capital works, including the construction of a new Gloucester Sewage Treatment Plan and a major rising main between Tea Gardens and Hawks Nest
- Stormwater drainage work will be completed at Blueys Beach, Stroud, Manning Point and Taree

The budget is based on applying the 3.80% rate peg set by the Independent Pricing and Regulatory Tribunal (IPART). However, this does not equate in a standard 3.80% increase for all ratepayers. It means Council will collect that figure overall and individual property ratings subject to valuation by the valuer general. Other increases include 3.80% for waste management, 5.50% for water and 7% for sewer charges

The documents will be on public exhibition until 6 June for community comment and at: www.haveyoursay.midcoast.nsw.gov.au

The next Council meeting will be on 28 May.

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

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, Moorall 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.

MP Tanya Thompson



Service NSW Tuncurry is closing for renovations

We’ll be closed from **Friday 23 May to Tuesday 3 June**.

You can still access many of our **services online** or visit our Taree Service NSW Centre.

We apologise for the inconvenience and thank you for your understanding.

Visit service.nsw.gov.au or call 13 77 88



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

Coastal hazard modelling study begins

Specialists will begin coastal hazard modelling studies at Diamond Beach, Black Head and Red Head beaches, and One Mile Beach, Forster.

Expect to see vehicles or push carts using ground-penetrating radar on road reserves, car parks and parkland. At some sites, a small borehole may be sunk to test the subsurface. The activity is expected to occur on weekdays only from Monday 12 – Friday 23 May, weather permitting.

Some short-term closure of beach and reserve access paths could be necessary while testing is done. The team will try to maintain public access as much as possible. Testing takes about one hour at each site.

These studies will provide updated information for the new Open Coast Coastal Management Program.

NSW legislation has changed, requiring MidCoast Council to update management programs for the coastline. The Manning River Catchment and Estuary Management Program was completed with extensive community consultation in 2021.

Work is underway to develop the Old Bar / Manning Point and Southern Estuaries Coastal Management Programs.

The new Open Coast program will consolidate and update the existing coastal zone

management plans for the Manning, Great Lakes and Jimmys Beach.

“The new data helps us understand what is below the ground surface and the modelling shows us how the coast may change over time so that we can plan for those changes,” said Council’s Manager Natural Systems, Mr Tuckerman.

The community will be consulted on the draft management program once it’s ready, expected to be late 2025.



One Mile Beach in Forster.

To keep updated on the Program, head to the have your say at: www.midcoast.nsw.gov.au/opencostCMP

Our Local wildlife



By Kym Kilpatrick – FAWNA Hallidays Point

Wolf Spider – the devoted mother

When you think of devoted mothers for Mother’s Day it’s unlikely that spiders come to mind. But there is one type of spider, commonly known as the wolf spider, that are exceptionally dedicated mothers.

There are many different species of wolf spiders in Australia (family Lycosidae) and the common name ‘wolf spider’ is due to their agile fast hunting style of chasing down their prey. Most are wanderers but some build burrows to about 25 centimetres deep and are often found in leaf litter, including in our gardens.

Most wolf spiders are drab-looking with dark brown, grey with black, grey or brownish orange markings which allow easy camouflage. Females can reach 35 mm in length whilst the smaller male can reach up to 20 mm. Like most spiders they have three rows of eyes, the top row medium sized, the middle row two

large eyes and then the bottom row four smaller eyes. Unlike most spiders who have poor vision and relying on touch or web vibration to catch prey, wolf spiders have excellent vision including night vision which enables their hunting.

Included on their menu are a wide variety of insects including crickets, other spiders, ants, grasshoppers and cockroaches. Larger species will also take small lizards and frogs including cane toads.

The female wolf spider uses scent markings to attract males. To ensure that she knows that he comes in peace, and not as a particularly willing snack, he will perform an elaborate courtship dance involving complex waving of his legs and pedipalps (two appendages in front of the legs that are dedicated to touch and taste) while also make a sound signal by tapping his legs on the ground or upon a fallen leaf.

After mating she will produce a silken mat from her spinnerets into which she will lay about a hundred eggs. She will then roll the mat into a protective ball that she



Above: A Wolf Spider mother with babies that cling to her for 3 to 4 weeks. By Nightfall Photography.

attaches to her abdomen so that she can safely carry her egg sac while she continues to hunt her prey. Because she is also able to store

sperm in her body after copulation, she is then able to produce multiple egg sacs with no further need of a male.

The egg sac will be held in position for two to three weeks, during which the spiderlings will hatch and undertake their first moult. After emerging from their protective cocoon, the spiderlings attach a life-line to their mother’s back or side so that if they fall off they can quickly return to safety. They will continue to stay with her for another 3 to 4 weeks, surviving off the remnants of yolk sac in their abdomens until they moult for the second time after which they will quickly disperse, sometimes by ‘ballooning’ using a silken thread to uplift and carry in the wind sometimes for hundreds of kilometres.

Wolf spiders are not aggressive to humans and will only strike if severely provoked. They do have venom but typically the worst effects for humans are a bit of swelling, itching and pain although some people may have a more allergic reaction involving headache and nausea for a couple of days.

They are predated upon by birds and lizards and a wide range of wasps, including one tiny wasp species that lay their eggs within the spiders’ eggs, with the spiderlings continuing to be a food source for the minute wasp grub as it grows.

Join Council’s Aboriginal Reference group

Aboriginal community members are invited to nominate for MidCoast Council’s Aboriginal Reference Group. The reference group provides an opportunity for an Aboriginal voice to guide Council on strategic decisions that affect the Aboriginal community.

“The key focus of this group is it improve outcomes for Aboriginal people in the MidCoast region,” Council’s Manager of Libraries, Community and Cultural Services, Alex Mills said. “Members will consult with community and provide feedback to the community on the groups meeting outcomes. The reference group will also provide Council with advice and direction on cultural and language protocols.”

The committee will include Councillors, representatives of the Local Aboriginal Land Councils and the four Aboriginal working parties from Gloucester, Great Lakes, Taree and Tea Gardens/Hawks Nest.

Council is seeking new Aboriginal community member representatives that may be:

- Elders or Traditional Owners
- Aboriginal or Torres Strait Islander people from the MidCoast.
- Aboriginal young people aged 18+
- Gathang language holders

The Aboriginal Reference Group will meet at least four times a year. To find out more or to nominate visit Council’s website and follow the links.

Council’s Aboriginal Liaison Officer Keen Emerson will be available at following locations to assist community members with their applications:

- Forster Library: 4 Lake Street, Forster - 16 May
- Tea Gardens Customer Service Point: 245 Myall Street, Tea Gardens – 23 May
- Gloucester Customer Service Point: Friday 30 May

HOPE 25

HOPE IN AN UNCERTAIN WORLD

By Rev Mark Harris on behalf of the Anglican Parish of Forster Tuncurry and Nabiac

More than ever, our community needs hope! It helps us to look to the future positively knowing that uncertainty and trouble will not last forever. Hope places a positive frame on things.

The focus in the Anglican Parish of Forster Tuncurry for the next few weeks is Hope for the needy, Hope for change and Hope for the dying!

Food is donated every week at our churches and then collected by Samaritans (The Anglican Diocese of Newcastle’s organization to help people in tough times) and distributed to people in need in the Great Lakes Area as well as the Manning. We also run our fantastic Op Shop which faces the car park on the North of Wharf Street Forster. It maintains a focus on providing Hope to those in need by maintaining consistently low prices. The coordinator of our Op Shop comments that we have so many regulars who come to us because our clothing is always affordable and the staff are friendly. Our Op Shop was recognized for its strong consumer satisfaction standards in the WCBRB Best Businesses in Australia 2024.

Church Services are family friendly and all are welcome. Service times are Forster: Sundays at 9am and 4pm and Wednesdays at 10.30am and Nabiac Sundays at 11am

• **Our HOPE for Change focus will commence on Sunday 18th May with a talk in our 9am Forster Church Service concerning a very wealthy man who changed his life focus.** He gave away over ½ of his ill-gotten wealth to the poor and followed Jesus, because of the HOPE of a life filled with purpose and meaning that Jesus could provide.



Above: Geoff Bullock will be giving a musical performance.

• **On Sunday 18th May at 12.30pm there will be a FREE lunch provided by the Parish for up to 100 people at Forster Church.** Booking is essential and places are limited – please RSVP by Thursday 15 May by texting 0484 114 399 or leaving a voice message.

Following the lunch, Geoff Bullock is giving a musical performance and testimony as to how Jesus can help us in our times of struggle.

Geoff was the former worship Pastor at the Hills Christian Life Centre (now Hillsong Church) where he led and produced 6 albums (x 4 are ARIA Gold records) and authored over 100 songs.

After leaving Hillsong in 1995 Geoff continued to write prolifically and release numerous albums. In 2014 he stepped aside from public life and journeyed through a time of struggles and doubts which some may say was “A dark night of the soul”. It was during that time that Geoff had to confront the wounds of the past whilst journeying through periods that brought him through failure and faithlessness to a place of restoration and healing. Geoff has emerged with a renewed sense of purpose and vision - and with a passion and love for Jesus that cannot be quenched.

• **On Saturday the 24th May our church will hold a book stall at the Tuncurry Markets** offering the message of HOPE found in Jesus through a great variety of Christian books, as well as cards and giftware.

• **Save the date! On 1st June we have a ‘Hope at the end of life?’ Workshop and a free lunch after 1pm at the Forster Church.** Bookings are essential. More information is to come in the next Forster Fortnightly edition.

Anglican Church

Forster-Tuncurry & Nabiac

18 May - 9am 'Hope for Change' Talk at Forster Church

18 May - 12:30pm Free Lunch then Musical Performance at Forster Church (Bookings Essential)

24 May - 8am -1pm Book Stall at Tuncurry Market

1st June - ‘Hope at the end of Life?’ Workshop & Free Lunch at Forster Church (Bookings Essential)

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YOUR FORTNIGHTLY TV GUIDE

May 14 - 20

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Grand Designs: Streets. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 7.30. 8.00 Gruen. 8.35 The Weekly. 9.05 Planet America. 9.40 Big Boys. 10.05 Mayfair Witches. 10.50 News. 11.05 The Business. 11.25 Brush With Fame. 12.25 Grand Designs: Streets. 1.15 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 4. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Antiques Roadshow. 8.40 Mysteries Of Sink Holes. 9.35 The Handmaid's Tale. 10.35 SBS News. 11.05 My Brilliant Friend. 12.00 The Wall: Cover Your Tracks. 1.40 The Wall: Cover Your Tracks. 2.30 The Wall: Cover Your Tracks. 3.20 The Story Of Coffee. 4.20 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 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Unbelievable Moments Caught On Camera. 11.00 St. Denis Medical. 11.30 Born To Kill? 12.30 Midnight Texas. 1.30 Harry's Practice. 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. 10.00 NRLW Wrap: Women's State Of Origin Special. 11.00 9News Late. 11.30 The Equalizer. 12.15 Young Sheldon. 12.40 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 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 Lingco. 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 Lingco. 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 Elsbeth. (PG) 9.40 FBI: International. 10.40 News. 11.05 NCIS: Origins. 12.05 The Project. 1.05 Stephen Colbert. 2.00 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 1.00 Sherwood. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Grand Designs: Streets. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 7.30. 8.00 Grand Designs UK. 8.50 Martin Clunes: Islands Of The Atlantic. 9.35 The Kimberley. 10.30 News. 10.45 The Business. 11.00 Grand Designs: Streets. 11.50 Long Lost Family: What Happened Next. 12.35 Rage. 3.25 Late Programs.	6.00 Morning Programs. 1.55 Alone Australia. 3.00 Living Black. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 5. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 History's Greatest Mysteries. 8.20 Liberation: D-Day To Berlin. 9.15 Sherlock & Daughter. 10.10 SBS News. 10.40 Carmen Curles. 12.50 Pagan Peak. 2.35 Incredible Homes. 3.35 J Schwanke's Life In Bloom. 4.35 Bamay. 5.00 Eurovision.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: A Zest For Death: A Hannah Swensen Mystery. (2023) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Dogs Behaving (Very) Badly. (PG) 8.30 Britain's Got Talent. (PG) 10.30 The Amazing Race. (PG) 12.00 Raines. (M) 1.00 Travel Oz. (PG) 1.30 Harry's Practice. 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. Women's State Of Origin. Game 2. New South Wales v Queensland. 9.35 NRL Women's State Of Origin Post-Match. 10.00 9News Late. 10.30 Outback Opal Hunters. 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 Lingco. 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 Lingco. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Taskmaster Australia. 8.40 Cheap Seats. (M) 9.40 The Graham Norton Show. 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 News. 10.00 Planet America. 10.30 The Pacific. 11.10 Bergerac. 12.00 News. 1.00 Bay Of Fires. 2.00 Restoration Aust. 3.00 House Of Games. 3.25 Grand Designs: Streets. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 Gardening Aust. 8.30 Sherwood. (M) 9.30 Gruen. 10.05 The Weekly. 10.35 Big Boys. 11.05 News. 11.20 Father Brown. 12.05 Mayfair Witches. 12.50 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Military Strongholds. 3.00 Nula. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 6. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Eurovision: Access All Areas. 10.00 Robson Green's Weekend Escapes. 11.10 Atlantic Crossing. 12.15 Rex In Rome. 2.05 The Head. 3.40 Incredible Homes. 4.30 Bamay. 5.00 NHK World English. 5.30 News Morning. 5.30 ANC Philippines The World Tonight.	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 @ 6.30. 7.30 Better Homes And Gardens. 7.30 Football. AFL. Round 10. Sydney v Carlton. From the SCG. 10.30 AFL Post-Game Show. 11.15 GetOn Extra. 11.45 House Of Wellness. (PG) 12.45 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: Kidnapped In Paradise. (2021) 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 11. Canterbury Bulldogs v Sydney Roosters. 9.55 Golden Point. 10.45 MOVIE: Into The Blue. (2005) (M) 12.50 Drive TV. Launch Pad. 1.20 Explore. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingco. 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 Lingco. 3.30 News. 4.00 Judge Judy. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 House Hunters Aust. 8.00 House Hunters Aust. 8.30 Have You Been Paying Attention? 9.30 The Project. 10.40 News. 11.05 Father Brown. 12.00 Mayfair Witches. 12.50 Rage New Music. 5.00 Rage.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Call The Midwife. 1.30 Call The Midwife. 2.30 Spicks And Specks. 4.05 The Piano. 5.10 Landline. 5.40 News. 6.10 Father Brown. (PG) 7.00 ABC News. 7.30 Call The Midwife. (PG) 8.30 Call The Midwife. (M) 9.30 Bergerac. (M) 10.20 Hard Quiz Battle Of The Influencers. (PG) 10.50 The Split: Barcelona. (M) 11.50 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Cycling. UCI World Tour. La Vuelta. Women's race. Highlights. 3.00 Heroines. 3.30 Gymnastics. FIG World Cup. Highlights. 4.30 News. 5.30 Cycling. UCI World Tour. Giro d'Italia. Stage 7. Highlights. 5.30 How To Lose A War. 6.30 News. 7.30 Eurovision: Access All Areas. 10.00 The Day The Rock Star Died: David Bowie. 10.30 Alone Australia. 11.35 Homicide. 2.20 Michael Mosley: The Doctor Who Changed Britain. 2.55 Dirty Bird. 3.00 Incredible Homes. 4.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Andrew Ramsden Race Day. Score Cup Carnival. Doomsday 10,000. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 The Americas: Andes. (PG) 8.00 MOVIE: Jurassic Park. (1993) (PG) Sam Neill, Laura Dern, Jeff Goldblum. 10.25 MOVIE: Predator. (1987) (M) 12.40 The Black Donnellys. (M) 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 1.30 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: Quantum Of Solace. (2008) 10.00 MOVIE: Rambo: Last Blood. (2019) 12.30 Young Sheldon. 1.00 Australia's Top Ten Of Everything. 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 Xp Experiment. 1.00 Roads Less Travelled. 1.30 What's Up Down Under. 2.00 Rev In Rome. 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 House Hunters Aust. 9.40 Ambulance Australia. 10.40 Elsbeth. 11.40 FBI. 12.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Rage. 7.00 Wknd Brekky. 9.00 Insiders. 10.00 Officers. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 The Piano. 3.30 Grand Designs UK. 4.40 The Kimberley. 5.30 Antiques Roadshow. 6.30 Compass. (PG) 7.00 News. 7.30 The Piano. (PG) 8.30 Bergerac. (M) 9.15 Reunion. (MA15+) 10.15 MOVIE: Judy And Punch. (2019). (MA15+) 12.00 Take 5. 12.30 Rage. 3.00 Ask The Doctor. 3.30 Outback Ringer. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 12.00 APAC Weekly. 12.30 PBS Washington Week. 12.55 Judo. 1.00 Speedweek. 3.00 Gymnastics. FIG World Cup. Highlights. 4.30 Cycling. UCI World Tour. Giro d'Italia. Stage 8. Highlights. 5.30 The Seabees On Iwo Jima. 6.30 News. 7.30 Eurovision: Access All Areas. 12.00 MOVIE: Amazing Grace. (2018) 1.35 24 Hours In Emergency. 4.20 J Schwanke's Life In Bloom. 4.50 Destination Flavour. 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 AJ Jazeera.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 Jabba's Movies. 3.00 TBA. 4.30 Highway Cops. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 The 1% Club. (PG) 8.00 7NEWS Spotlight. 9.00 24 Hours In Police Custody. (M) 10.10 Crime Investigation Australia. (MA15+) 11.30 Autopsy USA. (M) 12.30 Shades Of Blue. (MA15+) 1.30 Harry's Practice. 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 Fish Forever. 1.30 Drive TV: Drive Car Of The Year. 2.00 Surf Boats. 3.00 Rugby League. NRL. Round 11. Canberra Raiders v Gold Coast Titans. 6.00 NBN News. 7.00 Travel Guides. 8.30 60 Minutes. 9.30 The Killer Interview With Piers Morgan. 10.30 9News Late. 11.00 See No Evil. 11.50 Surf Boats. 12.40 Taronga: Who's Who In The Zoo. 1.30 TV Shop. 4.00 Believer's Voice. 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. 1.10 Everyday Gourmet. 1.30 Cook With Luke. 2.00 GCBC. 2.30 All 4 Adventure. 3.30 Farm To Fork. 4.00 News. 5.00 News. 6.00 Sunday Project. 7.00 MasterChef Aust. 8.45 House Hunters Aust. 8.45 House Hunters Aust. 9.15 FBI. 10.15 FBI. 11.05 Sunday Project. 12.00 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Grand Designs: House Of The Year. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 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: House Of The Year. 1.00 Long Lost Family: What Happened Next. 1.50 Late Programs.	6.00 Morning Programs. 2.00 Death In The Tower: King Richard. 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 9. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Stockholm With Michael Portillo. 8.25 Bettany Hughes: Treasures Of Albania And The Adriatic. 9.20 Inside Windsor Castle. 10.15 SBS News. 10.45 Classified. 11.35 Don't Leave Me. 1.35 Incredible Homes. 3.35 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: A Criminal Affair. (2021) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.05 9-11: Lone Star. (M) 10.05 Suits L.A. (M) 11.05 The Agenda Setters. 12.05 Treadstone. (MA15+) 1.05 Travel Oz. (PG) 1.35 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: A Lifeguard's Obsession. (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 9News Late. 10.15 Aussie Road Train Truckers. 11.15 Gypsy Rose: Life After Lockup. 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. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 Deal Or No Deal. 9.00 Lingco. 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 Lingco. 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? 9.40 Making Mission: Impossible. 10.10 News. 10.35 Taskmaster Australia. 11.45 The Project. 12.10 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Restoration Aust. 2.55 House Of Games. 3.25 Grand Designs: House Of The Year. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 7.30. 8.00 The Kimberley. 8.50 David Attenborough's Galapagos. 9.40 Australia's Wild Odyssey. 10.40 News. 10.55 The Business. 11.15 Four Corners. 12.00 Media Watch. 12.15 Q+A. 1.20 Grand Designs: House Of The Year. 2.05 Late Programs.	6.00 Morning Programs. 2.00 I Am Not A Number. 2.25 Going Places. 2.55 The Weekly Football Wrap. 3.25 Plat Du Tour. 3.30 The Cook Up. 4.00 Scotland's Riverwoods. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.30 Insight. 9.30 Dateline. 10.05 SBS News. 10.35 Living Black. 11.05 Snow. 12.00 The Lesson. 2.25 Incredible Homes. 3.25 Incredible Homes. 4.20 J Schwanke's Life In Bloom. 4.50 Destination Flavour. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.35 Surveillance Act: Dashcam. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.10 Doc. (M) 11.10 The Agenda Setters. 12.10 The Act. (MA15+) 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Year. 1.15 My Way. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Floor. (PG) 8.45 100% Footy. (M) 9.45 9News Late. 10.15 Aussie Road Train Truckers. 11.15 Gypsy Rose: Life After Lockup. 12.05 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 2.30 Garden Gurus. 3.00 TV Shop. 4.00 Believer's Voice. 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 Lingco. 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 Lingco. 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 Cheap Seats. (M) 9.40 The Inspired Unemployed: The List. (PG) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

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	ABC TV	SBS	SEVEN	NBN	TEN	
	6.00 Morning Programs. 1.35 Media Watch. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Grand Designs: House Of The Year. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 7.30. 8.00 Gruen. 8.35 The Weekly. 9.05 Planet America. 9.40 Big Boys. 10.10 Mayfair Witches. 10.55 News. 11.10 The Business. 11.25 Brush With Fame. 12.25 Grand Designs: House Of The Year. 1.15 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 10. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.40 Mysteries Of Sink Holes. 9.35 The Handmaid's Tale. 10.35 SBS News. 11.05 My Brilliant Friend. 12.05 The Wall: The Chateau Murder. 3.25 J Schwanke's Life In Bloom. 4.55 Destination Flavour. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.40 Surveillance Act: Dashcam. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Unbelievable Moments Caught On Camera. (PG) 11.00 Born To Kill? (MA15+) 12.00 Midnight Texas. 1.00 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. 10.00 Freddy And The Eighth. 11.00 9News Late. 11.30 The Equalizer. 12.15 Young Sheldon. 12.40 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 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 Lingco. 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 Lingco. 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 Elsbeth. (M) 9.40 FBI: International. (M) 10.40 News. 11.05 NCIS: Origins. (M) 12.05 The Project. 1.05 Stephen Colbert. 2.00 Shopping. 4.30 CBS Morning.	WEDNESDAY
	6.00 Morning Programs. 1.00 Sherwood. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Grand Designs: House Of The Year. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 7.30. 8.00 Grand Designs UK. 8.50 Martin Clunes: Islands Of The Atlantic. 9.35 The Kimberley. 10.30 News. 10.45 The Business. 11.00 Grand Designs: House Of The Year. 11.50 Long Lost Family: What Happened Next. 12.35 Rage. 3.25 Late Programs.	6.00 Morning Programs. 1.55 Alone Australia. 3.00 Living Black. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 11. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 History's Greatest Mysteries. 8.25 Liberation: D-Day To Berlin. 9.15 Sherlock & Daughter. 10.10 SBS News. 10.40 Carmen Curles. 12.50 Pagan Peak. 2.50 J Schwanke's Life In Bloom. 4.20 J Schwanke's Life In Bloom. 4.55 Destination Flavour. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Lethal Love Letter. (2021) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Dogs Behaving (Very) Badly. (PG) 8.30 Britain's Got Talent. (PG) 10.30 The Amazing Race. (PG) 12.00 Raines. (M) 1.00 Travel Oz. (PG) 1.30 Harry's Practice. 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 12. Canterbury Bulldogs 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. 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 Lingco. 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 Lingco. 3.30 News. 4.00 Judge Judy. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 House Hunters Aust. 8.40 Have You Been Paying Attention? 9.30 The Project. 10.40 News. 11.05 The Project. 12.10 Stephen Colbert. 1.00 Shopping.	THURSDAY
	6.00 News. 9.00 News. 10.00 Planet America. 10.30 The Pacific. 11.10 Bergerac. 12.00 News. 1.00 Bay Of Fires. 2.00 Restoration Aust. 3.00 House Of Games. 3.25 Grand Designs: Streets. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 Gardening Aust. 8.30 The One That Got Away. 9.25 Gruen. 10.00 The Weekly. 10.30 Big Boys. 11.00 News. 11.15 Father Brown. 12.00 Mayfair Witches. 12.50 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Autism: Rome's Forgotten Sister. 3.00 Nula. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 12. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 MOVIE: Call Me Kate. (2023) 9.05 Snowdon & Margaret: A Scandalous Affair. 10.00 Robson Green's Weekend Escapes. 10.35 SBS News. 11.05 Atlantic Crossing. 12.10 Rex In Rome. 2.00 The Head. 2.50 The Head. 3.50 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 @ 6.30. 7.00 Better Homes And Gardens. 8.30 House Of Wellness. (PG) 9.30 MOVIE: Under The Tuscan Sun. (2003) (M) Diane Lane. Sandra Oh. Lindsay Duncan. 11.50 To Be Advised. 1.30 Travel Oz. (PG) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Temptation Under The Sun. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 12. Parramatta Eels v Manly Sea Eagles. 9.55 Golden Point. 10.45 MOVIE: Sleepless. (2017) (MA15+) 12.35 Tipping Point. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingco. 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 Lingco. 3.30 News. 4.00 Judge Judy. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 House Hunters Aust. 8.40 Have You Been Paying Attention? 9.30 The Project. 10.40 News. 11.05 The Project. 12.10 Stephen Colbert. 1.00 Shopping.	FRIDAY
	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Call The Midwife. (PG) 1.30 Call The Midwife. (M) 2.30 M50 Beethoven's Ninth. 3.40 TBA. 4.10 The Piano. (PG) 5.10 Landline. 5.40 Aust Story. 6.10 Father Brown. (PG) 7.00 ABC News. 7.30 Call The Midwife. (PG) 8.30 Call The Midwife. (M) 9.30 Bergerac. (M) 10.20 Hard Quiz Battle Of The Influencers. (PG) 10.50 The Split: Barcelona. (M) 11.50 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Cycling. UCI ProSeries. Tour of Hungary. Highlights. 3.00 Gymnastics. FIG Artistic Apparatus World Cup. Highlights. 4.30 Cycling. UCI World Tour. Giro d'Italia. Stage 13. Highlights. 5.30 Plat Du Tour. 5.35 Cuban Missile Crisis. 6.30 News. 7.30 Elizabeth Taylor: Rebel Superstar. 8.25 Secrets Of Britain's Historic Houses. 9.30 Alone Australia. 10.35 French Atlantic. 11.05 Great Coastal Railway Journeys. 11.40 Homicide. 12.35 Homicide. 1.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Motorway Patrol. 12.30 Football. AFL. Round 11. Carlton v GWS Giants. 3.30 Horse Racing. Sporting Chance Cancer Foundation Raceday. Sandown Saturday and Doomben Cup Day. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 The Americas. (PG) 8.00 MOVIE: The Lost World: Jurassic Park. (1997) (PG) 10.35 MOVIE: Con Air. (1997) (MA15+) 12.55 Travel Oz. (PG) 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness.	6.00 Morning Programs. 10.00 Today Extra: Saturday. 12.00 Destination WA. 1.30 Find My Country House Australia. 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: Skyfall. (2012) 11.30 MOVIE: Double Impact. 12.30 Camping Point. WA. 2.00 The Incredible Journey. 3.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 12.10 Everyday Gourmet. 12.30 The Yes Experiment. 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 House Hunters Aust. 9.10 House Hunters Aust. 9.40 Ambulance Australia. 10.40 Elsbeth. 11.40 FBI. 12.30 Shopping. 5.00 Hour Of Power.	SATURDAY
	6.00 Rage. 7.00 Wknd Brekky. 9.00 Insiders. 10.00 Officers. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 The Piano. 3.30 Grand Designs UK. 4.20 First Nation Farmers. 4.40 The Kimberley. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 The Piano. 8.30 Bergerac. (M) 9.20 Reunion. (M) 10.15 MOVIE: Strangerland. (2015) 12.05 Take 5. 12.35 Rage. 3.00 Ask The Doctor. 3.30 The Art Of... 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Motor Racing. ProMX Championships. Round 4. 4.00 Going Places. 4.30 Cycling. UCI World Tour. Giro d'Italia. Stage 14. Highlights. 5.30 Code Me: Code Me: Spies Against Nazis. 6.30 News. 7.30 London: 2000 Years Of History. 9.15 Into The Gobi Desert With Nick Knowles. 10.05 Hindenburg: The Cover Up. 11.00 Face Down: Killing Of Thomas Niedermayer. 12.00 24 Hours In Emergency. 3.40 J Schwanke's Life In Bloom. 4.10 Bamay. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 TBA. 4.10 Surveillance Act: Dashcam. 4.30 Highway Cops. 5.00 News. 5.30 Weekend News. 6.00 News. 7.00 The 1% Club. (PG) 8.00 7NEWS Spotlight. 9.00 24 Hours In Police Custody. (M) 10.00 Crime Investigation Australia. (MA15+) 11.30 Autopsy USA. (M) 12.30 Shades Of Blue. (MA15+) 1.30 Harry's Practice. 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 Fish Forever. 1.30 Drive TV: Drive Car Of The Year. 2.00 Adelaide Equestrian Festival. 3.00 Rugby League. NRL. Round 12. New Zealand Warriors v Canberra Raiders. 5.00 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 Australia's Top Ten Of Everything. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 Drive TV: Drive Car Of The Year. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 GCBC. 9.00 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. 1.10 Everyday Gourmet. 1.30 Cook With Luke. 2.00 GCBC. 2.30 All 4 Adventure. 3.30 Farm To Fork. 4.00 Lingco. 5.00 News. 6.00 Sunday Project. 7.00 MasterChef Aust. 8.30 Fake. 9.30 FBI. 11.30 Sunday Project. 12.30 Shopping. 4.30 CBS Morning.	SUNDAY
	6.00 Morning Programs. 1.00 Landline. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Grand Designs: House Of The Year. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 7.30. 8.00 Antiques Roadshow. 8.50 David Attenborough's Kimberley. 9.40 Australia's Wild Odyssey. 10.40 News. 10.55 The Business. 11.10 Four Corners. 12.00 Media Watch. 12.15 Books That Made Us. 1.15 Grand Designs: House Of The Year. 2.00 Late Programs.	6.00 Morning Programs. 2.00 Masha And Valentina. 2.55 Travel Shooters. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 15. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Stockholm With Michael Portillo. 8.25 Bettany Hughes: Treasures Of Estonia. 9.20 Inside Windsor Castle. 10.15 SBS News. 10.45 Classified. 11.35 Kin. 1.35 Kin. 2.30 Along Ireland's Shores. 3.00 Along Ireland's Shores. 3.30 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 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 8.50 9-1-1: Lone Star. (M) 9.50 Code 1: Minute By Minute. (M) 10.50 The Agenda Setters. 11.50 Motorway Patrol. 12.20 You, Me And The Apocalypse. 1.20 Travel Oz. 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: A Missed Connection. (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) 8.50 100% Footy. (M) 9.50 9News Late. 10.20 Aussie Road Train Truckers. (M) 11.20 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. 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 Lingco. 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 Lingco. 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. 12.20 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.	MONDAY
	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Grand Designs: House Of The Year. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 7.30. 8.00 The Kimberley. 8.50 David Attenborough's Kimberley. 9.40 Australia's Wild Odyssey. 10.40 News. 10.55 The Business. 11.10 Four Corners. 12.00 Media Watch. 12.15 Books That Made Us. 1.15 Grand Designs: House Of The Year. 2.00 Late Programs.	6.00 Morning Programs. 2.00 Walkatjura: Our Actions Will Never Stop. 3.15 Arts Centres Keep Our Elders Connected. 3.35 The Weekly Football Wrap. 4.05 The Cook Up. 4.35 Going Places. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 News. 7.30 Who Do You Think You Are? 8.30 Insight. 9.30 The Handmaid's Tale. 10.35 SBS News. 11.00 Living Black. 11.30 Emery Of The People. 2.50 Along Ireland's Shores. 3.50 J Schwanke's Life In Bloom. 4.20 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 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 8.50 Doc. (M) 9.50 Doc. (M) 10.50 The Agenda Setters. 11.50 Autopsy USA. (M) 12.50 The Act. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.20 My Way. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Tipping Point: Travel Guides. 9.00 Freddy And The Eighth. 10.00 NRLW: Wira: Women's State Of Origin Special. 11.00 9News Late. 11.30 The Equalizer. 12.20 Tipping Point. 1.20 Talking Home. 1.30 TV Shop. 2.30 Garden Gurus. 3.00 TV Shop. 4.00 Believer's Voice. 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 Lingco. 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 Lingco. 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 Inspired Unemployed: The List. (PG) 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

Open until 25 May - Mixed Media Exhibition
Sat & Sun 10am - 4pm and when the flags are flying at Forster Gallery, 34 Lake St Forster.

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

Tues 27 May Reconciliation Week 'Bridge Walk'
11-2pm meet at the Wharf on Forster side of bridge. Community BBQ & cultural immersion experience. See page 5 for details.

June

Sun 1 June - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088

Sat 7 June - Real Food Market
8am -11am Pacific Palms Community Centre.
Come meet your local farmers.
Enquiries: Sue Williams 0438 433 063.

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

Devonshire
Tea & Crafts
17th May
Forster Civic Centre
Lake Street Forster
9:30 - 12pm



TUNCURRY
MARKETS
John Wright Park
Saturday 24 May
8am - 1pm
Bookings Essential
Enquiries 0417 400 994



What's on around town & beyond!

Meet the farmers at the REAL FOOD Market

By Mary Yule

"The aim of the REAL FOOD Market is to connect farmers to the community. We have amazing local producers, and we want to show case them," said Sue Williams, President, The Great Lakes Food Trail who organises the monthly REAL FOOD Market at Pacific Palms.

Starting last December, the Real Food Market is slowly gaining ground and offers a unique opportunity to meet and chat with our local farmers who are growing and selling their own food and produce.

Some of the farmers and producers you'll meet at the markets include Blueys Booch, Chef2Farmer, Coomba Little Farm, Golby Wild Caught Seafood, Hand'n'Hoe Organics, Nadine the Cake Queen, Macwood Mushroom Company, Merry Maidens Vegies, Palms Artisan Bakery, Paperbach Farm, Petal and Sprout, Tianjara Eco, Topi Hill Organics and Topi Open Range Farm.

Sue said, "Our market is about farmers who are using regenerative practices that meet our core values (see core values below.) Our aim is to connect local and ethical producers with our community. Farming ethically and sustainably is not only better for our health but also better for the land.

"The market is slowly growing, and we now have a local fisherman selling wild caught fish and you can't get fresher than that!"

Sue explained that the REAL FOOD Market has also solved the issue around stricter quarantine rules that prevent easy access to multiple farms. For example, if you visit a pork farm it can be risky to visit a chicken farm the same day.

So, instead of travelling to lots of different farms - the REAL FOOD Market is bringing your local farmers to you all in one place.

The core values of The Great Lakes Food Trail are REAL FOOD:

Regenerative farming that builds and maintains soil health.

Environmentally, economically and socially sustainable.

Animals that are pasture raised on paddocks.

Low stress stock handling practices.

Free-to-range animals that can forage with their flock or herd.

Open and transparent communication with the community.

Organic farming principles, process and practices.



Above: Sue Williams on her farm that supplies the REAL FOOD Market at Pacific Palms. Photo supplied.

Diversity that develops healthy ecosystems.

The REAL FOOD Market next meets Saturday 7 June (see Local Calendar on left). Enquiries to Sue Williams on 0438 433 063.

For more information, please visit: www.thegreatlakesfoodtrailnsw.com.au

Motorfest
2025 is back
at Tuncurry!



Without a doubt the annual Midcoast Ford Motorfest is one of the Great Lakes' major events, now in its 25th year.

Conducted by the local Great Lakes Historic Automobile Club, Motorfest is the Club's prime event and is being held this year on Sunday 8th June in John Wright Park Tuncurry, commencing at 8.00 am and finishing at 2.00 pm. Once again entry is free to the public with entrants, paying \$15 to display their 'pride and joy. Apart from the traditional 'Classics', hot rods, motorcycles, stationary engines and street machines... suffice to say if you love your wheels, you're welcome to join in this iconic event. Last year some 300 vehicles shared the day overlooking the pristine Cape Hawke Harbour (Forster Tuncurry Channel).

New this year is the novel Rocker/Valve cover racing. Essentially rocker covers are converted to basic 'race cars' and compete against each other down a sloped ramp... best have a peak at 'Google' to whet your appetite and imagination!

Need more information? Just give Ron a call on 0407 993 499 or Tony on 0438 462 992



Great Lakes Historic Automobile Club Inc. Presents
MID COAST Ford
MOTORFEST 25
Sunday 8th June – 8am-2pm
John Wright Park, Tuncurry
FREE Public Entry – \$15 to Display Vehicle

- » Veteran, Vintage & Classic Cars
- » Hot Rods » Motorcycles
- » Stationary Engines
- » Street Machines
- » Rocker Cover Racing

ENQUIRIES: Tony: 0438 462 992
Ron: 0407 993 499



www.glhac.org MIDCOAST council



What's on around town & beyond!

Forster Gallery
People's Choice Awards

By Christine Rands - President

At our recent The Forster Art Prize Exhibition each of our visitors was invited to vote for their favourite member's work on display; a task not as easy as it sounds!



1st Prize People's Choice "Afternoon at One Mile" by Kathy Corner.

On Sunday 27 April the Winners were announced at a Members' Afternoon Tea at our Gallery.

We received over 1,017 votes and I am happy to announce that Second Prize was awarded to Kellie Lamacraft for her Acrylic work "Owl" and, First Prize was won by Kathy Corner for her Acrylic work "Afternoon at One Mile". Both artists were doubly rewarded when their works were sold.

The winner of our Raffle of a Watercolour, by renowned artist Chan Dissanayaki, was a local Forster resident who was 'over-the-moon' when she was advised of her win. Thank you to all visitors who purchased a raffle ticket. All funds received at Forster Gallery go



Forster Gallery and Great Lakes Art Society
proudly presents our
Mixed Media Exhibition
Open now until 25th of May
FORSTER GALLERY - 34 Lake St, Forster
Open Saturday and Sunday, 10am - 4pm and when the flags are flying
www.forstergallery.org

to the upkeep of our building and the promotion of Art in our community.

Rolling Members' Exhibitions

Forster Gallery now returns to a format of rolling Members' Exhibitions which are changed every 4 - 6 weeks. Currently our Mixed Media & 3D themed Exhibition is running, to be followed by a Landscape themed Exhibition.

We keep renewing our Exhibitions so that you don't ever get bored by a visit to Forster Gallery. See you soon!

Right: 2nd Prize People's Choice "Owl" by Kellie Lamacraft. Photos supplied.



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  Soul Station Fri 16 May	Thursday Mufti Bowls & Raffle from 12:30pm Happy Hour 3pm to 5pm Ribs Night \$20  Rueben & Friend Fri 23 May	Friday Raffles from 6pm Super 100 Draw after Raffles Tradies Lunch + Beer \$20 Live Music Every Friday 8pm
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Open 7 Days
11:00 till Late
Lunch 12pm & Dinner 5:30pm
Courtesy Bus from 4pm
8 Paradise Drive, Smiths Lake
Ph: 6554 4333
www.pacificpalmsbowlingclub.com.au
Follow us on Facebook, Instagram and Twitter.



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



Are people aware of a proposed quarry?

Are people aware of a proposed quarry? A quarry on Shallow Bay Road with trucks and trailers bouncing up to 42 tonnes along a gravel road and 16.5 km along Coomba Road, 7 times a day. Shallow Bay Road gets enough potholes just from local cars driving daily and the garbage collection truck once a week.

Also, Coomba Road is the only road in and out of Coomba. Many using it are elderly, and many don’t manage more than 60km on the 80km speed limit because of the bends in the road, terrified of oncoming cars, let alone trucks and trailers.

Anthony Cusack started a petition on Saturday 12 April. The petition can be signed at the Coomba Brunch Café.

Hans Mason – Coomba Park

No to Quarry in Shallow Bay

Development Applications (DA’s) rely on people doing nothing, they don’t want you to see it, comment on it, or object to it – council processes don’t help, you have to know where to look and how to make your voice heard.

Once a DA is approved it’s too late to voice your concerns or make an objection.

Late March, the Coomba & District Progress Association heard from residents that there was a proposal for a hard rock quarry on Shallow Bay Road, and received copies of the letter the owner had been giving to some residents about the quarry. To their credit they scanned and published the letter so ALL of the Shallow Bay, Coomba Park, Coomba Bay and Whoota communities could see what was being planned.

The “No Quarry in Shallow Bay” campaign was started after several of us started getting questions in person, phone calls and emails from people who will be severely impacted by the quarry. They didn’t know how to get information about it, how to complain about the quarry, and what to do next.

The “No Quarry in Shallow Bay” campaign is about letting the residents, visitors and wider MidCoast community know there is a proposal for a quarry next to a National Park, in known Koala country, and on land that drains to the wetlands of Shallow Bay on Wallis Lake.

Follow us at <https://facebook.com/NoQuarryInShallowBay> to see when a Development Application (DA) is submitted for the Quarry, how you can make a submission to Council with your concerns and objections, how to have your say about what happens in your community.

Did you know it only takes 10 submissions against a DA to force it to go to the elected councilors to take a vote on it?

What can you do – get involved with what’s being proposed and happening in your community, have your voice heard.

Anthony Cusack – Coomba Park

Stop the quarry in Shallow Bay

Imagine exchanging pristine bushland, peaceful waterways, thriving wildlife, and a close-knit community for constant noise, heavy vehicle traffic, pollution, and dust infecting our environment. That’s the reality facing Shallow Bay and the Coomba Park District residents with the proposal of a hard rock quarry — and it’s a future we must not allow.

My family and I have been coming to the Coomba Park district for over 20 years, holidaying here with our four children. We’ve grown deeply connected to the area, community, wildlife, and waterways, ultimately investing significantly in our property and choosing to retire in Shallow Bay. We recently rebuilt our home on the waterfront of Wallis Lake — drawn by the tranquility, surfing, boating, wildlife, birds and stunning ecological beauty that defines this region.

We regularly host family and friends, many of whom have also fallen in love with the area — some even purchasing property of their own in the district. They, like us, support local cafes, restaurants, and small businesses that thrive on the natural lifestyle and peaceful environment that this quarry would threaten.

A substantial increase in daily heavy vehicle traffic will make local roads more dangerous, particularly in areas that are not designed to handle large trucks. This will tragically lead to even more accidents and fatalities. On Coomba road alone there are as many as thirty-two blind spots on narrow corners between The Lakes Way and Shallow Bay Road.

What’s especially concerning is how poorly this proposal has been communicated. Many of us living closest to the proposed site had no idea this was happening, and the broader community has been left in the dark. It feels like a deliberate attempt to avoid accountability and silence the voices of those who will be most impacted.

In addition to the noise, dust, ecological destruction, economic sabotage and road safety there is a serious risk of contamination to our natural water tanks — which is critical, as our community is not connected to town water. Dust and run off from quarry activity will compromise the only clean water source many of us rely on daily.

This isn’t just about not wanting a quarry in our backyard — it’s about standing up for our entire community, which has been misled and excluded from the conversation. The overwhelming majority of locals oppose this development, particularly as this area is being transitioned to a C3 Environmental Management Zone — a classification meant to protect the landscape, native fauna, and the rich wildlife that live in and around these waters.

We do not oppose quarries, however the location must be considered relative to the broad impact on a community and ecosystem. We urge decision-makers to reject this destructive and inappropriate proposal and protect what makes this region so special — its people, its peace, and the precious natural environment that belongs to all of us.

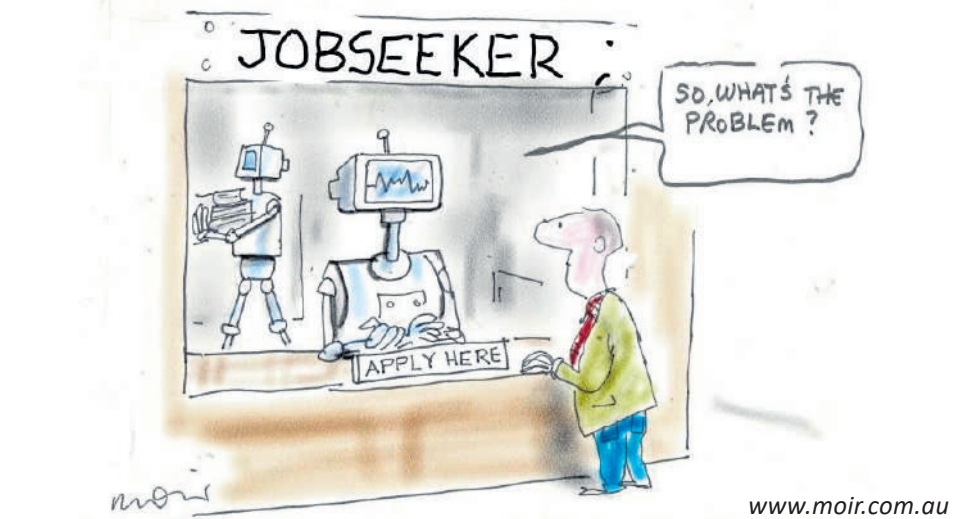
Mark and Soraia Barry – Shallow Bay

Comment from MidCoast Council

MidCoast Council has not received a formal development application for this proposal.

If a Development Application is lodged with Council, it will be exhibited in accordance with Council’s Community Engagement Strategy.

This will provide concerned community members the opportunity to raise concerns for consideration by Council in the assessment of the application.



www.moir.com.au

Liberal wipeout leaves white men with no voice to parliament

POLITICAL SATIRE:

In a spectacular repudiation of Liberal Party values, Australians voted overwhelmingly last Saturday to deny privileged, white men a Voice to Parliament.

All six states and both territories returned a decisive “No” vote against the Liberal Party, even in the affluent suburbs of Melbourne and Sydney, which were once considered reliable strongholds for the pro-white establishment.

The crushing No vote has broken the hearts of thousands of the Liberal Party elite, who had always believed they had an unassailable right, assigned at birth, to sit in the nation’s parliament and stride the corridors of power. But Saturday’s wipeout, spearheaded by the former Opposition Leader Peter Dutton, now leaves wealthy, old, white men with no formal Voice to advise or consult on legislation that directly affects their white communities.

“It’s heartbreaking” said the shadow treasurer Angus Taylor. “This election was held as a direct response to our Vaucluse Golf Club Statement From the Heart. We weren’t asking for any special treatment or handouts. We simply wanted the chance to be heard on issues

relevant to our culture, such as increased franking credits and more funding for private schools.”

The decimation of the Liberal Party ranks at the ballot box has not only left entitled, white men with no Voice to Parliament, but has also ignited a wider debate about the country’s treatment of white Australians.

“We give these whitefellas everything,” said indigenous leader Marcia Langton. “They go to the best schools, get the best jobs, get the best stock tips. We even teach them how to avoid paying tax, and how to avoid jail-time if they ever get done for corporate fraud. So they’ve had every advantage in the world, and they still lose the election! I mean, what more could we possibly do for them?!”

Ms Langton speculated that perhaps some white people just don’t want to be helped. She has offered to help organise a tent city on the lawns of Parliament House to house the scores of displaced Liberal MPs who lost their seat in the election.

Peter Dutton has proposed a National Sorry Day, to personally apologise to all the privileged, white men who lost their seats under his leadership. However it’s still unclear whether Mr Dutton will boycott his own apology.

www.theshovel.com.au

Book Review

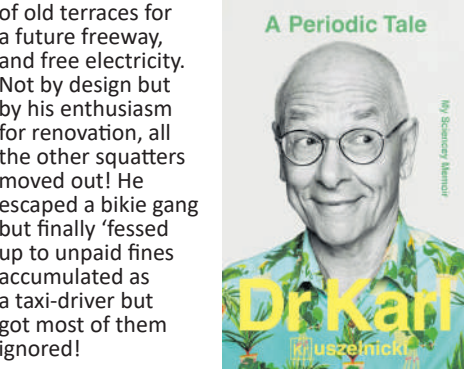
Book Review by John King - Librarian

Dr Karl - A Periodic Tale

Physicist at Port Kembla Steel Works, rally car navigator, hippie school-teacher in New Guinea – rated number one by the students, budding filmmaker, helping to set up Australia’s first cable TV network in Nimbin for the Aquarius Festival there, building a high ISO film developer, on the road setting up for a band, Sydney taxi driver (and they know where all the illegal action is), becoming a backyard mechanic on a 1954 Chevy, becoming a hospital scientific officer (meaning taking and developing x-ray films for cardiac surgeons), doing a Master’s Degree in Biomedical Engineering where he made a machine for Fred Hollows measuring the tiny electrical signals from the eye’s retina, becoming a doctor, with a media career in parallel (fired because he insisted on the facts, not the sensation the producer wanted), and a wife (they eventually married) and family with three children.

Whew! What a CV! Who else but Karl Kruszelnicki with his autobiography Dr Karl could pack so much diversity into one life! In fact, he ran four careers in parallel at one point.

He is an entertaining writer, easy to read, and an entirely enigmatic character who enthralled people with science but in his own estimation never actually understood them and wished for a higher EQ. But his career says brilliant. The book is interspersed with panels of exposition, for example on how the heart works. He lived for years as a hippie in a Glebe squat, available at zero rent because the Department of Roads and Transport had bought a series



A Periodic Tale
Karl Kruszelnicki

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PUBLIC EVENT NOTICE
Changed traffic/pedestrian conditions

TriNSW Club Championships: Sat 17 May - 5.30am to 2.00pm

The annual Triathlon NSW Club Championships is being held in Forster on the above date and times. The event attracts over 1000 adult and junior competitors and their families from all over NSW to take part in this annual end of year Triathlon and Club Championships.

The event will be staged from Main Beach car park and includes swimming at Main Beach, cycling on a course along North St, Head St, Hadley St, Lincoln St, Boundary Rd, Stand St, Underwood Rd and Kalaroo Dr (north of Cassina Cl). The final leg is running around the southern headland, Dolphin St and over the Forster Bridge footpath to do a small loop in John Wright Park, Tuncurry and back.

The event promotes the Forster Tuncurry and encourages health and fitness and will attract over 2000 visitors to Forster. To protect the safety of participants the following traffic management and pedestrian initiatives will be in place.

For full closure details go to <https://hevents.com.au/events/trinswclubchamps/traffic>
Or email: admin@hevents.com.au or call 0409 684 246.



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23rd April 2025

Aged 93 years
Late of Forster. Beloved Wife to Laurence. Adored Mother to Stephen and Andrea. Admired Grandmother and Great Grandmother.

'In God's Care'

A funeral service has been held.


6554 5433

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: vvagiforster@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 Section

Cnr Lake & McIntosh Sts Forster, Tues 6.30 - 8.30pm for 14 to 18 yrs. Contact: leanne.richardson@nsw.scouts.com.au

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 Moorrooba 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 Information 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 Moorrooba 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: vvagiforster@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 Meals & Pantry



Above: Vounteers (L-R) Judy Kirby, Tamara Clarke and Annette Gibbs at the Tuncurry Community Brunch.

Tuncurry Community Brunch

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

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

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

“Bring what you can – take what you need.”

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

Tuncurry Community Morning Tea & Lunch

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

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

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

11:30am to 1pm - Lunch served

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

Star Pet

Name: Keira

Age: 7 year old

Breed: Golden Retriever

Likes: She loves running around with her human brother and sister and food, any food! She also loves living in Forster and going for walks around the lake.

Dislikes: Bath time. She is not a fan at all.

Claim to Fame: The very impressive height she gets when she jumps to catch a ball or a treat.



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

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Your work in progress



Port Macquarie Ironman – without the swim!



Forster's Sonia Kennedy is off to Spain after her 70.3 Ironman placing.

By Mary Yule

The 2025 Ironman was held in Port on 3 May without the first swim leg due to poor water quality from recent rain. Instead of the traditional swim start, all athletes hit the road on their bikes in 15 second intervals. In the 70.3 event, competitors completed a 90km bike ride and a 21.1km run. In the Ironman, competitors completed a 180km bike ride and a marathon run of 42.2km.

There were 1179 finishes in the Half Ironman and 1028 in the Ironman. Natalie Van Coevorden (in a time of 3:45:55) and Henrik Goesch (3:19:27) won the women's and men's Half Ironman while Merle Talviste (8:50:54) and Tom Humphreys (7:37:14) won the Ironman. Five triathletes represented Forster on the day. In the Half Ironman, Sonia Kennedy came a commendable 4th in her 50-54 year age category with a time of 5:19:59. In the Ironman Damien Hiles came 7th in his 50-54 age group

in a time of 8:56:24 and 53rd overall. Adrian Trotter placed 14th in the 45-49 age group in 9:44:28, Simon Gay came 33rd in the 45-49 age group with 10:39:06 while Geoff Isaacs came 39th in the 35-39 age group in 10:21:30.

Off to Worlds in Spain

After coming fourth in her age group, Sonia Kennedy was allocated one of the 45 spots up for grabs to represent Australia in the 70.3 Ironman World Championships to be held in Spain later this year. Port is one of 114 qualifying 70.3 Ironman events across the world.

Sonia believes she got her spot to the Worlds as her age group had bigger numbers than others.

"I was very shocked that I actually got 4th in my age group but I'm excited with how it turned out as the half Ironman is not my forte. I do better at the shorter distances. During the race I had a terrible bike ride. My bike chain dropped 3 times, and I had to hop off my bike each time to fix it. Also, there was no swim which is my strength. I think everyone found it much more challenging not having the swim leg first. I seriously thought about not entering it when the swim was cancelled on the morning, but I thought oh well, it's a perfect opportunity to train and get out there."

Sonia said the race start without the swim leg was terrible, however everyone just got on with it.

"We were set off in order of our race bib numbers in 15 second intervals on our bikes. Normally in any event you are set off by your times or age groups. This meant all the competitors had no idea how they went until the results were posted."

"Everything was muddy from the rain, including the transition areas [where competitors switch from one leg to the other]. Students from Forster Primary and friends and family came up to support me. It was crazy but still so much fun. They kept me going."

Sonia explained that she has qualified for the shorter tri distances at Worlds a couple of times but having little kids and work commitments

never allowed it. Now her two sons are older and she is training well (with coach Michelle Jones who won silver for Australia at the 2000 Olympics), she feels the time is right.

"I'm pretty excited. I've entered 7 half Ironman events but never got to any of them through injuries. Under Michelle's coaching I got to the start line at Port and anything else was a bonus."

"I was training three times a week for each leg [leading up to Port]. Now I have a more competitive goal to go for and will be more serious with training. My coach will add strength training and alternating weeks - with 4 swim session one week and 4 of something else the next. This sort of training is to prevent injury more than anything. I'll be training with people and a lot by myself to keep to my own pace – again to prevent injury."

"Funnily enough, I nearly didn't go to the Port presentation ceremony [after the race] but Michelle rung from the US and told me I had come fourth and asked if I was on my way to the ceremony. Other friends rang me too. I was heading home and hadn't even looked at the results. Luckily Michelle and friends did ring as you can only accept a spot [to Worlds] if you are present at the ceremony."

Below: Forster's Adrian Trotter flashing past at the Port Ironman. Photos supplied.



NSW Tri Club Champs Forster 17 May



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

The iconic NSW Triathlon Club Championships has long been the end of season trip where members get to race 'with' their fellow club members, as opposed to "against" them.

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

Start times at Main Beach

Club Distance (including Aquabike and Teams) waves will start 7.45am - 8.30am

Half Distance (including Aquabike and Teams) waves will start 9:15 am - 9.30am

Super Sprint 12-13 Juniors will start 10.15am

Juniors 7-11 will start 10.45am.

FINISH LINE: All events will finish next to the Forster SLSC in the car park. The Club Distance run course remains two laps.

Volunteers needed!

Keen to help out (and help your local Tri Club gain valuable points for the Club Champs)? Sign up online at: hevents.com.au/events/trinswclubchamps

Local Identity – Deborah Nicholas

Interview by Vanda Gooley

Deb Nicholas is newly retired but lives a very full and busy life. She worked for 20 years as a midwife earning the title of NSW Midwife of the Year in 2004. She helps at the Community Pantry in Tuncurry most Mondays, works with the local Landcare group, surf patrols, swims regularly in the ocean, enjoys gym and yoga sessions, is a member of two book clubs, loves camping and travels extensively to enjoy her five grandchildren.

Deb was born just before Christmas, 1962 and grew up in Allambie Heights, Sydney. The youngest of three girls, they spent lots of time running around in the local bushland and playing until sundown in the neighbourhood. Deb has lovely summertime memories of Freshwater Beach, bindis and jewelled Christmas beetles. After high school Deb began nursing at the Royal Alexandra Hospital for Children in Camperdown. During her general training she fell in love with Steve, married and had their first child Matthew.

Keen to give their children a country upbringing, Steve took a position as a teacher at Bowral High. The family lived in the Southern Highlands for 10 years.

During that time Deb worked as a registered nurse at Bowral Hospital and taught Child Care Studies at TAFE, while also completing midwifery training; they bought and renovated a house in Bowral; and had their twin boys - Michael and Simon.

In 1995, Steve took on the role of Deputy Principal at Bulahdelah Central School so the family moved to Smiths Lake, subsequently bought a block of land at Blueys Beach and built a house where they raised their boys for 10 years. They were all very happy to be in a warm climate with beaches and forests to enjoy. Ultimately, they sold up and built a house in Forster, where we still live today.

Deb started working in the community, firstly with war veterans and then with community nursing and palliative care.

Late in 2001, Deb was given the opportunity to establish a maternity support program for Aboriginal mothers and babies under the NSW Aboriginal Maternal Health initiative at the Biripi Aboriginal Medical Service. Aboriginal Health Worker Sharon Donovan and Deb worked in tandem to provide culturally sensitive pregnancy care and follow-up in to early childhood years. This program was part of an initiative designed to improve perinatal outcomes for Aboriginal families by addressing barriers identified by Aboriginal women as issues hindering the take up of antenatal services in mainstream health.

Over the 20 years of working as the midwife and Aboriginal Health Worker to these families, Deb and Sharon managed to improve

outcomes in important key areas including increased attendance to antenatal check-up, increased birth weights and access to specialist obstetrician and paediatric services. They provided comprehensive antenatal care and education and postnatal support in the home. They improved immunisation rates, eclipsing non-Aboriginal rates and facilitated a yearly baby show, celebrating and welcoming new babies in the community.

In recognition of the success of this program Deb was awarded NSW Midwife of the Year 2004.

of women who have survived a horrendous and preventable childbirth injury.) After raising money for the foundation, Deb was fortunate to be able to travel to different areas in Ethiopia with the CHF to visit midwifery schools and clinics. A highlight of the journey was to meet Catherine in her hospital by the river in Addis Abba. She was 95 and had only recently retired.

Now retired herself, Deb loves spending time in their garden with Deb's canine bestie Pepe, three hens and husband (well trained!). Most Mondays Deb helps out at the community pantry at Tuncurry, run by the wonderful

of the face of Jesus but it was actually Deb's self-portrait and the painting had been sold... we bonded in that line over the painting and soon became best friends. That was over 20 years ago!

Deb is one of the kindest, sweetest, most intelligent souls I know! Together we share a love of family, our friends, art and books. We have very similar taste in books and I can always rely on Deb to advise on a good book read!

We are members of The Luscious Ladies Book Club which we started soon after we met. Within our book club group, we have grown beautiful deep friendships weathering the ups and downs of life together.

Within my own life, losing our daughter Shannon, Deb has constantly been there to support me through my journey. I have cherished this support.

I'm extremely proud to call Deb my friend! A few years ago, we were at a book launch at a Sydney University. An elderly man fainted (we thought he may be having a heart attack.) Me, in my stress and worry yelled out to the crowd..."my friend can help! She was Midwife of the Year!!!" We often laugh at this outburst of mine.

I am so thankful to call Deb my friend!!

Sharon Donovan worked with Deb for just short of 20 years, she said...

"In this time Deb became my colleague, my mentor and a dear friend. We started working together in 2001 on the Aboriginal Maternal & Infant Health Services (AMIHS). I was on the interviewing panel, and I had no doubt she was the right fit for our Biripi and Worimi community. Throughout these years Deb showed compassion, empathy and so much kindness to our women, and I know the women loved Deb.

Deb understood the importance of the program and what it meant to me and the community. With her experiences in mainstream services and the knowledge of an Aboriginal Health Worker, extraordinary changes were made. Just to mention a few: women's antenatal visits increased, baby birth weight's increased and, most importantly, taking a strong stance in obtaining access to the delivery room and participating in the delivering and birth of so many Aboriginal babies.

To say I trusted this woman would be an understatement. Deb came into the hospital in the early hours of the morning to deliver my now 21 year old son, which I am so grateful for, over all of his precious years.

Deb had an unwavering dedication to making change to the health and wellbeing of every mother that entered the program and to their families. I would like to show my gratitude to you Deb, for your kindness, support and friendship."



Above: Deborah Nicholas outside the Hamlin College of Midwives in Ethiopia. Photo supplied.

Over these 20 years voluntary relief work as a midwife at Beagle Bay in the Kimberleys, studies in sexual and reproductive health, child health and a Masters of Midwifery allowed Deb to work in an extended role of an Endorsed Midwife.

While Deb was mentored into cultural aspects of the Aboriginal community she was able to mentor Sharon Donovan. Another great outcome was when Sharon, went on to complete her Bachelor of Midwifery, becoming one of the handful of Aboriginal midwives in NSW. Sharon then became the manager of the team which had increased to two midwives, an early childhood nurse and two Aboriginal health workers. A great outcome for both Sharon and the community.

There are clear benefits to having good antenatal care provided by a midwife known to the woman. This is especially the case in remote areas and countries with limited health services. The Catherine Hamlin Fistula (CHF) Foundation's remarkable work in Ethiopia highlights how a midwife's skill and knowledge can make a life and death difference to women in remote areas. (The CHF has one goal: to eradicate obstetric fistula. The foundation is dedicated to restoring the health and dignity

people at the Church of Christ. The pantry provides affordable food to families struggling with the cost of living.

Deb is also currently training Pepe for 'pets as therapy' and plans to have regular visits to aged care facilities. Working with a local land care group and patrols at Cape Hawke Surf Club are all ways which she feels she can contribute to a community "who have been good to my family and me".

Mostly home-bodies, Steve and Deb love to go camping and also spend a lot of time travelling to Canberra, Sydney and Bellingen for cuddles and fun with their 5 grandchildren. Morning swims with the Turtles and Warrior Women, gym and yoga sessions at the Great Lakes Aquatic Centre, two fun book groups and socialising with some wonderful friends fills out Deb's newfound retirement time.

Donna Rankin, long-time friend and founder of Heart to Heart Australia said this of Deb...

"Deb and I met in a line picking up paintings at the Pacific Palms Art Festival. Deb was standing in front of me holding one of my favourites from the exhibition...I thought it was a painting

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Sport

Iconic red & yellow beach flags down until Sept

By Annie Evans

With the end of the surf season on Sunday 27 April, the six clubs in the Surf Life Saving Lower North Coast Branch (SLSLNCB) have now ceased weekend patrols. The branch extends from Crowdy Head in the north, then to Taree-Old Bar, Black Head, Forster, Cape Hawke and finally Pacific Palms in the south.

According to Forster SLSC President, John Quinn, "It has been another great year for our Forster Surf Life Saving Club. Not only have we taken possession of our magnificent new building, our core business of protecting our beach visitors has seen patrolling volunteer members dedicated more than a combined 3,660 hours of duties."

"First aid has been administered to those injured within our patrol area throughout the season and, during the recent horrendous and deadly Easter weekend along the NSW coastline, included those who made poor safety choices in getting too close to breaking waves on the Forster breakwall which is 400 metres outside our patrol area. Fortunately,



Above: The 2024-25 patrol season for Cape Hawke Surf Club finished on 27 April and Patrol Team 10's Rookies scored the "flags down" honours.

"We had more patrollers than beach goers for the overcast afternoon so there was plenty of frisbee, hot chips, and coffee before the final wash down and sign off for the season. Well done to all Cape Hawke patrollers for a fantastic season between the flags."

Left: FSLC's 'Formal' attire RunSwimRun celebration with the lowering of the flags - (L-R) John Quinn, Bruce Higgs, Brian Wilcox, Ron Hartley and Beth Lee.

Photos supplied.

even though the morning duty captain Simon Lee closed our beach due to the threatening conditions, the patrol team stayed on duty and was able to render assistance."

The red and yellow flags will again be raised when the 2025-2026 surf season commences on Saturday 27 September, the first day of the school spring vacation.

Forster Bowlers Mixed Pairs Final



By Allan Hughes

The championship saw Karl Merzlikoff and Sarah Boddington face off against Karen Woodman and Dave Ireland. It started with Karl and Sarah on the Seventh End leading Seven to Four. This lead continued with Karl and Sarah leading Twelve to Eight on the Eleventh End but on the Thirteenth end, their lead increased to Fifteen to Nine. Karl and Sarah maintained their lead winning Eighteen to Fifteen. Well Done Karl and Sarah

Newcastle Club wins Shield

Continued from page 24.

most Fish Points (196) with the tireless Barry Wrench gaining most Boat Points (125).

The competition culminated with a luncheon/presentation held at Club Forster on Sunday 20th April. Hopefully we can get 'em next year!

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

Sport

Perfect Easter morning of bowls



Golden Ponds Bowling Club on Easter morning.

By Judi Wilkinson

Golden Ponds Bowling Club have a great little bowling club at the Retirement Village in Cape Hawke Drive Forster. Many members from the community as well as Easter Saturday members and guests enjoyed a great game of bowls in perfect weather conditions. A lovely morning tea of delicious hot cross buns, coffee and tea was served to all players and guests midway through the game. Many raffles were on offer to complete a great morning of bowling.

Games are played on Monday and Saturday Morning at 9am. We look forward to seeing any new members on the Green. We also have a great Coach on board to perfect your bowling game. So, come along and enjoy a great morning of bowls at Golden Ponds.

Anyone wishing to join this great little Bowling Club can contact Wendy Kidman on 0439 442 093. See you on the Green!

Dr Jekyll and Mr Hyde



Above: The Dolphins (green & yellow) take on the Bulls. Photo supplied.

By Chris Simon

The Dolphins rugby team can be likened to the infamous duality of Dr. Jekyll and Mr. Hyde—one moment a disciplined, clinical force on the field, and the next a chaotic, unpredictable side prone to self-destruction. Like the well-mannered Dr. Jekyll, the Dolphins

often display flashes of brilliance, executing with precision, teamwork, and brutality. Yet, within the same match, their darker alter ego emerges—reckless decisions, defensive lapses, and an inability to maintain composure under pressure, echoing the erratic and volatile nature of Mr. Hyde.

Wallis Spirit Dragons: From friendly racing to National Gold

The Wallis Spirit Dragons, based at Coomba Aquatic Club, have been making waves both locally and nationally! On the weekend of May 3rd and 4th, nine club members travelled to the Urunga Regatta, where they teamed up with paddlers from across the Northern Region, including a club from Lane Cove. It was a weekend packed with friendly racing, great team spirit, and lots of fun on the water.

The club is also celebrating one of its own. After 16 weeks of dedicated training, Coomba Park paddler Beck Collins competed as part of the Northern Region State Team at the 2025 Australian Championships, held at the Sydney International Regatta Centre on April 28th. Beck's team returned home with an impressive four gold medals.

"It was an amazing feeling to see all our hard work pay off," Beck shared. "I've only been paddling for two years, so to reach this level is incredibly exciting. There are so many opportunities in dragon boating, and this experience has made me even more passionate about the sport!"

If you've been thinking about trying dragon boating, now's the perfect time! The club's Learn to Paddle program begins on May 18th, offering a chance to try the sport, meet new people, and have fun—no experience necessary.

Club member Elaine Norbury said, "I came along to the

L2Paddle program to see what it was all about, and I loved it from day one! I learned new skills, challenged myself, and made great friends. It's such a welcoming community."

For more information, please call Elaine Chalker 0419 680 987. We'd love to see you



Above: Coombas Park's Beck Collins with her 4 medals from the Australian Championships.



Wallis Spirit paddlers at the Urunga Regatta.

26 April - Forster Tuncurry Dolphins beat Manning Ratz 43 to 22

Upon the final whistle against the Ratz, it appeared to be a big win, however observers on the hill would have been concerned. Starting with questionable intent, things went pear shaped quickly resulting in a 17-7 deficit at oranges. Down two props and their number 10, Liam Harris early, the bench looked dire and a possible cricket score threatened on the horizon. Some brilliance from Jack Nicholson along with a double from young speedster, Reef Cato-Symonds, the win was capped off with a second from top try scorer Callum Crawford-Walker. The Dolphins again finding a way to succeed and win.

3 May - Dolphins draw 21 all with Wallamba Bulls

Heading into the grand final rematch down on troops, particularly their front row, the Dolphins were buoyed by the return of mercurial number 7, Casey Woodford, line out ace, Sam Laurie and the calming influence of Corby Delaforce at fly-half. The opening of the

match certainly lived up to the billing of a grand final rematch. Fast paced and heavy hitting took its toll on both sides. At 14-0 early, it appeared that Dolphin's redemption was well and truly on the way before a determined Bulls squad hit back. Soft pick and drive tries only adding to possible early shades of grey for Captain/Coach, Blake Polson's mane. Sean Hassett was again strong and ably supported by Woodford. Kaleb Trudgett got through a mountain of work, reminding the zone he's one of the toughest yet most versatile players around, somehow not included in the Mid North Coast Axeman squad for the country champs. As the Dolphins head into a long winter, they need to continue to work on execution and cohesiveness to take the next step in overcoming last year's heart-breaking loss to Wallamba.

Dolphin's Homeground Social Calendar

Saturday 14 June: Old Boys/Family Fun Day (Dolphins v Ratz)

Saturday 19 July: Ladies Day (v Thunder)

Saturday 8 August: Sponsors Day (v Bulls)

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Great Lakes Pearl Dragons stir up a storm at Nationals

By Michelle Richardson - GLPD President

Great Lakes Pearl Dragons have returned victorious from the AusChamps 2025 held over three days of the six day Championship at the Sydney International Regatta Centre. Winning Silver in the Mixed Senior C 500m small boat event, the team powered ahead by a whole boat length in front of their competition in the first heat, only to be pipped at the post in the Grand Final, to take a proud second place.

Competition was very strong throughout all races, but the Pearlers held their heads high and fought back, just missing Bronze by 1/100th of a second in the Senior B Women's standard 200m.

Having a wide range of ages in the Club meant competing in some races well below the average crew age, but still, the team gave it their all, holding their place alongside the competition, not once giving anyone thoughts that our crew were out of their depth. On the last day, in the 2000m turn race, the crew competed at Senior A level and held their position without being overtaken for the duration of the race, coming home with a consistently powerful pace right to the end.

The Pearlers' pride in their crew goes deep. Their sweeps guided the boats through some

strong winds and currents, their drummers beating out the rate, their strokes maintaining a great competitive pace and the whole crew pulling together as one body.

On looking back over the three days, the one event which shone above all others for President, Michelle Richardson, was not crossing the finishing line in a winning position, but having unfortunately been pushed off course early in the race, the sweep called "stop the boat" and whilst the remaining crews finished, the Great Lakes Pearl Dragons had a little giggle amongst themselves, reset their focus and paddled with great strength and even greater team spirit, to cross the finish line amidst a roar of cheers from the crowd. What an amazing way to finish!!!

The Pearlers are also proud of their four crew members, Wendy Burdekin, Perry James, Marika Koroï and Michelle Richardson, who competed in the NSW Northern State team the day prior to Club racing, and brought home a fabulous four Gold medals, winning every race they competed in!

What a fabulous four days for the Great Lakes Pearl Dragons!

Right: Pearlers powering ahead in the first heat of the mixed Senior C 500m. Photo supplied.



Newcastle Club wins Shield

By Dave Nash – VP Club Forster Bluewater Fishing Club

Easter weekend saw the Club Forster Blue Water fishing Club host the Newcastle Blue Water Fishing Club for the annual Rowley Kay Shield. The competition has been running for the past 30 years approximately, with Newcastle winning the majority of time.

Whilst Friday's weather presented wonderfully light winds, favourable to good offshore

Left: (L-R) Club President's David Wells (Newcastle) and Alan Bowden (Forster Blue).

boating conditions, a large low pressure cell in the Tasman Sea resulted in a large swell which was anything but conducive to offshore boating comfort. This resulted in most boats staying in harbour, with only one boat from the Forster club venturing out and five from Newcastle. However, safely navigating the bar was not the only impediment to good fishing conditions as the discovery of a fast running southerly current added to already difficult circumstances.

Consequently, Friday saw only a total of 10 fish weighed in at the end of the day.

Saturday saw a marked improvement in sea conditions with some glassy seas on a much gentler swell. Accordingly, a total of nine boats ventured out from the 2 clubs, and a total of 91 fish were weighed in. Some solid Metre plus Dolphin fish were boated, and some good size large Tailor 'greenbacks' also found their way to the weigh in table.

Unfortunately, for your local club, Newcastle were once again victorious and took home the Rowley Kay Shield: 599 points to 257. Newcastle Club President David Wells was the standout angler for the competition winning both the categories for most Fish Points (375) as well as for most Boat Points (375). For Club Foster Bluewater club, John Habraken attained

Continued on page 22.

Graham Barclay Tackle World Report



It's definitely feeling like Autumn straight away—the weather has been cold and morbid, but the fishing is still kicking along nicely. The lake still has some dirty water to push out, and with more rain expected, clear water might be a few weeks away. However, with the help of some big tides, we could be in for some red-hot fishing this Autumn!

Bream fishing has been fantastic. There are plenty around, and they're taking pretty much anything you throw at them. All baits

are working, and lures are doing the job too. Bream are beginning to move down the front of the system towards the oyster leases, bridge, and Breakwall for their annual spawning season.

Flathead are spreading out across the lake. Finding them isn't too difficult—they're there, just a bit shut down. Coaxing them to bite can be tricky, but downsizing your lure or bait slightly often does the trick. Shallow flats are your best bet to find them cruising during the day. The Breakwalls are fishing well for school-sized jewfish (up to 80cm) day and night. Bigger fish are around too, but getting them to take a lure or live bait isn't always easy. Persistence and timing help—target tide changes at first or last light for your best chance.

Offshore fishing has been hit and miss due to the weather, but those getting out are catching well. Dolphin fish are still on the FAD, and snapper should be fired up after the recent swell. Start shallow early, then move out to the 45m mark for good results.

Snapper reports have been strong. Kingfish have turned up in good size, and cobia are hanging around inshore reefs and ledges. Mackerel—both Spanish and Spotties—are about, though not thick yet. Longtail tuna are also showing up in good numbers, with bigger models likely to follow soon.

Overall, fishing is going strong. It'll be interesting to see what the rest of the month has in store weather-wise and whether the action continues in the lake and offshore.

Whether you're chasing bream and flathead in the lake or snapper and marlin offshore, there's something for everyone!

For anything fishing or boating, come and see the team at Barclay Marine Tackle World Forster today.



Mitch with a nice Mullet and Kingfish from a trip up to our local reefs up north



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