

P14 Free youth activities at Forster Civic Centre

Local Identity Jane Lynch p25



Star Pet Bella p23



Forster Fortnightly

Your local independent community newspaper distributed to
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FREE

Wednesday 28 May 2025

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

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May 2025 floods



Above: SES volunteers survey the Manning River flood over the Pacific Highway just north of Taree which was closed for several days. (Photo credit: Mid North Coast SES)

Right: The big clean up in Taree, Friday 23 May. (Photo credit: MP Tanya Thompson Office)

between Forster and Taree. Emergency services include Manning Great Lakes Police Department, POLAIR-police helicopter, NSW SES, MidCoast Council, NSW Ambulance, Taree Rescue Squad - VPR Rescue NSW, NSW Rural Fire Services and Fire & Rescue NSW. Locals with boats and other water vessels also joined the effort to rescue people, some trapped in their homes or on roof tops for hours.

Evacuation centres are set up at Tuncurry Beach Bowling Club, Club Taree, Bulahdelah Golf Club, Manning Point Bowling Club, Wingham RSL and Club Old Bar. The only evacuation centre on the eastern side of the Manning River is the one at Tuncurry Beach Bowling Club. Around 200 people have already sought temporary refuge at the club before moving to local accommodation (see page 4).

As of Sunday 25 May, Mid North Coast SES had 7,412 reported incidents and completed over 781 flood rescues, mostly around Taree, Wingham, Glenthorne and Cundletown, with about 32,000 residents still isolated due to the flood waters which are slowly receding.

Continued on page 2.

May 2025 floods

By Mary Yule

After a season of higher than average rainfall (resulting in already sodden grounds across the region), a coastal trough brought persistent heavy rainfall, gusty winds and rough surf conditions from Tuesday 20 May, causing multiple major flood peaks along the Manning and Gloucester Rivers before easing on Friday 23 May.

The Manning River was recorded at 6.4 metres by Wednesday 22 May (SES BOM), breaking the 100 year old record of 6 metres in 1929, causing widespread flooding and devastation in a Taree community that was just starting to fully recover from the floods of 2019 (river height 5.7 metres).

Taree and surrounding areas have been severely impacted by damaging flood waters to numerous properties, businesses and livestock. An Emergency Operation Centre has been set up at MidCoast Council's administration site (Yalawanyi Ganya) on Biripi Way, Taree, to coordinate flood responses.

With Martin Bridge (that crosses the Manning River) and the Pacific Highway (from Purfleet to Coopernook) closed for several days, emergency services performed rescues by helicopter and boat day and night. They continue to provide supplies to isolated residents, pets and livestock. More than 500 boats and 9 helicopters are part of the operation. Police helicopters (blue and white) and the Westpac Rescue Helicopter are using the Lake Street Reserve in Forster for access





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Seal Rocks General Store

May 2025 floods



Above: POLAIR-police helicopters at the Emergency Operation Centre set up at MidCoast

Continued from page 1.

In Forster, NSW SES sent flood Watch and Act alerts to parts of Tuncurry (Point Road) and Forster, and urged all residents to stay indoors. The heavy rain impacted road safety and limited bus services. Schools provided minimal supervision before officially closing on 22 and 23 May after discussions with NSW SES. Parts of the town experienced power outages and many businesses closed or stayed open with only basic services.

During the floods, residents on the eastern side of the Manning River, including the Forster Tuncurry region and surrounding areas, were cut off from their closest medical emergency department (Manning Base Hospital) by road for days, emphasising the dire need for an emergency medical centre in Forster. (See page 20 for Letter to the Editor from Manning Great Lakes Community Health Action Group - MGLCHAG).

On Thursday 22 May, the State and Australian Governments activated disaster assistance to communities in 16 Local Government Areas (LGAs), including the Mid North Coast.

The NSW Reconstruction Authority stated: "Support is now available for Bellingen, Central Coast, Cessnock, Clarence Valley, Coffs

Harbour, Dungog, Kempsey, Lake Macquarie, Maitland, MidCoast, Nambucca, Newcastle, Port Macquarie, Port Stephens, Singleton and Upper Hunter residents, businesses and primary producers impacted by NSW East Coast Severe Weather. " (See page 3 & 4 for Recovery Centres)

(See page for 12 more reporting on the floods.)

The big clean up & checking/ resupplying isolated residents

Many local businesses, organisations, tradies and individuals across the Mid Coast region are continuing to generously support residents and emergency service personnel by offering shelter, food, fuel, donations and help with the clean up and restoration. At the time of the floods, locals also did their best to either save or take photos to identify stranded alive or dead livestock. (See pages 5 and 6 for local donations)

As of Friday 23 May, "NSW SES crews are continuing to focus on washouts and damage assessments in areas where floodwaters are receding and residents can expect to see an increase of volunteers out in the community. This is important work to allow us to assess any issues before de-escalating evacuation orders. Unfortunately, it is not possible to let people return to their homes until water further subsides and we're sure they can access homes and communities safely." (NSW SES)

On 23 May, "PoAir - NSW Police Force Aviation Command had another busy night and then day on Friday working in the Taree area. On Thursday night, PoAir helicopters patrolled using night vision goggles, searchlight and FLIR camera along the Pacific Highway for any more stranded truck drivers, then worked with SES personnel to winch them from where they had been working during the night, transporting them back to the Taree Emergency Operations Centre."

"Today PoAir checked for vessels in distress on the still fast-moving river, before searching for and confirming the safety of people in houses within the flood zone, who had been reported to be missing by family and friends. It was good to see lots of thumbs up and even some houses being resupplied with food. We were able to quickly pass on that people were safe, to the concerned family and friends. The aircrew then checked the Pacific Highway, in preparation for

Continued on page 6.

Pet of the Fortnight

More playful kittens ready for adoption

This litter is a bundle of joy and oh so ready to play and then snuggle on a lap to get attention and then snooze. They are on display at the Mid Coast Animal Hospital in Tuncurry. To make an appointment to see them, please phone 6557 2273.

All Animal Welfare Animals (AWA) are desexed, flea and worm treated, vaccinated and microchipped, so at only \$150 they are a read bargain.

Other kittens are also available by calling 0408 670 757.

AWL Great Lakes and Manning Branch is also available on 0408 670 757 to help concession card holders needing to get their animals desexed.

Rehoming Number is R251000 212.



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Council Update - Flood recovery in the MidCoast



With parts of the MidCoast experiencing one in 500-year flood levels over the past week, the clean up is expected to be a long road for many of our communities who have experienced devastating impacts.

With recovery efforts in full swing MidCoast Council has been working closely with the NSW Police, Public Works Advisory, Fire and Rescue NSW, SES, EPA, LLS, NPWS and the NSW Rural Fire Service.

Over the weekend Council staff assisted business owners, residents and volunteers to start the large clean up.

Teams from Fire and Rescue NSW and the NSW Rural Fire Service have been undertaking rapid damage assessments and washouts while Council assisted in stripping out and removing flood damaged property and damaged building materials.

The localities visited by the teams include Gloucester, Bulahdelah, Taree CBD, Taree Estate, Taree Browns Creek area, Glenthorne, Manning Point, Croki, Oxley and Mitchells Island, Wingham Town, Wingham Peninsula and Cundletown.

In two days alone, thousands of tonnes of rubbish have been removed from parts of Taree and Wingham. There are many areas where waste is accumulating on the kerbside and Council with its contractors will get there to pick it up.

More than 1600 assessments of residential, commercial and industrial premises have been undertaken by Rapid Damage Assessment teams, with 488 buildings declared uninhabitable as of Monday morning with the expectation of many more.

Council engaged a fleet of over 50 private trucks and other plant on a daily basis to help remove waste from kerbsides. To facilitate

the effective and efficient removal of Taree area waste, a temporary waste transfer site has been set up at Kanangra Drive, Taree with waste then transferred away by semi-trailer. We have established an identical facility in Wingham at the former Glenyarra quarry.

Below is some important information on the community on aspects of clean up & recovery

Recovery hub

Keep up to date with flood information at Council's flood recovery hub which is updated regularly at www.midcoast.nsw.gov.au/floodrecovery

Flood waste kerbside collections – phone hotline

Flood waste will be collected from kerbsides in flood impacted areas.

Residents or businesses can ring and register their pile for collection by calling MidCoast Council on 7955 7777 and take option 1, you will then speak to one of our customer service staff who will take details from you.

If possible the waste should be sorted into piles on the kerb into the following categories - green waste, whitegoods/ metal, household chemicals and general waste.

Free disposal of flood waste at waste management centres

Residents and business owners can also take flood waste to the Bucketts Way and Gloucester Waste Management Facilities free of charge until June 6.

Reconstruction Authority Recovery Centres

The NSW Reconstruction Authority has set up a recovery centre at the Manning Uniting Church in Albert Street, Taree. Anyone affected by the flood can visit the centre for information on financial help, housing support, insurance issues or emotional wellbeing support. The Recovery Centre is open Monday to Thursday 10am-6pm, and Friday 10am-4pm. (See image below)

Animal carcasses

For anyone who is in the unfortunate position of having to deal with deceased animals, requests for assistance regarding carcass disposal to be lodged via the Animal and Agricultural Services Hotline by calling 1800 814 647.

Beach closures

All beaches on the MidCoast between Old Bar and Seal Rocks are CLOSED while we work on clean up.

We are working with Local Land Services and National Parks to ensure the hazardous waste that is washing up, and the carcasses on our beaches, are dealt with safely.

We expect this waste to continue to wash up on our beaches for some time.

Flood water can be contaminated

Please take care when cleaning up after flood water has been through property.

Floodwater can carry a lot of contaminants, including sewage and other hazardous material, so there's a risk of serious illness associated with entering it.

Defence Force troops to join clean-up effort

Australian Defence Force personnel will soon be deployed to flood-impacted areas of the MidCoast, providing much-needed assistance to the clean-up effort after last week's historic flood event.

MidCoast Council Mayor Claire Pontin welcomed the announcement after calling on both the NSW and Australian Government to provide more support on the ground.

The influx of troops will be bolstered by the arrival of additional volunteers from interstate.

"We're not sure when they're going to be arriving but we're expecting them over the next couple of days and they're going to be deployed out on the streets, helping get that garbage out of your way into the tips," Mayor Pontin said.



Above: Mayor Claire Pontin speaking outside the Emergency Operation Centre in Taree.

The Defence Force personnel will bring a wealth of skills and experience to the clean-up effort, having previously provided assistance after the 2021 MidCoast flood and the 2022 Lismore flood.

Mayor Pontin said she had also been discussing the housing needs that had arisen from the flood with NSW Minister for Recovery, Janelle Saffin, and Minister Saffin had assured her that help was on its way.

"She's told me that they're organising mobile homes so that we can deliver them to people and put them in their front yards or in the driveway so people can still stay at their house," Mayor Pontin said.

"I cannot tell you when that's going to happen, but I can tell you that they seriously understand the problem that we've got and that a promise has been made."

Mayor Pontin said she had been in numerous discussions with State and Federal Ministers over the past few days and it was pleasing to see her calls for support being answered. She particularly welcomed the announcement from Prime Minister Anthony Albanese that he would visit Taree on Tuesday 26 May.

"I think this is really great for the community because these people need to understand the pain that people are in, the damage that's been done, and to see it firsthand."

MIDCOAST
COMMUNITY FLOOD
RESPONSE

CALL OUT:
ON GROUND
VOLUNTEERS
NEEDED

If you're local and able to volunteer in Taree, Wingham, Oxley Island, Croki and surrounding towns, go to our site and log your availability and head to 14 Arkwright Cres, Taree (SES building).

Our group is working closely with authorities to responsibly and safely deploy volunteers to areas in need.

The need for help is immense.
Please do what you can.

www.communityfloodresponse.com

Recovery Centre

Mid North Coast

Taree

Tuesday 27 May: 10am - 6pm

Wednesday 28 May: 10am - 6pm

Thursday 29 May: 10am - 6pm

Friday 30 May: 10am - 4pm

Manning Uniting Church,
29-35 Albert Street, Taree

Keep up to date on recovery support at nsw.gov.au/floodrecoveryupdates or call Service NSW on 13 77 88

NSW Reconstruction Authority



May 2025 floods

Continued from page 2.

checked the Pacific Highway, in preparation for its re-opening. [Reopened 25 May] Tonight, the aircraft is continuing to help in the area by quickly responding to 000 calls and the aircrew have commenced proactive crime patrols, just-in-case! Thanks for all the support over the past couple of days, it's an amazing team effort and we have really enjoyed helping out the Taree community." (POLAIR)

On 23 May, "The Tuncurry Rural Fire Brigade crew worked into the evening using their pumps to suck water from backyards and a house block in Tuncurry. Members will be back out again tomorrow doing much more of the same." (Tuncurry RFS)

23 May, Essential Energy, "Yesterday we surveyed areas by helicopter and drones, which showed extensive damage to our network due to flooding, erosion and debris. Areas most affected include Taree, Port Macquarie and Kempsey."

"Residents returning home may have had their power switched off for safety reasons, if the premise has been inundated with water. For information on the reconnection process visit: <https://bit.ly/35JHV4Y>"

"To find out what you need to do to get power restored, how our teams can support you and what assistance we offer, head to our website or call us on 13 20 80."

"If you see damage to the network or powerlines on the ground stay at least 8 metres away and 150 metres if any part of the electricity network is covered in flood waters and report it to 13 20 80." (Essential Energy)

26 May, Manning-Great Lakes Police District Police "are stepping up patrols across flood-affected areas to prevent looting and protect vulnerable residents and businesses. Extra resources, including local police and PoAir, are conducting around-the-clock patrols to stop theft and keep communities safe."

Suspicious activity? Report it immediately. (MGLPD)

Flood Donation Drive at Pacific Palms RFS



By Mary Yule

"Hats off to all the people there. Organiser's Deb Lawson (local resident) and Kate Brown (Pacific Palms RFS) had the morning running like a well-oiled machine. I've never seen so many nappies, rice and tins of tomatoes!" said Mark Brown from Pacific Palms RFS.

The Pacific Palms RFS shed became the centre for a "non perishable food, gumboot & new cuddly toy donation drive on Sunday 25 May for our flood affected neighbouring communities."

A list of necessary items was posted on social media a few days prior so locals could pack and prepare. On the morning, people came with huge amounts of donations.

Many volunteers on the day, including Pacific Palms RFS members, local 'mums and dads' and a group of residents from Palm Lake Resorts (Forster Lakes), sorted out all the items into labelled boxes and bags, ready to be transported to Taree. The flood donation drive was coordinated with local emergency services.

Photo of Pacific Palms RFS Unit supplied.

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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.

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BLUEYS BEACH

BARRINGTON COAST, NSW

First Pop Up Pub Sing-A-Long huge success for Forster Neighbourhood Centre



The first ever Pop Up Pub Sing-A-Long in Forster Tuncurry was a huge success on Sunday afternoon, 18 May. With over 150 community members in attendance, we lifted the roof off the Bellevue Hotel's gig room, singing together in support of Forster Neighbourhood Centre. The event was opened with a warm Welcome to Country from Auntie Janice Paulson and a short introduction from Manager of Forster Neighbourhood Centre, Corinne Stephenson before the mic was handed over to our talented Choir leaders, Sandra Kwa and Tash Rusterholz who lead the singing, supported by a band of local musicians including Annabel Lewis, Larry Belton, Matt Bannerman and Ian Sercombe.

Our choir leader, Sandra Kwa, had expertly arranged the song 'Money, Money, Money' by Abba to reflect the plight of Forster Neighbourhood Centre to get the funding needed to meet the increased demand. In just over an hour, the choir leaders were able

to arrange the crowd into low, middle and high pitch singing groups to create a moving rendition of the song, performing together as the finale to the afternoon. The fun and energy in the room was electric and many attendees were left wanting more, leaving the door open for future Pub Sing-A-Long events in our community.

The event was part of National Neighbourhood Centre Week to launch the 'one cup of coffee' fundraising campaign where Forster Neighbourhood Centre is aiming to get 1500 community members to sign up for as little as \$5/month to better support those in our community experiencing crisis.

This year's Neighbourhood Centre Week theme 'Ripples of Change', reminds us that every action, no matter how small, has the power to create a ripple effect. Whether it's volunteering, having a conversation, or making a small donation through the fundraising

campaign - every small action adds up to something big, helping to build a stronger, more resilient and connected community. Forster Neighbourhood Centre, is aiming for not just a ripple but a tsunami of change with the momentum certainly building from the active participation at the Pub Sing-A-Long.

If you or someone you know can afford \$5/month then please go to www.fnc.org.au/donate-to-fnc to directly support your community.



Above and below: Conductor Sandra Kwa (with patterned top) with fellow musicians at the Bellevue in Tuncurry. Photos by Mary Yule.



Above: Corinne Stephenson, Manager of Forster Neighbourhood Centre.



Below & far left: Over 150 community members lifted the roof off to support the Forster Neighbourhood Centre.



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1500 Community Members to sign up for \$5 per month (just set + forget)

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USE QR CODE TO SIGN UP

Kevin Stokes wins 2025 NSW Palliative Care Volunteer Award

Kevin Stokes was named 2025 NSW Palliative Care Volunteer of the Year, on 21 May, after being announced as one of four finalists. The award ceremony was held at the NSW Art Gallery, presented by Kirsty Blades CEO of Palliative Care NSW and Kate Bowman Volunteer Services Support Program Manager and funded by NSW Health. Kevin will now be automatically entered into the Palliative Care Australia National Awards.

Volunteering at Great Lakes Palliative Care Support in the Forster/Tuncurry area, Kevin takes care of an industrial sized shed worth of equipment needed to improve the comfort of staff, carers, and patients in his local community.

The equipment is loaned at no cost and Kevin organises the pick-up, delivery, cleaning, repair, and storage of every single item. Any excess equipment is shipped to Vanuatu where it gets a new life – 12 pallets worth to date.

Kevin is a big advocate for palliative care and also helps to organise the fundraisers which make Great Lakes Palliative Care Support sustainable.

Colleague Jillian Hull said, "Kevin is so helpful with the clinicians working in the space, families, and patients. He does so much in the background with his advocacy and fundraising. He takes his little station wagon, picks up and maintains the equipment. He is also the cutest guy!"

"He really deserves this recognition. Kevin is a genuinely lovely person – his smile says it all."

Kevin has been kind enough to tell us a bit about himself and his volunteering

Please tell us about your volunteer role and the activities you engage in at your service.

I help organise, clean, maintain, and deliver equipment for patients who require it. If clients are waiting on a care package for assistance they might be left waiting weeks. Instead, we are able to get the equipment to them



Above: Deidre and Kevin Stokes at the NSW Art Gallery in Sydney. Photos supplied.

as soon as possible ensuring their safety and comfort. As a charity, we rely on donations from the community. I also assist with several fundraising events to make sure we can continue our services.

What prompted you to volunteer in palliative care?

My wife was a palliative care nurse, so I have been in this space helping her for a long time. It started off with us lending equipment from a garage and just grew from there. I have managed the equipment for 15 years now.

What do you enjoy most about being a palliative care volunteer?

People are very generous which really helps us keep, maintain, lend, and donate equipment. We can support patients with massages, food vouchers, or fuel cards for people who need help getting to their appointments. We also re-use and donate our equipment to hospitals

in Vanuatu. The service has been much busier however we have managed to keep up with lending patients' equipment straight away without delay.

Please tell us about a time you had a particularly inspiring volunteering experience.

There are moments where families may want to speak about the death of their spouses or family members. At times, they need someone to listen and just let them talk it out. I am very grateful that I am comfortable in keeping my ears and heart open, providing the social and emotional support for grieving. I will sit down with them and let them express their anger, grief, and provide a safe space for them to let go of the emotions.

Please share some words of wisdom for fellow volunteers.

Palliative care is a great cause. It is rewarding because you are doing something for someone

in their final stages. I get a buzz just helping others and making their life a bit easier with little time they have left. I will keep doing it until I can't do it anymore.

What would you say to someone who might be thinking about becoming a palliative care volunteer?

Just do it! There are so many aspects you can get involved in. You can have a chat, listen, help with fundraising. It feels good helping someone in their final moments and their families.



Great Lakes Palliative Care Support continues to assist the local Palliative Care team with providing personal care and domestic services to their patients as well as financial support when patients and families are struggling. Through recommendation from the nurses or Social Worker assistance can be given to cover school fees, utility bills, medication costs, car repairs and rego, council rates, massage and provision of wigs. We regularly provide grocery and petrol vouchers to those in need. We are a not-for-profit charity that relies on our volunteer members to fund raise in order for us to provide this support. We receive no government funding, but are well supported by our local community, sporting groups and service clubs. We are always looking for new members for further information please contact 0437 830 818.

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Tuncurry NSW 2428

www.msmtuncurry.com.au

Our Local wildlife



By Kym Kilpatrick - FAWNA Hallidays Point

Little Terns

There are no shortage of terrible stories regarding what’s happening to our wildlife. One that easily comes to mind is the finding that not a single shearwater chick on Lord Howe Island has escaped having ingested plastic with often lethal consequences.

However, there are also positive stories.

For example, Little Terns have been declared as a highly Endangered Species for several years now with only 300 breeding pairs left across NSW just 7 years ago. However, significant measures taken to identify and protect their nest-sites has seen a population increase over the 2024-2025 breeding season to 475 breeding pairs. Five hundred and ten fledglings were observed this last season, a marked increase from the previous year’s 370.

Little Terns are small - 20 to 28 centimetres long with a wingspan of 41 to 45 centimetres and a weight of 50 grams. They are skilful acrobatic flyers with pale grey upper parts,

white chests and underbellies and a black nape with black edge on their outer wings. Their tails are long and deeply forked. In their breeding plumage the black nape enlarges to form a black cap, and the bill changes from black to yellow. A black wedge also develops between the bill and the eye.

They migrate to breed on our shores between September and November from eastern Asia and depart again in May where they can be seen hovering and plunging for small fish and crustaceans in the shallow waters of channel and estuaries. They breed all along the coast from Yuraygir National Park on the North Coast to Merimbula on the far South Coast. However, the Manning Estuary at Old Bar and Harrington is considered the most important of NSW’s breeding sites.

Courting involves males bringing gifts of fish to the female which he presents with his head held high and bill horizontal before bowing down to her while she waits on the sand. When she accepts his offering, he will stand erect with his neck and bill craned upwards and loudly call out in triumph.



Above: Photo of Little Tern hatchlings by Andrew Robinson.

Little Terns traditionally nest in colonies although in recent years solitary nests have been observed. It is their nesting habits that put them at risk. Their nests are shallow sandy scrapes on coastal beaches and sand-spits in the open above the high tide mark. Two to four eggs are laid with both parents taking turns with the 22-day incubation. The young are fully fledged after another 17 to 19 days.

Although both parents are protective, they rely heavily on camouflage of the nest, eggs and nestlings. When threatened, nestlings will hunker down in the nest to hide.

Both eggs and chicks die from beach driving and human trampling. Disturbance can cause parents to abandon their nests. Sometimes nests are inundated by high tides, storms or flooding whilst entanglement in marine debris is also known. Many eggs and chicks are taken by foxes, cats and off-leash dogs and there are also other bird predators.

Despite their Endangered Status however, this is a story

of hope. The intensive management efforts of National Parks, Councils, volunteers and general members of the public who act to protect the nests of these graceful birds during their relatively brief sojourn on our shores needs to be applauded and celebrated. It is evidence that, if we try, we can indeed begin to help our natural world heal.

MPs call for end of costly logging

By Caitlyn Fitzsimmons

www.smh.com.au 20 May 2025

A powerful group of state government crossbenchers has again called on the state government to end its loss-making logging of native forests after the Forestry Corporation’s hardwood division posted a \$14.9 million loss in its latest half-year results.

In a letter sent to Treasurer Daniel Mookhey on Friday, the 12 MPs described public native forest logging as one of the most fiscally irrational and environmentally destructive practices currently being maintained by this government”.

The MPs said it was costing taxpayers tens of millions of dollars a year to destroy ecologically valuable forests, de-spite the potential for jobs in plantations. The letter was signed by all seven Greens members, Animal Justice MP Emma Hurst and independent MPs Alex Greenwich, Michael Regan, Jacqui Scruby and Judy Hannan.

MP for Sydney Alex Greenwich said: "Critical to ending native forest logging is respect for workers and a transition plan that genuinely supports them, their families and affected communities through the process. There are great opportunities to invest in sustainable industries across affected regions and that needs to be the focus."

NSW Forestry Corp, owned by the state government, made a \$14.9 million loss in its hardwood division which is mostly native forest logging and a small number of hard wood plantations for the first six months of the 2024-25 financial year.

This was 59 million below target, and the business attributed this to land management expenditure including delivering new tourism assets, as well as an upgrade to the recreation area in Coopers Creek State Forest that was an unenforceable undertaking with the NSW Environment Protection Authority for a breach in 2019.

Forestry Corp blamed rain in northern NSW and the impact of protests and stand downs. There have been near-constant protests on the Mid North Coast, where the government has promised to create the Great Koala National

Park but has failed to do so after nearly two years in office.

Forestry Corp also cited regulatory changes, including the establishment of new protected areas in Koala Hubs - the government’s stop-gap measure to protect the endangered species while the Great Koala National Park is assessed and the implementation of new conditions for greater gliders.

Finally, a milder winter in western NSW meant Forestry Corp sold less firewood.

Forestry Corp said: "It is incorrect to claim that native forestry operations are universally loss-making or subsidised. Forestry Corporation generates commercial revenue that funds a range of public land management services... which do not directly generate revenue but are essential community services."

GLWS Volunteer Day

On Friday the 23rd, valued volunteers for the Great Lakes Womens Shelter (GLWS) gathered in the stunning Atrium area of the Forster Club for an appreciation day. GLWS is able to provide services for the local community with the generous help of our volunteers. Our founders, Julie, Felicity, John and Peter were all in attendance after having a vision back in 2016 and identifying a crucial need for support services for women and children who have experienced domestic violence and homelessness. The shelter has grown immensely since then and supported 144 women and 69 children so far this financial year.

GLWS is always looking for new volunteers, from activities like fundraising days, to helping with gardening or getting the kids off to school. New volunteers can register here <https://glws.org.au/get-involved>.

GLWS is an ACNC registered charity and relies heavily on the community’s financial support (approximately 75% of funding) to maintain its operations. If you were considering giving a tax deductible donation for this financial year that is very much welcomed. \$50 can provide an emergency food kit for a family in crisis. Thanks to the Forster Club for the venue and ongoing support, and to all those involved.



Above: (L-R) Bella Greig, Ellie Frazer & Tamara Clark.



Above: (L-R) Robyn Kirk, Jason Lukjanenko, Torge Struwe, John English and Judy Woolstencroft.



Left: (L-R) Robyn and Russell Smith, Janeen Jackson, Steve and Lesly Cassell. Photos by Mary Yule.

HOPE25

HOPE IN AN UNCERTAIN WORLD

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

Our Parish Vision is:
Connecting Community. Transforming Lives. Through Faith in Jesus.

There used to be an expression that the church was there for people “from the cradle to the grave.” That is still very true. We have a fundamental belief that all people are created in the image of God and whilst none of us are perfect, we all need to be respected and cared for, as Jesus has personally demonstrated. How do we do we offer HOPE to our community here in the Anglican Parish of Forster/ Tuncurry?



HOPE at the start of Life!

Beside baptism and Sunday kids Church, our Toddler Time Playgroup program meets on Mondays from 9.30 to 11.30am during School Term time at the Forster Anglican Church, 4 Saint Albans Place. Toddler Time was started by Trish Harris - Master of Education (Special Education) - in 2015 as she recognized the dual need for parents/ carers of young children 0-5 years to have a safe space to mingle with people experiencing similar joys and trials

in caring for young children, and for the young children to have an age-appropriate educational opportunity with their parents or carers present that would help them to learn in a safe, fun, and caring Christian environment staffed by a variety of experienced volunteers. Hundreds of families have attended Toddler Time over the years and currently around 20 to 30 children plus parents/carers attend each week.

HOPE at the end of life?

On Sunday 1st June from 1pm - 3.30pm at Forster Anglican Church there is a free lunch followed by a free workshop to explore “Hope - at the end of Life”. Death can be a time of hopelessness and fear. The workshop will explore how to remain hopeful at this time and conclude with the option of experiencing church for a 1-hour gathering starting at 4pm. The message in the service will be on a scripture passage recording the day Jesus was crucified with a criminal on either side of him, and the choices each one of them made in their darkest hour.

The workshop is being facilitated by Annie Maxwell. People will be sharing their story about Hope at the end of Life; they will learn about mindfulness and meditation and experience church.

Annie is passionate about sharing her lived experience of hope at the end of life. She is a Clinical Social Worker in Private Practice. She has a Bachelor of Social Work and a Post Graduate Certificate in Mental Health. She has extensive experience in meditation and mindfulness and makes it a daily practice. She is married to Grant and is a Mum and a Nana. She enjoys cooking for friends, being creative and connecting with community.

Booking is essential by texting 0484 114 399 or leaving a voice message. PLACES ARE LIMITED - RSVP Thursday 29th May.



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NSW flooding: PM delivers climate crisis warning as flood-hit region braces for strong winds and fifth body found

By Lisa Cox and Petra Stock
www.theguardian.com Friday 23 May
Anthony Albanese acknowledges home insurance now a 'real challenge' as government announces disaster assistance for 19 local council areas in NSW

Anthony Albanese says extreme weather events such as the mid-north coast floods are becoming more frequent and intense as a fifth body has been found in the disaster-hit region. "You are not alone," was the message from the Prime Minister on Friday, as he travelled up to Maitland from Canberra to better grasp the scale of the massive flooding and the required emergency response.

"Tragically, we're seeing more extreme weather events. They're occurring more frequently, and they're more intense," Albanese said.

A large area from the north coast of New South Wales down to the Victorian border had been affected, with the regions between Kempsey and the Central Coast most heavily affected.

While the heavy rain was expected to clear the state by Friday evening, strong and damaging wind gusts are forecast to strike from Monday, said Angus Hines, a senior meteorologist with the Bureau of Meteorology.

"The land is very wet, extremely saturated after this week's rainfall ... when you get strong winds on to soggy soil that is when trees can come down. There is a potential for tree damage, tree falls, power outages, damages to houses, properties and cars."

Albanese and the NSW premier, Chris Minns, had hoped to travel to Taree but poor conditions stopped them accessing the flood-hit area.

Speaking from the State Emergency Service emergency operations centre in Maitland, they said disaster assistance would be extended to a further three local government areas – Armidale, Muswellbrook and Walcha – taking



the total number of council areas eligible for assistance to 19.

Personal hardship assistance grants of \$180 per individual or \$900 per family will be available, along with \$1m community recovery grants for affected local councils.

This assistance is separate to the disaster recovery allowance announced for the local government areas of Kempsey, Port Macquarie, Mid Coast and Dungog, which Albanese said would be available from 2pm on Monday.

"Tragically, we are getting very experienced at dealing with these challenges," he said. The National Emergency Management Agency had activated a crisis coordination unit in Canberra and that was working in conjunction with people on the ground in affected communities, he added.

An Australian defence force helicopter had been involved in more than a dozen rescues. More ADF personnel would be deployed if

required, the prime minister said.

As climate change drives more frequent and extreme weather events, Albanese acknowledged insurance of homes "represents a real challenge". The government was in contact with the Insurance Council of Australia, Albanese said.

"We need to acknowledge that whilst Australia has always had extreme weather

events, the science told us that those events would be more frequent and would be more intense, and that is placing pressure on the system."

Three dead, one missing as New South Wales faces worse flooding than many have seen in their lifetimes

"It is a challenge that we need to deal with and be conscious of, and we certainly are, and that's why we're engaged directly, not just with the insurance council, the peak [body], but also individual insurance companies."

Extreme weather researchers at ClimaMeter found climate change had contributed to wetter conditions off the NSW coast, amplifying the amount of rain.

They found meteorological conditions were up to 15% wetter (up to 3mm of extra rain a day) compared to years between 1950-86.

While climate projections for rainfall are more complex and less certain than other events like heatwaves, global heating is increasing the amount of moisture the air can hold, which could lead to heavier rainfall.

'Impossible, desperate situations'

The NSW State Emergency Service said there had been 736 flood rescues, including 177 in the past 24 hours, and there were 39 emergency warnings in place.

Minns paid tribute to volunteers who had "put themselves in harm's way to rescue a complete stranger" and said the coming days and weeks would bring "scores of stories of locals being plucked out of impossible, desperate situations".

"We mourn the people that have passed," he said. "But I do think it's important to say without the SES, without the volunteers, we would have had hundreds of deaths."

"We're in deep, deep gratitude to those people who volunteered their time or work for emergency services."

The death toll in the flood disaster rose to five after a man's body was found in a car in flood waters near Coffs Harbour on Friday morning, and the body believed to be that of a man in his 80s was found on a Cooplacurripa property, about 50km north-west of Taree on Friday afternoon.

Police who arrived on a NSW RFS helicopter searched the property and found a body in a burnt-out vehicle inside the shed.

The trough that has battered the region was moving southwards on Friday. The weather bureau said rain had eased on the mid-north coast but several flood warnings were still in place and conditions were dangerous.

There were 16 evacuation centres open, including at Dungog, Gloucester, Taree, Wingham, Kempsey, Bellingen and Port Macquarie.

Image credit: NSW SES

NSW SES calls for more volunteers in regional communities

To mark National Volunteer Week, the NSW State Emergency Service (NSW SES) is encouraging people living in regional and rural communities to consider volunteering.

With more than 11,000 volunteers across the state, the NSW SES plays an important role in helping communities prepare for and respond to emergencies, including storms and floods.

NSW SES Commissioner Mike Wassing AFSM said National Volunteer Week is an opportunity to recognise the vital contributions of volunteers and invite more people to get involved.

"Our volunteers are everyday people doing extraordinary things. They are part of the fabric of their towns and communities," Commissioner Wassing said.

"Volunteering with the NSW SES is a rewarding way to connect with others, develop new skills, and be there for your community when it matters."

Commissioner Wassing said volunteering can be tailored to fit a variety of lifestyles, and that many people are surprised by the range of roles available.

"Whether you're interested in hands-on field work, community engagement, logistics, or

support behind the scenes, there's a role for you," he said.

"You don't need previous experience — just a willingness to learn and a commitment to your community."

With National Volunteer Week celebrating the theme of "Something for Everyone", the NSW



Above: Volunteer members of our local NSW SES Forster Pacific Palms Unit who have been assisting in the May Flood rescue & recovery efforts. Captain Greg Dodds is the front row (his daughter Carissa is in blue shirt). Photo from 2024 by Mary Yule.



Above & below: "Words cannot express my gratitude to this man Greg Dodd 'Daddy' and his daughter Carissa from NSW SES Forster Pacific Palms Unit. They went above and beyond this week to help navigate rescues for my dad and pets from our family home in Croki and my sister from Coopernook which allowed them to not only be safe after the house was inundated with water but be able to get to the hospital to see our mum." (Taree Community Noticeboard social media, 24 May)



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Doors open 4pm for a 4.30pm show
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Tickets at the door \$35 per person
First in, best dressed. Seating is NOT allocated.
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Discover volunteering at ses.nsw.gov.au/volunteer

Whatever your skills, experience or interests, join thousands of people across the state who are committed to helping their communities.

10 Boomerangs travelling the world via parkruns

By Leighton Hopper

On the 21 June 2024, 10 Boomerangs left Western Australia by two volunteer Run Directors from South Beach Parkrun. These Boomerangs have been to 24 countries since then, going from person to person each Saturday at a different Park Run.

On the 10th of May, I received 'B5' at Avondale University Park Run (in Newcastle) after it was flown from Walvis Bay Parkrun (Namibia, Southern Africa) the weekend before. I have taken it with me to Callaghan campus (see below) where I am studying and have brought it to all of my activities throughout the week. I passed it on to another person on the 17th of May at Lake Macquarie Parkrun.

As of Saturday 17th, May 2025, 3 Boomerangs have made it home with two currently in England and the rest each in a different Australian state. Once they come back to Australia the idea is that they can never leave again.



For more information about the adventure and follow B5 and the others, scan the QR code to the Facebook page.



Free youth activities at Forster Civic Centre

Book your free tickets at: <https://library.midcoast.nsw.gov.au/Whats-on>



Vibe & Thrive: chill, create & connect

Forster Civic Centre | Fri 13 Jun | 6:00 - 9:00pm

Get ready for an epic night made just for youth! Come hang out at the Forster Civic Centre and enjoy:

- Atrium Maker Space – unleash your creativity.
- Large Games – challenge your friends.
- Movie Rooms – chill with a film.
- Karaoke & Music Lounge – sing or vibe along.
- Open Access to Forster Library – explore, read, relax.
- Catering Kitchen Experience – help create (and eat!) delicious food.

Bring your mates for a night of fun, connection, and creativity — no cost, just good vibes!



Introduction Brazilian Jiu Jitsu: Self-Defence

Forster Civic Centre | Sat 14 Jun | 2:00 - 4:00pm

Southside Brazilian JJ Wallaby Pt | Sat 28 Jun | 2:00 - 4:00pm

Join us for a fun, active, and empowering two-hour workshop introducing young people to the fundamentals of Brazilian Jiu Jitsu!

Ink it out! Tattoo Illustration Workshop

Taree Library | Sat 21 Jun | 12:30 - 1:30pm

Forster Civic Centre | Sat 28 Jun | 12:30 - 1:30pm

Join us for Ink It Out! A 1-hour workshop led by a talented local tattoo artist, designed especially for youth interested in exploring the art of tattoo illustration.

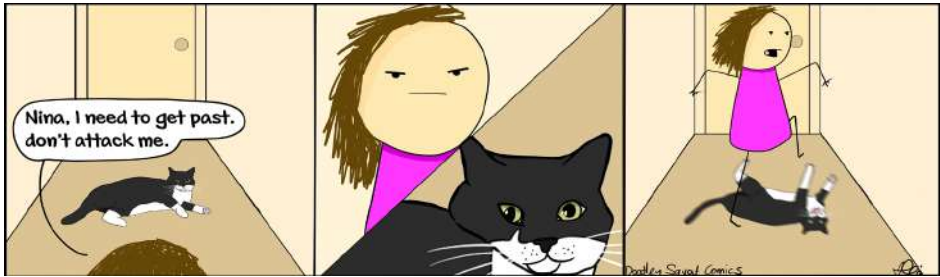


Puzzles Page

The Grin Bin



Doodley Squat



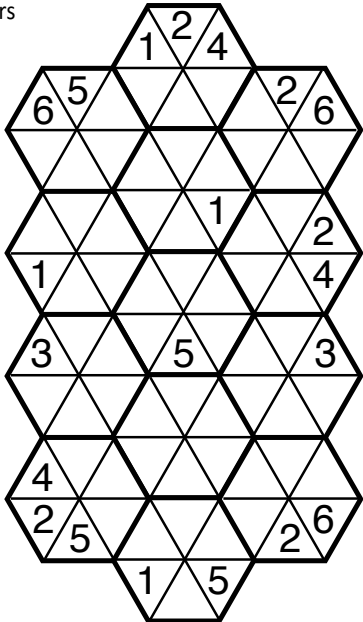
Sudoku

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

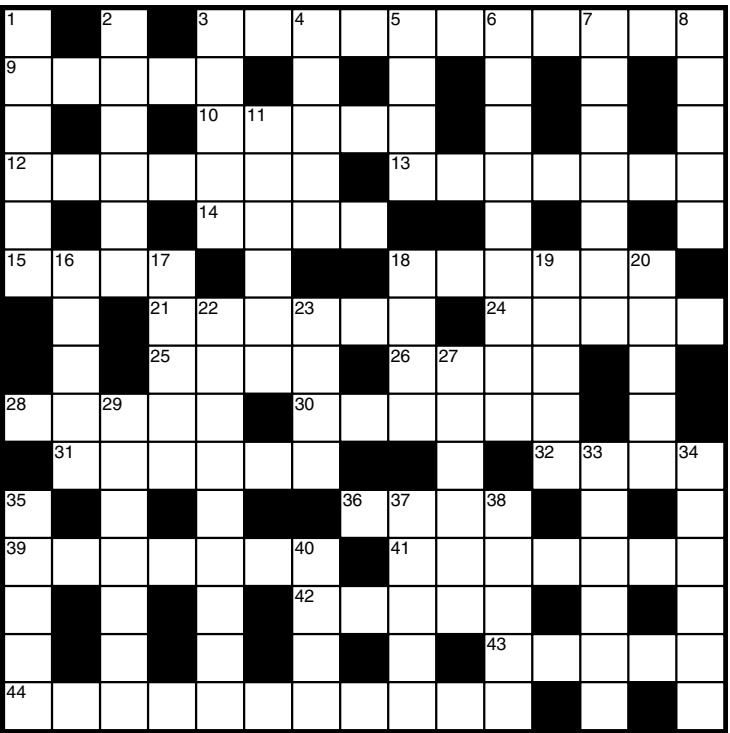
	3						7
1				9	4		
			2	3		8	
	1	5					
3		8	6			2	
	6	4					
9					7		
				1			4
	5	6		2			8

Quick Workout

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

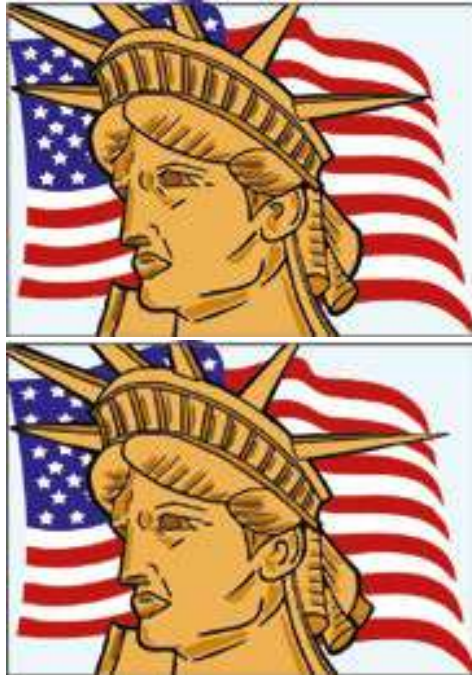


Crossword

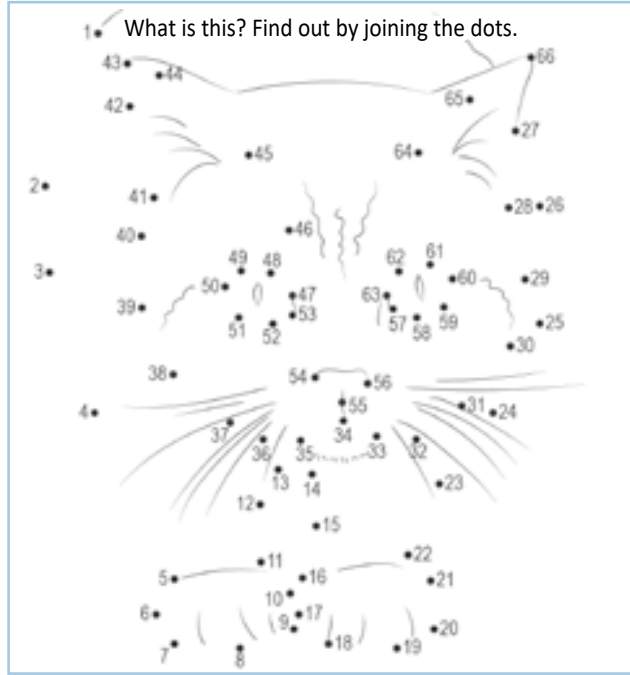


- ACROSS**
- 3 Of an unselfish surrender
 - 9 Break out
 - 10 Intense
 - 12 Made certain
 - 13 Gains by effort
 - 14 Woody plant
 - 15 Main actor
 - 18 Nullify
 - 21 Pass away
 - 24 Examine by trial
 - 25 Tool
 - 26 Becomes firm
 - 28 Trees
 - 30 Meal course
 - 31 Carrier
 - 32 Playthings
 - 36 Eastern ruler
 - 39 Rejected with disdain
 - 41 Give life to
 - 42 Drug-yielding plants
 - 43 Call up
 - Assignment
- DOWN**
- 1 Postpones
 - 2 Country
 - 3 Begin
 - 4 Unrefined
 - 5 Notion
 - 6 Spur on
 - 7 Charges with a crime
 - 8 Letting contract
 - 11 Breakfast food
 - 16 Flower
 - 17 Direct attention to
 - 18 Nidus
 - 19 Advantage
 - 20 Before due time
 - 22 Paying attention
 - 23 Look narrowly
 - 27 Prized fur
 - 29 Small rounded lumps
 - 33 Public speaker
 - 34 Country
 - 35 Enquired
 - 37 New Zealander
 - 38 Ascended
 - 40 Facts given

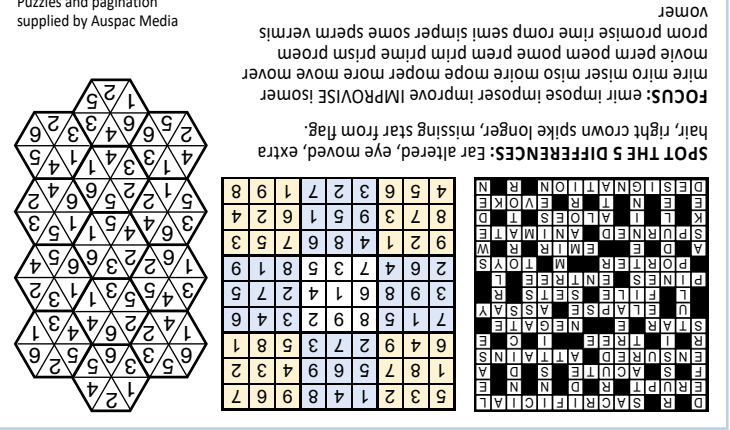
Spot the 5 Differences



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YOUR FORTNIGHTLY TV GUIDE

May 28 - June 3

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Restoration Aust. 3.00 House Of Games. 3.25 Grand Designs: House Of The Year. 4.15 Long Lost Family. 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. 9.45 Big Boys. 10.10 Mayfair Witches. 10.55 News. 11.10 The Business. 11.25 Brush With Fame. 11.55 Brush With Fame. 12.25 Grand Designs: House Of The Year. 1.10 Late Programs.	6.00 Morning Programs. 2.00 Insight. 3.00 Going Places. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 16. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Big Fat Quiz Of The Year 2024. 9.10 The Day The Rock Star Died. 9.40 The Handmaid's Tale. 10.40 SBS News. 11.10 My Brilliant Friend. 12.15 The Wall: The Chateau Murder. 3.35 Along Ireland's Shores. 4.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Farmer Wants A Wife. 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 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. 12.00 MOVIE: Murder On Maple Drive. (2021) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 Rugby League. State of Origin. Game 1. Queensland v New South Wales. 10.00 State Of Origin Post-Match. 11.00 9News Late. 11.30 The Equalizer. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 Find My Country House Australia. 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. 9.00ingo. 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. 2.30ingo. 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.
THURSDAY	6.00 Morning Programs. 11.00 Antiques Roadshow. 12.00 News. 1.00 The One That Got Away. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Love Your Garden. 4.15 Long Lost Family. 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. 10.25 News. 10.40 The Business. 11.00 Love Your Garden. 11.45 Long Lost Family. 12.35 Rage. 1.25 Vera. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Milpirri: Winds Of Change. 3.00 Living Black. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 17. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Our Medicine. 8.40 Killing Sherlock With Lucy Worsley. 9.40 Sherlock & Daughter. 10.35 SBS News. 11.05 Carmen Curlers. 12.15 Carmen Curlers. 12.20 Pagan Peak. 3.00 Along Ireland's Shores. 4.05 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: A Mother's Terror. (2021) (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Dogs Behaving (Very) Badly. (PG) 8.30 Britain's Got Talent. (PG) Hosted by Ant and Dec. 10.30 The Amazing Race. (PG) 12.00 Raines. (M) 1.00 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 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 13. St George Illawarra Dragons v Newcastle Knights. 9.55 Golden Point. 10.45 MOVIE: Toy Soldiers. (1991) (M) 1.00 Young Sheldon. (PG) 1.30 TV Shop. 4.00 Skipper. 5.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00ingo. 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. 2.30ingo. 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 Soccer. Women's International Friendly. Australia v Argentina. 10.30 News. 10.55 Have You Been Paying Attention? 11.55 The Graham Norton Show. 12.55 The Project. 1.55 Stephen Colbert. 3.00 Shopping.
FRIDAY	6.00 News. 9.00 News. 10.00 Planet America. 10.30 Take 5. 11.10 Bergerac. 12.00 News. 1.00 Bay Of Fires. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Love Your Garden. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. (PG) 7.00 News. 7.30 Gardening Aust. 8.30 Gruen. The One That Got Away. (M) 9.20 Gruen. 9.55 The Weekly. 10.25 Big Boys. (M) 10.55 Neighbours. 11.15 Father Brown. (M) 12.00 Mayfair Witches. 12.50 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Land Wars. 3.00 Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. Stage 18. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Malta: The Jewel Of The Mediterranean. 9.15 Robson Green's Weekend Escapes. 9.55 SBS News. 10.55 Atlantic Crossing. 11.55 Rex In Rome. 1.45 The Head. 3.40 J Schwanke's Life In Bloom. 4.40 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Better Homes. 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Better Homes And Gardens. 8.30 House Of Wellness. (PG) 9.30 MOVIE: Tower Heist. (2011) (M) Ben Stiller, Eddie Murphy, Casey Affleck. 11.45 To Be Advised. 1.05 Nurses. (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: Deadly Influencer. (2019) 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 13. St George Illawarra Dragons v Newcastle Knights. 9.55 Golden Point. 10.45 MOVIE: Toy Soldiers. (1991) (M) 1.00 Young Sheldon. (PG) 1.30 TV Shop. 4.00 Skipper. 5.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00ingo. 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. 2.30ingo. 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 Soccer. Women's International Friendly. Australia v Argentina. 10.30 News. 10.55 Have You Been Paying Attention? 11.55 The Graham Norton Show. 12.55 The Project. 1.55 Stephen Colbert. 3.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 1.30 Call The Midwife. (PG) 1.40 Picasso. (M) 2.40 TSO Strauss' Four Last Songs. 4.10 The Piano. (PG) 8.10 Landline. 5.40 Aust Story. 6.10 Father Brown. (PG) 7.00 ABC News. 7.30 Call The Midwife. (M) 8.30 Midsomer Murders. (PG) The opening of a park is marred by murder. 10.50 Bergerac. (M) 10.50 Reunion. (M) 11.50 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Gymnastics. International Gymnastics. Highlights. 3.30 Gymnastics. FIG Artistic Apparatus World Cup Series. Highlights. 4.30 Cycling. UCI World Tour. Giro d'Italia. Stage 19. Highlights. 5.30 Indochina War: The Untold Story. 6.30 News. 7.00 Elizabeth Taylor: Rebel Superstar. 8.25 Secrets Of Britain's Historic Houses. 9.30 1968: A Year Of War. Turmoil And Beyond. 10.50 French Atlantic. 11.25 Homicide. 4.00 J Schwanke's Life In Bloom. 4.30 Bamay. 5.15 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Lord Mayors Cup Day, Caulfield Race Day and Derby Day. 6.00 News. (PG) 8.10 Landline. 5.40 Aust Story. 6.10 Father Brown. (PG) 7.00 ABC News. 7.30 Call The Midwife. (M) 8.30 Midsomer Murders. (PG) The opening of a park is marred by murder. 10.50 Bergerac. (M) 10.50 Reunion. (M) 11.50 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 12.30 Find My Country House Australia. 1.00 Great Australian Detour. 1.30 Young Sheldon. 2.00 Garden Gurus Moments. 2.10 Torvill & Dean. Our Last Dance. 3.10 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: Spectre. (2015) 11.30 MOVIE: Death Wish V. (1994) 12.00 Surfing Aust. 1.50 My Naves. 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 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 Bondi Rescue. 7.00 Soccer. A-League Men. Grand final. Melbourne City v Melbourne Victory. 11.00 Elsbeth. 12.00 FBI. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Rage. 7.00 Wknd Brekky. 9.00 Insiders. 10.00 Offshoots. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 1.20 Landline. 1.30 Gardening Aust. 2.35 The Piano. 3.35 Grand Designs UK. 4.40 The Kimberley. 5.30 Antiques Roadshow. 6.30 Compass. (PG) 7.00 News. 7.30 The Piano. 8.30 Bergerac. (M) 9.15 Reunion. (M) 10.05 MOVIE: Van Diemen's Land. (2009) (MA15+) 12.00 Take 5. 12.25 Rage. 1.35 Grantchester. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Going Places. 4.00 Going Places. 4.30 Cycling. UCI World Tour. Giro d'Italia. Stage 20. Highlights. 5.30 Indochina War: The Untold Story. 6.30 News. 7.30 London: 2,000 Years Of History. 8.25 Queens Of Ancient Egypt. 9.25 Into The Gobi Desert With Nick Knowles. 10.15 Hindenburg: The Cover Up. 11.10 MOVIE: Memory Film: A Filmmaker's Diary. (2023) 12.40 24 Hours In Emergency. 4.35 24 Hours In Emergency. 2.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 TBA. 4.00 Better Homes. 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+) 11.20 Autopsy USA. (M) 12.20 Shades Of Blue. (MA15+) 1.20 Travel Oz. (PG) 2.00 Shopping. 3.00 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 The Pet Rescuers. 2.00 Taronga: Who's Who In The Zoo. 3.00 Rugby League. NRL. Round 13. Penrith Panthers v Parramatta Eels. 6.00 NBN News. 7.00 LEGO Masters: Grand Masters Of The Galaxy. 8.40 60 Minutes. 9.40 The Killer Interview With Piers Morgan. 10.40 9News Late. 11.10 See No Evil. 12.00 The First 48. 12.50 Destination WA. Sunday Project. 2.00 MasterChef Aust. Believer's Voice. 4.30 Fish Forever. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Expedition Tasmania. 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 All 4 Adventure. 3.00 GCBC. 3.30 Farm To Fork. 4.00ingo. 5.00 News. 6.00 Sunday Project. 7.00 MasterChef Aust. 8.10 Fake. 9.10 FBI. 11.10 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 Love Your Garden. 4.15 Long Lost Family. 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. 7.30 Four Corners. 9.15 Media Watch. 9.35 Picasso. 10.35 News. 10.50 The Business. 11.05 Planet America. 11.35 The Weekly. 12.05 Love Your Garden. 12.50 Long Lost Family. 1.40 Rage. 3.10 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Barunga Or Bust. 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 21. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Stockholm With Michael Portillo. 8.25 Bettany Hughes: Treasures Of Bulgaria. 9.20 Inside Windsor Castle. 10.15 SBS News. 10.45 Classified. 11.35 Kin. 12.35 Kin. 2.30 Living With The Boss. 3.20 J Schwanke's Life In Bloom. 4.40 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: MatchMaker Mysteries: The Art Of The Kill. (2021) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 8.50 9-11. (M) 10.50 The Agenda Setters. 11.50 TBA. 12.50 You, Me And The Apocalypse. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 LEGO Masters: Grand Masters Of The Galaxy. 8.45 100% Footy. 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. 7.30 GCBC. 8.00 Bold. 8.30 Deal Or No Deal. 9.00ingo. 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. 2.30ingo. 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 Taskmaster Australia. 10.50 News. 11.15 The Project. 12.10 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Love Your Garden. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 House Of Games. 7.00 News. 7.30 7.30. 8.00 Walking With Dinosaurs. 8.50 Dino Apocalypse With David Attenborough. 9.45 I Was Actually There. 10.15 News. 10.30 The Business. 10.45 Four Corners. 11.35 Media Watch. 11.50 Books That Made Us. 12.50 Love Your Garden. 1.35 Late Programs.	6.00 Morning Programs. 2.00 Reset. 3.00 The Weekly Football Wrap. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Going Places. 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. 10.00 SBS News. 10.30 Living Black. 11.30 The Point. 12.30 Dance Rites 2023. 2.05 Enemy Of The People. 3.45 Living With The Boss. 4.35 Bamay. 5.00 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 Accused. (M) 10.50 The Agenda Setters. 11.50 Autopsy USA. (MA15+) 12.50 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. 1.20 Getaway. 1.50 Talking Honey. 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 LEGO Masters: Grand Masters Of The Galaxy. 8.45 8.45 Ski Rescue Down Under. 11.15 Wild Cards. 12.05 The Equalizer. 1.00 Find My Country House Australia. 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. 9.00ingo. 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. 2.30ingo. 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 Love Your Garden. 4.15 Long Lost Family. 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 Guy Mont Spelling Bee. 9.25 Planet America. 10.00 QI. 10.30 QI. 11.00 News. 11.15 The Business. 11.35 Brush With Fame. 12.05 Brush With Fame. 12.30 Love Your Garden. 1.20 Long Lost Family. 2.05 Rage. 3.40 Parkinson In Australia. 4.30 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 Going Places. 4.00 Plat Du Tour. 4.05 The Cook Up. 4.35 Jeopardy! 5.00 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 9.35 The Veil. 10.25 SBS News. 10.55 My Brilliant Friend. 12.00 The Wall: The Chateau Murder. 12.50 The Wall: The Orchard. 1.40 The Wall: The Orchard. 2.30 The Wall: The Orchard. 3.20 Living With The Boss. 4.10 J Schwanke's Life In Bloom. 4.40 Bamay. 5.00 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 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 Touching Evil. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 Find My Country House Australia. 1.45 Innovation Nation. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Travel Guides. 8.40 The Grand Tour. 10.00 Freddy And The Eighth. 11.00 9News Late. 11.30 The Equalizer. 12.15 Find My Country House Australia. 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 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Aust. 8.40 Elsbeth. (M) 9.40 FBI: International. (M) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	WEDNESDAY
	6.00 Morning Programs. 11.00 Guy Mont Spelling Bee. 12.00 News. 1.00 The One That Got Away. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Love Your Garden. 4.15 Long Lost Family. 5.05 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 Long Lost Family. 9.45 Big Boys. 10.10 Mayfair Witches. 10.35 News. 10.50 The Business. 11.05 Love Your Garden. 11.55 Long Lost Family. 12.45 Rage. 3.40 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Alone Australia. 2.55 The Point: Road To Referendum History Bites. 3.00 Living Black. 4.00 Plat Du Tour. 4.05 The Cook Up. 4.35 Jeopardy! 5.00 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Malta: The Jewel Of The Mediterranean. 9.15 Robson Green's Weekend Escapes. 9.50 Robson Green's Weekend Escapes. 10.25 SBS News. 10.55 Atlantic Crossing. 11.55 Rex In Rome. 1.45 The Head. 2.45 The Head. 3.45 Living With The Boss. 4.35 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Better Homes. 2.00 House Of Wellness. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Better Homes And Gardens. 8.30 House Of Wellness. (PG) 9.30 MOVIE: Where The Crawdads Sing. (2022) (M) Daisy Edgar-Jones, Taylor John Smith, David Strathairn. 12.05 Nurses. (M) 1.05 Harry's Practice. 1.35 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: Steal Your Heart. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 14. Dolphins v St George Illawarra Dragons. 9.55 Golden Point. 10.45 MOVIE: Sicario. (2015) (MA15+) 1.00 Young Sheldon. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Family Feud. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 House Hunters Aust. 8.00 House Hunters Aust. 8.30 Have You Been Paying Attention? 9.30 The Graham Norton Show. 10.30 News. 10.55 The Project. 12.00 Stephen Colbert. 1.00 Shopping.	THURSDAY
	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 1.30 Call The Midwife. 1.30 Picasso. (M) 2.30 SSO Simone Young Conducts Elgar & Vaughan Williams. 4.10 The Piano. 5.10 Landline. 5.40 Aust Story. 6.10 Father Brown. (PG) 7.00 ABC News. 7.30 Call The Midwife. (M) 8.30 Midsomer Murders. (M) 10.50 Bergerac. (M) 10.50 Reunion. (M) 11.50 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Motor Racing. World Rally-Raid Championship. Round 3. South African Safari Rally. Highlights. 2.30 Going Places. 3.30 How To Sleep Well With Michael Mosley. 4.35 American Candy. 5.30 Inside D-Day: Filmmakers On The Frontline. 6.30 News. 7.30 Elizabeth Taylor: Rebel Superstar. 8.25 Secrets Of Britain's Historic Houses. 9.35 Alone Australia. 11.35 Suspect. 12.05 Suspect. 12.35 Suspect. 3.35 Living With The Boss. 4.25 Bamay. 5.15 France 24 Feature. 5.30 Late Programs.	6.00 Morning Programs. 1.00 Football. AFL. Round 13. Richmond v Sydney Football. 4.00 Border Patrol. 4.30 Motorway Patrol. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 Border Security. 7.30 Football. AFL. Round 13. GWS Giants v Port Adelaide. 10.30 MOVIE: Battleship. (2012) 1.05 Motor Racing. Supercars Championship. Round 5. Perth Super 400. Day 1. Highlights. 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness.	6.00 Morning Programs. 12.30 Find My Country House Australia. 1.00 Great Australian Detour. 1.30 Young Sheldon. 2.00 LEGO Masters: Grand Masters Of The Galaxy. 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: No Time To Die. (2021) 11.30 MOVIE: Into The Blue. (2005) 12.00 Surfing Aust. 1.50 My Naves. 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 Loving Gluten Free. 11.00 MasterChef Aust. 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 Bondi Rescue. 7.00 Soccer. A-League Men. Grand final. Melbourne City v Melbourne Victory. 11.00 Elsbeth. 12.00 FBI. 1.00 Shopping. 5.00 Hour Of Power.	FRIDAY
	6.00 Rage. 7.00 Wknd Brekky. 9.00 Insiders. 10.00 Offshoots. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 1.20 Landline. 1.30 Gardening Aust. 2.35 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. (M) 10.25 MOVIE: Partisan. (2015) (MA15+) 12.00 Take 5. 12.25 Rage. 1.35 Grantchester. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Going Places. 5.30 Inside D-Day: Filmmakers On The Frontline. 6.30 News. 7.30 London: 2,000 Years Of History. 8.25 Queens Of Ancient Egypt. 9.25 Cycling. UCI World Tour. Critérium du Dauphiné. Stage 1. 11.05 Into The Gobi Desert With Nick Knowles. 11.55 24 Hours In Emergency. 2.40 The World From Above. 3.40 Living With The Boss. 4.30 J Schwanke's Life In Bloom. 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 Al Jazeera.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 TBA. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 The 1% Club UK. 8.00 7NEWS Spotlight. 9.00 24 Hours In Police Custody. (M) 10.00 Crime Investigation Australia. 11.20 Motor Racing. Supercars Championship. Round 5. Perth Super 400. Day 2. Highlights. 12.20 Shades Of Blue. 12.00 Travel Oz. 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 Business Drive. 2.00 Ski Rescue Down Under. 3.00 Rugby League. NRL. Round 14. Wests Tigers v Penrith Panthers. 6.00 NBN News. 7.00 LEGO Masters: Grand Masters Of The Galaxy. 8.40 60 Minutes. 9.40 The Killer Interview With Piers Morgan. 10.40 9News Late. 11.10 The First 48. 12.00 Embarrassing Bodies. 12.50 Talking Home. 1.00 Destination WA. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Business Drive. 5.00 Late Programs.	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Aust. 8.40 Have You Been Paying Attention? 9.40 Insiders Unemployed (Impractical) Jokers. 10.20 News. 10.45 The Project. 11.40 Stephen Colbert. 12.30 Shopping. 4.30 CBS Morning.	SATURDAY
	6.00 Morning Programs. 11.25 The Art Of. 12.00 News. 1.00 Landline. 2.00 Restoration Aust. 3.00 House Of Games. 3.25 Brush With Fame. 3.55 Love Your Garden. 4.45 Long Lost Family. 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 Picasso. 10.30 News. 10.45 Planet America. 11.20 Home Delivery. 11.50 Love Your Garden. 12.35 Long Lost Family. 1.25 Rage. 3.15 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Supervet. 2.55 Travel Shooters. 3.30 Going Places. 4.00 The Cook Up. 4.30 SBS50. 4.35 Jeopardy! 5.00 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Portillo's Andalucía. 8.20 Michael Palin In Nigeria. 9.15 Inside Windsor Castle. 10.05 SBS News. 10.35 Living Black. 11.35 Cycling. UCI World Tour. Critérium du Dauphiné. Stage 2. 1.25 Kin. 3.15 The World From Above. 3.45 Living With The Boss. 4.40 Bamay. 5.00 Late Programs.	6.00 Sunrise. 10.00 The Morning Show. 12.00 News At Noon. 1.00 Surf Patrol. 1.30 Border Security: Int. 2.00 AFL: The Big Freeze at The G. 3.00 The Chase. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.00 9-1-1. (M) 11.00 The Agenda Setters. 12.00 You, Me And The Apocalypse. (M) 12.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 LEGO Masters: Grand Masters Of The Galaxy. 8.45 Swimming. Australian Trials. Day 2. Finals. 10.50 9News Late. 10.35 Ski Rescue Down Under. 11.35 A+ After Dark. 12.30 Tipping Point. 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 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Aust. 8.40 The Cheap Seats. (M) 9.40 FBI: Most Wanted. (M) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	SUNDAY
	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Restoration Aust. 3.00 House Of Games. 3.30 Brush With Fame. 3.55 Love Your Garden. 4.45 Long Lost Family. 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 Picasso. 10.30 News. 10.45 Planet America. 11.20 Home Delivery. 11.50 Love Your Garden. 12.35 Long Lost Family. 1.25 Rage. 3.15 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Supervet. 2.55 Going Places. 3.30 Going Places. 4.00 The Cook Up. 4.30 SBS50. 4.35 Jeopardy! 5.00 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.10 Highgrove: The King's Country Home. 11.25 Cycling. UCI World Tour. Critérium du Dauphiné. Stage 3. 1.25 Enemy Of The People. 3.05 The World From Above. 3.45 Bamay. 5.00 Late Programs.	6.00 Sunrise. 10.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Border Security: Int. 3.00 The Chase. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News at 6.30. 7.00 Home And Away. (PG) 7.30 Farmer Wants A Wife. (PG) 9.30 Accused. (M) 10.35 The Agenda Setters. 11.35 Autopsy USA. (M) 12.35 Fairly Legal. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.20 Getaway. 1.50 Talking Home. 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 LEGO Masters: Grand Masters Of The Galaxy. 8.45 Swimming. Australian Trials. Day 2. Finals. 10.50 9News Late. 10.35 Ski Rescue Down Under. 11.35 A+ After Dark. 12.30 Tipping Point. 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 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 MasterChef Aust. 8.40 The Cheap Seats. (M) 9.40 FBI: Most Wanted. (M) 10.40 News. 11.05 The Project. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	MONDAY
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Local Calendar

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

June

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

Sat 7 June Open Day Great Lakes Knit & Spin
10am to 2pm Forster Civic Centre, 4 Lake St, Forster. View unique handmade items.
Enquiries: Kayleen 0416 184 684

Sat 7 June - Meet the Makers Day
Forster Arts & Crafts Centre, Breese Parade Forster. Meet artisans and craftpersons working on their creations.



Sat 7 & Sun 8 June - Great Lakes Orchid Society Winter Show, Saturday 9am to 3pm
Sunday 10am to 2pm at Forster Public School, Head Street, Forster.



Above: Sarah Mandelson from Topi Hill Organics (Real Food Market).

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 - Motorfest 2025
8am to 2pm at John Wright Park, Tuncurry. See opposite page for details.

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



Sat 21 June - Forster Farmers Market
8am to 12pm Forster Info Centre, Little St. Enquiries: Linda 0421 347 273

Sat 28 June - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

Sun 29 June - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

What's on around town & beyond!

Sinfonia presents 'Dentinations'

Sinfonia MNC, our local Symphony Orchestra, is proud to announce its return to Tuncurry WW1 Memorial Hall, on Sunday, 22nd June at 2pm.

Elizabeth Berry, chair of Sinfonia Board says, "Sinfonia was formed in 1999 aiming to broaden community cultural life and we are delighted to be returning to regional halls, to Churches and their audiences."

"Sinfonia is all about live music and in this June programme, we bring our Great Lakes audience a magic carpet ride around the world."

"Our Conductor, Iain Pole, is bringing us a selection of music beginning in Spain with the Andalucia Suite by Ernesto Lecuona, travelling to Central Europe with a Mozart Piano Concerto, and Johann Strauss Tales from Vienna Woods."

"We have the much-loved Fantasia on Greensleeves by England's Ralph Vaughan Williams." "Then we have the mysteries of Arabia's Scheherazade from Rimsky Korsakov and the magnificent Finlandia hymn from Jean Sibelius which will be familiar many in our audiences."

"By contrast, Iain has chosen us a recent work to perform The Odyssey of Dharmakara by Jordan Grigg. This was composed in 2018 and brings us ancient Eastern influences, from Tibet, Japan and China." Iain says of the piece "Let's go to Tibet, let's hear the piece shimmering from the Heavens."

Leigh Vaughan, founding chair, original joint conductor of Sinfonia and long-time board member, is delighted to still be playing cello with Sinfonia.

"It's great now to be able to 'just play' my cello and know that all the organising I used to do is now being taken care of by committed and enthusiastic board members. Cellists are always glad to be given a melody, and in Scheherazade

we get the dramatic opening. It's also great to have a scholarship winner playing solo with the orchestra, and the Mozart Piano Concerto no. 2 Andante with Cameron Waugh is sure to win some hearts".

Kali McLaughlin plays the Bassoon in the concert and has been with Sinfonia 3 years.

Kali says of The Odyssey of Dharmakara "It is really fun to play and the bassoon has a major role in it. There are some powerful chords in the Bass, and I needed to learn 3 extra notes for the performance, which has added to my range and extended my playing technically."

"Greensleeves also has some complex lower notes for me to play, and I know that the audience will love this very familiar work."

Penny Orchard plays the Cello in the concert and says, "this programme of destinations and travel brings the wonderful Greensleeves to the audience, and has its Cello moments."

"One interesting addition to the programme is The Big Country a work composed by Jerome Moross, which has a melody section played by the Cellos." Penny has been playing with Sinfonia for 13 years.

Cameron Waugh has been performing with Sinfonia for 3 years and currently holds



Sinfonia's Quaver Foundation Scholarship. In this Concert series, Cameron is playing Mozart's 2nd Piano Concerto as he works towards finalising his university studies in Music.

The Quaver Foundation is a "not for profit" Community Association, which accepts gifts from local businesses and donors to fund scholarships awarded to young musicians aged under 25 years.

Sinfonia MNC will be performing at Camden Haven Anglican Church, Lakewood, on Sunday 29th June at 2pm, as well as the Tuncurry WW1 Memorial Hall on Sunday 22nd June at 2pm and at the Manning Uniting Church, Taree on Saturday 28th June at 2pm.

For more information and to book tickets for any of these performances, please visit: <https://www.trybooking.com/eventlist/sinfoniamnc>

(See advertisement below)

Sinfonia

MNC

Your local community orchestra

Presents: **"Destinations"**

Tuncurry Memorial Hall,
Sunday 22nd June 2025 at 2PM

Manning United Church,
Taree, Saturday 28th June at 2PM
(Limited seating available)

Camden Haven Anglican Church,
Laurieton, Sunday 29th June at 2PM

Tickets online, or at the door:
Adults - \$20
Children U16 - Free

<https://www.trybooking.com/eventlist/sinfoniamnc>

What's on around town & beyond!

Prepare to be entertained!

By Mary Yule

Prepare to be thoroughly entertained by the fabulous diva impersonator show 'Les Divas: An All-Male Revue' coming your way to Club Forster on 31 June. Twelve of your favourite divas will be impersonated by three fabulous drag queens, led by the amazing live-singing Prada Clutch, backed by four male dancers.

Interview with Prada Clutch

"There's no need to travel all around the world. Here is the chance to see and sing along to all your favourite divas in one room in Forster. We will bring you Dusty Springfield, Barbara Streisand, Celine Dion, Cher and more," said Prada.

Prada is coming back to Forster from a sell-out show a year ago where she was encouraged to return.

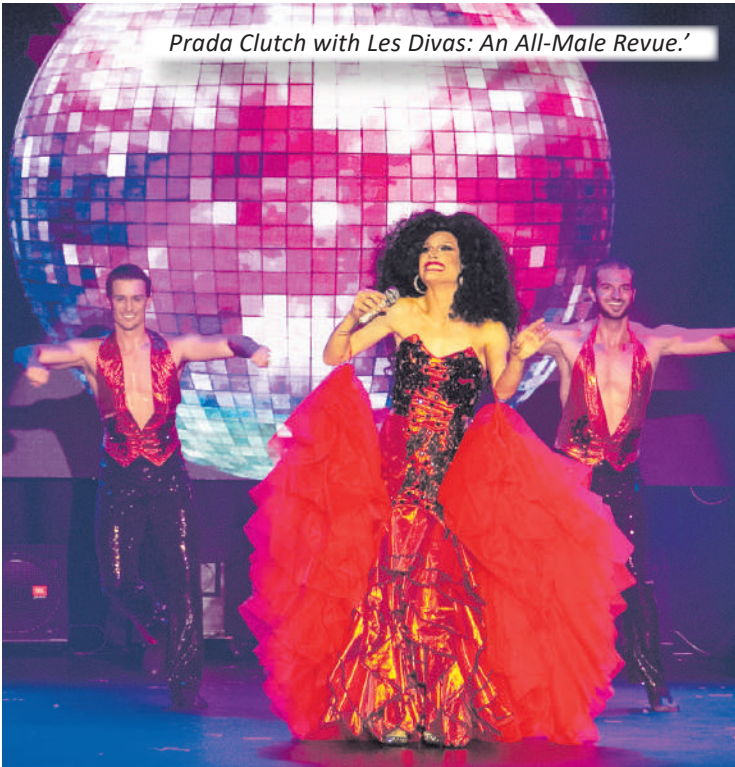
"Our show was so well received. People went ballistic. We had such a lovely time. I think your town is beautiful."

Not only does Prada sing and perform, she also puts together the whole show including the music, the performances, her makeup and wigs, and even her costumes if needed - like the one she made as Liza Mannelli just in time for the show.

"I'm like a one-man band."

Prada has been performing for 18 years. She started singing as an eight year old and knew she was going to be a performer of some sort, never thinking that one day she be a drag queen.

"When I was young, I admired how the girls around me looked while they were singing.



Prada Clutch with Les Divas: An All-Male Revue.'

These days the girls come up to me and admire what I'm wearing which is so nice."

No doubt Prada's success has come from hard work and determination after completing a Bachelor of Music at the Australian Institute of Music.

Prada now has a busy schedule performing 6 days a week. She does bingo and corporate events during the week and travels to perform shows on the weekend.

"I only get Sunday off which is usually spent travelling home and catching up on the washing. But I love it! It doesn't feel like work. Nothing makes me happier than seeing everyone smiling. I could go on performing forever."

"Our show is about forgetting your troubles and just having the best time. I love the old hits. Dusty Springfield is my favourite."

Buy your tickets to see 'Les Divas: An All-Male Revue' on 31 May at Club Forster by visiting www.clubforster.com.au

Sizzling sausages for Sizzling stories

On Saturday June 1, sausages will be sizzling at Bunnings, Foster from 9am to 2pm, to support the 'Tell Me a Story' competition for Great Lakes area year 5 and 6 school students, who are now creating some sizzling stories, which they hope to be awarded for and published in the annual book. Local businesses have

also added some sizzling vouchers to be won with raffle tickets, drawn in July.

For TMAS competition details, please visit: www.tellmeastory.org.au



7th June 2025

8am to 12 noon

1/5 Rodmay St Tuncurry

Proceeds to Great Lakes Palliative Care Support

Garage Sale

Motorfest 2025

Just in case you haven't done it yet, put this event on your fridge door "Midcoast FORD Motorfest 2025 ... Sunday June 8th".

Now in its 25th year, this event is the Great Lakes Historic Automobile Club's prime annual event. It is once again being held in John Wright Park, Tuncurry, on Sunday June 8th, commencing at 8am. Entry is free to the public. Over 300 vehicles will be on display, from a wide variety of marques. Owners pay \$15 per vehicle to display their vehicle in a variety of classes and are judges accordingly, with trophies being presented from 1pm.

Motorfest 2025 is a fund-raising event. This year Forster Neighbourhood Centre is the charity being supported.

So why not consider entering your "pride and joy"?

New this year is Rocker Cover Racing, which features "race cars" made specifically from rocker covers (car parts)! Very popular



Above: New this year is Rocker Cover Racing.

overseas, it is now marking its mark downunder.

If you require details, then please give Tony 0438 462 992 or Ron 0407 993 499 a call. You can also find updated information on the club website at www.glhac.org and our Facebook page.



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

More Info Scan Here

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



Above: Manning Great Lakes Community Health Action Group members met with Tracey McCosker and Hunter New England Health Executives on 11 March 2025. Photo supplied.

Lack of local Health Service standards highlighted by floods

Once again, this May flood event highlights that it is imperative to bring Manning Base Hospital up to an acute care standard able to deal with trauma and cardiac emergencies. Forster desperately needs their promised Urgent Care Centre as does Buladelah, their completely forgotten Multi Purpose Service or an Urgent Care Centre.

As in 2019 with the major bush fires and again in 2021 with the huge floods our area has been left isolated with its only hospital utterly ill equipped.

Our Manning Great Lakes Community Health Action Group ((MGLCHAG) had a meeting in March with CEO Tracey McCosker and the HNE Health Exec who stated that the \$180 million allocated was no longer enough to complete the Stage 2 Re-development in its entirety as promised in August 2024, and that the completion date had blown out from 2026 to 2028.

We sent a very strong letter expressing how angry and disappointed we are, and that we felt that there was a sense of complacency, a laissez faire attitude and the total lack of will to fight robustly for the Manning Great Lakes Area which continues to be at the bottom of the pecking order.

There is no urgency whatsoever to help us and adequate funding seems to be going everywhere else but here.

Our local member Tanya Thompson is fighting for us and took a copy of that letter to Parliament in the last sitting session which she presented to Health Minister Ryan Park himself on our behalf.

The Health Service delivery that we are receiving in this area is totally inadequate and unacceptable.

The Stage 2 Re-development, which began in April with the start of demolition, will deliver a very watered down version of what was promised in August 2024. This is simply not good enough.

We will receive:

- a new inpatient unit of 3 levels of 24 beds each (84 beds in total), with the 4th level only a shell.
- a Morgue
- NO Pathology
- NO Pharmacy
- NO loading dock
- NO complete spine to connect Stage 2 with the rest of the hospital.

Our Doctors, Nurses and all Allied Health Staff continue to do a magnificent job with totally inadequate resources.

Whilst we are grateful for any funding we receive and welcomed the \$355,000 recently granted, this is just nowhere near enough and is totally unacceptable.

It is just a bandaid which will no longer hold back the flood.

The Petition with 12005 signatures which was taken down to Sydney and presented on the steps of Parliament to our local member Tanya Thompson in May 2024 and debated in the Legislative Assembly in August 2024, and passed unanimously, called for the Manning Base Hospital Stage 2 and 3 Re-development to be completed in its entirety within the terms of this Government.

This is not happening.

Our committee will continue to fight on behalf of our community to get the hospital and health service delivery we

Manning Great Lakes Community Health Action Group



May Flood 2025



Above & below: NSW Police and NSW SES & Surf Rescue volunteers catching up at Main Beach, Forster, during the rescue & recovery operation in the Taree region. Photos by Patricia Macvane.



An amazing photo of kangaroos having a tussle by Lyn Davies in Coomba

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

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

DATE: 17th June 2025
TIME: 3 pm
VENUE: FLALC Building, 10 Breckenridge St, Forster

AGENDA

1. WELCOME
2. APOLOGIES
3. PREVIOUS MINUTES
4. 3:30 pm At the meeting members will be asked to approve or not approve the following land dealings.
 - i. Forster Local Aboriginal Land Council (FLALC) granting a lease of part Lot 430DP 753188 be 68a Macintosh St, Forster, known as the "Tobwabba Medical Centre Building" (Property) to Tobwabba Aboriginal Medical Service Incorporated.
 - ii. FLALC registering a positive covenant for the onsite stormwater detention system (rain garden) on the property.
5. 4 pm Approval of the Forster LALC Community Land and Business Plan (CLBP) 2024-2029 and amendments to the Community Benefits Scheme (CBS)
6. 4:15 pm New members applications.
7. MEETING CLOSE

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

For Trades & Services,
Public Notices, Classifieds,
Funeral Notices & in
Memoriam

CALL GEORDIE YULE
0403 586 342



Whittaker, Philip Richard

22nd July 1947 - 27th April 2025

Aged 77 years
Late of Tuncurry. Beloved husband to Margaret. Adored Father to Kirsty, Nathan & Kylie. Cherished Grandfather.

'Forever in our hearts'
A Funeral service and cremation have been held.

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Weekly Diary

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

Mondays

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

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

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

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

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

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

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

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

Forster Tuncurry Men’s Shed Inc.
48 Midge Orchid Rd Darrawank
Open 8am to 5pm Monday to Friday.
Contact Richard 6515 2249

1st Forster Tuncurry Scout Group Cub Section
Scout Hall Cnr Lake & McIntosh Sts Forster,
Mondays 5 - 6.30pm for 8 - 11 years. Enquiries: leanne.richardson@nsw.scouts.com.au

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

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

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

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

Great Lakes Vietnam Veterans Association
Email: vvaglforster@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: vvaglforster@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



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: Bella
Age: 20 months old
Breed: Red Nose Pitbull

Likes: Bella thrives on love and affection. After experiencing a bad start to life, she has now become the most confident, affectionate and loving dog. She enjoys playing with other dogs, cuddling and attention.

Dislikes: The rain. On rainy days you’ll find Bella sulking out the window.

Claim to Fame: Bella’s whole personality - she will talk back at any chance she can. She has mentioned a few times she’s thought of modelling. This is her first modelling shoot.



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

COMMUNITY CONVERSATIONS



COMING SOON TO FORSTER & NABIAc

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

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

We look forward to sharing this update with you.

JOIN THE CONVERSATION

Forster Civic Centre
Monday 19 May 2.30 – 4pm

Nabiac Showground Hall
Monday 19 May 5.30 – 7pm

Also coming to Pacific Palms and other locations across the region

FIND OUT MORE

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



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

June

Manning Great Lakes Birdwatchers

Thurs 5 June - John’s River.
Enquiries 0431 878 395

Sat 21 June - Lockett’s Crossing/ Brushy Creek.

Right: Photos of a Rufous Whistler at Minimbah Nature Reserve by Brian McCauley.



Book Review



By John King - Librarian

The Art of Danish Living – How to Find Happiness In and Out of Work

Happiness is a hot shower – my wife’s words. Of course, this is 21st century Australia when no longer for some is a hot shower a once-a-week luxury with the rest being cold. Meik Wiking’s book “The Art of Danish Living – How to Find Happiness In and Out of Work” reflects a modern well-off and stable society, and certainly not Gaza or the Sudan where happiness might be a container of water and some millet. Yet, there are lessons for finding happiness in an affluent society. He focuses on work since we spend much of our waking hours at work not necessarily seen as fulfilling. Yet it can be if reframed.

A key aspect in happiness is purpose, and seeing a wider purpose than is perhaps immediately apparent, not simply earning an income important as enough money is. Those in a factory making springs were invited to see that they are actually contributing to people’s well-being: the springs they made were used in everything from hospital beds that reduced patients’ bed-sores, to fire-alarms that saved lives. Even if work seems mundane, contributions to one’s community can provide a sense of purpose. It does not need to be monetarily paid work; its reward is in the contribution.

Important, too, is a sense of trust and independence in an organisation that not only values what you do and trusts you to get on and do it, but allows the person to craft the job to their own satisfaction. It is not a matter of following a rote script of ‘Hope you enjoyed your stay. Come again’. He instances baristas and bakers who know their customers have their reward is seeing their customers’ appreciation for the personal service.

Crafting the job to focus on what is really important is important to job happiness. Is that meeting really important or can I get what needs to be done in less time enabling,

for example a four-day working week, or the flexibility for outside appointments. Freedom from interruptions is important too as well as the right to shut off out of hours.

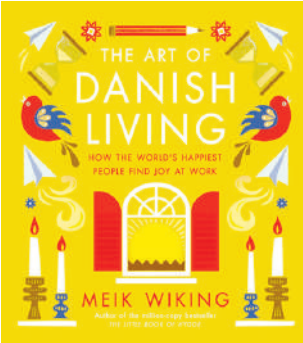
There is a whole chapter on saving giving the freedom to quit a job, an unpleasant boss, what is called an FU fund. Denmark’s social security payments for those between jobs contribute much to this freedom.

Clearly, a sense of accomplishment provides self-esteem. He sees reframing “success” as value in what one accomplishes. It is not money per se but feeling good at what you do. We can do with less materiality especially if it frees up time and energy for life and enables a FU fund. He instances making one’s own sandwiches rather than buying them. Giving up the car and cycling might be fine in Copenhagen; Sydney is a very different matter.

Look, he says, at those elements in life that bring happiness, simple things such as enjoying nature, a beautiful sunset. For my father, uncovering and admiring the small bright yellow screw-cutting lathe in the garage gave him a real sense of pleasure and no doubt memories of past rewarding jobs.

Wiking takes issue with the concept of “work-life balance” as if they are in conflict. Rather, he says think work-life blend, how to love what you do. That is what this book is all about.

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



Keepsake Cottage

On the corner of Kent Street, Tuncurry stands an old wooden building known as Keepsake Cottage. Simon Hemmy, an engineer at Wright mill, bought the lot and built the home. In 1902, he sold the house to Vincenzo Fazio, an Italian fisherman who settled in Tuncurry in 1896. Born 1865, in Lipai Sicily, Vincent spent a few years in the Italian Navy before sailing on the "Jeira" in 1886 to make his home in Sydney, working the fishing fleets. Arriving in Tuncurry in 1896 he married Lillian Hardy. On the 23rd of July 1900 the two-masted schooner "Empress of India", on its way from Port Macquarie to Sydney with a cargo of timber, entered Cape Hawke port for additional cargo. Setting out to sea the vessel encountered southerly winds and a choppy sea and returned to Cape Hawke Bay for shelter. At dawn the captain attempted to cross the bar and the vessel was struck by heavy sea and broke up. The captain and two sailors drowned and the cargo, much of which was sawn timber, and the ship lay strewn along the beach, now flotsam. The timber was salvaged by local people. Vincent Fazio built a small shop at the Kent Street end of the cottage using timber collected from the flotsam, the first Fish Shop in Tuncurry.

Above: The original Keepsake Cottage was on Kent Street, Tuncurry.



Empress Of India

Named after Queen Victoria the schooner/ cargo ship was owned by James Hibberd and built in 1877 by William Fotheringham at "Ashgate" Scotts Creek, Mitchells Island, Manning River NSW. In 1892, owner James Hibberd of Port Macquarie established a sawmill at Hamilton (later renamed Hibberd) and over time it developed into a thriving village with a dry dock to support the shipping of timber.

Captain Peter Williams

The bodies of the captain and his two seamen (from the Empress of India) were recovered and buried on the seaward end of where the camping area stands today. Later however when other uses were devised for the ground, the bodies were relocated to the Tuncurry Cemetery where today stands the captains tombstone and the graves of the two unknown seamen who died with him.

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



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Local Identity – Jane Lynch

By Vanda Gooley

Old Bar’s Jane Lynch was awarded the Myall Lakes Local Woman of the year 2025 on International Women’s Day. She was nominated by Tanya Thompson in recognition for her contributions to 30 years to Surf Life Saving, women in sport and youth in sport and was involved in securing funding for major upgrades at the Taree Old Bar Surf Life Saving Club.

41-year-old Jane Nicole Lynch, was born on the at St George Hospital, Kogarah. Her family lived in Padstow Heights until she was 7, when they moved to Old Bar after years holidaying in Manning Point.

Jane is the youngest of three siblings and has a brother Dan and sister Liz. Jane’s dad Neil was working in Surfers Paradise, when he met Jane’s mum, Kerrie, who was on holidays from Victoria. Neil was originally from Narwee, Sydney and once he completed his National Service was travelling Australia, working in any role he could. Once Mum and Dad met, they returned to Sydney and married in 1975.

Dad worked a number of jobs, working as a lifeguard and carpenter, but later began a career in NSW Government that was CES at the time (Commonwealth Employment Services). He worked as a manager in Aboriginal Employment services, linking in with Elders in communities. Jane’s mum was managing the home front and worked casually at the TAB.

When Jane was 7, her dad accepted a redundancy from the CES and the family moved to Old Bar. Her mum and dad became a fixture of Old Bar, when they started Taree Old Bar Maintenance. Jane still remembers her dad’s truck being the stage for the Christmas Carols. Dad worked his business until 2021, when sadly, he was diagnosed with melanoma and passed away after a short & courageous battle in June 2021.

Jane was the youngest of all her cousins and was constantly annoying her brother and sister. Being the baby also had it perks. Her brother & cousins were Jane’s first soccer coaches and her dad taught her how to dribble a ball in the back yard! Jane’s sister would teach her song lyrics “and I still remember most of those songs “.

Jane attended Kindergarten & Year 1 at Padstow Heights Primary School and Year 2- Year 6 at Old Bar Public School, before completing her entire high schooling at Taree High School. She then went onto University of New England, graduating in 2009 with a Bachelor of Arts degree majoring in Psychology & Communication.

Jane feels very privileged to have many times of life that she looks back on fondly. She had two very supportive parents & a family that always encouraged her.

Jane has 7 nieces and nephews. “My first niece was born when I was 15, and then my first nephew when I was 1” Jane said. “I was lucky to be around and attend their sporting games &

school events. My youngest niece is now 17 & my youngest nephew is 9, but I still have close relationships with my older nieces & nephews, with 5 of them living locally and all of them home often” Jane said.

Jane currently works for the department of education as a Student Support Officer, new roles in schools that focus on wellbeing support for students. Prior to this Jane managed a youth service & also worked for Greater Taree City Council as the Youth Development officer. She is just about to re-enrol to complete a masters in Secondary Education.

for six years. Last month, Jane was named a life member of Taree Old Bar Surf Club. Her involvement in Surf Life Saving was recognised last year when she received the President’s Award at the Surf Life Saving Lower North Coast Branch Awards of Excellence. At the most recent Surf Club Presentation, Jane was awarded life membership of Taree Old Bar Surf Club.

When Jane was at High School & Primary School, she was a highly successful thrower in athletics. She was ranked number 1 in Australia as a 15-year-old and competed at

working towards it.” She was really proud to receive her B License is football and was really proud to open the Surf Club renovations in Old Bar after 5 years of work.

Jane also had the privilege of coaching the Under 17’s PYLG (Premier Youth League) to win a grand final of the NSW Premier League last year. “What made this even more amazing, is that this team were the wooden spooners last year, and overcame that to win the come”.

Jane said, “One thing that stands out, is when I catch up with people I have coached or trained over the years and they talk about how much I taught them or how much they enjoyed our time together.”

“I will always remember my nephew Ned (Who is now 21) making a speech for a Year 6 competition about who inspires him and he said it was me. That is up there with a very great achievement.”

During the Black Summer Bushfires in 2019, Jane helped open the Taree Old Bar Clubhouse as an unofficial evacuation Centre for more than 300 people and their animals.

When Jane was awarded Myall Lakes Local Woman of the Year 2025, in recognition of her achievements and contributions to community, she said she was humbled to receive this award. “My contributions to sport and the community are something I enjoy doing, so to be recognised for something I love, is very unexpected and exciting.”

Jane said her biggest role model was “My Dad- he lived life humbly. He did nothing for accolades or reward. He was unashamedly his own person, but garnered such love and respect.” I also value my mum, who is my biggest supporter in all that I do.”

Jane is also a big fan of Peter Norman, who stood up in the Olympic games in the middle of the Black Power salute to support the two American Athletes.

Jane loves the saying from a TV show about a coach of American Football. “Clear Eyes, Full Hearts - Can’t lose.” “It encapsulates that sport is about heart & knowing you can do it.”

Tanya Thompson, Member for Myall Lakes said this of Jane....

“It was an honour to nominate Jane as the Myall Lakes Local Woman of the Year for 2025. Jane is an extraordinary woman whose life has been defined by service, to her community, to sport, and to our region’s young people.

For over 30 years, Jane has volunteered with Surf Life Saving, holding almost every role imaginable - from Nipper to Club President.

Jane’s contribution to sport, especially for women in football, is nothing short of inspiring. As the first female to play for the Old Bar Barbarians, she allowed for countless girls to follow in her footsteps. She’s since gone on to coach and serve on sporting boards, while working full-time as a Student Support Officer, I am not sure when Jane finds time to sleep.

Jane never seeks recognition in anything she does, but she deserves it. She lifts others up, leads by example, and makes a difference in the lives of so many. We are so very blessed to have Jane in our community.”



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Bluewater Fishing report & website launch

By Dave Nash

The Club Forster Bluewater Fishing Club monthly fishing competition held on 17th May saw a small number of boats and fishos hit the great ocean blue, as well as mixed results in the fishing catch.

4 boats carrying six members took part with a total of 47 fish caught at a total weight of 35.74 kilograms. (A 5th boat did venture out, but unfortunately a motor failure saw them unable to join the fray. Fortunately, the breakdown occurred very close to base, and with much gratitude they received a tow-back from another local boat to return safely to the harbour. Bloomin' boats!)

Gun fisho and long term member Martyn Barry won the day (should we say again?) with a total of 278.2 points, and a total of 15 fish, including a full bag of nice sized Flathead. Over the last few years, flathead have moved from a staple of club catches to being a little trickier to find. To see Martyn with a respectable collection was encouraging for all. Martyn also brought home the best teraglin of the day at a little over 2 kilos. Dave Nash won the best snapper category of the competition with a 1.5kg snapper and Lindsay Rathbone was runner up in both the flathead and snapper categories.

Though as indicated earlier fishos were low in number, it was great to see Bryan Duffy back on the water after some months away travelling, and he was rewarded for his efforts with a number of nice pan size reddees.

Club Website Launched

In other news, the club has this month launched a new website! The site aims to

- increase the club's connection with our community, making it easier for people to find



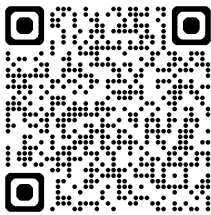
Brian Duffy with his catch.

out information and join the club

- have latest news and links to the wider as well as local fishing community
- provide reports and picture galleries of all club fishing competition

The site also contains a few sneaky GPS marks and fishing tips for the keen angler. **The website address is Clubforsterbluewaterfishingclub.org or via the above QR code.** We would really value feedback from any and all about the website.

Next competition is scheduled for the 21st of June. For those interested in joining the Club Forster Blue Water Fishing Club, please contact Barry Wrench on 0428 557 090 or see our new website.



Youngsters shine in Coomba's Ray Furey comp

Coomba Aquatic Club's gazebo was the venue for the finale of the three-day Ray Furey Memorial Family Fishing Competition held over the Easter weekend.

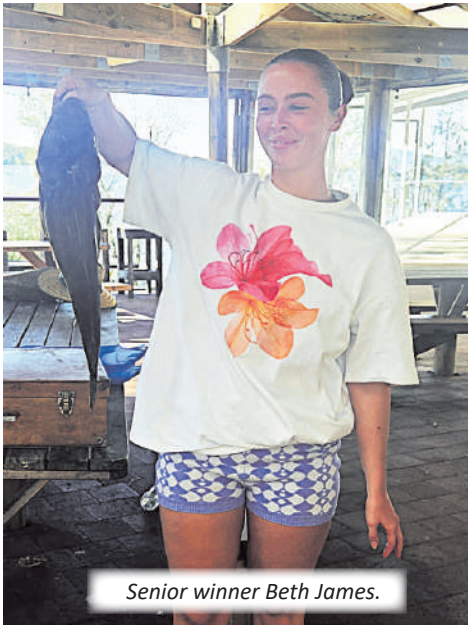
The Furey family - Trish, Jamie, Travis and Natasha - was present to honour the 20-year tradition of the event.

With the Ray Furey Memorial plaque looking down on local and visiting competitors and their families in the gazebo, organiser Michael Eskilinen said it was fitting to see the event back in its 'rightful place'.

"The competition was run at a frantic pace over the three days, with all types of fishing techniques deployed in various parts of Wallis Lake," Michael said. "We all had a lot of fun



Trish Furey with junior winner Dustin Phillips.



Senior winner Beth James.

trying to land the major prizes and claim bragging rights.

"We know fishos don't lie about the big one that got away, but the truth came out over a few drinks."

The official weights were recorded by organiser Michael and overseen by scrutineer, Ian Peden.

Michael thanked Coomba Aquatic Club, Pollards store, Ian Peden, and BBQ chef Bill Martin for their support of what will be an ongoing annual event.

Trish Furey presented the awards to both Dustin Phillips, the junior winner with a 54cm flathead weighing in at 900g, and Beth James who claimed the senior award with a 57cm flathead that tipped the scales at 1.35kg.

Local representative players at Rugby NSW CHS Championships

By Aaron Dodds

Our Southern Mid North Coast zone was proudly represented by two standout players from our region – William Wooster and Noah Dodds – playing in the Hunter CHS Team at the Open Rugby CHS State Championship in Singleton. This recent event was scheduled to be played in Newcastle but was relocated to Singleton Allan Bull Reserve because of the consistent wet weather.

Noah rotated between the positions of scrum half and wing, while William held down his role as openside breakaway. By the end of day two, both boys played 'out of their skins' to help the Hunter side finish second in their pool with solid wins over Western Rams and South Sydney Sports School – their only loss coming to a strong Sydney West Sports School side in the 9 team competition.

On the third day the boys played an outstanding game to help secure the Hunter



CHS Team to 3rd overall in opens rugby against North Sydney CHS.

Awesome work by these two young guns. The Great Lakes College/Forster Tuncurry Dolphins and Gloucester High/Old Bar Clams should be proud!

Right: (L-R) Noah Dodds and William Wooster representing Southern Mid North Coast Zone.



Dolphins cook the Clams

By Chris Simon

First round bites the dust...

As winter sets in, the Forster-Tuncurry Dolphins have undefeated on the first round of the rugby season undefeated, sitting equal first with Wallamba Bulls with on 16 points separating them on for and against.

In the final matchup of the first round, played on Saturday 10 May, the Dolphins faced an unbeaten Old Bar Clams in a game that was

transferred to Peter Barclay due to ongoing weather impacts. Starting at a furious pace, both teams traded heavy blows before the Dolphins opened the scoring through hard running lock Blake Newcombe. A turning point was when the Clams saw momentum drop after their warrior Phil Koch injured his shoulder resulting in an early shower. Newcombe's try was quickly followed by Reef Cato-Symonds and hooker Sam Laurie scoring their own. Kaleb Trudgett, again proving the wrecking ball, backed up a line break by coach, Blake Polson,

to cross over for yet another try. By half time, the game was well and truly in control of the Dolphins.

The second half saw some discipline go out the window, with the referee pinning the Dolphins for indiscretions and ultimately seeing them under significant pressure from the Clams in their own half. A penalty try giving the Clams scoreline some more respect for the effort that was displayed during the game. Callum Crawford-Walker capped off the win with what was another double, seeing his try scoring stocks rise after securing the zone top try scorer in season 24. There were many pleasing efforts across the park, in particular new prop, Matt Thomas' hard running skittling defenders.

The final score - Dolphins 38 vs Clams 14.

Coach Polson, whilst continuing to see areas improvement, remarked the ability to get the job done, despite any setbacks. What might be more pleasing, the Dolphins have yet to put all chess pieces in the team at one time.



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Australian Little Athletics Championships

By Lee McDonald - President FTAC

For Forster Tuncurry Athletics Club (FTAC) athlete, Ella McDonald, after a season encompassing travel of more kilometres than the Leyland Brothers, all roads led to Adelaide for the Australian Little Athletics Championships in April 2025.

Ella was selected for the NSW Little Athletics Team to contest these championships, as part of a team to contest the Trevor Billingham Trophy, named after the founder of Little Athletics in Australia.

After a silver medal at the State Champs in March and strong performances throughout the season in Triple jump, Ella was selected to represent NSW in both events.

Ella was part of a team of 32 Female and Male Athletes selected from across NSW to attempt

to wrest back the trophy from the Victorians and hold off Athletics Powerhouse Queensland. After watching her team mates compete on the first day, Ella started off early the second day with her favourite event in the High Jump.

What ensued was a memorable morning of Jumping with Ella taking on QLD competitor and friend Maci Ritchie as they out jumped the rest of competition and soared towards the heavens. Managing a massive Personal Best Ella narrowly missed out on Gold but was ultimately satisfied to walk away with a National Silver Medal. Considering that the field also contained the Current Australian Champion from Tasmania crowned at the Australian Athletics Champs 2 weeks prior, Ella's achievements cannot be underestimated.

To further place Ella's achievements in the spotlight is that she doesn't have access to

formal training programs or coaching on a consistent basis. Thanks must be given to Howard Searle and Dan Lawton who over the last season have guided Ella in the sport with some rare but invaluable coaching sessions.

With Ella's effort in the high jump and fantastic efforts from all NSW athletes Team NSW was able to reclaim the Trevor Billingham Trophy.

Right: Ella McDonald, from Forster Tuncurry Athletic Club, on far left. Photo supplied.



Bowls Fest in April at The Palms Bowlo



Mens Pairs Winner
Jason Lawrence & Laurie Keene
2024 / 2025
Pacific Palms Bowling Club



Minor Single Winner 2024 / 2025
Grant Seage
Pacific Palms Bowling Club



Open Gala Day Winners
J Aurich (S), M Smith, D Chrichton & J McKenna
April 2025
Pacific Palms Bowling Club

By Michael Collins - President PPMBC

Pacific Palms Mens Bowling Club (PPMBC) Club Pairs Final

The weekend of 5th & 6th April saw our club pairs competition take place. Through the course of Saturday and into Sunday morning teams were battling it out against each other to qualify for the final to be held Sunday afternoon.

The two teams that eventually met in the final were Laurie Keene and Jason Lawrence up against Mark Chalker and Peter Harris.

Mark and Peter started off strongly however Laurie and Jason were always snapping at their heels. Over the course of the matchup Laurie and Jason plugged away with some very astute bowling whilst Mark and Peter were trying to play catch-up, always under pressure.

Consistent and thoughtful bowling eventually won the day for Laurie and Jason, the final score being 25 shots to 13.

Congratulations to Laurie and Jason on a thoroughly deserved win becoming Club Pairs champions for 24/25.

PPMBC Club Minor Singles Final

Friday 4th April saw the final of our club's Minor Singles played out between Grant Seage and Tony Simic

Before an appreciative group of spectators, Tony raced out of the starting blocks to a commanding 16 shots to 3 lead after just eight ends. To win this competition you must be the first player to reach 25, Tony was the clear favourite at this point in the game.

However, as so often happens in bowls, the tables turned with Grant roaring back into contention with some precise bowling which resulted in him losing only two more ends overall.

When the dust had settled Grant won the day by 25 shots to 19 over 20 ends. A great recovery by Grant to come from well behind and achieve victory.

Congratulations to Grant on your fine achievement on becoming our Minor Singles champion for 24/25.

Pacific Palms Open Gender Gala Day

Our Club's open gender gala day was held recently on Monday 14th April 2025.

Sixty-four bowlers from across our region took part competing in two games of fours and two games of pairs.

At the completion of the third round, wins and margins were very tight with two teams battling it out on the master-board for ascendancy.

At the completion of the 4th and final round one team had won the four rounds with a final score of 4 wins and plus 21 margin- a fantastic effort given the quality players that took part in our tournament.

The winning team was: J Aurich (S), M. Smith, D. Chrichton, and J. McKenna. Congratulations to Jason and his team for a very hard-fought victory.

Finally, a big thank you to all the bowlers from across our region who participated on the day, once again making it the great success it was.

Dane awarded Coomba Aquatic Club's 2025 Junior Sailing Scholarship

Coomba Aquatic Club

Ten-year-old Dane Clayton of Bungwahl is the recipient of Coomba Aquatic Club's 2025 Junior Sailing Scholarship.

Dane and his mum, Bianca were at the Club on Friday, May 16 to receive a cheque for \$1000 and the David Robinson Award in front of Club members and guests at 7pm.

Dane's love of sailing was sparked on our Bic 303s at our school holiday kids' Learn-to-Sail classes. That passion shone through in his scholarship application.

"The first time I set foot on a sailing boat it was amazing - I loved it," he wrote.

"I was going so fast, rushing past the water like it was standing still.

"I really want to go further with my sailing. I'm excited by the chance to be coached.

"When I'm older I'd love to help out teaching the younger kids too."

Dane's family recently purchased a Laser dinghy for their budding sailor.

"We were going so fast in a howling nor'easter that we almost capsized," Dane said.

"I really want to try to sail at a beach to catch some waves."

His ambition? "To tack and jibe my way around the world!"

The Club introduced the annual Sailing Scholarship in 2023, offering \$1000 to encourage keen local junior sailors like Dane to further their interest in sailing. Last year's recipient was Bethany Cannon.

The money can be used to fund sailing gear or defray the cost of travel to junior competitions, however it can also be used for educational purposes.

"From its formation in 1992, the Coomba Aquatic Club has promoted aquatic activities, especially junior sailing," club Vice President Peter Felton said.

"Early on, the committee and our volunteer instructors identified Dane as having the dedication and skills needed to take his sailing to the next level."

Club president John Price said long-time members will remember Robbo's contribution to Coomba Aquatic Club as a prominent committee member, as well as to the wider community of Coomba Park, where he and Helen lived. Fewer people will know that as well as being a highly accomplished offshore sailor, Prof David Robinson AO was recognised internationally as a ground-breaking pioneer in the field of diagnostic ultrasound.

"The David Robinson Award is a fitting tribute to Robbo's great contribution, both to our Club and to junior sailing," John added.

Dane Clayton, of Bungwahl, recipient of Coomba Aquatic Club's 2025 Junior Sailing Scholarship Award.

Below: Dane received \$1000, an engraved trophy and the David Robinson Award (inset) from club President John Price (right) and instructor, Ian Peden.



Three local girls train for the Australian Dragon Boat Team



Above: (L-R): Wendy Orman, Helen Claxton, and Elizabeth Harrison are training to represent Australia in the 2025 World Dragon Boat Championships in Germany.

Far right: The all-important support team. Photos supplied.

Northern Region dragon boat paddlers

Three Northern Region dragon boat paddlers, Wendy Orman (Forster), Helen Claxton (Harrington) and Liz Harrison (Port Macquarie) are heading to Brandenburg, Germany 16-21 July 2025 to compete in the 17th International Dragon Boat Federation (IDBF) World Dragon Boat Championships.

The three dragon boat paddlers, Wendy Orman, Helen Claxton, and Elizabeth Harrison travelled to Canberra on 25-27 October 2024 to trial for the Senior C (over 60) Australian team and were successful in gaining selection for the team. The group had to perform a single 20s dragon boat strength paddle over 200m, full feet unsecured sit ups for two minutes, pull ups, a minute bench press and a 500m Concept 2 rower ERG. They then spent the rest of the

weekend racing against other competitors in dragon boats to gain selection.

Training began once the selection trials were over with all paddlers required to gain selection in the NSW State Teams. During the training with the state team, the ladies had to complete three strength sessions in the gym, one aerobic session on the indoor rower, and one single craft session on a single outrigger. They also were to benchmark once a month, by completing a 2km indoor rower, 2 minutes on a paddle adapter rower, one minute of bench presses, pull ups and sit ups. Since the completion of the Australian National Dragon Boat Championships had completed in April

Aurora's at a training session with local club members.

The Taree Hub began their sessions on Saturday 4th June and will train Tuesdays and Thursdays at the regional hub but are required to travel to Sydney once a weekend to train at the Sydney hub with other Auroras. This is the second year the National team has allowed paddlers to train in their regional areas in Hubs, which has reduced travelling and costs for the campaign.

The girls are looking forward to their last training camp at the Gold Coast in June before they head off to compete at the World Championships in July.



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Forster Bowling Club Patron Pairs

By Allan Hughes

After many weeks of rain, the final of the Patron Pairs was finally played between Michael Riley and John Morton against Harry Williams and Steve Matheson. By the fifth end Harry and Steve led 10 to 2. This continued and by the fourteenth end Harry and Steve were leading 16 to 8. Harry and Steve went on to win 24 to 10.

Right: (L-R) Harry Williams, Steve Matheson and John Bagnall.

Photo supplied.



Forster Men's Vets Golf Buladelah vs Forster

By David Blanchard

On the 12th of May, Buladelah Men's Vets visited the Forster Men's Vets to play the second round of the Bul-Curry Cup.

Despite the drizzle, the Forster Vets succeeded in retaining the hotly contested trophy after 2 rounds. The 60 players enjoyed 18 holes followed by a magnificent BBQ lunch prepared by our members and ladies. Once again, the Tuncurry course lived up to its reputation as a premier golf attraction for the Mid North Coast.

The day was sponsored by Mia Gentz from 1st National Real Estate Tuncurry and our sincere thanks go out to them for their great support.

The Forster Tuncurry Men's Vets Golf Section is registered with the Veterans Golf Association and would welcome any new members, both local and recently moved into town (conditions apply). Enquiries can be made at the Forster Clubhouse.



Above: (L-R) Tony George - Forster Vets Captain, Mia Gentz - 1ST National Real Estate and David Blanchard - Forster Vets President. Photo supplied.

The challenge of Ultra Trail Australia

By Dave Hughes

On the 15th of May, the scenic and serene town of Katoomba in the heart of the Blue Mountains came alive with the annual Ultra Trail Australia (UTA) running festival. This is a four day premier trail running event and is the pinnacle of trail running in Australia. More than 7500 (58% male, 42% female) trail runners from 52 countries converge on Katoomba for this world class event. The UTA is run by Ironman and is in its seventeenth year. Surprisingly 55% of entrants are doing so for the first time. The distances on offer are the 12km, 22km, 50km, 100km and for the first time the "100 Miler" (161km). It is not surprising that elevation is a significant factor for all five distances ranging from 685 metres to 7290 metres. The UTA elevated to UTMB World Series Major Status with the new 100 mile race. The trail running community is a collection of humans, all with their own journeys but all with a common love of the trails, bonding over past stories and always willing to lend a helping hand - from the runners, to the support crews, to the incredible volunteers.

The weather was slightly damp and foggy on the Thursday and Friday however the weekend turned it on for the longer distances with calm conditions and temperatures around 13 degrees.

Times ranged from 64 minutes (winner of the 12k) to 44 hours (the last runner in the miler). Recent heavy rainfalls meant the trails were muddy and extremely slippery however the scenery in the Blue Mountains never disappoints.

Twenty four runners from Forster Runners made the journey to the Blue Mountains competing in the 22k, 50k and 100k events.

Every Friday morning at 5am a large group of Forster Runners hike/run up and down Cape Hawke for two or three hours with the view of acclimatising for the Blue Mountains. This training has paid dividends with some very respectable results



Left: (L-R) Dave Hughes and Timmy Richmond. Dave was support crew for Aaron Eichner's 100km race.



Above: Mark Fletcher has been invited to the UTB World Trail Championships from his 50km.

A big contingent of Forster Tuncurry locals headed south to compete

100km results

Chris Lenkic's preparation was hindered by persistent knee pain, however, he performed superbly to take 15th place (out of 1281 runners) in the 100k event in 11h 25m. We wish Chris all the very best for his upcoming 161k race at Chamois, France in August. This is the pinnacle of world trail running and attracts the elite of trail runners worldwide.

Aaron Eichner entered the 100km event with a mixture of excitement and trepidation. This is a distance far beyond anything Aaron has previously undertaken. In his own words "it was much tougher than I'd imagined and I was somewhat humbled by the mountainous terrain". He managed to complete the course in a time of 14 hours 45 minutes and earned the prestigious silver buckle. Fellow runner Mathew Whight also took home a silver buckle in 13h 31m.

Ash Montesin improved his 100km previous best time by over an hour (15h 49m).

50km results

Mark Fletcher once again impressed and came 4th out of 200 in his age category (6h 8m). Mark has been invited to the UTB World Trail Championships at Mont-Blanc (highest mountain in Europe) in August 2026. Alyse Northey's first UTA outing had an outstanding result, finishing 46th female (6h 50m).

Gavin Morgan completed the course in 7h 10m and was ahead of 80% of his age group. Nat Baker withdrew from last year's event due to illness but more than made up for the disappointment with a very creditable 7h 21m. Lindy McDonell was back for her third attempt at this distance with a time of 7h 53m (5th /62 in her age group). Joss McNamara finished in 8h 5m, Jesse Roche in 8h 7m, Charne Lindsey in 8h 33m and Ash Alcorn in 8h 53m. Damien Hiles, Geoff Isaacs and Deborah Moore came in together with a time of 11h 11m.



Above: Alyse Northey was 46th female overall in the 50km.

22km Results

Amanda Montesin was returning to the Blue Mountains this year as a runner and support crew for husband Ash. Support crews meet the 100km runners at various points to offer refuelling options and moral support (and tell white lies eg "you're looking fresh", "not far to go now" and "you've got this"). Amanda ran 22km on Friday in 4h 21m and then spent 16 hours on Saturday supporting her husband.

Also completing the 22km was Leah Braun and Sonya O'Neil in 3h 47m and Sara Fletcher in 5h 32m.

Family members Emma Sewell completed the 22km course in 3h 3m while Tracey Sewell finished the 11km event in 2h 51m.

After the races Katoomba was the scene of "carnage". So many runners resembled a scene from Zombies. Very slow and stiff legged bodies proudly wearing their UTA merchandise whispering the words "never again" and "shoot me if I even mention the word".



Left: Aaron Eichner fuelling up during the 100km UTA. Photos supplied.

Winter ocean swimming with Mudcrabs

By Mary Yule

The Forster Tuncurry Mudcrabs are enjoying a growing number of members this season and often 8 to 10 heats are needed to ensure each swimmer gets a go at both the 30m and 50m events in the Bullring.

Swimmers submit a time for each handicapped start so there is a fun finish no matter what your age or ability. Members currently include a nine year old and an 89 year old swimmer. Families are always made welcome.

After a nice refreshing swim, members are rewarded with homemade soup and a cooked breakfast.

In August, the club will compete against the Black Head Swim Club in a series of relays at the Black Head outdoor pool. The winning relay gets to choose which local charity will be given a cheque from money raised by the two clubs.



Above: (L-R) Marc Dorfing, Tim Cusack (President), Natalie Cusack and Grant Fleming. Photos by Mary Yule.



Left: (L-R) Jansen, Matt Manning (Club Captain & good cook) Bruce Watterson, Mark Linton, Christine Manning and Christine Linton.



Forster Tuncurry Mudcrabs Winter Swimming Club, 8:30am at Forster rock pool (Bullring) every Sunday, May till September. All ages, male & female welcome.

Contact Mark Linton on 0402 045 718 for more information.



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Forster hosts NSW Tri Club Championships



Left: Africa Vernan from the Forster Tri Club. Photos by Mary Yule.

Mile before tackling the run which took competitors across the Forster Tuncurry Bridge and back

For the first time, the finish area took good advantage of the new Forster Surf Club and green public area by the ocean for post refreshments. An after party was held later that night at Club Forster.

Unfortunately, this year's NSW Club Champs weekend clashed with the UTA trail run in the Blue Mountains where many Forster Tri Club members were committed to competing in. Just five Forster Tri Club members were left to bravely represent the club in their hometown including Simon Gay, Sonia Kennedy, Dean Slight, Africa Vernon and Colin Bertram.



Above: Yass Valley Tri Club.



Above: Lily Halloway and Jay Gaffey from Kiama Tri Club competed together.

By Mary Yule

Rain held off with what turned out to be a rare sunny day for the NSW Tri Club Champs held in Forster for the third year in a row on 17 May.

Organised once again by Paul Humphreys at H-events, participants competed with their triathlon clubs, not as individuals, and points were awarded for club numbers and volunteers.

Over 550 athletes competed on the day as well as many juniors in the shorter distances. Some clubs brought big numbers to town such as the Balance Tri Club from Inner West Sydney. Balance had around 50 members compete, and as every year, stayed as one big group at Beaches International Forster with their families and friends.

All events centered around Main Beach. Ocean temperatures were still warm for the swim leg though the water was a little murky from all the rain. Cyclists then headed out towards One



Balance Tri Club from Inner West Sydney had around 50 entrants.

Interview with Lily Halloway

Lily is vision impaired and the two ladies held a tether between them for the swim (at their hips) and run leg, before jumping on their tandem bike.

Lily said the support from the other competitors and volunteers was amazing and she felt very included.

She and Jay train a lot on the bike (Lily has competed in the State and World Cup on the bike). Lily said the swim can be a challenge. With open water, like Main Beach, she had to rely on Jay to tell her when to duck under a wave. They got separated at one stage but kept swimming until finding each other again. Lily only knows she is near to the shore when it gets shallower.

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Saturday Fishing Club Raffle starts at 3pm & 4pm Happy Hour 3pm to 5pm Kids Meals \$5 (16y)	Sunday Every Sunday-BBQ,Bowls & Tunes Chook Run Bowls from 10:30am Outdoor Bar 1pm - BBQ 2pm Live Music at the Green from 2:15 Kids Meals \$5 (16y)	 Sass & The Boss Fri 30 May	 Soul Station Fri 6 June	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.

