

Combined NAIDOC
Assembly p 8 & 9

Connected
Ash & Matt Birks p23

Star Pet
Maisie p21



Forster Fortnightly

Your local independent community newspaper distributed to
Rainbow Flat, Hallidays Point, Tallwoods, Tuncurry, Forster,
Pacific Palms, Charlotte Bay, Smiths Lake, Coomba Park, Bungwahl & Seal Rocks.

FREE

Wednesday 9 July 2025

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.125



Great Lakes College students performing in The Addams Family comedy musical at Forster Campus, 26 June 2025. Photo by Mary Yule. More photos on page 25.

2025-2026 State budget: Our region deserves better

By Mary Yule - Forster Fortnightly

On 24 June, the 2025-2026 State budget was handed down by NSW Treasurer Daniel Mookhey.

Some of the statewide initiatives announced include:

- 20% increase in foster carer allowances.
- Up to \$4,347 in preschool fee relief for families with children in community/mobile preschools.
- \$515-\$2,174 in fee relief for long day care preschool programs.

- Two \$50 Active & Creative Kids vouchers available per year (Term 1 and Term 3).
- Extension of the \$150 National Energy Bill Relief to the end of 2025.

However, local Member for Myall Lakes Tanya Thompson stated, "The only significant

funding [for the Myall Lakes region] was the continuation of the \$180 million allocated in previous budgets for the Stage 2 redevelopment of Manning Base Hospital and the Forster Tuncurry Health Facility."

Continued on page 3.

Small text: Get Fortnightly Drink Wise. org.au

Christmas in July

\$45 SET MENU

LUNCH & DINNER

Roast pork with chats, pumpkin, carrots, beans, gravy & spiced apple sauce

Pudding with brandy custard

Glass of Mr Thomas Shiraz

BOOKINGS RECOMMENDED
WALK-INS WELCOME

THU
24 - 31
JULY

LAKES & OCEAN HOTEL

10 Little St, Forster | lakesandoceanhotel.com.au

We welcome your stories, photos & letters

Please send to info@forsterfortnightly.com.au or contact Editor: Mary Yule 0413 410 492

For advertising enquiries contact:
Sales Manager Geordie Yule 0403 586 342
or email sales@forsterfortnightly.com.au



Davina Bowen, Karen Pol and Auntie Lynn in Auntie Mae's Hut. Photo by Mary Yule. More photos p 8 & 9.

- Business Hours are 9:30am to 5pm (Mon - Fri).
- When submitting stories, please note - around 300 words is best with high resolution photos sent separately (in largest size). Please include names for photos left to right and your contact details.

- The Forster Fortnightly is on the Council for Country Press NSW and is a member of Country Press Australia and Regional Media Connect.

Forster Fortnightly publishing dates

Edition 126: Wednesday 23 July (deadline Wednesday 16 July)

Edition 127: Wednesday 6 August (deadline Wednesday 30 July)

Edition 128: Wednesday 20 August (deadline Wednesday 13 Aug)

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

General Disclaimer: By contributing to this publication, you agree that the material is to the best of your knowledge accurate, and is neither deceptive nor misleading, in breach of copyright, or in breach of any other laws and regulations. The information provided within the contents of this publication is the view of the individuals who submit the details. These views are not necessarily those of the Editor. Whilst every care is taken, Forster Fortnightly takes no responsibility for errors or omissions.

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

Busy night for emergency services



Tuncurry Rural Fire Brigade & Rescue NSW Station 295 Forster

Saturday night, 28 June, was a busy night for firefighter and rescue crews, luckily with no loss of life.

Around 10pm the pagers went off for a unit fire in Tuncurry. Crews quickly got to scene and extinguished the fire before it extended throughout the building. There were initial reports of people trapped on the unit's balcony. Luckily the occupants managed to escape before services arrived. Tuncurry Rural Fire Brigade, Fire and Rescue NSW Station 295 Forster & Fire and Rescue NSW Station 453 Taree managed to contain the fire to the external stairwell, stopping it from spreading into adjacent units. The cause of the fire is currently being investigated by Police.

At 2am, there was another call to a house fire in Forster. On arrival firefighters were confronted with a fully involved house. Tuncurry RFS worked alongside the Fire & Rescue Crews to extinguish the blaze. This fire was caused by a charging electric scooter.

At the same time, Tuncurry RFS was called to an alarm operating in Tuncurry. The owner of a unit was not 'looking whilst cooking'. Luckily, there was no fire, only smoke.

Crews worked to ventilate the property and then proceeded to support brigades at the Forster structure fire.

It is very important to have a working smoke alarm within your household as it could save your life.

Great Lakes Catering Brigade

We are always on the lookout for new volunteers to assist with meal preparation and delivery. If you'd like to support our firefighters, visit the NSW RFS website at www.rfs.nsw.gov.au/volunteer/join-the-nsw-rfs or contact Group Officer David Moore on 0488 007 704.

Your support could make a big difference in ensuring our emergency responders are well-fed and ready for action.

Subscribe for FREE at www.forsterfortnightly.com.au to receive local news alerts & community updates.

Pet of the Fortnight

Animal Welfare League NSW - Great Lakes/Manning Branch

Adorable litter of kittens

- This cute litter of four came in last week and they are just adorable - 3 fluffies and 1 short hair. They are too little to be rehomed as yet, but will have been flea treated vaccinated, microchipped and desexed before going to their loving homes. These four can be viewed at Mid Coast Animal Hospital in Tuncurry. If you are interested in meeting them please call 6557 2273 to make an appointment.

- We are very pleased to advise that Phoebe (the little French Bulldog from last Forster Fortnightly) has found her forever home.



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

Category D funding granted for primary producers but not businesses

MP Tanya Thompson Office

Member for Myall Lakes Tanya Thompson has acknowledged the long overdue announcement of \$75,000 Category D funding for primary producers across the Myall Lakes Electorate on 7 July, seven weeks after the May Floods.

Mrs Thompson said while the news will now bring relief for some, she has also been calling for \$50,000 Category D funding to be made available for businesses across our communities.

"In contrast, the Queensland Government has announced an additional support package for those affected by the recent Western Queensland floods that includes Community Health and Wellbeing grants, Tourism Industry grants and funding for small businesses to get back on their feet. None of this has been made available to our communities," Mrs Thompson said.

"It's hard to believe the State and Federal Governments couldn't find any additional support for businesses of all shapes and sizes that are often the backbone of their community."

"Last month Premier Minns stood with me in Pulteney Street arcade, looked business owners in the eye and said this was worse than Lismore."

"Our community deserves to know what has changed since then. This decision will spell the end for many family-run businesses in our region."

Mrs Thompson again paid tribute to all volunteers from near and far who have helped with the recovery and vowed her tireless work was far from over.

"I will keep fighting until businesses like Taree & Wingham Produce and Bass 'n' Blues Music receive the support they need and deserve."



Above: NSW Premier Chris Minns (far left) with MP Tanya Thompson (black top) and business owners in Taree. Photo supplied.

2025-2026 State budget: Our region deserves better

Continued from page 1.

"This year we've seen no investment in local health infrastructure, with no funding for Stage three of the Manning Hospital or a Bulahdelah health facility. Our region deserves better."

Tanya Thompson said there was also no funding allocated to priority projects she has been requesting consideration for from the NSW Premier Chris Minns and Treasurer. These include a roundabout at the dangerous intersection of Failford Road & The Lakes Way, Tuncurry, a long-term dredging plan for Wallis Lake, funding to keep Farquhar Inlet permanently open, replacement of the Tuncurry Slipway (where boats are repaired and maintained on dry land), upgrades to Wingham Rehabilitation Hospital, operational funding for the Forster Neighbourhood Centre, support for the Wingham Youth Boxing Facility and a commitment to fund and improve healthcare services in Bulahdelah.

For more information on the 2025-2026 budget, visit: <https://www.budget.nsw.gov.au>

Funding shortfall for Manning Base Hospital

On 30 June, Councillor Alan Tickle moved a motion at MidCoast Council's Ordinary Meeting.

"That Mayor Pontin write to Ryan Park the NSW Minister for Health expressing concern on behalf of the community, over the funding shortfall for the Manning Base Hospital (MBH) redevelopment noting that:

1. The scope of work has been reduced given that the 180 million allocated will not fund the work announced last year.

2. Council acknowledges and supports the representation made by the Member for Myall

Lakes [Tanya Thompson] to Minister Park regarding health services at Forster, Bulahdelah and Manning Base Hospital.

3. Council supports the community call for adequate funding to enable the completion of the Manning Base Hospital re-development as originally planned in its entirety.

4. Council notes that the petition promoted by Manning Great Lakes Community Health Action Group calling for the required level of funding, was supported by the debate held on the 8th August 2024 in the NSW Legislative Assembly.

5. That Council are concerned that the draft Clinical Services Plan which calls for priority resourcing such as a Hybrid Theatre for Taree and an Urgent Care Centre for Forster, has not yet been adopted by the Ministry for Health."

Alan Tickle's motion was passed unanimously by all 11 Councillors.

Eddie Wood (President of Manning Great Lakes Community Health Action Group - MGLCHAG), Murray Hyde Page (Orthopaedic Surgeon at the Manning Base Hospital) and Dr Sesh Narasimhan (Cardiologist) each gave a public forum speech at the Council Meeting in support of Alan Tickle's motion.

(See page 24 for Eddie Wood and Murray Hyde Page's speeches.)



Above: Councillor Alan Tickle moved a motion for MBH.



Forster needs a Urgent Care Centre now!

President Eddie Wood also declared, "We need an Urgent Care Centre in Forster now! During the May floods the towns of Forster, Gloucester, Wingham and Buladelah were cut off from Manning Base Hospital, our nearest emergency hospital in Taree, for several days."

"Port Macquarie Hospital received \$265 million in January 2024 and another \$5 million in the recent June 2025 State budget. We got nothing which is an absolute disgrace and is really sad for our community! Our Manning Base Hospital services around 95,000 residents, which is more people serviced by Port Macquarie

Hospital". That \$5 million would have fitted out an urgent care centre in Forster immediately. Figures from the Hunter New England Health Clinical Services Plan (CSP) show that an urgent care centre in Forster would receive 5,000 to 6,000 patients a year. That means those patients would not be presenting to Manning Base and would help take some of the pressure off its overwhelmed Emergency Department and Ambulance Service."

*The population of the MidCoast Council area is approximately 98,582 people compared to 90,875 for the Port Macquarie-Hastings Council area (source: 2024 Economic profiles from both Council websites).

Great advertising value!

GUARANTEED 7,000 free Forster Fortnightly newspapers delivered to over 40 outlets & free digital access at



www.forsterfortnightly.com.au

Ring Geordie 0403 586 342

Where to pick up your Forster Fortnightly

Rainbow Flat

Access Fuels Service Stn

Hallidays Point

Foodworks Hallidays Point
Tallwoods Country Club

Tuncurry

Tuncurry Resource Centre
Woolworths
TSG StopnGo
Access Fuels Service Stn
Tuncurry Beach Bowling Cb
The Deck
Sporties

Forster

Beach Bums
Tulls News

Forster Information Centre
Pearl Energy Service Stn
Pearl Energy South Forster
Farmers Patch
Great Lakes Aquatic Centre
Ampol Station
Tradies Takeaway
Coles Service Stn
Coles

Woolworths
Stockland Customer Desk
Forster Keys Mini Mart
Tobwabba Medical Service
Club Forster
Lifeline Forster
Lakes & Oceans Tavern

Pacific Palms

Pacific Palms Supamart

Charlotte Bay

Foodworks Charlotte Bay

Smiths Lake

Pacific Palms Bowling Club
Good Food Store
Smiths Friendly Grocer

Coomba Park

Pollards General store
Coomba Aquatic Centre

Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store

Keep our town graffiti free

By Mary Yule - Forster Fortnightly

“We need to maintain what we have achieved as a community. It’s all got to come off and be completely graffiti free,” said Ted Bickford, affectionately known to locals as the “Graffiti Man”.

Ted said May this year has been the worst month for graffiti hits that he has ever seen in over 30 years. He said graffiti could be seen on every road sign and street from the bridge right up to the high school in Tuncurry. He feels it was done by ‘out of towners’ by utilising the photographic records that he keeps over the years. Five toilet blocks were also hit for seven days straight with one toilet block hit three times in one day. Graffiti was everywhere - on the walls, toilets and cisterns.

“Due to Council support and the support from people ringing me, we were able to maintain our standard and clean it all off,” said Ted. “But we need to continue to ring to keep this standard which we as a community have achieved.”

Ted continues to work with students at Forster High School who he said are doing a great job. A group of around six students are trained to look around the school during the week so they can work together with Ted when he visits every second Monday at 2pm to keep the school graffiti free.

“What we have achieved is exceptional. This is working really well as the students are looking around and keeping on top of it.”

To keep our town graffiti free please call Ted to report any jobs big or small on the GRAFFITI HOTLINE 0408 440 309.

Right: Ted Bickford cleaning off graffiti in Tuncurry. Photo by Mary Yule.



Manning - Great Lakes Police District Update

Dear Readers,

This fortnight I will provide crime prevention tips for our seniors; provide an example of how information from the public can assist police solve crimes and see stolen property returned to victims and provide a positive news story arising from a tragic and terrible crime.

Senior Safety

To be safe from crime and violence is a fundamental right for everyone in our community. As we grow older, several factors can impact on our confidence and quality of life.

Take a few extra precautions and be prepared when a risk is identified. This can go a long way to improve your feeling of safety when out in public spaces and at home.

Here are some simple tips we all can take to help protect yourself, your family and friends from the effects of crime.

PROTECT YOURSELF WHEN OUT AND ABOUT

- ALWAYS be alert when travelling on public transport. Travel in busy carriages, guard compartments (marked with a blue light) or sit at the front of the bus.
- ALWAYS try to travel in groups of friends wherever possible.
- ALWAYS carry identification and let someone know where you are going and what time you expect to return.
- NEVER carry large sums of cash in public.

PROTECT YOURSELF AT HOME

- NEVER let anyone you don’t know and trust inside your home.
- ALWAYS secure your doors and windows.
- DO NOT leave valuables, mobile devices or keys (home or vehicle) in clear view.



Above: Pat Gleeson (holding a hat) popping into Forster Police Station to receive the support of local police.

- ALWAYS report suspicious behaviour within your neighbourhood to police.

PROTECT YOURSELF FROM FRAUD

- BE CAREFUL when sharing your personal or financial information such as driver’s licence or date of birth etc. over the telephone or online.

If you are or know of someone who is the victim of abuse, please call the Aging and Disability Abuse Helpline on 1800 628 221 or visit <https://www.ageingdisabilitycommission.nsw.gov.au/contact-us>

On Saturday 28 June 2025 an E bike valued at \$3500 was stolen from a caravan park at Manning Point. With community assistance, police attended another caravan park in Manning Point, locating the E Bike, and arresting a 53-year-old man who was staying in the area. The man was later charged at Taree Police Station with Larceny, Breach of an Apprehended Violence Order, and Contravene non-association order, place restriction. The man was bail refused to appear before court. The E Bike has been returned to the owner. Police thank the community for information and continue to urge members of the public to report suspicious activity on Crimestoppers 1800 333 000.

In closing, The 9th of July marks the 30th anniversary of the murders of NSW Police Officers Senior Constable Peter Addison and Senior Constable Robert Spears at Crescent Head. Retired police officer Pat Gleeson is currently part way through a 10-day charity walk from Nelson Bay to Crescent Head to raise funds for NSW Police Legacy and to recognise the sacrifice made by these two men and their families. The last stage of the walk (on 9 July) is 30km from Port Macquarie to Crescent Head and is open to all. Pat has already raised over \$20,000 for NSW Police Legacy from his walk! Great job Pat!!

Finally, please remember to be kind to each other and don’t forget to say “G’day!” to your local police!

Chief Inspector Timothy Bayly - OIC Forster Police Station

with Tuncurry Coach Tours

COME TO THE TIP OF AUSTRALIA

THE CAPE YORK EXPEDITION !!

13TH- 22ND SEPT 2025

10 Days & 9 nights

Includes - return airfare ex Port Maquarie, Free day in Cairns meals, transfers and tours ONLY 3 ROOMS LEFT !!

Experience Torres Strait, Cooktown, Thursday Island, Seisia, The Tip, Musgrave, Weipa, Bramwell Station & Cape Tribulation

\$ 7,680pp twin share extra \$1500 single

<https://www.tuncurrycoaches.com.au/cape-york-expedition/> ph: 0412 647 790

with Tuncurry Coach Tours

Explore the South Island of NZ

NEW ZEALAND'S SOUTH ISLAND TOUR

13TH- 23RD NOV 2025

11 Days & 10 nights

Includes - return airfare ex Sydney, pre & post accommodation in Sydney, meals, transfers and tours

Experience Christchurch, Queenstown Trans Alpine Scenic Rail, Southern Alps Franz Josef Glacier, Milford Sound Fiordland, Larcharch Casle & Dunedin

\$ 8,540pp twin share extra \$1680 single

<https://www.tuncurrycoaches.com.au/new-zealands-south-island/> ph: 0412 647 790

Locals supporting locals

Forster Neighbourhood Centre

On Wednesday 2nd July, Corinne Stephenson from Forster Neighbourhood Centre (FNC) attended the Great Lakes Historic Auto Club (GLHAC) to accept a \$5,000 donation. The donation is most welcome as every dollar will go towards getting the Neighbourhood Centre's central community hub opening again on Mondays.

“It is contributions like this that show the strength of the Great Lakes community to rally together to support those in need” said Corinne Stephenson. President of the Auto Club, Ron Pulling approached Forster Neighbourhood Centre earlier in the year and offered for Forster Neighbourhood Centre to

be the nominated charity for their upcoming MotorFest event held each year on the June long weekend. Members of the Historic Auto Club and staff and volunteers from Forster Neighbourhood Centre worked together to sell raffle tickets and collect gold coin donations to raise these much needed funds. On presentation of the cheque, Ron Pulling said “when we heard about the great work the Neighbourhood Centre does, the members were all agreed to help in any way they could”.

Through support from our local community, businesses and philanthropy trusts, the Forster Neighbourhood Centre has now raised \$40,000 towards their \$110,000 goal to fund a Crisis Counsellor at the centre and re-open

on Mondays. Any individual, community group or business can help out by heading to the donation page on FNC's website www.fnc.org.au/donate.

Right: Corinne Stephenson (FNC) receiving a \$5,000 donation from Ron Pulling (GLHAC). Photo supplied.



Ongoing closures: Thunderbolts Way and Barrington Tops Forest Road

MidCoast Council

Parts of the MidCoast region remain inaccessible following the severe weather event in May, with key routes north and west of Gloucester still closed due to extensive landslip damage and bridge washouts.

- Thunderbolts Way (north of Gloucester) remains closed in multiple locations due to landslips and washed-out bridge approaches. Repairs are underway, with reopening expected in approximately four weeks, restoring access to Walcha and the New England region.
- Barrington Tops Forest Road (west of Gloucester) is closed to all traffic from Geales Bridge across the Dilgry River (where Scone Road meets Barrington Tops Forest Road) due to multiple landslips. While one slip in the State Forest section has been cleared, others persist, including a major slip on MidCoast Council's section of the road which is undergoing geotechnical assessment. A timeframe for full reopening is not yet available.
- The gated entrance to Barrington Tops National Park (from the Gloucester side) is closed and locked. Access to Scone via Barrington Tops remains unavailable.

Road barriers are in place, and access beyond the closure points is restricted to local residents and essential services.

Travellers heading north or west from the coast are advised to check road conditions on Live Traffic before starting their journey at: <https://www.livetraffic.com/incident-list>



Above: Despite the road closures, Gloucester and Stroud are open for business and eager to welcome visitors.

Paul De Zell, MidCoast Council's Director of Liveable Communities, encourages travellers to use The Bucketts Way and explore the region's inland charm.

“Gloucester and Stroud are beautiful rural towns full of country hospitality, and I would encourage those who were planning a trip in the school holidays to still head this way and stay overnight in Gloucester to explore the region,” he said.

“Gloucester sits at the heart of a stunning road trip, with Gloucester Tops still open for day visitors. We may have limited access to the west and north, but what you'll find here is limitless—great food, warm welcomes, and a community ready to share its story.”

“When you visit, you're not just taking a break — you're helping a region recover. Whether it's a coffee, a night's stay, or a local shop visit, every dollar helps our towns rebuild.”

Don't leave yourself exposed.

Install all software updates to keep your devices secure.

What are you risking online?

Act Now. Stay Secure.

actnowstaysecure.gov.au

Australian Government

Authorised by the Australian Government, Canberra.

Work begins to fix Kinka Road slip



MidCoast Council

Work on a significant land slip on Kinka Road, Seal Rocks will begin this week and has the potential to impact residents (photo above by Dan Toney) .

MidCoast Council crews have already worked on the face of the slip with geofabric and gabion rock which reduces the likelihood of further erosion.

There are current traffic restrictions in place only allowing local traffic to enter and a five-tonne load limit.Council understands this may have a substantial impact on residents in the area, but the provisions are required for safety reasons.

If residents require their septic tanks to be emptied during this time they are required to log a request on Council's website. The service will incur a \$200 fee.

The work is expected to take about seven weeks and residents are reminded to observe traffic signs and controllers.

There may be short periods of road closure to facilitate the works.

Pacific Palms Probus Club launches new website

By Mary Yule - Forster Fortnightly

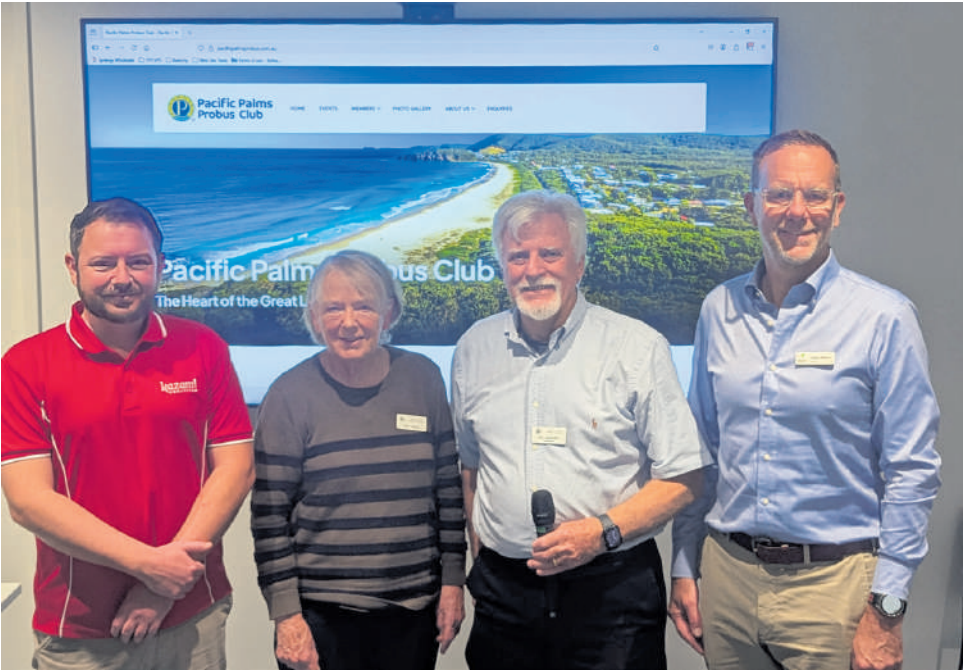
A new website for the Pacific Palms Probus Club (PPPC) was launched on 24 June at the Forster Civic Centre with informative speeches, a morning tea and a tour of the building complex.

The new website at www.pacificpalmsprobus.com.au states, "The purpose of the Club is to provide regular meetings and activities for fellowship, friendship and the development of social, cultural and intellectual interests among members."

At the launch, guests and members were welcomed by PPPC President Ed Harvey.

"The Pacific Palms Probus Club started in 2009 and now has members from Pacific Palms, Blueys Beach, Boomerang Beach, Smiths Lake, Coomba Park, Forster and Tallwoods."

Club member and Web Master, Sue Buls, told the audience that their original website was



Above: (L-R) Anthony Murphy (Kazaam Creative), Sue Buls, Ed Harvey (President) and Digby Wilson (Councillor).

Left: Rosemary Reid and Lynne Harvey. Photos by Mary Yule.

created by former member Malcolm Tompson in 2010.

"It served us well, but it was time for a change after 25 years. Now we have a wonderful new modern website designed by Anthony Murphy from Kazam Creatives."

Anthony then took the audience through the new website and showed them where members can easily access monthly bulletins and minutes from meetings, and where the public can view club information, events and photos. Anthony worked closely with Sue and the club's Management Committee to develop the website.

Digby Wilson, guest Councillor, said a new website was a great strategy because people can easily look it up on their smart phones and it was a good way to keep a club going as the information was shared and easy to access by all members.

Ed said, "We currently have around 50 members and we are always looking for new members to join us. People can look up our new website to see what we are about. We meet on the second Tuesday of each month at the Pacific Palms Recreation Club."

For more information, visit: www.pacificpalmsprobus.com.au or ring Jim Peters on 0418 201 167.

Community Stakeholder Meeting for a Forster/Tuncurry Mental Health & Wellbeing Hub

Great Lakes Suicide Prevention Network

The Great Lakes Suicide Prevention Network is calling on the Forster/Tuncurry community to come together and shape the future of mental health support in our region.

For several years, our Network has been exploring the possibility of establishing a community-led Mental Health and Wellbeing Hub—a safe, inclusive space for those experiencing mental health challenges. Now, we're ready to take the next step, and we need your voice.

We invite all community members, local services, and individuals passionate about wellbeing to join us at a public stakeholder meeting.

This gathering will be an opportunity to explore what a "Safe Haven"-style hub could look like in our area, inspired by successful models across NSW that offer compassionate, non-clinical support to people in distress.

"This is something we've been committed to for a long time," said Mel Lightfoot from the Great Lakes Suicide Prevention Network. "We know the need exists, and with community collaboration, we believe we can create something truly meaningful."

We welcome everyone—service providers, lived experience advocates, families, and interested individuals—to be part of this important conversation.

(See advertisement below for details.)

Community Stakeholder Meeting

We invite all community members, local services, and individuals passionate about wellbeing to join us at a public stakeholder meeting.

Date: Wednesday, 16 July 2025

Time: 4:00 PM to 6:00 PM

Venue: Tuncurry Beach Bowling Club

For more information or to RSVP, please contact:

Mel Lightfoot

greatlakesspn2428@gmail.com

0456 396 956

Roads the focus in Council's guiding plans and budget

MidCoast Council

Roads are a clear priority for MidCoast Council, with additional funds allocated to deliver on this high community priority in their annual Operational Plan and budget for 2025-26.

Council has formally adopted its four-year Delivery Program for 2025-2029, alongside the annual Operational Plan and budget for the 2025-26 financial year at Monday's Council meeting.

The budget provides a boost for local roads, with Council redirecting funds from other operational areas to allocate an additional \$6.7 million to roadworks in 2025-26, bringing total road investment to \$68.47 million over the year.

These additional funds will enable staff to do more road maintenance and reduce the rate of deterioration.

MidCoast Council Mayor, Claire Pontin acknowledged that this would not be enough to fix everything across the 3,600km stretch of MidCoast roads.

Like many other Council areas, maintenance and replacement of roads has been underfunded over decades, making the road surface more susceptible to potholing and degradation.

"Over coming years, we will continue to prioritise roadwork, looking for every possible saving and stretching our budget as far as possible," said Mayor Pontin.

"Along with roadwork, our strategic priorities also include financial sustainability, and customer experience.



"These three areas have received special focus in our Delivery Program 2025-2029."

The Operational Plan 2025-26 details the activities for the financial year, guided by the annual budget. Council operates with a relatively small budget due to a small ratepayer base spread across a large, 10,000² km area.

The overall 2025-26 Council budget is estimated at \$320 million. It includes \$102 million raised through rates and \$86 million from water, sewer, and waste charges.

Changes made to the documents following the 28-day public exhibition period respond to community feedback and the recent flood, including adjustments to project timelines and the addition of a high-priority project to replace a damaged section of the water supply pipeline crossing the Manning River between Bootawa Dam and Wingham Reservoirs following damage sustained during the May 2025 floods.

"The recent 1-in-500-year flood event has significantly impacted our roads, bridges and other infrastructure. This may necessitate some reprioritisation of works as more flood damage comes to light," explained Mayor Pontin.

"We are working hard to obtain the maximum funding support possible from State and Federal governments for needed repairs."

In terms of Council revenue for 2025-26, the budget applies the Independent Pricing and Regulatory Tribunal's (IPART) 3.80% rate peg to general property rates. However, this doesn't translate directly into a 3.80% increase for all ratepayers, as property valuations vary.

Waste management charges will rise by 3.80%, with standard annual fees set at \$116 for properties within the collection area and \$53 for those outside. Water charges will increase by 5.50%, with an access fee of \$378 per standard residential meter and usage charges at \$4.28 per thousand litres. Sewer charges will rise by 7%, with an annual connection fee of \$1,146 for connected properties.

Solar battery rebates have started



Australian Government Clean Energy Regulator

The Renewable Energy (Electricity) Regulations 2001 have been amended to expand eligibility of the Small-scale Renewable Energy Scheme (SRES) to include solar batteries.

This means, since 1 July, eligible householders and businesses can get around a 30% discount on the upfront cost of installing a solar battery.

The Australian Government will fully fund the discount for solar batteries by purchasing small-scale technology certificates (STCs). No costs will be passed on to householders through energy retailers.

Solar batteries must be installed with a new or existing roof-top solar system. You can receive around a 30% discount by assigning your STCs to a retailer or agent. Ensure your installer is accredited by Solar Accreditation Australia and your battery is eligible – not all batteries on the market will qualify.

Solar batteries allow households to store solar energy for use when it's needed most – at night or during peak demand. This helps:

- lower electricity bills for participating households by reducing their need to buy electricity from the grid

- lower electricity bills for everyone by balancing electricity supply and demand across the whole grid

- reduce reliance on gas and network infrastructure
- support grid stability and disaster resilience
- reduce wholesale electricity prices as it reduces usage during peak times
- accelerate renewable energy uptake and carbon abatement.

For information, please visit: <https://cer.gov.au/schemes/renewable-energy-target/small-scale-renewable-energy-scheme/small-scale-renewable-energy-systems/solar-batteries>

ABC News

"Some of the most popular batteries currently in Australia, from BYD and Tesla, are both about 13 kilowatt-hours and cost roughly \$12,000 and \$14,000 installed, before any subsidies."

"At the launch of the policy, Labor said the average saving would be \$4,000 off a typical household battery."

(Read this article in full on p 22.)

Pacific Palms Bowling Club

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

Monday

Monday Curry Night \$15

Tuesday

Happy Hour 3pm to 5pm

Members Swipe Draw at 5:30pm

Bingo From 10:30am

Pizza's L \$20 / S \$15

\$15 Seniors Lunch Deal

Wednesday

Raffles from 6pm

Club Super Draw from 6pm

220gr Porterhouse w/Chips & Salad \$20

Thursday

Mufti Bowls & Raffle from 12:30pm

Happy Hour 3pm to 5pm

Ribs Night \$20

Friday

Raffles from 6pm

Super 100 Draw after Raffles

Tradies Lunch + Beer \$20

Live Music Every Friday 8pm

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)

Slam Tango

Fri 11 July

Rueben & Friend

Fri 18 July

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.



FORSTER SOLAR AND LIGHTING

PH: 6554 8776

CHEAPER HOME BATTERIES REBATE NOW AVAILABLE

DESIGN, SUPPLY, INSTALLATION & MAINTENANCE OF:

- SOLAR SYSTEMS
- SOLAR SYSTEMS WITH BATTERY STORAGE
- OFF GRID SOLAR

Cnr Kularoo Dr & Commerce Crt, Forster

info@forstersolar.com.au

www.forstersolar.com.au

Lic No 319496C

Combined NAIDOC Assembly



By Mary Yule - Forster Fortnightly

For the very first time the Great Lakes Senior Campus (Years 11 -12) and Tuncurry Campus (Years 7 -10) combined their efforts to stage a special NAIDOC Assembly on Thursday 3 July with the hall at full capacity.

Student representatives welcomed the audience of students, staff, parents and guests. They explained that this year's NAIDOC theme was "The Next Generation: Strength, Vision & Legacy" and that the hall showcased the efforts by students from both campuses. On the stage was a long colourful mural, along the back wall of the hall were statements from all the students on what the theme meant to them. On another wall were 50 posters from each year NAIDOC has been celebrated, 1975 to 2025.

The Worimi Dance group performed three dances, led by Uncle Marcus and Aunty Steph and celebrated fish and the dolphin who are very special to this area.

Dr Sian Maidment, a graduate from Great Lakes Senior High School in 2012, was the guest speaker (read her speech on opposite page) and told the students how she rose above early expectations given to her by working hard. She then helped present many awards to students from both campuses. Summah Walker from Year 10 was presented with the Above & Beyond Award "Waka Gumba".

A video was also shown of students speaking about the theme of NAIDOC before a musical performance of My Island Home concluded the assembly.

Ashlee Smith (Aboriginal Education Coordinator at Tuncurry Campus) said the special assembly had taken 6 months of planning with weekly meetings all term led by Cath Ierioanni (Aboriginal Education Coordinator at Senior Campus) and Aboriginal Education Workers from both campuses including Ashlee Smith, Keehan Dodd, Casey Buckshiram and Nate Ridgeway at Tuncurry Campus, and Karen Pol and Anthony Thomas (Aboriginal Teacher) at Senior Campus, as well as other staff.



Layli Schubert singing with Vincent Jennings and Casey Buckshiram. Photos by Mary Yule.



Worimi Dance group led by Aunty Steph and Uncle Marcus (on stage in the background).

"We wanted to bring both schools together to make a positive impact and to build close connections. This was also important for setting Tuncurry Campus students up for success when they get to senior school," said Ashlee.

After the assembly, guests and students involved with the dancing and awards were invited to Aunty Mae's Hut at the school for a lunch of kangaroo curry, johnny cakes, BBQ fish and desserts made with bush tucker ingredients.



Guest Speaker at NAIDOC Assembly

By Dr Sian Maidment

As always before I start I'd like to pay my respects and acknowledge the lands we are gathered on today. This is Worimi land, this beautiful country has been looked after for many many generations by Worimi people. They are the rightful and enduring custodians of this place. I pay my respect to the elders who walked this land in the past, those who do so today and you mob, the leaders and elders of the future.

My name is Sian Maidment, I'm a proud Noongar woman. From Wardandi boodja in the south west corner of WA.

My grandfather is David little and my mother is Michelle Little both proud Noongar people. My father is Simon Maidment, who you will all know as Mr Maidment. I'm more like my mum though I swear.

I am a daughter, a sister, a cousin, a researcher in Aboriginal health, and a doctor.

I went to school here in Forster, Forster primary, Forster high, then here for senior school. I did alright in school, I talked too much and was a bit of a distraction, without fail my report always said "easily distracted, distracts others" but I got alright grades.

I remember sitting with the year 10 careers advisor who asked me what I wanted to do, I told them I want to do something in health, and I want to help people, I think physio is what I wanna do.

They told me to pick something more achievable... that I won't be able to get a degree that is science based. She said my grades weren't good enough and my behaviour was sub par... I was gutted, I remember being so embarrassed. So what I did was I went and got a bachelor of exercise sports science, bachelor of biomedical science and a doctorate in medicine, work as a doctor in John Hunter and published 6 research papers, with one publication in the medical journal of Australia.



Above: Guest speaker Dr Sian Maidment presenting Summah Walker with the "Waka Gumba" Award alongside Ashlee Smith from Tuncurry Campus.

Now none of that was easy, it took over 10 years, there was lots of path changes when I hit road blocks, two uni changes, there was plenty of crashouts, tears and too many grey hairs, I worked 3 jobs, one being the course coordinator of the Indigenous bridging course I took to get into medicine, the other being a health researcher, and the other being a simulated patient for Indigenous womens' cervical health screening (just the talking part, not the physical exam), all while studying medicine full time on unpaid placement 40 hours a week. There were more times than I can count when I couldn't see the end, or I thought I would never get there. But I did. And I wasn't alone.

Strength, vision and legacy right, values that are inherently part of Aboriginal and Torres Strait Islander culture.

My strength in all the things I do is my family and my community. And our collective strength comes from the inherent knowledge of what it's like to be Aboriginal and what it's like to feel the limitations placed on us when we are boxed, and held to a standard created by others that is no where close to our actual potential, and not just surviving, but thriving in spite of that.

Now I'm not a particularly inspirational story, just someone who worked hard, and got a degree in spite of early set expectations. There are people in our community who have overcome mountains, and are achieving incredible things. You don't need to aim for the highest grades or the fanciest degree. Your journey is your own and your destination should be something you decide for yourself. Whatever you choose, don't let it be defined by someone else's expectations.

Our paths might not be as straight forward as our non-indigenous counterparts, but our chosen destinations can be just as "achievable".

There's no goal too big, there's no path that's too hard, lean on your community, lean on the legacy of our elders - they have pathed so much of our way to stronger communities and better futures. They are the pillars, the strength and the reason to keep pushing. Hear their stories, and see their journeys, they teach in everything thing they do.

Our legacy is not just about what we have done, but what we support others to do. It is the gift we give to future generations— pride, culture, strong community and sticking it to people who tell us we can't.



Above: Yarning circle (L-R) Uncle Rob Yettica, Karen Pol, Davina Bowen (Principal of Senior Campus), Donna Hall (Aboriginal Education Forster Campus), Cath Ierioanni and Brad German (Deputy Principal Senior campus). Photos by Mary Yule.

Djuyalbaa officially opens

By Mary Yule - Forster Fortnightly

On the same day as the NAIDOC Assembly, a newly completed yarning circle was opened at the school named Djuyalbaa (story place). It

was funded by the Senior Campus department and created in collaboration with Aunty Mandy Davis (Gathang Language Teacher).

Karen Pol said, "It is a special place for our students to listen and tell stories."

Glaica House Flora Parade Tuncurry



Are you considering a cozy and convenient living option that provides comfort and care? We invite you to explore the newly completed private wing at Glaica House, located at Flora Parade in Tuncurry.



Our exclusive private wing features 15 exquisitely appointed, air-conditioned rooms, each spanning approximately 28 square meters and equipped with a stylish ensuite bathroom. Designed with your comfort in mind, every room is furnished with modern decor and a flat-screen TV for your entertainment.

Experience the ease of ground floor living with direct access to our peaceful gardens and the private wing area, perfect for leisurely strolls and relaxation in the fresh air. Our welcoming environment is designed to foster community and well-being.

Don't miss the opportunity to discover this exceptional living arrangement tailored for comfort and care. To arrange a personal tour, please contact the friendly Glaica Team today at

02 6554 5521

Glaica House — where comfort meets community care, making your living experience a joyful one.

Biomedical Sports Podiatry

Dr. Haralumboss (Harry) Stivactas

Podiatric Biomechanical Practitioner

New Podiatry Clinic Opens in Forster, Bringing Expert Care for Feet, Ankles, Knees, and Hips

Led by Dr. Haralumboss Stivactas (POD MED), the clinic offers expert diagnosis and tailored treatment plans for a range of lower limb conditions, including:

- Heel and foot pain
- Ankle instability and knee pain
- Hip alignment and mobility issues
- Children's foot health and growing pains
- Sports injuries & performance optimization
- Arthritis and chronic lower limb conditions
- Veteran (DVA) foot care and D904



Utilising modern biomechanical assessment tools, custom orthotics, joint mobilisations, and evidence-based therapy, Biomedical Sports Podiatry is dedicated to finding the root cause of pain and supporting long-term recovery and performance.

"We're thrilled to be moving into this central Forster location to better serve the community," said Dr. Stivactas. "We don't just treat the foot — we look at the full lower limb chain, from the foot all the way to the hip."

The clinic continues to operate its satellite service in Gloucester, providing consistent care across the region.

**Biomedical Sports Podiatry is moving to our new location
Unit 62, 12-16 Wallis Street Forster.**

☎ 0466 - 691 - 935
✉ info@biomedicalsportspodiatry.com
🌐 www.biomedicalsportspodiatry.com



3 YEARS FREE SERVICING*

GET OUT!



Get out and adventure with 3 years free servicing on Outlander, Pajero Sport and select Triton models. That means less time worrying about servicing costs and more time to plan your next escape.

ON SELECT VEHICLES

144 MANNING ST, TUNCURRY, NSW | TAREEMITSUBISHI.COM.AU | 02 6552 0777

10 YEARS WARRANTY **10 YEARS CAPPED PRICE SERVICING**

WHEN ALL SCHEDULED SERVICES ARE COMPLETED AT A MITSUBISHI DEALERSHIP



Drive your Ambition

*3 years/45,000km (whichever occurs first). Offer includes the first 3 regular scheduled services (15,000km/1 year, 30,000km/2 year and 45,000km/3 year) across new Eclipse Cross PHEV, Outlander, Outlander PHEV, Pajero Sport and MU Triton models (the Offer). Excludes used, novated lease and demo vehicles. Private Customers and ASN Buyers only. Customers that are eligible for Government, Rental and National Business Pricing are excluded from this Offer, as well as purchases utilising Operating Lease or similar. Any non-regular service/repair items are at an additional cost. Servicing must be completed by a Mitsubishi Motors Dealer within 2,000kms or 2 months of the service due date. Valid from the date of vehicle registration. Offer available on vehicles purchased and delivered between 1/7/2025 to 30/9/2025 (Offer Period) from participating Mitsubishi Motors Dealer in Australia. The Offer may be combined with the Triton Loyalty Bonus Offer for up to \$2,000 of additional value. Please visit https://www.mitsubishi-motors.com.au/offers/loyalty-bonus-offer.html for eligibility. Unless specified by MMAL, no other offer can be used in conjunction with this Offer. MMAL's decision is final and MMAL will not enter into correspondence regarding the Offer. MMAL reserves the right to withdraw, extend or modify this Offer without prior notice. Offer available while stock lasts. Terms, conditions & exclusions apply to Mitsubishi's 10 Year Warranty/10 Year Capped Price Servicing. See mitsubishi-motors.com.au for details. MIT0268_FPA

GLEF grants open for 2026 academic year

Great Lakes Education Fund

GLEF applications for grants for the 2026 academic year opened on 1 July 2025 and closes on 30 September 2025.

GLEF grants contribute towards apprenticeships, traineeships, cadetships, diplomas, certificate level studies, university qualifications or employment.

GLEF grants are based on financial need, not academic success. Applicants will need to demonstrate that they:

- live or have attended school in the 2428 postcode area
- are aged 16-25 years
- have financial need
- have a career goal and a commitment to achieving that goal.

All applications are through the website at <https://cef.org.au/our-grants/>. At that site, students must select the Great Lakes Education Fund as their local foundation.

Past students have often commented that it is not only the financial assistance from GLEF which has been important to them, but also the support of the local community which has been very motivating during their studies. We hope



Left: Angela Wigley with her artwork at Forster Gallery in 2023.

Angela Wigley is completing her 1st year Hairdressing Apprenticeship and has been able to purchase equipment for her apprenticeship through her GLEF grant. She is also an artist.

that you will encourage any young person you know, who fits the criteria above, to apply for our grants.

The initial GLEF grant is raised locally through the Community Partner program and local fund raising. GLEF is always pleased to have individuals, businesses or community groups join as community partners. All monies raised go to our recipients.

Council supports HSC students

MidCoast Council

MidCoast Council is supporting the region's HSC students achieve their study goals.

Council's Forster Library and Taree Universities Campus will remain open exclusively after hours for HSC study nights.

The centres will be open until 8pm during specific periods and there will be free wi-fi, photocopying, printing and refreshments, snacks and even pizza.

MidCoast Council's Manager of Libraries Community and Cultural Services, Alex Mills, said it's great to be able to help HSC students during this period.

"When the HSC students are so keen to get the dates locked in, it is easy to see how beneficial the nights are for them," he said.

"The HSC can be an extremely stressful period in a young person's life. This is something we can do, provide a safe, quiet place where they can study and keep their bodies fuelled. The program has been running successfully for many years supporting many students who don't have quiet spaces at home."



Forster Library Wednesdays, 5 to 8pm

Commencing Week 2 of Term 3: 30 July, 6 August, 13 August, 20 August, 27 August

Final prep before HSC exams: 17 September, 24 September, 15 October

Taree Library – Tuesdays, 5 to 8pm

29 July, 5 August, 12 August, 19 August, 26 August, 16 September, 23 September, 14 October

Students are encouraged to utilise any of the libraries across our region and take advantage of the free printing when they receive their HSC Print Card from school.

Thanks to community for continued support

Great Lakes Palliative Care Support

On behalf of Great Lakes Palliative Care Support Inc, President Deidre Stokes would again like to thank the members of our local community for their continued support. Our community, has provided ongoing support for our charity for nearly 40 years. This incredible assistance allows us to continue to provide support to Palliative Care patients, their families and carers, on a need's basis. Working alongside the local Community Palliative Care team and Oncology staff, (and on the requests from Social Workers, Nurses, Dietitians and care providers) - we continue to provide assistance to those requiring palliative care. It may be financial - e.g. helping with costs of utilities, pharmacy bills, purchase of dietary supplements and assistance with payment of doctor's bills. We can assist with provision of the basic needs like petrol and groceries to physical support and through provision of domestic assistance, help with personal care, provision of loan equipment, wigs, massage therapy and provide support on an individual needs basis.

To provide our services we rely on the goodwill and support of our generous community, whether through sporting clubs, local service clubs and individuals who provide monetary donations on a regular basis. We receive no government funding; therefore we rely on these ongoing donations as well as our fundraising efforts to continue providing this essential assistance to folk going through one of the most difficult times of their lives.

Our members, some of whom have served for many years continue to work hard to make our work possible. The support of our community members who buy raffle tickets, come to our events, provide goods to sell and buy a sausage from Bunnings from us, continue to assist our organisation to function.

I would like to highlight one of our community members who continually provides ongoing support through her knitting efforts. Judith Tyne, from Tuncurry, affectionately known as

the "Beanie lady" knits and sells beanies through various venues throughout the community and has done now for over 5 years. Judith lovingly makes beanies which she sells for \$10 each and all proceeds come to our organisation. Judith has donated many hundreds of dollars over the past years and continues to be seen knitting everywhere she goes. At our recent Trivia night, Judith donated \$500 and within a few days added another \$100 to it. We are grateful to Judith for her ongoing dedication and appreciate her efforts.

Sadly some of our long, standing members are not well enough to assist for ongoing fundraising events, but we remain grateful for all their efforts over the years. We are always happy to welcome new members. If you may have an interest in what we do, why not come along to our AGM in July and hear first hand about what we do and how you may be able to assist.

Our Annual General Meeting will be held on Thursday 10th July commencing at 10:30am at Tuncurry Beach Bowling Club. Joanne Simpson CNC Community Palliative Care will provide some insights into her recent trip to Nepal and palliative care provision there, as well as our annual reports will be presented. Morning tea will be provided. All interested folk welcome. Enquires to Deidre on 0437 830 818.

(See advertisement below)



Above: Judith Tyne, affectionately known as the "Beanie lady".



Above: Guest speaker Jo Simpson.



Great Lakes Palliative Care Support Inc Annual General Meeting Invitation

Please join us for our AGM to be held on
**Thursday 10th July 2025 at
Tuncurry Beach Bowling Club
10:15am for 10:30 am start**

**Guest Speaker-Jo Simpson
CNC Community Palliative Care**
Jo will speak on her recent trip to
Nepal-palliative care services in Nepal

**Morning Tea will be served
All welcome!**

Friends of the Family Retreat creating magic memories for sick kids

Ronald McDonald Family Retreat

The Lower Mid Coast Rotary Club (LMCRC) has become the first official supporter of a new partnership initiative aimed at helping sick children and their families to enjoy a needed break away at the Ronald McDonald Family Retreat (RMFR).

As a "Friend of the Family Retreat", Rotary is helping to ensure this vital local program has the funding it needs to offer families with a seriously ill or injured child or those grieving the loss of a child, a free week-long holiday at the Family Retreat in Forster.

President of the Lower Mid Coast Rotary Club, Lance Fletcher, said, "We are very proud of our long-standing relationship with the Ronald McDonald Family Retreat, and this new partnership is a meaningful way to support a cause close to all our hearts."

He added: "Over the years, the Rotary Club has supported the Retreat through working bees, Christmas campaigns and fundraising BBQs. This new partnership is a wonderful opportunity to strengthen our connection to a program we're incredibly proud of - one that supports families from all over Australia facing some of life's toughest challenges."

Families caring for a sick or injured child often face significant emotional and financial stress, and holidays are frequently the first thing to be sacrificed. But time away - to relax, recharge and reconnect - can be essential for healing

and family bonding.

This was the experience of Kit's Family, who enjoyed their second stay at the Retreat late last year. Reflecting on their holiday, Kit's Mum Hannah shared, "Staying at the Family Retreat impacted our family in all the best ways - it gave us the time to reconnect, be outdoors and let the kids be kids again."

"The location was perfect - it felt like we were on an overseas holiday. We loved being able to walk to the beach and could even spot dolphins from our cabin. I haven't felt that relaxed in a long time."

Sarah Wilkinson, Community Engagement Coordinator at the Retreat, said, "We are incredibly excited to launch the Friends of the Family Retreat initiative, which builds on the



Above: (L-R) Brad Fletcher, Sarah Wilkinson (RMFR), Lance Fletcher, Mick Larter, Janette Gotts and Barry Levick from LMCRC. Photo by Georgie Yule.

foundations of the Forster Family Retreat - a place rooted in pride and connection.

We have a limited number of friendship opportunities available, with several already on board. If there is anyone interested in making a difference and learning more about how joining the RMHC family can benefit your business, we'd love to hear from you."

Visit www.rmhcns.org.au/ FamilyRetreatFriends to learn more or contact Sarah at 0497 497 465.

about \$30 more each week for workers. For businesses, that's \$1500 extra per year, per employee. While relatively few people are covered by the minimum wage in Australia, it is used as a baseline to determine "award" wages - industry-specific pay and conditions for sectors like hospitality and administration. Roughly three million workers covered by awards will see the minimum pay increase flow through to their payslips as well.

Superannuation increase: Employer super contributions will rise from 11.5% to 12%. This means more money going into your super fund, but no change to your take-home pay. The only exception is if your contract specifies a salary inclusive of super, but that's relatively uncommon.

Minimum wage increase: The minimum wage will increase 3.5% to \$24.95 an hour. That's

Financial changes since 1st July

By Max Glanville – The Daily Aus

Here are some changes to super and wages from 1st July.



Tanya THOMPSON MP

Member for Myall Lakes

APPLICATIONS ARE OPEN FOR:

LOCAL SPORT GRANT PROGRAM

APPLICATIONS CLOSE 18 AUGUST 2025
APPLY HERE: www.sport.nsw.gov.au/grants/local-sport-grant-program

CLUBGRANTS CATEGORY 3 FUND

APPLICATIONS CLOSE 21 JULY 2025
APPLY HERE: www.nsw.gov.au/grants-and-funding/clubgrants-category-3-fund



SIGN THE FLOOD RECOVERY PETITION



SCAN HERE

1-9 Manning Street, Tuncurry
02 6555 4099
tanyathompson.com.au
myalllakes@parliament.nsw.gov.au
TanyaThompsonForMyallLakes

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

Tanya's Community Update

Fighting for Flood Relief

Last month, following the Community Flood Rally in Taree, I led a Public Interest Debate in NSW Parliament calling for additional disaster recovery funding for the Mid North Coast and Hunter regions. It was an important opportunity to share the stories of our farmers, business owners and families, people who are still working through the aftermath and urgently need support to recover and rebuild.

While the original motion was amended and a revised version passed, I remain committed to working constructively with all levels of government to ensure our region gets the help it needs.

In the meantime, thank you to everyone who has signed the Flood Recovery Petition, we've passed 9,000 signatures. If you haven't yet, please visit my website and show your support.

Grant programs

There are two grant programs now open:

Local Sport Grant Program – Up to \$20,000 for local clubs to grow participation and improve facilities. Apply by 1pm, 18 August, more information below.

ClubGRANTS Category 3 Fund – From \$50,000 for community, sport, arts, or disaster-readiness infrastructure. Apply by 21 July, more information below.

Please reach out to my office should you need assistance with anything – 6555 4099 myalllakes@parliament.nsw.gov.au

Tanya Thompson
Member for Myall Lakes



RIBS & WINGS

Monday NIGHT

Just \$20

DELICIOUS SMOKY BBQ PORK RIBS COOKED TO MELT-IN-YOUR-MOUTH PERFECTION WITH BUFFALO WINGS, RANCH DRESSING, CHIPS & SLAW.

AVAILABLE FROM 5.30PM EVERY MONDAY NIGHT

FREE SCHOONER OF GREAT NORTHERN OR GLASS OF HOUSE WINE* with every Ribs & Wings Special purchase!

Terms & conditions apply. See website for details.

65 Beach St
Tuncurry NSW 2428

SPORTIESTUNCURRY.COM.AU

Local shop sets new record



Above: Ankit (Kit) Mishra at Stockland.

Great Lakes Women's Shelter

Freechoice Tobacconist Stockland has set a new record for the highest amount collected by an individual Great Lakes Women's Shelter supporter store since the beginning of the "Loose Change" campaign in 2015 with \$414.20! A total amount of \$2,375.60 has been donated by customers at Freechoice Stockland to the Shelter since September 2016.

Since the Campaign began, "Loose Change" donations have amounted to just over \$63,000 in total, from more than 50 collection points currently located right across the Mid Coast region.

Carly Ravenscroft, Shelter Manager, observed that with the increase in "cashless" shopping over the past 5 years or so, the amount of "loose change" donations had been gradually decreasing, but thankfully, the gap has been more than filled by "While you wait. Please donate" online banking donations.

Freechoice Stockland Proprietor, Pracheen Shrestha, and his team, have operated the business for the last 18 months. Pracheen said, "We have a number of customers who make regular sizable donations at our shop".

Great Lakes Women's Shelter wishes to thank all the local businesses who continue to support the Shelter by hosting "Loose Change" collection boxes, and all those shoppers who continue to donate their "loose change".

Items of interest - 30 June 2025 Council meeting

Community engagement strategy adopted

MidCoast Council's Community engagement strategy was adopted by Councillors. This document guides how Council engages with the community to assist in decision making.

The draft was placed on public exhibition during March and April. Twelve submissions were received from the community.



Above: Nabiac library to close.

Nabiac library to close

Councillors endorsed a report to close the Nabiac Library. The library branch was flagged by the State Library of NSW in 2023 as not meeting public library minimum standards which triggered a review of the facility.

Approximately \$100,000 in building works, \$96,000 in connectivity upgrades and almost doubling Council's annual investment would need to happen within five years to keep the library open, and with library usage figures for Nabiac extremely low the expenditure couldn't be justified.

Over the past five years there has been an average of only 44 individuals who regularly use the Nabiac Library each year.

The stock, resources and service offerings will be provided at Forster Library.

Bulahdelah Library agreement

Councillors agreed to renew the agreement with the Bulahdelah Chamber of Commerce for the provision of library services from the Bulahdelah Rural Transaction Centre for a further five years.

Following an evaluation of the effectiveness of the agreement to provide the community with access to public library services it has been established that the current agreement delivers a financially cost-effective community outcome, meets legislative and regulatory frameworks and fulfills most of the expectations set out by the NSW Public Library Guidelines.

E-scooter trial extended

The trial will also be extended considering the expected upcoming decision from NSW Parliament that will guide legislation. It was recommended the trial continue pending the NSW Government legislation. As a result, the trial will be extended until at least 22 January 2026.

Councillors appointed to reference groups New Councillor Janece Irving has been appointed to the Aboriginal Reference Group, Koala Reference Group, Southern Estuaries Reference Group.

Cr Thomas O'Keefe will be chair of the Southern Estuaries Reference Group.



Above: E-scooter trial extended until at least 22 January 2026.

Local Government remuneration tribunal determination

Following a reclassification of MidCoast Council as a regional strategic area, Councillors have accepted the maximum fee for the Mayor and Councillors as allowed by the Local Government Remuneration Tribunal's determination for the duration of the term of the current elected Council.

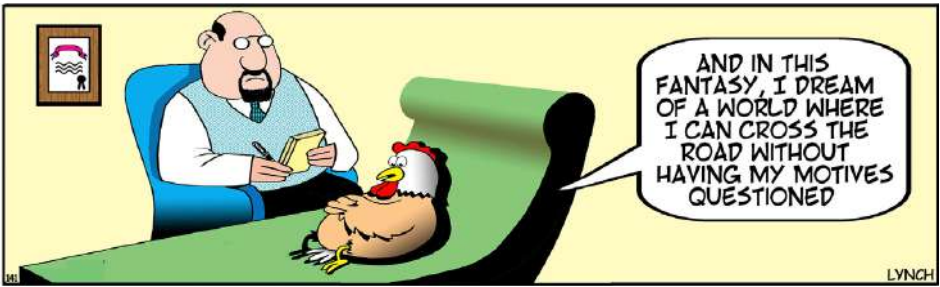
Council Operational plan, budget, rates, fees and charges set for 2025-26

See page 7 for details. The full Delivery Program 2025-2029, Operational Plan 2025-26, budget details, and Council's Resourcing Strategy are available for public review at www.midcoast.nsw.gov.au/plans use www.midcoast.nsw.gov.au/plans.

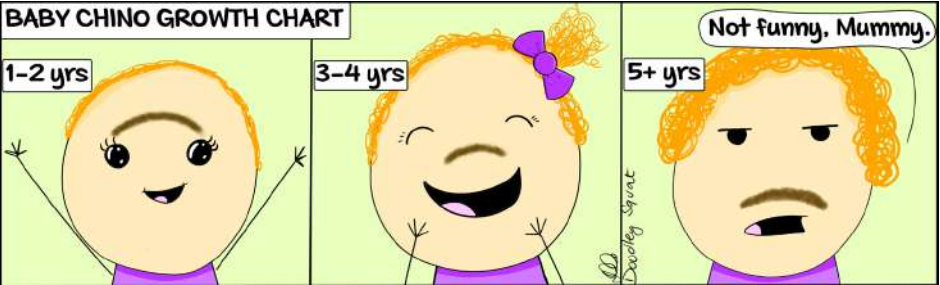
For full details of all Council Meeting reports please see the meeting agenda at: www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes

Next Council Meeting is on 23 July 2025.

The Grin Bin



Doodley Squat



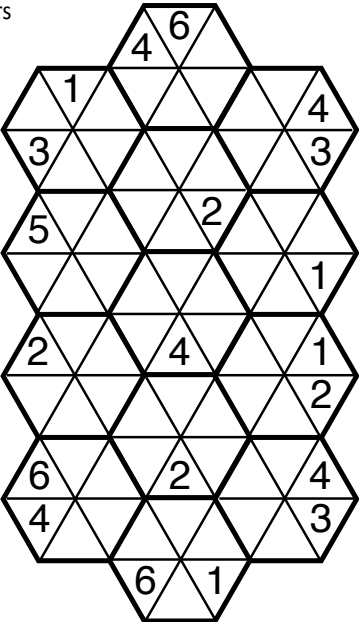
Sudoku

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

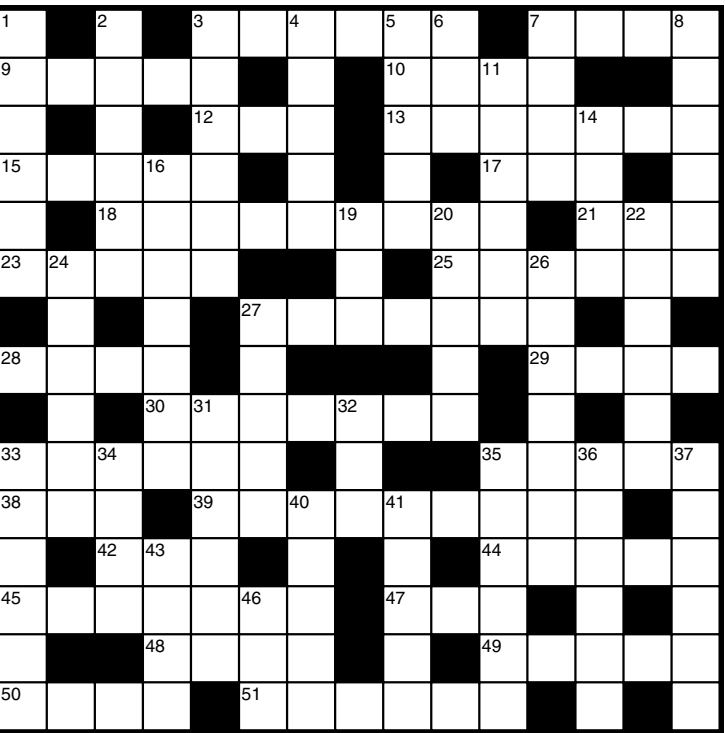
	6	9			2	3	4	
					3	2		
							8	
					8			4
6	3	5	1					
	9		6					
	5				4	7	9	
		7						
1		4	3					6

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 Social standing
 - 7 Turn away
 - 9 Fish basket
 - 10 African river
 - 12 Flow back
 - 13 First
 - 15 Omit in pronunciation
 - 17 Hill
 - 18 Deviating
 - 21 Rowing implement
 - 23 This group
 - 25 Large antelopes
 - 27 Handled
 - 28 Grats
 - 29 One who inherits
 - 30 Food cupboards
 - 33 Falls to hit
 - 35 Zodiac sign
 - 38 Bustle
- DOWN**
- 1 Style of pronunciation
 - 2 Mock
 - 3 Arm covering
 - 4 Traffic light
 - 5 Combine
 - 6 Transgression
 - 7 Power of rejecting
 - 8 Sovereigns
- 39** Practised before main event
- 42** Meadow
- 44** Distinct style
- 45** Maker
- 47** Strange
- 48** Transmitted
- 49** Surpass
- 50** Wee
- 51** Compositions
- 11** Small
- 14** Golf club
- 16** Scatters
- 19** Spirit
- 20** Hot wine and water drink
- 22** Have high opinion of
- 24** Abominable
- 26** Stuck
- 27** Code
- 31** Charge with gas
- 32** Female sheep
- 33** Good luck bringer
- 34** Part of a shoe
- 35** Incidental comments
- 36** Stupidity
- 37** Specimen
- 40** Harms
- 41** Fragrance
- 43** Not hard
- 46** United

Focus An All Australian Word Game

* Each word must contain the centre 'Focus' letter and each letter may be used only once

* Each word must be four letters or more

* Find at least one nine letter word

* No swear words

* No verb forms or plurals ending in 's'

* No proper nouns and no hyphenated words

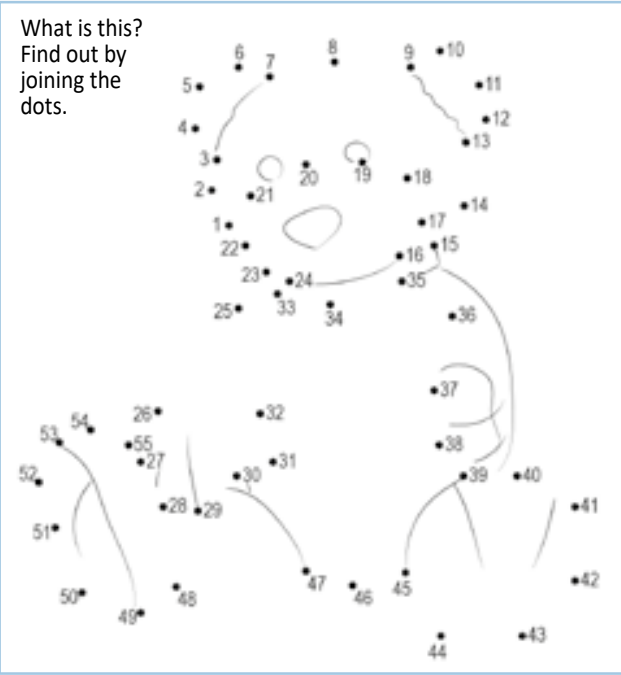
TODAY'S FOCUS Good: 15 words
Very good: 21 words
Excellent: 28 words

Reference: Macquarie Concise Dictionary
Focus No. 3962

Spot the 5 Differences



Join the Dots



Solutions

Puzzles and pagination supplied by Auspax Media

FOCUS: bent bone bono bonomb bono meson mona monie moon nest nett nose most north orna onset otto sent seton snob snoot snout soon stent stent stone tent TOMSTONE tone

SPOT THE 5 DIFFERENCES: Hair changed, wam larger, top of hat longer, brim of hat shorter, cheek bone missing.

Join the Dots: 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

YOUR FORTNIGHTLY TV GUIDE

July 9 - 15

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Brush With Fame. 2.30 Back Roads. 2.55 Love Your Garden. 3.45 Fake Or Fortune? 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Gruen. 8.35 Guy Mont Spelling Bee. 9.25 Spicks And Specks. 9.55 QI. 11.00 News. 11.15 The Business. 11.30 You Can't Ask That. 12.00 You Can't Ask That. 12.30 Love Your Garden. 1.20 Long Lost Family. 2.05 Rage. 3.10 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.00 WorldWatch. 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. Tour de France. Stage 4. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 How Disney Built America. 8.20 Eat Smart: Secrets Of The Glucose Goddess. 9.25 Cycling. Tour de France. Stage 5. 2.10 Great Coastal Railway Journeys. 2.40 Great Coastal Railway Journeys. 3.10 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Written In The Stars. (2021) 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 Border Security. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Ashley Cain: Into The Danger Zone. (M) 11.20 Stags. (MA15+) 12.20 Touching Evil. (MA15+) 1.20 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Scented With Love. (2022) 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 3. New South Wales v Queensland. 10.00 State Of Origin Post-Match. 11.00 Tennis. Wimbledon. Day 10. Quarter-finals. 12.00 Tennis. Wimbledon. Day 10 Late. Quarter-finals. 3.00 Tipping Point. (PG) 4.00 Pointless. (PG) 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Everyday Gourmet. 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 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 MasterChef Aust. 8.40 Elsbeth. (M) 9.40 FBI: International. (M) 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 11.10 Guy Mont Spelling Bee. 12.00 News. 1.00 Silent Witness. 2.00 Brush With Fame. 2.25 Back Roads. 2.55 Love Your Garden. 3.45 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Joanna Lumley's Danube. 8.45 Grand Designs Aust. 9.45 Griff's Great Australian Rail Trip. 10.35 News. 10.50 The Business. 11.05 Love Your Garden. 11.55 Long Lost Family. 12.45 Rage. 3.10 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Going Places. 2.35 Dylan Alcott Interviews. 3.00 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Joanna Lumley's Danube. 8.45 Grand Designs Aust. 9.45 Griff's Great Australian Rail Trip. 10.35 News. 10.50 The Business. 11.05 Love Your Garden. 11.55 Long Lost Family. 12.45 Rage. 3.10 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Love On Safari. (2018) 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 Clarkson's Who Wants To Be A Millionaire UK. (PG) 8.30 HomeCom: With Ron Iddles. (M) 9.30 Air Crash Inv. (PG) 10.30 Million Pound Pawn. (PG) 11.30 Evil By Design. 12.35 Life. 1.35 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: A Slice Of Chicago Romance. (2021) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 19. Cronulla Sharks v Dolphins. 9.55 Golden Point. 10.45 Tennis. Wimbledon. Day 12. Semi-finals. 12.00 Tennis. Wimbledon. Day 12 Late. Semi-finals. 4.00 Tipping Point. (PG) 5.00 Fishing Aust. 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 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Family Feud. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 House Hunters Aust. 8.30 Have You Been Paying Attention? 9.30 The Graham Norton Show. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 News. 10.00 Poh's Kitchen. 10.25 Take 5. 11.10 Little Disasters. 12.00 News. 1.00 Bay Of Fires. 1.55 Master Dogs. Collies And Kelpies. 2.55 Love Your Garden. 3.40 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.30 Patience. (M) 9.20 Gruen. 9.55 Guy Mont Spelling Bee. (PG) 10.45 Spicks And Specks. (PG) 11.15 News. 11.35 Silent Witness. 12.35 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 The Point. 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. Tour de France. Stage 6. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Shetland: Scotland's Wondrous Isles. 8.25 Cycling. Tour de France. Stage 7. 1.30 Great Coastal Railway Journeys. 2.00 Great Coastal Railway Journeys. 2.30 Searching For Mexico. 3.20 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Better Homes. 2.00 House Of Wellness. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: The Other Woman. (2014) (M) Cameron Diaz, Leslie Mann, Kate Upton. 10.50 Stranded On Honeymoon Island. (M) 12.25 The Disappearance. (M) 1.30 Harry's Practice. 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: A Slice Of Chicago Romance. (2021) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 19. Cronulla Sharks v Dolphins. 9.55 Golden Point. 10.45 Tennis. Wimbledon. Day 12. Semi-finals. 12.00 Tennis. Wimbledon. Day 12 Late. Semi-finals. 4.00 Tipping Point. (PG) 5.00 Fishing Aust. 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 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Family Feud. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 House Hunters Aust. 8.30 Have You Been Paying Attention? 9.30 The Graham Norton Show. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 7. Highlights. 1.00 The Assembly. 1.15 Patience. (M) 2.00 All Creatures Great And Small. (PG) 2.50 Last Night Of The Proms. 4.25 Spicks And Specks. (PG) 4.55 QI. 7.00 6.00 Landline. 6.30 Australian Story. (PG) ABC News. 7.30 Grantchester. (M) 8.20 Midsomer Murders. (M) 9.50 Bay Of Fires. (M) 10.40 Little Disasters. (M) 11.30 Whale Wisdom. 12.20 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 12.00 Cycling. Tour de France. Stage 7. Highlights. 1.00 PBS News. 2.00 Going Places. 3.00 Going Places. 4.30 Cycling. Tour de France. Stage 7. Highlights. 5.30 From The Ashes Of World War II. 6.30 News. 7.30 Travels With Agatha Christie And Sir David Suchet. 8.25 Emily: I Am Kam. 9.35 Cycling. Tour de France. Stage 8. 1.45 Homicide. 2.35 Blue Water Safari. 4.25 Bamay. 4.55 Destination Flavour. 5.15 France 24 Feature. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 12.00 Motor Racing. Supercars C'ship. Round 7. Townsville 500. Day 1. Qualifying and support. 2.00 Motor Racing. Supercars C'ship. Round 7. Townsville 500. Day 1. Pre-race and race 21. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 The Great Outdoors. 7.30 MOVIE: Titanic. (1997) 11.35 Stranded On Honeymoon Island. 12.55 Motor Racing. Supercars Championship. Round 7. Townsville 500. Day 1. Highlights. 2.00 Shopping. 4.00 It's Academic. 5.00 My Greek Odyssey.	6.00 Morning Programs. 2.30 NRLW Wrap. 3.15 Rugby League. NRL Women's Premiership. Round 2. St George Illawarra Dragons v Sydney Roosters. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 MOVIE: The Castle. (1997) 9.20 MOVIE: Muriel's Wedding. (1994) 11.30 TBA. 12.30 Wimbledon 2025 Pre-Show. 1.00 Tennis. Wimbledon. Day 13 Late. Women's final. 4.00 Find My Country House Aust. 4.30 Find My Country House Aust. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 10.00 Key Ingredient. 10.30 Loving Gluten Free. 11.00 MasterChef Aust. 12.10 GCBC. 12.30 The Brighter Side: Save. Grow. Dream. 1.00 Buy To Build. 1.30 The Yes Experiment. 2.00 4x4 Adventures. 3.00 Silvia's Italian Masterclass. 3.30 Farm To Fork. 4.00 My Market Kitchen. 4.30 Everyday Gourmet. 5.00 News. 6.30 Dog House Aust. 7.30 Love It Or List It Australia. 8.40 TBA. 9.50 House Hunters UK. 10.50 Elsbeth. 11.50 Ambulance UK. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Joanna Lumley's Danube. 3.15 Nigella Bites. 3.40 Martin Clunes: Islands Of America. 4.40 Walking With Dinosaurs. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Spicks And Specks. 8.00 Bay Of Fires. 8.55 Little Disasters. 9.45 MOVIE: Spear. (2015) 11.05 Take 5. 11.35 Rage. 1.40 Under The Vines. 2.30 Under The Vines. 3.15 Under The Vines. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 11.00 Cycling. Tour de France. Stage 7. Highlights. 12.00 Cycling. Tour de France. Stage 8. Highlights. 1.00 Speedweek. 3.00 Going Places. 4.00 Going Places. 4.30 Cycling. Tour de France. Stage 8. Highlights. 5.30 From The Ashes Of World War II. 6.30 News. 7.30 Eiffel Tower: Building The Impossible. 9.15 Cycling. Tour de France. Stage 9. 1.45 24 Hours In Emergency. 2.40 Blue Water Safari. 4.30 Bamay. 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 APAC Weekly.	6.00 Morning Programs. 2.00 Motor Racing. Supercars Championship. Round 7. Townsville 500. Day 2. Pre-race and race 22. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 Dancing With The Stars. 8.20 7NEWS Spotlight. 9.20 The Crow Girl. 10.25 The Crow Girl. 11.25 Stranded On Honeymoon Island. 12.45 Motor Racing. Supercars Championship. Round 7. Townsville 500. Day 2. Highlights. 2.00 Shopping. 3.00 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.00 NRL Sunday Footy Show. 11.45 Rugby League. NRL Women's Premiership. Round 2. New Zealand Warriors v Parramatta Eels. 1.30 Fishing Aust. 2.00 For The Love Of Pets. 3.00 Rugby League. NRL. Round 19. Parramatta Eels v Penrith Panthers. 6.00 NBN News. 7.00 Travel Guides. 8.10 60 Minutes. 9.10 TBA. 10.10 9News Late. 10.30 See No Evil. 11.30 The First 48. 12.30 Wimbledon 2025 Pre-Show. 1.00 Tennis. Wimbledon. Day 14 Late. Men's final. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Freshly Picked. 8.00 Pooches At Play. 8.30 Exploring Of The Grid. 9.30 Are You RV Safe? 10.00 Australia By Design: Innovations. 10.30 10 Minute Kitchen. 11.00 Everyday Gourmet. 11.30 Roads Less Travelled. 12.00 MasterChef Aust. 1.10 My Market Kitchen. 1.30 Charming China. 2.00 GCBC. 2.30 Farm To Fork. 3.00 All 4 Adventure. 4.00 Lingo. 5.00 News. 6.00 10 News+. 7.00 MasterChef Aust. 8.15 Fake. 9.15 FBI. 11.05 10 News+. 12.00 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Brush With Fame. 2.25 Back Roads. 2.55 Love Your Garden. 3.45 Fake Or Fortune? 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Lucy Worsley Investigates. 10.25 News. 10.40 The Business. 11.00 Home Delivery. 11.50 Love Your Garden. 12.40 Long Lost Family. 1.25 Rage. 3.25 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Engineering Reborn. 3.00 Going Places. 3.30 SBS50. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France. Stage 9. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Portillo's Andalucia. 8.20 Sue Perkins: Lost In Thailand. 9.15 Cycling. Tour de France. Stage 10. 2.05 Great Coastal Railway Journeys. 2.35 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Border Security: Int. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club. (PG) 8.30 9-11. (M) Maddie disappears from the house. 10.30 The Agenda Setters. 11.30 Police Custody USA. (M) 12.30 Gone. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: The Engagement Dress. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Parental Guidance. (PG) 9.00 100% Footy. (M) 10.00 Rise Of The Dolphins. 11.30 9News Late. 12.00 Gypsy Rose: Life After Lockup. 1.00 Fishing Aust. 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. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 MasterChef Aust. 8.40 Have You Been Paying Attention? 9.40 Inspired Unemployed (Impractical) Jokers. 10.10 News. 10.35 10 News+. 11.35 Stephen Colbert. 12.30 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Brush With Fame. 2.25 Back Roads. 2.55 Love Your Garden. 3.45 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Dr Ann's Secret Lives. 9.00 Dr Karl's How Things Work. 9.35 The Playtup Guardian. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.50 Media Watch. 12.05 Lucy Worsley Investigates. 1.00 Brush With Fame. 1.30 Late Programs.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Engineering Reborn. 3.00 Going Places. 3.30 SBS50. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France. Stage 10. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Portillo's Andalucia. 8.20 Sue Perkins: Lost In Thailand. 9.15 Cycling. Tour de France. Stage 10. 2.05 Great Coastal Railway Journeys. 2.35 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Pearl In Paradise. (2018) (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club. (PG) 8.30 9-11. (M) Maddie disappears from the house. 10.30 The Agenda Setters. 12.30 Fairly Legal. (M) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Parental Guidance. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Paramedics. 8.30 Murder Down Under. (MA15+) 9.30 Ski Rescue Down Under. 10.30 9News Late. 11.00 La Brea. 11.50 Footy Classified. 12.40 Pointless. 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 Everyday Gourmet. 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 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 MasterChef Aust. 8.40 Elsbeth. (M) 9.40 FBI: Most Wanted. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

July 16 - 22

	ABC TV	SBS	SEVEN	NBN	TEN	
	6.00 Morning Programs. 1.35 Media Watch. 2.00 Brush With Fame. 2.30 Back Roads. 2.55 Love Your Garden. 3.45 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Gruen. 8.35 Guy Mont Spelling Bee. 9.25 World's Wildest Youtubers. 9.55 Spicks And Specks. 10.30 QI. 11.00 News. 11.15 The Business. 11.30 You Can't Ask That. 12.00 You Can't Ask That. 12.30 Love Your Garden. 1.20 Long Lost Family. 2.05 Rage. 3.25 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 SBS50. 3.35 The Cook Up. 4.05 Latest Secrets Of The Hieroglyphs. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 How Disney Built America. 8.20 Eat Smart: Secrets Of The Glucose Goddess. 9.15 Cycling. Tour de France. Stage 11. 1.45 Great Coastal Railway Journeys. 2.15 Great Coastal Railway Journeys. 2.45 Incredible Homes. 3.40 Growing A Greener World. 4.10 Bamay. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Welcome To Mama's. (2022) 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 Border Security. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Ashley Cain: Into The Danger Zone. (MA15+) 11.20 Stags. (MA15+) 12.20 Touching Evil. 1.20 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Love Amongst The Stars. (2022) 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 RBT. 8.30 Murder Down Under. 9.30 Australian Crime Stories. 10.40 Freddy And The Eighth. 11.40 9News Late. 12.10 Tipping Point. 1.05 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Everyday Gourmet. 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 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 MasterChef Aust. 8.40 Elsbeth. (M) 9.40 FBI: International. (M) 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	WEDNESDAY
	6.00 Morning Programs. 1.00 Silent Witness. 2.00 Brush With Fame. 2.30 Back Roads. 2.55 Love Your Garden. 3.45 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Griff's Great American South. 9.15 Culture By Design. 9.45 Griff's Great American South. 10.35 The Business. 11.10 Love Your Garden. 11.55 Long Lost Family. 12.45 Rage. 3.10 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Engineering Reborn. 3.00 Living Black. 3.30 SBS50. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France. Stage 12. 11.00 News. 11.15 The Business. 11.30 You Can't Ask That. 12.00 You Can't Ask That. 12.30 Love Your Garden. 1.20 Long Lost Family. 2.05 Rage. 3.25 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Together Forever Tea. (2021) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Football. AFL. Round 19. Essendon v GWS Giants. 10.30 AFL Post-Game Show. 11.00 Kick Ons. 11.30 Live By Design. (M) 12.35 Life. (M) 1.35 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 MOVIE: May The Best Wedding Win. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 20. Dolphins v North Queensland Cowboys. 9.45 Thursday Night Knock Off. 10.30 Rise Of The Dolphins. 12.00 Next Stop. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Everyday Gourmet. 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 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 MasterChef Aust. 8.40 Elsbeth. (M) 9.40 FBI: International. (M) 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	THURSDAY
	6.00 News. 9.00 News. 10.00 Poh's Kitchen. 10.25 Take 5. 11.10 Little Disasters. 12.00 News. 1.00 Bay Of Fires. 1.55 Master Dogs. Collies And Kelpies. 2.55 Love Your Garden. 3.45 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.30 Patience. (PG) 9.20 Gruen. 9.55 Guy Mont Spelling Bee. (PG) 10.45 Spicks And Specks. (PG) 11.15 News. 11.35 Silent Witness. 12.35 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 Borsani. 2.10 Engineering Reborn. 3.00 Nula. 3.30 SBS50. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France. Stage 12. 11.00 News. 11.15 The Business. 11.30 You Can't Ask That. 12.00 You Can't Ask That. 12.30 Love Your Garden. 1.20 Long Lost Family. 2.05 Rage. 3.25 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Your Money & Life. 1.30 Border Security. Int. 2.00 Better Homes. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: A Man Called Otto. (2022) (M) Tom Hanks, Mariana Treviño, Rachel Keller. 11.05 To Be Advised. 12.40 The Disappearance. (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 Rise Of The Dolphins. 1.00 Great Australian Detour. 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 20. Penrith Panthers v South Sydney Rabbitohs. 9.55 Golden Point. 10.45 MOVIE: Be Cool. (2005) (M) 1.00 Gre No Evil. 11.35 The First 48. 12.25 Disappearance. (M) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC 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 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.00 News. 4.00 Family Feud. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 House Hunters Aust. 8.40 Have You Been Paying Attention? 9.30 The Graham Norton Show. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping.	FRIDAY
	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Grantchester. 1.15 Patience. 2.05 All Creatures Great And Small. 2.55 Last Night Of The Proms. 4.25 Spicks And Specks. 4.55 Dr Ann's Secret Lives. 5.25 Landline. 5.55 Australian Story. 6.30 Back Roads. 7.00 ABC News. 7.30 Antiques Roadshow. 8.30 The Business. 9.15 Master Dogs. (M) 9.50 Bay Of Fires. (M) 10.45 Little Disasters. (M) 11.30 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 12.00 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00 PBS News. 2.00 Going Places. 4.30 Cycling. Tour de France. Stage 13. 11.00 News. 1.00				

Local Calendar

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

July

All of July until 27th - Together Exhibition
Open Fri, Sat & Sun 10am -2pm and when the flags are flying at Forster Gallery, 34 Lake St.

Sun 13 July - Forster Town Market
8am to 1pm, Town Park, Oyster Pde Forster. Search Forster Town Park Market on Facebook.

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

11 to 14 July - Book Fair
Two full rooms of books to browse through. Open 9am to 4pm at Tuncurry Memorial Hall. (See advertisement on this page.)



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

Sun 27 July - 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!

Celebrating 22 years of local Rotary Book Fairs

Free Entry! Come and check out the vast Fiction Section organised A-Z by the Author's Surname and then find some gems in the Expanded Children's Section. Explore the eclectic and intriguing books sorted into over 15 Categories in the Non-Fiction section in the 2nd Room.

Children's Books are still an amazing Family Budget friendly price of 50 cents each and other Books are \$3 each. Cash and Eftpos welcome.

Ring Mick Larter on 0414 652 401 or see Rotary Club of Lower Midcoast Facebook for more details.

Right: New Rotary President Brad Fletcher presenting a donation to Sarah Wilkinson from Ronald McDonald Family Retreat (RMFR). Money raised from the Book Fair is given to charities including May Flood relief and RMFR.

(See advert below.)



Twice Yearly
BOOK FAIR Rotary Club of Lower Midcoast Forster Tuncurry
Fri 11th - Mon 14th July 2025
Tuncurry Memorial Hall
Free Entry - Doors open 9am to 4pm*
Two Rooms (2)
1: Fiction & Extensive Children's Section
2: Non-Fiction
Cash & EFTPOS Welcome 7 Point Rd Tuncurry
(Closing hours may vary*)

Devonshire Tea & Crafts
21st June
Forster Civic Centre
Lake Street Forster
9:30 - 12pm
A photograph of a plate of assorted pastries and a logo for the Devonshire Tea & Crafts event.

LET YOUR love FLOW
NATIONAL TOUR
Tanja Kernaghan & Jason Owen together in concert
FRIDAY 18 JULY 2025
club forster 19 STRAND ST FORSTER NSW
WWW.CLUBFORSTER.COM.AU/SHOWS
TICKETS ON SALE NOW!
Rob Young Comedy Hypnotist
Friday 25 JULY 2025
club forster 19 STRAND ST FORSTER NSW
WWW.CLUBFORSTER.COM.AU/SHOWS

What's on around town & beyond!

Solo Exhibition takes flight



Local artist, designer and photographer Shelley Kurtz has unveiled her first solo exhibition, Acrylic Aviary, a collection of expressive acrylic bird paintings now on display at Hallidays Point Library until 25 July.

Known to many in the community as the artist behind Paint with Shell, Shelley has spent years guiding beginners through fun, relaxed painting sessions. But Acrylic Aviary reveals a different side of her practice.

"I paint for work all the time, but I've never painted just because I could," Shelley says. "This is the first time I've created a collection entirely for myself, not for a class, not for a client, just for the joy of it. I've always loved birds and the challenge of capturing their tiny, intricate details."

The result is a bold, earthy collection of Shelley's largest and most detailed works to date, featuring native Australian species including Black Cockatoos, Kookaburras, a Pelican, and Magpie.

Left: "Acrylic Aviary, a collection of expressive acrylic bird paintings" now on display at Hallidays Point Library until 25 July. For more information visit: www.paintwithshell.com.au

Shelley's creative journey, began during childhood with weekly after-school art classes and led her to attend Ku-ring-gai Creative Arts High School in Sydney. She later completed a degree in Visual Communication Design and built a successful career in graphic design and photography, founding two local creative businesses, Creative Shell and Paint with Shell.

"People often ask to see my own work, and until now, I haven't really had anything to show them. This exhibition is the first time I've painted a complete collection."

Shelley's love of birds also inspired her previously published colouring journal, Australian Beaks, a playful and educational exploration of native birdlife through detailed line drawings and fun facts, copies of which are also available to view at the exhibition.

"I hope people walk in and feel that spark, that joy birds bring just by being themselves."

Acrylic Aviary is on display at Hallidays Point Library until 25 July 2025. Entry is free, and all artworks are available for purchase.

Inspiration, Laughter & Heart

Great Lakes Women's Shelter Luncheon returns to Tuncurry Beach Bowling Club

Tuncurry Beach Bowling Club is proud to welcome back the Great Lakes Women's Shelter Fundraiser Luncheon on Friday 25 July 2025 – an uplifting afternoon filled with heartfelt stories, laughter, and community spirit. Proudly supported by Zoom Energy, this special event raises vital funds for local women and children escaping domestic violence.

Hosted by media personality and women's advocate Renee Gartner, the luncheon promises an inspiring lineup of speakers. Rugby league legends Paul Sironen and Kurt Gidley will share powerful tales of resilience, leadership and mateship, while adventurer Michelle Lee – the first Australian woman to row solo across the Atlantic Ocean – will deliver a breathtaking story of courage and determination.

Adding a dose of laughter to the day is award-winning ventriloquist and comedian Darren Carr, whose quick wit and clever characters are guaranteed to entertain.



Guests will enjoy a delicious two-course meal, premium drinks, raffles, auctions and lucky door prizes – with every dollar raised going directly to the Great Lakes Women's Shelter, supporting women and children in crisis in our region.

Tickets are on sale now:

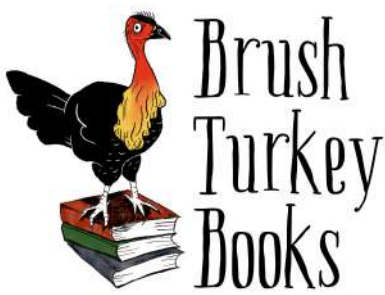
\$150 per person or \$1,300 for a table of 10.

For bookings, contact reception at (02) 6554 6477.

This is more than just a luncheon – it's a chance to connect, to give back, and to be part of something truly meaningful. Don't miss the opportunity to show your support for an essential cause in our community.

(See advertisement below.)

What is the Big Book Arvo?
Calling all book clubs and book lovers!
Established in 2015, the Big Book Arvo is one of the Midcoast's finest literary events. Join us for a social afternoon of lively discussion, fun and fundraising.
Three great books
Three wonderful authors
Three erudite panels
Three hours of great discussion
And one delicious afternoon tea
Saturday 9 August 2.00pm at Club Forster
Which books?
There are Rivers in the Sky by Gill Staples
Orbital by Samantha Harvey
Yellowface by R.F. Kuang



- new and used books
- new and used vinyl records
- board and card games

38 Bent Street, Wingham

Open Wednesday to Sunday ph 6551 4081

follow us on socials: @brushturkeybooks

GREAT LAKES Womens Shelter
FUNDRAISER luncheon
FRIDAY 25 JULY 2025
TUNCURRY BEACH BOWLING CLUB
Doors Open 11.30am for a 12noon start
Includes: 4 hour package including 2 course meal, beer, wine & soft drink
RAFFLES AUCTION ITEMS LUCKY DOOR PRIZES
All proceeds raised will be donated to Great Lakes Women's shelter.
Proudly sponsored by zoomenergy
TUNCURRY BEACH BOWLING CLUB
21 Parkes Street, Tuncurry NSW 2428
Ph 02 6554 6477 | www.tuncurrybeachbowling.com.au

Mixed bag and Feedback

Letters to the Editor

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



Above: A tree fallen at Pacific Palms after high winds from the coastal low during the end of June. Photo supplied.

Screen Reviews

TV Show Review by Leon Batman - Tuncurry

Mobland: Prime/Paramount - English crime drama, premiered March 2025, 10 Episodes



Mobland is a series you should take the time to sit down and watch. Two mob families, the Harrigans and the Stevensons, have the frail truce between them broken when the grandson of the Stevenson mob is murdered by the illegitimate son from the Harrigan mob. After a peaceful funeral for the Stevenson boy (attended out of respect by the Harrigan family) all hell breaks loose with the car bomb murder of the Stevenson Matriarch, planned by the conniving Harrigan Matriarch. As the two mobs try to kill each other off in tit for tat murders, a corrupt Police detective enters the fray hell bent on seeing the Harrigan bosses in jail by any means.

Great story lines with many twists and turns together with a great cast makes Mobland a must to watch.

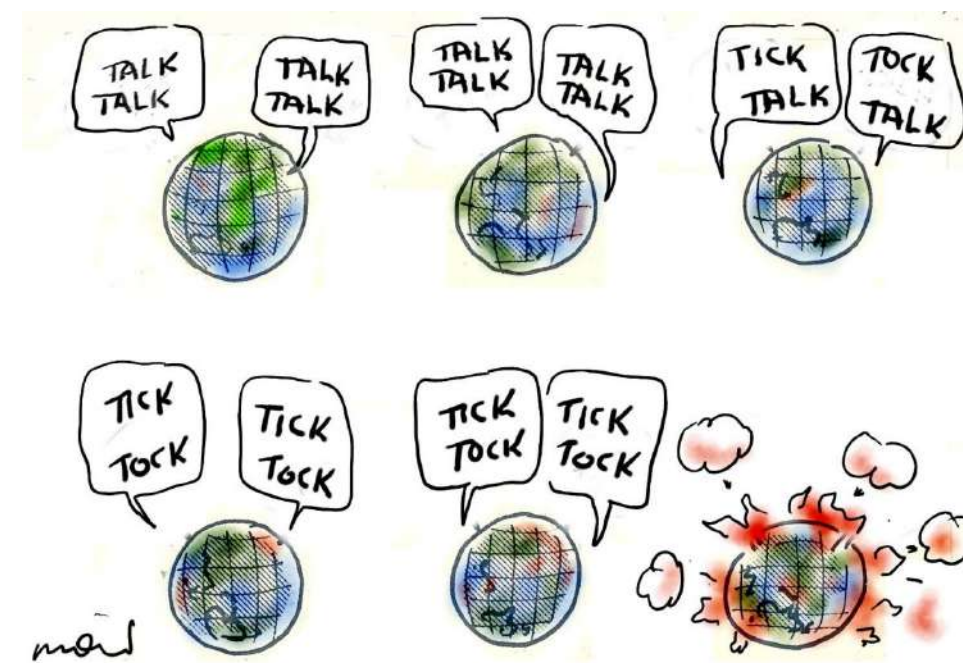


This City Is Ours: Stan - English crime drama, premiered March 2025, 8 episodes Renewed for a second season

Set in Liverpool, UK crime boss Ronnie Phelan is considering retirement, triggering a power struggle between his crime partner Michael and his ambitious son Jamie. After Ron Phelan is mysteriously murdered, the power struggle intensifies despite the Phelan Matriarch trying desperately to harbor peace in her crime family. Both players for the top job try to take each other out but fail and the desperate battle continues for control with an extremely thrilling climax in the season ending episode. The storyline has you continually thinking what will happen next to the very end, coupled with a great cast – making it another British crime drama to watch.

The Ghost Squad: Prime - English crime drama, premiered November 2005, 8 episodes

The exciting first episode has a police station in lock down after a death in custody. Detective Constable Amy Harris is accused of the death and proceeds to defend herself at the expense of her corrupt fellow police officers. The outcome of this is Amy is invited to join the Ghost Squad, a squad formed to investigate corrupt police officers. The following episodes are about Amy and the Ghost Squad investigating corrupt police officers. Elaine Cassidy plays a great part as Amy in this drama based on a real-life Ghost Squad.



Vintage Moir: www.moir.com.au

Vote for JJJ's Hottest 100 Australian songs

As part of their 50th birthday celebrations, triple j have launched the Hottest 100 of Australian Songs - a special edition countdown, dedicated to the homegrown artists and tracks that have resonated across generations, and helped define our nation's sound.



Voting is now open, so head to the triple j website or app to vote for up to ten of your all-time favourite Australian songs. You can vote for ANY Aussie songs, from timeless classics to current day anthems, as long as they were released before 19 January 2025.

Choosing only ten songs can feel like an impossible task, so get inspired on the triple j website with picks from a bunch of local icons and presenters.

The countdown kicks off on Saturday 26 July from 10am. Be sure to mark it in your calendar - it's going to be one for the books!

Vote now before 17 July at: https://hottest100.abc.net.au



Photo of a storm coming over One Mile Beach in June by Anita Toland.

Trades & Services/Public Notices

Precise Paint & Repair

35 Years Local Experience

- Residential Exterior & Interior Painting
- Drywall & Plaster Repair



Call us on 0477 916 167

Alternative TREE CARE

OUR COST EFFECTIVE TREE SOLUTIONS WILL SAVE YOU \$\$\$ INSURED PROFESSIONALS

SATISFACTION GUARANTEED

WE CARE ABOUT TREES

0431 042 221

Gutter Snipes

SOLAR PANELS, ROOF GUTTERS & DOWNPIPES CLEANING

Fast - No Mess
30+ Years Experience
Phone Peter on
0404 793 966



We encourage you to support our local advertisers who help make this paper FREE to pick up.

BD APPLIANCE REPAIRS

SPEEDY SERVICE

- In home service
- Pensioner discount
- Credit card facility
- Washing machines - Dishwashers - Dryers
- Free call with all repairs



Call Dave 0422 787 552

CARPENTER

- Doors & Fitouts
- Gyprock
- Decks
- Extensions
- Renovations
- Maintenance

30 years experience - Licensed - 290817C

Call Peter 0468 946 196

Witness Appeal
Motor Vehicle Accident in Forster

On 18 February 2025 at around 1:30pm, a motorbike and cyclist collided at the intersection of Head Street and Macintosh Street, Forster (NSW). The other party failed to stop or provide details.

The rider has suffered ongoing injuries. A formal claim has been lodged.

If you have any information that may help identify the other party, please contact George James Law Group 0493 054 887 or shsu@georgejameslaw.com.au

NEED A HANDYMAN?

- Garden maintenance
- Gutters cleaned
- Rubbish removed & more

No job too big or small.

Excellent pensioner discounts!

35 Years Local Experience

Call me on 0477 916 167



SPECIALIST PHYSIOTHERAPY

Mathew Smith



OPTIMISE YOUR RECOVERY WITH EXPERT HANDS ON ASSESSMENT

Mathew is a Specialist Musculoskeletal Physiotherapist. He provides experienced care of nerve, spine and joint pain, headaches, dizziness, vertigo, arthritis, complex conditions, concussion & sports injuries.

BOOK ONLINE OR CALL NOW

0480 581 487 https://specialistphysiotherapy.co



ALLAN PEARSE FUNERALS

(02) 6554 5433
118 Manning St, Tuncurry



We give you peace of mind.

- Australian family owned
- Forster / Tuncurry's only crematorium
- Tailored personalised service

Community News

www.forsterfortnightly.com.au

Page 20

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: vvaglfoster@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: vvaglfoster@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, 10am to 11:30am
Coolongolook 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
Breese 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

"Quilts of Love" Forster Arts & Crafts
Breese Parade, Forster 10am-12noon.
Last Friday of every month Feb-October.
Contact Christine 6557 5627

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

Community News

www.forsterfortnightly.com.au

Page 21

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

Dragon Boating

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

Forster Country Women's Association
CWA are serving Devonshire teas, 3rd Saturday
of month 9:3am – 11:30pm, Coolongolook Rm,
Forster Civic Centre. Enquiries: 0411 028 857

Forster parkrun community 5km run/walk
Pebbley Beach Playground off Head St
7:45am for 8am start every Saturday
facebook.com/Forsterparkrun

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

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

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

Forster Tuncurry Radio Sailing Club
Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

National Parks Association
Saturday walks in national reserves and parks
between Kempsey and Buladelah.
Contact Sue on 0416 074 026

Over 55s Forster/Tuncurry Social Group
Weekend meals at a local club or restaurant,
or a location about an hour's drive from town.
Contact Heather Yates 0414 507 781

Pickleball Tuncurry
3:30pm at tennis courts behind Sporties.
Enquiries: Sonia Rockley 0427 309 032

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

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

Sundays

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

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

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

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



Forster Tuncurry Mudcrabs Winter Swimming Club - 8:30am Forster Bullring every Sunday,
May till September. All ages, male & female
welcome. Contact Mark Linton 0402 045 718

Star Pet

**Name:** Maisie**Breed:** Miniature
Labradoodle**Age:** 8 years**Likes:** She loves to run
free and goes berserk
at the local reserve.
She also loves to be
around other dogs
and people.**Dislikes:** She is a
gentle dog and
doesn't like it if
someone or other
dogs are a bit rough
with her.**Claim to Fame:**
Maisie loves to travel
and is the perfect
companion. She will
happily sit in front
of the caravan and
watch the world go.
She doesn't bark at
anything and is such a
good dog.

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

Give the
grapevine
a miss

When it comes to the work
we're doing in your local
area, we know messages can
become mixed, and getting to
the facts can be frustrating.

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



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

midcoast.nsw.gov.au/Facts

**Your work in progress**

Our Local wildlife



By Kym Kilpatrick – FAWNA Hallidays Point

Fungi

There's been a lot of talk recently about fungi, particularly mushrooms. Australia is home to a vast number of fungi, an estimated 250,000 different species including about 5,000 mushrooms. However, many more are yet to be formally identified, and knowledge is still pretty limited not only of species but also their distribution, substrata (geological requirements) and habitats. As a result, it is often hard to impossible to tell if a given fungus is a native species or introduced (the now infamously toxic death cap mushroom, Amanita phalloides, is an introduced species originating in Europe but now found almost everywhere in the world except, reportedly, in South-East Asia – it grows under oak, chestnut and pine trees).

Fungi are neither plants nor animals, although recent DNA research suggests that they are more closely related to animals than plants. They are believed to have first colonised land 460 million years ago, evolving initially in the marine environment. They reproduce through microscopic spores, most often distributed through the fruiting bodies, i.e. the

mushrooms, puff-balls, brackets, corals, jellies and cups. These fruiting bodies typically grow quite quickly and are often brightly coloured.

Fungi also have a critically essential role in plant life and healthy eco-systems.

Saprophytic fungi –the largest group, are responsible for breaking down organic matter, i.e. dead plants and animals, including tree and plant-litter, animal bones and even faeces. As such they are the ultimate recyclers and without them we would be drowning in these substances. They do this by releasing enzymes that break down and digest the lignin, cellulose and chitin of the deceased life-form which then makes these compounds easily available to plants as nutrients. As such they not only reduce the accumulation of dead organic materials, they also provide the nutrients, including carbon and nitrogen, needed by other plants, including trees.

It is not the fruiting bodies, but the hidden entangled fine root-like threads or hyphae parts of fungi, known as the mycelium, that are the true superstars of the eco-system world. Almost all plant species have co-evolved with fungi and are critically dependent on mycelium as a result. Mycelium's role includes carrying

spikes of electrical potential which positively influences a range of cellular processes and responses including promoting the uptake of water and nutrients, promoting growth and building resistance to plant pathogens.

Mycelium is also an important food source for many soil invertebrates which in turn feed other animals such as predatory insects, insectivore birds and bandicoots to name a few. Soil invertebrates are the essential bottom rung of the food chain, without which the whole ladder is vulnerable to collapse.

Some fungi even have the potential to eradicate such pollutants as petroleum products and some pesticides unless, of course, the chemicals prove too toxic. And mycelium is used to create artificial leather which is cheaper to produce than animal skin leather, requires less hazardous chemicals, and is biodegradable as well. There is promising research that also suggests that mycelium grown in agricultural

waste can be used as alternative polystyrene and plastic packaging.

Not all fungi are edible of course, and some can cause serious injury and even death to not only humans, but our pets, and potentially our wildlife, particularly imported species such as death-caps. Nevertheless, they are the basic components of almost all life and, in their own way, many are quite beautiful.



Above: Believed to be a species of Russula mushroom, possibly Russula persanguinea. Photo by Brian Champion.

What is the home battery subsidy?

By Jo Lauder – ABC News

Slashing the price for home batteries was one of Labor's flagship policies during the election campaign.

With the election now in the rear-view mirror after an overwhelming win for the Albanese government, many Australians want to know more about the Cheaper Home Batteries Program.

We unpack how much it can save, when it starts, and how it can benefit Australians with and without solar systems on their rooftops.

What is Labor's home battery subsidy?

Labor's \$2.3 billion program applies to people with existing solar, or for those wanting to invest in a new solar-plus-battery set-up.

It won't be means-tested and offers a 30% discount on batteries for households, businesses and community facilities such as sports centres or town halls.

The scheme is being directly funded by the federal government, and will be delivered through the existing Small-scale Renewable Energy Scheme, which has been providing similar subsidies on solar for Australians since 2011 and is credited with driving the country's early uptake of rooftop solar.

"I think that this scheme is going to change Australia," said the CEO of the Smart Energy Council, John Grimes.

"If you deploy one solar panel or one rooftop solar system, it doesn't mean very much, but we've now deployed over 4 million rooftop solar systems.

"Combined, they have a greater energy generation than the entire coal-fired power fleet in Australia.

"We're going the next step and we're actually unlocking that and making it dispatchable so you can actually use it when you need the electricity."

According to Labor's modelling, households with existing rooftop solar could save up to \$1,100 extra off their power bill every year, and up to \$2,300 a year for those with new solar, about 90 per cent of a typical bill.

The discounts are based on the size of the battery and will apply for up to 50 kilowatt-hours.

What are the benefits?

Batteries help maximise Australia's solar energy, with the country having the highest rate of rooftop solar in the world. In Queensland and Western Australia, every second home on average has solar.

Australia is now in the situation where we have abundant solar power in the middle of the day, and homes with solar don't need any power from the grid and are instead sending their excess into the system.

But when solar production drops off in the evening, just as people return home, the electricity grid has a sudden spike in demand.



Solar households with a battery can charge it when they are producing more power than they need, and then use that solar power later in the evening, thereby reducing the amount of power being used from the grid at crunch times in the evening.

Think of it as time-shifting solar power from the daytime to the evening.

"It's like putting a rainwater tank on your house to capture water and then have it on tap when you need to drink," Mr Grimes said.

Using that stored solar power also saves on power bills.

What size battery do I need?

Obviously, every home is different and energy needs vary, but the Smart Energy Council crunched the numbers recently on household power usage and came up with this conclusion: the battery you need to lower bills is smaller, and therefore cheaper, than you might think.

It found that to avoid using power during that evening peak, over 90% of households could get by with a battery as small as 6 or 7 kilowatt-hours.

That's smaller than the average battery installation, with two of the most popular batteries in Australia being around 13 kilowatt-hours.

Mr Grimes cautions people to consider what suits them best.

"You get one chance to apply for and receive the rebate for your house. And so, really, people should be thinking about getting the biggest solar battery they can afford," he said average has solar.

"But the converse of that is, a small battery is better than no battery at all."

Batteries are usually "stackable" meaning additional capacity can be added at a later date but the rebate won't apply.

In terms of size, the intention isn't to go completely off-grid with a battery-and-solar system; instead, it's about maximising how

much of your own rooftop solar you can use throughout the day, reducing reliance on the grid and also thereby also reducing power bills.

However, if there's a blackout, homes can use their battery to keep the power going without disruptions, and in the event of a multi-day outage, like the recent ex-tropical cyclone Alfred, can keep the lights on for days.

How much does a battery cost?

Some of the most popular batteries currently in Australia, from BYD and Tesla, are both about 13 kilowatt-hours and cost roughly \$12,000 and \$14,000 installed, before any subsidies.

At the launch of the policy, Labor said the average saving would be \$4,000 off a typical household battery. Remember, other state subsidies could reduce the costs further.

The economic case for getting a battery will change for each household depending on their typical power consumption and solar production, so it's important to work out if a battery makes financial sense in your situation.

Household batteries are the same technology as electric car batteries, so the unprecedented growth in electric cars is also driving down costs.

"The competition in the market is really fierce. That's a good sign for consumers because it means there'll be a race to the top in terms of quality ... it produces competitive pressure in terms of price," Mr Grimes said.

How do batteries help the grid?

One of the caveats for the battery rebate is that they have to be compatible with virtual power plants, or VPPs.

VPPs work by coordinating household batteries and how they interact with the grid as a whole. For example, if there's a threat of a blackout, batteries could be instructed to push power into the grid to stabilise it.

Marnie Shaw, associate professor at the Australian National University's school of

engineering said, "More batteries will help displace coal from the grid entirely, reducing Australia's overall emissions."

What if I can't get a battery?

This scheme is great if you are one of the lucky Australians who own a home and can afford a battery.

There have been frustrations that renters and low-income home owners are missing out, and the Greens campaigned on a household solar and battery package for these groups.

Ms Shaw says the government funded a number of community batteries during the last election that help out all households.

"Those [community] batteries are important because they provide more equitable energy storage. You don't have to have your own house, you don't have to be a house-owner to participate in a community battery scheme," she said.

There's also been significant investment in grid-scale batteries, and Ms Shaw says household batteries were the missing piece.

"It's got to the point now with grid-scale batteries that they no longer need government subsidy. So it makes sense now that the government is shifting the priority to look at different scales of storage."

But even homes without a battery will still benefit from more of them around the country.

The electricity system works as a market, so when power demand spikes in the evening, the wholesale cost of power is driven up.

If more Australian homes have batteries, they won't be drawing power from the grid at those critical moments, leading to lower peak prices across the entire market.

The Smart Energy Council modelled what would happen to peak power prices if there were 1 million batteries installed in Australia, and found that it would save \$1.3 billion every year on wholesale power prices.

Plus, the electricity system is built to have capacity for those peak moments so lowering peaks means that less investment is needed for those maximums.

Battery boom by 2030

Labor is expecting to hit over 1 million new batteries installed under the scheme by 2030, a huge boost from the current estimate of 320,000, according to the solar consultancy Sunwiz.

Mr Grimes said, "Not only will it change Australia, but I think this program will actually change the world because the world will see what's possible when you unleash distributed renewable energy, empower individuals who are making their own investment and actually help them get over the line to do that."

"Australia's solar rollout leads the world and has driven prices significantly lower than in other countries."

Connected – Ash & Matt Birks

Interview by Vanda Gooley - Forster

Forster locals, Matthew Birks, 26, and his father Ashley Birks, 52, are both successful racing drivers with Birks Racing Team (BRT) and won impressive trophy collections. Matthew recently had a win at Mount Panorama, driving the Toyota Corolla built by his father. Ash and Matt are a definite team. Ashley has spent countless hours fine tuning the engine to ensure the car was in peak condition. All of which makes Matthew's success even sweeter. The Bathurst cup is now the third win in succession for BRT, following wins in the QLD State Series in 2024 and a convincing win at One Raceway, Goulburn in February this year.

Matthew: Matthew attended Forster Primary School then Forster High School until 2016. On completion of high school, he moved to Albury/Wodonga to pursue his passion of Motorsport. He studied at Motorsport Training Australia 2017-18. On completion of this, he moved to the Gold Coast and commenced an Automotive Apprenticeship. After a year, he decided that working on cars as a day job wasn't the future he wanted for himself. In addition to this, living away from his hometown (Forster) was making it more difficult to pursue his own hobbies in racing, as he didn't have the support network in his dad (Ash), his pop (also a successful driver) and other family members and friends. It was at this point that Matthew moved back to Forster and started an Electrical Apprenticeship with a small Lift Company in Gloucester.

Matthew said, "Ash is my father! I had little choice in this relationship with him." Their connection began for obvious reasons, through a father and son dynamic, but with many shared interests growing up.

Ash is in charge of all things racing and has veto rights on ideas/decisions. His mechanical aptitude, general knowledge, ingenuity and thriftiness is beyond measure. Matthew admires the time and effort Ash puts in to the race car, while still managing to balance work and family. Matthew and Ash have shared many adventures together - travelling as a family when Matthew's brother and he were younger, and many a weekend at racetracks back when Ash was racing and now, with Matthew.

Matthew said he and Ash are quite alike, with many shared interests and common traits. Despite their obvious close connection and mutual respect, Matthew said Ash's biggest weakness is time management, "He's confident he can do anything but unfortunately this



Above: Birks Racing Team (BRT) - Ash and Matt Birks after winning the Bathurst IPRA Cup.

doesn't mean you can do everything! In any of our joint ventures I try to be his manager (of sorts), he probably just sees it as me annoying the hell out of him!"

Matthew and Ash's greatest shared achievement (so far!) is winning the Bathurst IPRA (Improved Production Racing Association) Cup. This is a Grassroots Motorsport event, a very pure form of motorsport and one they have been involved with for a very long time. Some of Matthew's earliest memories are at the racetrack, this one in particular, so to share those moments there with Ash after all the effort they had both put into the car and all things surrounding it was surreal.

Matthew said what he values most in their relationship is their shared time together and communication. Spending nights in the shed and the drives to the track, thinking of new ideas and reflecting on old ones.

At this point in their lives, Ash has a new family in Deb and Evan (8). Matthew has just purchased a new house with his partner Ella. So, time together outside of their shared hobby

is becoming more challenging." Racing and motor sport has kept us connected to this day."

"I have lived in a few different places in Victoria, all of which were far too cold. My time on the Gold Coast, I found the summers to be far too hot. Everywhere I have lived I would compare to Forster. I always felt this was the place to be! I love living near the beach, which is interesting because I don't like going to the beach, I just like the salt air and the climate that living on the coasts brings, the lack of any real traffic is also a real plus."

Ash: Ash was born in Sydney and his family moved to the Mid North Coast when he was 9 years old. The family lived at Coomba Park and Ash attended Pacific Palms Public School and then Forster High.

Ash completed an apprenticeship as a light vehicle mechanic and spent about 20 years in the industry. He is currently employed as an industrial door technician and works on mine sites around the Hunter Valley.

Ash lives in Forster with his wife Debbie and their son Evan (8). Ash has 2 adult sons,



The Great Lakes College proudly presented The Addams Family Musical Comedy over three nights at the Forster Campus. The main roles were performed by Marniel Namocat, Casey Young, Slater Caldwell, Ashlyn Johnson, Oliver Castle, Eve Lloyd, Dani Martin, Kaylee Rands, Maxim Ceccato and Jarrah Verdich, supported by the Ancestors' singers and dancers. Photos from opening night, 26 June, by Mary Yule.



Speeches supporting Councilor Tickle’s motion for Manning Base Hospital funding at Council Meeting 30 June

My name is Eddie Wood, President of Manning Great Lakes Community Health Action Group. I come to speak in support of the notice put forward by Councillor Tickle.

We as a committee, have been strongly advocating for our community for the last 9 years for increased Health Care Funding and Clinical Services for the Manning Great Lakes Area.

Our community has without doubt been sadly forgotten and neglected in the provision of clinical service needs as well as adequate funding for the completion of Stage 2 and 3 of Manning Base Hospital Redevelopment in its entirety.

Our committee collected over 12,000 signatures requesting funding for Stage 2 and 3 Redevelopment. We and 20 community representatives from the Manning Great Lakes Area took the petition to Parliament and handed it to our local member Tanya Thompson on 8th May 2024.

On 8th August 2024 we were invited by Tanya Thompson to watch the debate with Health Minister Ryan Park present. Prior to the debate we had contacted members of all the major political parties seeking their support and all agreed.

Tanya Thompson led the debate and members of all political parties spoke in support of the petition.

When the vote was called it was unanimous that Stage 2 and 3 be completed in their entirety. It was inspiring to see all political parties coming together for our area.

In August 2024 we were invited to the Medical Staff Council Meeting attended by Hunter New England (HNE) Executive Team. They stated that the extra \$80 million our committee had advocated for would enable Stage 2 to be completed in its entirety and thanked our committee for our ongoing support.

On March 11th 2025 we travelled to Newcastle for a 2 hour meeting with HNE Exec Team. The first question we asked was how much money was required to complete Stage 3 of the Redevelopment, so that we could start contacting all political parties for support as we did with Stage 2.

To our shock and dismay we were told that there was not enough money to complete Stage 2 [see original plan below right] and no plans, costing or scoping had been done for Stage 3 at all. The reason given for the delay was Covid, increased building costs and new people in positions.

Sadly, what was clear from this meeting with the Executive Team is that there is a total lack of urgency and will to meet or fight for funding and clinical needs of our area.

What Stage 2 will now deliver:

- 3 floors of 28 beds instead of 4. Only a shell of 4th floor.
- A mortuary
- No new Pharmacy or only a shell
- No new Pathology
- No new ED and
- No proper connecting spine to remainder of hospital. Only a covered walk way.

What is needed:

• INCREASED BED NUMBERS - WE SHOULD HAVE A TOTAL OF 250 ACCORDING TO THE GOVERNMENT FORMULA.

- 3 floors will deliver 84 new beds. We have lost 72 beds in the last few years
- High Dependency Unit 8 closed
- Wingham Dementia Unit 16 closed
- Buladelah Hospital 14 closed
- Forster Private Hospital 20 closed
- Mayo Private Hospital 8 closed
- Gloucester Hosp Maternity 6 closed

- Extra Funding to complete Stage 2 & 3 in its entirety (at least \$350 million)
- Hybrid theatre
- Cardiac Cath Lab
- Urgent Care Centre Forster
- Urgent Care Centre Buladelah
- Dementia specific Unit

In clinical and financial terms, our community appears to be suffering (and not warrant attention for our health needs) because of our post code.

We have been through 3 disasters in 5 years where we have been isolated. When are the State and Federal Governments going to realise that our area's health needs can no longer be forgotten or ignored.



Above: President of MGLCHAG Eddie Wood.



My name is Murray Hyde Page, I have been an Orthopaedic Surgeon at the Manning Base Hospital for over 30 years. I am Co-Chairman of the Medical Staff Council.

Manning Base Hospital needs to be redeveloped to bring it up to a standard of comparable Base Hospitals, such as Port Macquarie, Tamworth and Maitland. Manning Base Hospital services a similar population of need and high level of disadvantage, aging and indigenous people. It includes all of Mid Coast residents.

To do this there is three stage process.

Stage 1

This was completed a few years ago costing \$40,000,000 (forty million dollars). It comprised of a:

- a) three-storey carpark costing over \$20,000,000 (twenty million dollars)
- b) a new building for Oncology and Chemotherapy imaging with CT and MRI scans, as well as Outpatient Clinics.

Stage 2

Stage 2 is just starting now. The old administration buildings are being demolished. Tenders are going out now but with inflation and delays, building costs have blown out.

As a result of this, there will be a three-storey inpatient Unit providing 84 beds that should be completed. However, the fourth floor at best will be a shell. The ground floor for Pathology, Pharmacy and Morgue will not be fitted out. A connecting spine for the rest of the hospital has been cut back to be a bare basic structure. This is what you get for \$180,000,00 (one hundred and eighty million dollars) and tens of millions of dollars more is needed. There was no extra money was in the recent State Budget.

Stage 3

This stage is meant to follow on from Stage 2, otherwise Manning Base Hospital will be left in disarray, and has not been developed yet due to delay in updated Clinical Services Plans which is still waiting for Ministry of Health approval.

At this stage the old, vacated Inpatient Unit will need refurbishing - including beds for Palliative

Care, Rehabilitation and upgraded Medical and Surgical beds.

The three Operating Theatres are 30 years old and no longer fit for purpose. A new six Operating Theatre block has to be built and this will include a hybrid multipurpose theatre.

We also need the following:

- a) an independent Day Surgery Unit
- b) increased Intensive Care Unit capacity
- c) redesign and expansion of Paediatric, Maternity and Special Care Units
- d) the Emergency Department needs to be expanded into the old, vacated Inpatient Unit to cope with the increasing numbers. This includes more room for ambulances where ramping is now commonplace.

Presently there is too much reliance on Mayo and Forster Private Hospitals for in-patient beds and surgical procedures. This is very expensive. It all needs to be brought back to the Manning Base Hospital Campus.

For stage 3 to be completed it is estimated another \$300,000,000 (three hundred million dollars) will be needed. Stage 2 is now due for completion by early 2028. Stage 3 nobody has any idea about its completion as it is purely a "concept" at the moment.

Conclusion

We are putting pressure on Hunter New England executive to get the Clinical Services Plan approved and planning done as soon as possible and they are supportive of this.

The funding must follow on and this is where the lobbying is important. We have to see the necessary funding in the 2026, 2027 and 2028 State Budgets.

Think in terms of \$300,000,000 (three hundred million dollars) plus!



Above: Orthopaedic Surgeon Murray Hyde Page.

119 entries - April's photo comp

By Keith Pascoe - Forster Digital Photography Club

April's photographic competition received 119 entries.

Open results

Merits: Feather Preening by Cozette Leonard (also Judges Choice) Lilac Breasted Roller by Cozette Leonard, Shyness by Yvonne Moule, Supported Housing by Dale Rabbett.

Credits: Afternoon Shadows and New Year Dance by Lyn Wilson, Outback Corellas by Michelle Alcorn, White Rays by Yvonne Moule, Sweetheart by Helen Walker.

Set subject - Mimimalism results

Merits: The Track by Dale Rabbett (also Judges Choice) The Pole Sitters by Anna McKendry, Old Fence The Coorong, Blue Pole by Yvonne Moule.

Credits: Hovering Arctic Tern and Y by Cozette Leonard, Court 2 by Grahame Wilson, Beach by Anna McKendry, Moon Rising by Lesley Walter, Gull Gliding by Yvonne Moule.

Below: Merit for "The Track" by Dale Rabbett (also Judges Choice).

Far below: Credit for "Outback Corellas" by Michelle Alcorn.



Book Review



Book review by John King - Pacific Palms Librarian

Child of the Jungle

One tends to forget the excitement that children so often have with each new day – sunshine, the sound of birds, of the wind in the trees, the sky and clouds, of swimming, mud slides and exploration. All these come through so strongly in Sabine Kuegler's autobiography Child of the Jungle. From the age of seven (in 1980) to sixteen, with a couple of years away in her early teens, she and her elder sister and younger brother grew up in the most remote valley of Irian Jaya/West Papua with a tribe of Papuans who until very recently were unknown to outsiders, and conversely knew of no one outside their valley. Her parents (as part of a broader anthropological group) went there to record the language of the Fayu and their culture.

Sabine was a very independent child – her mother might have said wild - collecting all sorts of animals and insects. Her mother rejected keeping a crocodile in a bucket, and Sabine herself realised that the enormous spider with its red and blue and green colouring was probably highly poisonous and not a specimen for her live collection that included a cuscus.

The Fayu's tribal culture - and there were four sub-groups – was one where death (whether by warfare or they believed by a curse) required retribution on some member of the other group with the result that a tribe of thousands was by then, only hundreds. Wife kidnappings were common. Yet, they did change. Sabine's father showed another way – of forgiveness rather than retribution – which allowed the elders to break out of their traditional behaviour. It was a truly remarkable achievement enabled in part by the wisdom of one chief in allowing the Kueglers to build a hut in neutral territory thus allowing interaction of the clans without hostility leading to warfare.

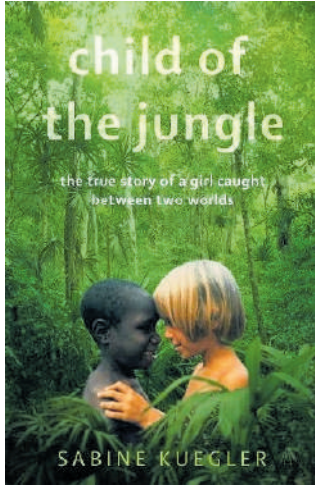
For Sabine, the jungle and her native friends were home and her time in Europe with school

in Switzerland never gave her a sense of belonging in the western world. Getting on a bus was frightening, crossing a busy road even more so. Her book is explicit in the trauma and travails she went through in trying to adapt. Going back for a period reinforced that she and her childhood friends had grown up and changed even though they embraced her as family. It was not her future - but neither was western society home.

Her parents returned to the Fayu to continue their work and her mother set up a school to teach the Indonesian language, writing and arithmetic. The parents were very proud of their children's achievements. Sabine makes the point that at some stage, the Fayu could never have remained isolated from the outside world. The book does not attempt to answer the question of what transition tribal children so educated could make into a western/ Indonesian oriented culture. Maybe the many Australians who have lived and worked in PNG can provide some insight here.

I found the book immensely interesting, quite outside my experience, though perhaps not my wife's, who spent much of the 1970s in PNG.

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.



Above: The Manning Great Lakes Community Health Action Group collected over 12,000 signatures requesting funding for Stage 2 and 3 Redevelopment. We and 20 community representatives from the Manning Great Lakes Area took the petition to State Parliament and handed it to our local member Tanya Thompson on 8th May 2024. Photo by Mary Yule.



Forster Surf Club 2025 Awards Presentation

By Annie Evans - Forster Surf Life Saving Club

Forster Surf Life Saving Club has had much to celebrate from the 2024-2025 surf season.

Major rejoicings were the opening of the new surf club house at the commencement of the season, the mid-season award of the National Emergency Services Medal to Julie Wilcox, and the recent inflatable rescue boat (IRB) racing to success of Simon, Beth and Sophia Lee, in taking out 3rd place overall in the 45+ Tube event at the Sharkskin 2025 Championships. This was achieved after 4 rounds of competition – Ocean Beach, Fingal Beach, Avoca Beach and Warilla Beach.

Sunday, 22th June 2025, saw the club's successes in keeping Forster Main Beach safe throughout the last surf season being acknowledged at the surf club's Annual Presentation Evening. The evening was hosted at the Forster Surf Life Saving Club.

In keeping with tradition, the evening was chaired by youth surf life savers. This year it was Sophia Lee, Sasha Belic and Dylan Kinkade.

In his Presidential Address, John Quinn thanked all club sponsors as well as the volunteer lifesavers for their 7356 hours of beach protection, then congratulated the 2024-2025 award winners who were soon to be announced.

Awards for most patrol hours for males went to John Quinn (77.5 hours), Joe Williams (74.5) and Wally Litwin (62.5) and Karen Kelly (61

hours), Beth Lee (60.5) and Janet Litwin (58.5) for leading female patrol hours.

For his supportive role across multiple facets of the Forster Surf Club, Joe Williams received the Club President's Award, in its 20th presentation.

In recognition of decades of contributions to the Forster Surf Club, four members were raised to the status of life members: Ron Hartley, Jim Wills, Denise Morgan and Dave KeatingJim Wills, Denise Morgan, Dave Keasting and Ron Hartley.

Other awards were presented to those who completed 100% Patrol Hours, Patrol Captains and the Surf Sport Award to Dylan Kinkade for his brilliant season in state, national and international beach sprinting and flags events.

The final, and most prestigious award, the Gordon Godwin Club Person of the Year Award went to Beth and Braydan Lee.

With the core business of any surf club being the protection of lives, the Director of Education, Jim Wills, recognised those members of the club who gained new lifesaving awards throughout the season.

Director Wills acknowledged that many of our new award recipients had to train prior to the surf club courses to improve their swimming ability to a sufficient level and then after all this hard work, put their new abilities to the test in the surf, towing other swimmers with rescue tubes and paddling them in on rescue boards. "Their competence as lifesavers and



Above: Beth and Braydan Lee - both won the most prestigious Gordon Godwin Club Person of the Year Award. Photo supplied.

to contribute to the core business of our club – the prevention of drowning deaths at Forster Beach."

During the 2024-2025 surf season, 41 new awards were earned by existing and new members of Forster Surf Club. These included 4 new Bronze Medallions/Certificate II in Public

Safety (Aquatic Rescue), 5 new Surf Rescue Certificates, 5 new IRB Crew Certificates, 2 new Silver Medallion IRB Drivers, 4 new Silver Medallion Patrol Captains, 9 new or updated Provide Advanced Resuscitation and Oxygen Therapy Certificates, 11 new or updated Provide First Aid Certificates, 1 new RWC Operator and 1 new Facilitator RWC Operator.

Jim concluded by saying, "As always, I am indebted to our trainers, particularly Ric Brennan, who, like myself, has spent many hours training new and current lifesavers, ensuring that our club remains a viable lifesaving organisation into the future."

In her first attendance at a Forster presentation night since becoming the Federal Member for Lyne, Alison Penfold commented, "How wonderful to see this club house completed. It is testament to so many who are present here tonight. It will provide a wonderful heritage."

"The surf life saving organisation serves to complement the other emergency services who have done, and continue to do, so much to save lives and help others across our region."

Local Reece Dodds finalist in 2025 Rotary NSW Emergency Services Community Awards



Above: Reece Dodds. Photo supplied.

Rotary International South Pacific and Philippines Office - NSW

Minister for Emergency Services The Hon Jihad Dib announced the 28, 2025 Rotary Districts of NSW Emergency Services Community Awards (RESCA) finalists on 25 June.

RESCA is a community-nominated Awards and is the only time all Emergency Services personnel, both paid and volunteer, are recognised in a combined awards program.

Minister Dib said the awards are a fantastic opportunity to shine a light upon the enormous contribution of emergency services workers. "The community have the expectation, quite

rightly, that whenever they are in need of emergency response to fire, flood, accident, water-based incidents or medical emergencies, that the first responders will be there to assist. They put themselves into the forefront of danger or as the first responder to save lives, without fear or a thought for the risk they face, in many of these situations."

Forster local, Reece Dodds has been named a finalist in the Awards.

Reece Dodds is a committed Patrol Officer with Cape Hawke Surf Life Saving Club, serving the Forster community and broader Lower North Coast region for the past eight years.

Reece plays a critical role in coordinating patrol rosters for over 100 active members and contributes extensively to lifesaving education and surf sports.

Minister Dib acknowledged that the awards are the community's way to say thank you to these amazing examples of the Rotary motto of "Service Above Self" and recognize their contribution to their communities in so many other ways.

Winners for each service, plus two special overall winners, will be announced at an Awards presentation on Saturday 2 August 2025 at Bankstown Sports Club.

From Bulls to Clam Raiders: Dolphins dig deep in rollercoaster fortnight

By Chris Simons – Forster Tuncurry Dolphins

Vs Wallamba Bulls

In rugby, the line between triumph and turmoil can be as fine as the stitching in a pair of budge smugglers—and the Forster-Tuncurry Dolphins have been dancing on that line over the past two weeks.

Coming off a resounding 38–7 win over rivals the Manning River Ratz, the Dolphins hit a roadblock against the reigning premiers, the Wallamba Bulls on 21 June. At Nbiac's Aub Ferris Oval, Forster-Tuncurry's unbeaten streak came to a shuddering halt as the Bulls flexed their championship muscle in a commanding display.

With key players including captain-coach Blake Polson, Ben Manning and strike weapon Callum Crawford-Walker sidelined, the Dolphins were short on artillery. An early fumble on the kickoff left them trapped in their own half, absorbing wave after wave of Bulls pressure. Despite gutsy efforts from Kaleb Trudgett, Reef Cato-Symonds and Harrison Temple, the Dolphins struggled to stem the tide. Wallamba capitalised with ruthless precision, reminding everyone why they're talked about as premiership favourites.

Vs Old Bar Clams

Against the resurgent Old Bar Clams, the Dolphins attempted to steal the game at the

death. On a surprisingly dry Trad Fields, Forster-Tuncurry and the Old Bar Clams went toe-to-toe in a gritty 22-all draw that left no muscle unbruised and coach Polson reaching for the Panadol.

Returning utility Jacob "Kiwi" Williams had an absolute belter. Whether he was bending the line, chopping down attackers or at the top of the line out, Kiwi was everywhere. The forward pack dominated the set piece, with hooker Sam Laurie playing his finest game yet and the Thomas brothers—Tim and Matt—proving a dynamic force both in open play and at scrum time.

Despite falling behind early to the Clams penalty, the Dolphins refused to roll over. The final whistle didn't even stop them. Down but not out, Forster-Tuncurry's best rugby came in the dying seconds, with Liam Harris dotting down in the corner to level the scores in a thrilling finish.

Finding a way yet again, the Dolphins are still well in the hunt—with some key chess pieces to return in the coming weeks, the pod is looking to start round three with a bang.

Mark your calendars for Saturday, July 19th: it's Ladies Day!

A celebration of the amazing women who support our club and community—expect bubbles, banter, and fashion that might just outshine the footy. Keep an eye on our Facebook page for ticket details.



Above: Spot the ball! The Dolphins drew with the Clams on 28 June. Photo by Mary Yule.

Forster Triathlon Club End of Season Presentations



Left: Louise and Rod Every - exiting club committee members. Photo supplied.

Of particular significance, Life Members Richard and Tracey Sewell from Cundletown stepped down from the committee after being involved for no less than 24 years. As those who've been involved in community committees knows, the time stacks up and the thanks are often few and far between for the work you put in. The club would not have survived without them. They have given so much and the club is super grateful for it! As well as Richard and Tracey, the club would like to thank Louise and Rod Every and Emma Sewell who also stepped down from formal positions within the club at the end of the last season.

The major club awards were also presented, with Damien Hiles for the second year in a row securing Triathlete of the Year, Maddie Every winning Junior Athlete, Bruce Hopper also for a second year in a row was rewarded for his contribution to the club with Club Person of the Year, and for the Most Improved Athletes Nicole Ingram and Angus Westaway were our club's biggest movers over the last season.

Forster Tri Club will be back in August with its first duathlon. Then when spring hits, the triathlons and aquathons will commence. Angus Westaway has joined the committee this season, bringing plenty of experience with community recreational programs. He will be

By Aaron Eichner – Forster Triathlon Club

On Saturday evening 28th June, the Forster Triathlon Club held its End of Season Awards Ceremony at Club Forster, also a club sponsor.

At the presentations the club acknowledged its major sponsors Beach Bums, The Physio Clinic Tuncurry, Club Forster, Life Skills for Kids as well as said goodbye to some exiting committee members and welcomed some new ones in.

Annual Waugh Curry Cup



(Above: L-R) Steve Fitzgerald, Chris Garroway, Doug Holmes and John Thurgood. Photo supplied.

The result created some history with a draw after the two rounds. 70 players bravely teed off in cold and rainy conditions, but upon completion of their round were warmed up by a magnificent BBQ lunch prepared by our wonderful volunteer ladies, followed by a monster raffle and prize giving.

Wauchope was represented by their Club captain Greg Stewart who thanked our committee and confirmed our great relationship over the years. The day was once again sponsored by Evermore Solaris Retirement Living and we thank Chris Garroway for their continued support.

For membership enquiries to our great Club contact Forster Golf Club directly.

By David Blanchard - Forster Men's Vets Golf

On 30 June, the Wauchope Golf Club Vets were welcomed to our Tuncurry course to finalise the annual Waugh Curry Cup (short for Wauchope and Tuncurry).

June Social Golf Club results



Above: Wayne Richards, Allan Bowden & Marlene Meyer.

ball aggregate Stableford/2 players.

Results:

Mens: 1st Peter Wilson, Alan Brinckley 70, 2nd Grant Mathews, Wayne Richards 66

Mixed/Ladies: 1st John Burgess, Kim Clark 68, 2nd Darryl Fahey, Linda Barr 61

Nearest to pin 2nd shot:

Hole 4: 1 div. T. Harrison, 2nd div. P. Wilson, Ladies R. Poole

Hole 14: K. Woods, P. Wilson, K. Clark

Hole 16: G. Mathews, J. Lovegrove, L. Barr

Next game

Our next game is on 13 July at Forster Golf Course for a single Stableford event. 7.30am for an 8am hit off.

For all enquiries contact Ken Woods on 0401 767 257.



Above: Major Award Winners (L-R) Damien Hiles, Bruce Hopper, Angus Westaway, Nicole Ingram and Maddie Every. Photos supplied.

taking charge of the junior program this year with a development program for kids and youths. So, if you know a youngster that's after something a bit different, keep an eye out on our club facebook page or website for the upcoming development squad.

As always, the Forster Tri Club welcomes all new members, volunteers and visitors in the upcoming 25-26 season.

www.facebook.com/forstertriclub



Above: Life Members and long-term committee members Richard and Tracey Sewell with current Club President Aaron Eichner (in the middle).

Graham Barclay Tackle World Report

The past couple of months have been drastically affected by weather, but things are starting to look up..

Estuary/Lake: The lake copped a flogging with freshwater, which shut a lot of the fishing down and pushed many spawning fish out to sea quicker than their usual run. Fishing for bream has been a bit tough, but these little silver warriors are always hungry. You'll usually find fish willing to take a lure or bait—try around the edges of Wallis Island, oyster leases, bridge pylons, and the breakwall.

The flathead bite has slowed, but we're still finding patches holding good numbers. They're eager to jump on a lure or bait drifting with the current. Fish up to 80 cm are still being landed, so don't be afraid to throw bigger lures into the shallow sand patches near oyster leases. The flats behind Lanis have produced good fish in recent trips.

Breakwall fishes have reported an abundance of mulloway. No monsters, but some boats are landing 20–30 a session—which is wild! Bigger fish up to 120 cm are in the mix, but getting past the pickers is one of the many challenges.

Snapper fishing has been red-hot, with boats bagging out and reports of nothing under 60 cm. The standout lure this season is the Raid Super Fish Roller in 6.5". It never hurts to drop a Kabura/Inchiku jig and leave it in the rod holder—our mate Rodney (the rod holder) often out-fishes us! The Glowbite Grumpy Fish is hands-down the best jig right now, with its flashing LED eye, rubber skirt, scent chamber, and rattling "dinner bells."

Offshore and rock fishes are having a ball with longtail tuna. These speedsters have thickened up recently, with reports from Blackhead to Seal Rocks of tuna smashing lures and live bait. Cobia have thinned, but a few 30+ kg bruisers are still around giving LBG anglers a workout.

Whether it's chasing bream and flathead off local wharfs with the kids, or heading out for snapper, kingfish, and tuna—or even deep dropping for bar cod and other toothy critters—Barclay Marine / Tackle World Forster has you covered. Your one-stop shop for everything boating and fishing.

Kurt Smart with a cracker Long Tail Tuna off the rocks



Aisha with her first snapper on a Glowbite Grump Fish Lure



Proud Sponsor
Graham Barclay Marine
129 The Lakesway, Forster.
www.barclaymarine.com.au
P: 02 6554 5866

Cape Hawke SLSC hosts NSW IRB Championships



Left: Cooper Sweeney and Jarrah Verdich getting 'air'.

So, it was for three days from Friday June 27 to Sunday June 29, that One Mile Beach at Forster again had the sound of its surf drowned out by the chaotic mechanical cacophony of screaming outboard motors during the finale of the 2025 Sharkskin IRB Championships.

The orange and red IRBs are an ubiquitous part of beach rescue patrols due to their speed, manoeuvrability, ease of handling and capacity to operate in a wide range of conditions.

Belinda Cooper, Surf Life Saving (SLS) NSW Competitions and Event Staging Coordinator, was impressed that 2025 championship entries on One Mile Beach were up by 10% over last year.

"There were 400 competitors who have come from 18 NSW surf clubs. Through multiple event nominations by these people, there have been 750 individual team entries within 168 varied rescue scenario races in all events over the three days. We are ever mindful, however, that the purpose of any surf sport is to hone the rescue skills of our surf life savers."

"We are extremely fortunate to have surf clubs such as Cape Hawke who have the physical site and personnel capable of holding this event. We are also fortunate to have Sharkskin water sports apparel as the naming rights sponsor, and for the support of the MidCoast Council."

The local participating team was entered as Forster Surf Club but, in fact, it was a composite team from the Lower North Coast SLS Branch. The fifteen team members were drawn from Forster, Cape Hawke, Black Head and Pacific Palms Surf Clubs.

Reaching five finals and recording 4th, 5th, 6th and 7th places, team stalwart Beth Lee said, "It was an awesome team effort with many inexperienced participants being mentored by seasoned veterans."

"Our branch has the smallest number of surf life savers in the state and we are proud of our placement of 11th in the field of 18 competing teams."

It was the powerhouse Caves Beach Surf Lifesaving Club IRB team from Newcastle who maintained their dominance in this event by repeating its 2024 victory. Caves Beach took out first place with a dominant 151 point, followed by Thirroul Surf Life Saving Club on 92 point and Kiama Downs SLSC with 81 points.



Above: (Back) Aria Tritico (front) L-R Zach Forrester, Levi Dodds, Piper Marshall, Harper Dodds & Kaylee Rands were part of the green shirt volunteers. Photos supplied.

By Annie Evans - Forster Surf Live Saving Club

As opposed to the challenging, and at times dangerous, conditions during the 2024 Sharkskins NSW Inflatable Rescue Boat (IRB) Championships at Cape Hawke Surf Club, Patrick Boddan of Surf Life Saving (SLS) NSW Media and Communications commented, "The 2025 conditions were quite benign – the weather was good and the surf provided enough of a challenge to separate the best from the rest."



Above: Cape Hawke SLSC President Gary Curtis.

By Karen Rands – Cape Hawke Surf Live Saving Club

Cape Hawke SLSC had the honour of hosting the Sharkskin NSW IRB Championship finals over the weekend – and what a weekend it was! With picture-perfect weather and excellent surf conditions, the event ran smoothly and showcased the best of IRB racing.

For his club's part in another hosting of this championship, Cape Hawke SLSC President Gary Curtis was full of praise for his 'green shirt' workforce who had been preparing for the championship for a number of weeks.

"From preparing food for officials and manning the BBQ, to helping with boat logistics and countless behind-the-scenes tasks – your efforts did not go unnoticed."

"Thank you to everyone who helped make the weekend such a success. We're proud to have been part of such an exciting and well-supported event!"

75

THE HEROES WHO MADE US

— ON TOUR —

FEATURING OVER 1000 PERFORMERS FROM AROUND THE GLOBE

THE ROYAL EDINBURGH MILITARY TATTOO

BRISBANE 2026

Presented by **RACQ**

FEBRUARY

SUNCORP STADIUM

EDINBURGH TATTOO

ALL-INCLUSIVE COACH TRIP

15 to 16 Feb 2026

INCLUDES

- TATTOO Premium Seats
- 4 Star Accommodation
- Buffet Breakfast
- Qantas Flights
- 5 Star Coach Transport
- Airport Transfers

DEPARTS: Forster, Tuncurry, Failford, Hallidays Point, Taree

\$1320

2 DAY PACKAGE

BOOK TODAY WWW.TRAVELWISE.NET.AU CALL 6 552 9 114

\$7499

17 DAY PACKAGE

TASMANIA

ALL INCLUSIVE COACH TOUR

24 Oct to 09 Nov 2025

Join us on this most ambitious, fully guided adventure of our last frontier.

Burnie, Wynyard, Cradle Mountain, Strahan, Queenstown, Derwent Bridge, New Norfolk, Hobart, Mt Wellington, Bruny Island, Port Arthur, Mona, Richmond, Ross, Bicheno, St Helens, Bay of Fires, Pyengana, Bridestowe Estate, Launceston

INCLUDES: Coach Transport, Accommodation, Meals, Tours

COACH DEPARTS: Forster, Tuncurry, Hallidays Point, Failford, Taree

smart people

TRAVEL WISE

BOOK TODAY WWW.TRAVELWISE.NET.AU CALL 6 552 9 114