

Amazing fishing
adventure! p10

Local Identity
Cooper Smeaton p21



Star Pet
Fran p19



Forster Fortnightly

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Community invited to learn more: Stage Two Manning Hospital Redevelopment

Office of Ryan Park – NSW Minister for Health and Regional Health

The Taree and Lower Mid-North Coast community is invited to learn more about Stage Two of the Manning Hospital Redevelopment at two drop-in sessions to be held in late July.

Minister for Regional Health Ryan Park stated, “Investment in the region will deliver modern hospital and health facilities to help meet the future needs of communities in Taree and the wider Manning Valley region, including Forster-Tuncurry.”

The redevelopment forms part of the NSW Government’s \$180 million Lower Mid North Coast Health Services project, enhancing health services available for the region.

At the drop-in sessions the community will have the opportunity to ask questions and learn more about the hospital redevelopment.

People are invited to attend the following locations on Wednesday, 30 July:

- Taree Regional Art Gallery - 11:00am to 2:30pm.
- Taree Central Shopping Centre (outside Big W) – 3:00pm to 5:00pm.

The redevelopment will deliver a new three-storey inpatient unit, housing contemporary clinical and support services, including an enhanced close observation unit for patients with cardiac disease.

The redevelopment will deliver on priority areas of clinical need and is being built with expansion zones to enable further works to be completed in the future.

Enabling work to prepare the site for construction is already underway, including the demolition of the administration building, as well as relocating two bulk oxygen tanks.

The planning application for the project will be on public exhibition for feedback later this year.



NAIDOC Week

2025 marks the 50 Year Anniversary of NAIDOC week which celebrates and recognises the rich cultural history that makes Australia unique. Photo from NAIDOC Community Day at Tobwabba Reserve, Forster on 9 July 2025 by Mary Yule. More photos on page 8.

Timeframes for the main works construction will be confirmed once planning has been finalised and a main works builder engaged.

The Lower Mid North Coast Health Services project is being delivered by Health Infrastructure in partnership with Hunter New England Local Health District. Planning continues for health services in Forster-Tuncurry, with community stakeholder consultation currently underway.

For more information about the project, email HI-manningforster@health.nsw.gov.au or visit hneinfra.health.nsw.gov.au/projects/manningforster

Funding shortfall for Manning Base Hospital Redevelopment

On 30 June Councillor Tickle gave a Notice of Motion at MidCoast Council Meeting

Background

Since 2016 there has been a concerted effort by the Mid Coast Community, lead primarily by the Manning Great Lakes Community Health Action Group (MGLCHAG), which included a petition lodged to the Parliament calling for adequate

funding to complete the Manning Base Hospital (MBH) re-development in its entirety.

While 100 million dollars was pledged by the previous state government, the appropriation of those funds did not occur until four years after the announcement by which times costs had blown out resulting in an additional 80 million dollars being provided by the current Labor government.

Continued on page 3.



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Photo by Patricia Macvean.

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

Tower top teamwork: first responders unite

By Diane Hallam - Marine Rescue Forster Tuncurry

A huge shoutout to Forster/ Pacific Palms SES. When our anemometer - that trusty rooftop device tracking wind speed and direction - ran into trouble atop the Marine Rescue Forster Tuncurry tower, we faced a challenge. None of our volunteers currently hold a valid Working at Heights certification, and accurate wind data is vital to keeping our crews and community safe.

Enter our first responder mates at Forster/Pacific Palms SES, who swooped in like the legends they are! Armed with advanced training, certified safety equipment, and their trademark dedication, they tackled the repair with precision and care.

Just like Marine Rescue, SES volunteers hail from all walks of life, bound by a shared spirit of service and a fierce commitment to our region's safety.



A heartfelt thanks to our NSW SES Forster Pacific Palms Unit with Unit Captain Doddy and crew - Lindsay, Nick, and Ngawai, for their teamwork and generosity. Efforts like theirs remind us what collaboration really means: shared goals, trusted partnerships, and people stepping up when it counts.

Teamwork like this keeps our coast safe - and our hearts full.

Funding shortfall for Manning Base Hospital Redevelopment

Continued from page 1.

Unfortunately, that amount has also fallen short of what is required to meet the stage 2 proposed works resulting in a re-scoping of the current works underway.

Council has taken an advocacy role in support of the community during the previous term of Council which has continued.

The community has expressed its dissatisfaction over less than equitable resourcing for this area and has called on Council to again advocate on behalf of its community.

Notice of Motion

"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 redevelopment."

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

Eddie Wood (President of MGLCHAG), Murray Hyde Page (Orthopaedic Surgeon at MBH) and Dr Sesh Narasimhan (Cardiologist at MBH) each gave a public forum speech at the Council meeting in support of Alan Tickle's motion. Eddie Wood and Murray Hyde Page's speeches were published in our last edition. (see "Publication Archives" tab at www.forsterfortnightly.com.au)

Below is Dr Sesh Narasimhan's presentation.

Dr Sesh: Thank you for the opportunity to meet all of you. It's been wonderful to finally come and meet the council. Before I start, I want to acknowledge the traditional owners of the land I speak upon. I've met four health ministers and I've presented in two parliamentary inquiries. I can see a few of my patients sitting in this room. I'm here as a doctor for this community. My children were born at this Manning Base Hospital. I'm part of this community. We need all the help we can get.

My colleague Murray Hyde Page has eloquently described the issue of lack of funding for

local facilities at Manning Base Hospital and I can answer questions as well. I'm here as a cardiologist, the first to ever live and work in this region. I have a large population of patients all the way from Kew down to Stroud. I've publicly stated that I've been applying to get a second cardiologist to come and work in Manning here for eight years. Unfortunately, nobody wants to come here. My working week is 80 hours, and I can't cut back because I have the moral dimension to protect patients which is what we all signed up for when we chose to do medicine. People are waiting to see me in November, December which is too long. The Heart of Inequality Study published 2019 clearly states that the worst cardiovascular outcomes in regional Australia are in the Federal District of Lyne. Our patients are not receiving current, guideline directed contemporary care and are disadvantaged due to rural setting, geographical isolation, and a suboptimal facility.

I helped prepare the Clinical Services Plan (CSP) with consultation for Hunter New England Health (HNEH). [The CSP is the vital document that forecasted and planned for the future needs of the Manning Great Lakes area. The document showed exactly what money was needed from the government.] We addressed a lot of sub-specialities which needed funding specifically aged care and cardiology, two areas that our population has a great need for in this region. Despite providing this comprehensive CSP document, we have been informed that the submission by HNEH to the Ministry of Health was hampered by time delay. This unfortunately has resulted in the funding needs for Stage 2 and Stage 3 not be factored into the latest budget plans. Decision and policy makers do not have a clear understanding of the clinical needs, and this unfortunately prevents progress.

Before coming into this meeting, I had to stand outside and take phone calls about two separate heart attack patients. After my presentation, I will have to go and review them in ED (Emergency Department). If any of you plan to have a heart attack now, please don't! Be reassured, I'll save you but with a lot of

difficulty. I'm here as a cardiologist and I'm here to fight for my sub-speciality. If we improve the hospital and bring it up to code, I am confident I can have not two but three colleagues to work with me. They can support the community. I'll take any questions now.



Above: Dr Sesh Narasimhan, cardiologist at Manning Base.

"Despite providing this comprehensive CSP document, we have been informed that the submission by HNEH to the Ministry of Health was hampered by time delay. This unfortunately has resulted in the funding needs for Stage 2 and Stage 3 not be factored into the latest budget plans," said Dr Sesh.

Mayor Pontin: Thank you very much. Councillor Tickle.

Councillor Tickle: Thank you, Mayor. Thank you, Dr Sesh. Just in relation to the Clinical Services Plan. Could you describe what a hybrid theatre is? What would mean as in Stage 3 and how crucial that is?

Dr Sesh: Thank you very much. Standard operating theatres are 53 square metres. A hybrid operating theatre is 55 plus square metres because it allows a complete anaesthetic unit to be placed. The operating theatre table, or gantry as we call it in my world, is identical to Dr Hyde Page's operating table for hips and knees, etc. The advantages

besides having the same table and an anaesthetic unit is it has an image intensifier which can be used to image the coronary arteries (heart blood vessels), image the hips and knees, etc. Being a multipurpose facility: on Monday, a doctor can do gastroscopy, on Tuesday a doctor can do renal biopsy, on Wednesday a doctor can do angiogram and stenting, on Thursday a doctor can do his hips and knees and on Friday other procedures can be done. Beside supporting the community needs, the hybrid theatre will pay for itself, and we can move from the "red to the black". I submitted a detailed proposal in 2013 and if this was accomplished, we would've been far better off by now. The set-up cost for a basic hybrid theatre in 2013 was 2.5 million. It's now over 6 million because of the 34% increase in building industry costs. All of this should be about patient care and not about politics and power.

Councillor Tickle: So, say we had at the moment a patient with a heart attack go to John Hunter Hospital. With this facility [better funded Manning Base], would you not have capacity to stent and potentially save lives in that place?

Dr Sesh: Thank you. 100%. So, in 2014 to 2018 we had the same discussions. We spoke with the public hospital. They refused. So, we went to the private facility locally and we had a successful program where the patients were treated locally, keeping the concept of treating locals locally. I was reviewed by two separate cardiologists from Sydney who identified no safety issues with having a cath lab in Taree. [A cath lab is short for catheterization laboratory: an examination room with diagnostic imaging equipment to look at the arteries and chambers of the heart.] But to answer Councillor Tickle's question, 100%. So, if somebody needs to go to the John Hunter Hospital, it doesn't happen immediately. We must call the patient flow unit, wait for a call back and then present the patient for the handover. This is not a quick process. Then we must find an ambulance. If one ambulance leaves to take one patient, then

Continued on page 30.

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Pet of the Fortnight

Margaret Steel - Animal Welfare League NSW: Great Lakes/ Manning Branch

Meet Checkers

Meet Checkers, an approximately 12 month old black and white slightly fluffy male with all his vet work done, and at just \$100 is an absolute bargain. Vet work includes desexing, vaccination, microchipping and flea/ worm treatment.

He seems as though he would fit into almost any household but has not yet been fully assessed.

He is on display at Mid Coast Animal Hospital in Tuncurry along with 4 other young grey kittens (who are not quite ready to go to their forever homes).

If you would like to meet any of these animals, please call 6557-2273 to make an appointment. We are so lucky to have Mid Coast Animal Hospital helping us out.

If you have an animal that needs desexing please call 0408 670 757 after getting a quote from your vet.

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Pollards General store
Coomba Aquatic Centre

Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store

Tanya's
Community Update

RAISING A GLASS FOR OUR
DAIRY FARMERS

Our dairy farmers are doing it tough, Category D funding of up to \$75,000 has finally been announced for primary producers in our region, but for many, that relief is long overdue.



I'm proud to support a campaign giving locals an easy way to help. Between now and 31 October 2025, participating clubs across our region will donate up to 50 cents from every schooner and/ or cup of coffee sold to a dedicated recovery fund for our dairy farmers.

Locally, Club Old Bar, Club West in Taree and Wingham Services Club have jumped on board, and I want to thank them for stepping up.

These funds will go directly towards real, on-the-ground needs like fuel, fodder, and machinery repairs. There are also donation tins at the bars of Club Old Bar and Club West for those who wish to contribute further.

Our region supplies around 25% of the state's milk. Let's support the people who put food on our tables and keep our dairy industry strong. Pop into your local club, enjoy a drink or a cuppa, and know that you're making a difference.

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

Manning - Great Lakes Police District Update

Dear Readers,
This fortnight I will focus on some examples of great police work - to prevent, disrupt and respond to serious property related crimes and to stop a violent, dangerous driver in his tracks – and I will provide you with a reminder of a few crime prevention tips for your homes.



Above: Inspector Timothy Bayly.

A teenage boy has been charged with property offences following alleged break and enters at businesses in Taree recently. Early morning on Sunday 13 July, police began an investigation into two alleged break and enters, and an attempted break and enter, in the Taree CBD. Police were told that jewellery and cash were allegedly stolen. About 5.30pm that same day, police arrested a 15-year-old boy on Manning Street, Taree. A subsequent search of the boy allegedly revealed 3.79g of cannabis. He was taken to Taree Police Station, where he was charged with possess prohibited drug, break and enter house etc steal, break and enter dwelling-house etc with intent, and attempt break and enter dwelling-house etc with intent. He was refused bail.

About 8.30pm on 15 July, Police received reports regarding the manner of driving of a south bound vehicle on the Pacific Highway near Taree. It was reportedly travelling in excess of 120km/h in a posted 40km/h roadwork zone, narrowly missing workers and running over 25 traffic cones. The vehicle continued south before entering a Service Station at Coolongolook, where it was blocked in by several trucks. The 21 year old male driver exited the vehicle and gained access to the roof of the service station, removed roof tiles and began throwing them at the trucks and drivers below. One of the truck drivers was struck in

the face, suffering a cut below his left eye and injured his calf in an attempt to subdue the male. The male returned to his vehicle and fled the scene. Police arrived on scene and sighted the vehicle at the intersection of King St and Pacific Highway, Coolongolook. The male drove the vehicle around police and travelled south on the Pacific Highway. A police pursuit commenced, with road spikes successfully deployed north of the Bulahdelah township, deflating the front driver's tyre. The pursuit exited the Pacific Highway onto Wootton Way before the vehicle deliberately left the roadway, crashing through a fence and becoming bogged in a paddock. The driver was removed from the vehicle and arrested without incident or injury. The male was subsequently charged with Police Pursuit - drive recklessly/furiously; Disregard reasonable direction of traffic controller; Drive whilst licence suspended x 2; Malicious damage; Assault occasioning actual bodily harm and Possess Prohibited drug (cocaine and cannabis) and was refused bail.

This week, Manning Great Lakes Police District's Acting Commander, Matthew Hinton, told the media that, "... (property) crimes... are largely opportunistic and can often be prevented by residents putting personal safety routines into practice. Everyone in our community deserves to feel safe and our officers will be doing everything they can to apprehend those responsible. The community is urged to ensure their cars and homes are secured, and valuables are not on display."

Following on from the comments

of Acting Commander Hinton, the below steps will go a long way toward adequately protecting your home and reducing the chance of you becoming the victim of crime:

- Fit quality security doors, windows, locks, alarms, lighting and warning signs.
- Secure all doors and windows.
- Activate your alarm, smoke detectors and security lighting.
- Upgrade your alarm system to a monitored system (back to base).
- Consider installing CCTV cameras that allow you to remote view.
- Lock your gates, sheds and garages.
- Don't leave spare keys outside your home.
- Don't leave valuables, mobile devices or keys (home or vehicle) in clear view.

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



Club Forster steps up: supporting Mid Coast disaster recovery with compassion and commitment

Club Forster

In the wake of devastating natural disasters across our region, Club Forster has proudly stood shoulder to shoulder with our community, providing crucial disaster relief and recovery assistance to those most in need. Their unwavering commitment to community resilience has been demonstrated through direct financial support, on-the-ground assistance, and a heartfelt desire to help rebuild lives.

As part of their disaster relief efforts, Club Forster has underwritten a \$50,000 contribution to the Mid Coast Community-Led Flood Response (MCCFC) initiative. Initially coordinated by Forster locals Holly Rankin and Worimi woman Tanika Perry through Sentiment Agency, this funding helped mobilise more than 1,200 volunteers together with the SES in a national first community led response effort. Lives were saved, urgent needs were met, and support reached the most vulnerable.

Importantly, it has assisted the initiative in actively engaging over 30 community-based organisations. More than 400 residents who experienced direct disaster impacts have received distributed donations, easing the burden during an incredibly challenging time. Under the guidance of Biripi Elder Will Paulson, it remains strong in its focus on First Nations inclusion—ensuring that recovery efforts are locally informed, culturally respectful, and inclusive.

Beyond immediate relief, Club Forster's support has helped maintain a dedicated leadership team of 20 individuals—many of whom have taken leave from their regular employment to serve the community full-time. Their guidance has been instrumental in coordinating efforts and providing consistent communication, including the development of over 20 media articles, a Facebook group of 1.8k locals and a digital and place-based model that has/will keep the public accurately informed throughout the recovery journey.

Now in its eighth week, the community-led response has evolved into a strong, coordinated model of care. Newly appointed Director Mel Harwin, a Taree local with global disaster recovery experience, said: "These types of upfront, responsive contributions give tirelessly dedicated community volunteers room to breathe—beyond that though, this funding is foundational security, allowing us to develop a sustainable model of volunteer care that can attract more funding, attention to the need and community support so we can remain throughout the long road to recovery."

With Club Forster's support, the Mid Coast Disaster Recovery organisation has become a formally incorporated not-for-profit association, moving forward with clear planning, budget alignment, and long-term recovery goals. Through Tax Deductible Donations, the MCCFR team has an immediate fundraising goal to reach of 300k over the next three months. With this in mind, they have just this week confirmed a new localised partnership with Australian Red Cross that aims to bring more staff and volunteer capacity to the region, building a mobile psychosocial care to those who need it most.

"The support from Club Forster has been truly outstanding. From financial contributions to volunteer care, they've enabled us to move faster and with more certainty during one of the region's most challenging times. Their generosity has been felt deeply by the community." — Holly Rankin, Mid Coast Disaster Recovery Co-Ordinator



Above: SES representatives with (L-R in pink vests) Tanika Perry, Governor-general of Australia Samantha Joy Mostyn AC & Holly Rankin

Recognising the need to care for the carers, Club Forster also provided food and beverage vouchers, and some respite to volunteers throughout the recovery period—offering a small token of appreciation to those who were giving so much of themselves to others. This gesture was not only practical but also served as a reminder that their efforts were recognised and deeply valued by the local community.

"We've witnessed an extraordinary outpouring of strength, unity and selflessness during this time. On behalf of Club Forster, I want to express our deepest gratitude to every volunteer, community group, and individual who rolled up their sleeves to help. Your dedication has been truly inspiring, and we are proud to support such an incredible community effort." — Peter Clarke, General Manager, Club Forster

Further extending their reach, Club Forster was proud to deliver tangible assistance to their neighbouring club, the Aquatic Club in Taree, affectionately known as 'Sailors'. With the generous use of the Jacks & Forster Tuncurry

Removals truck and the Reece Plumbing truck, the Club Forster team transported and delivered furniture and electrical goods valued at close to \$38,000, replacing items lost to floodwaters and helping this cherished community hub get back on its feet.

"Taree Aquatic Club, known fondly as 'Sailors', was hit hard by the 2025 floods, with over 1.4m of water inundating our top level and causing more than \$1.5 million in damage. We are incredibly grateful to the Board and GM of Club Forster for donating pre-loved furniture and equipment—it's saved us thousands and helped us get back on our feet. Club Forster truly is a club for the community, and we're proud to share such a strong friendship. Thank you!" — Peter Hemingway – Secretary Manager, Sailors, Taree.

Club Forster would like to extend their deepest thanks and highest commendation to the Mid Coast Flood Emergency Team and the countless volunteers who have selflessly given their time to support others. Their efforts have made an extraordinary difference to thousands of affected residents, businesses, and farmers across the region.

Our thoughts remain with everyone impacted by the disaster. Together, as a community, we continue to stand strong, support one another, and look toward recovery with hope and determination.





RAISE A GLASS FOR OUR DAIRY FARMERS

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Funds raised between 1 July – 31 October 2025 go directly to flood-affected dairy farmers.

We're raising a glass for a good cause – backing our local dairy farmers. Recent floods have hit hard, especially in the Manning, Macleay and Hastings regions. In response, local clubs are joining forces with the Mid Coast Dairy Advancement Group Inc. to support recovery efforts.



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Council making progress on removing barriers to housing



• A new draft Local Environmental Plan (LEP) has been prepared and is with the State Government for approval. Planning assessments are currently done using three different LEPs from the previous Council areas pre-merger. Having one LEP will help Council staff work more efficiently. A similar harmonisation of systems has been done with the computer interface used.

• Council has streamlined working with the NSW Planning Portal, making it easier for people to submit their plans.

What's coming next:

• Council is working on a new local approval policy to outline those activities described under Section 68 of the Local Government Act, which may be carried out without the approval of Council.

• Staff are improving how they work together to make the process faster and simpler.

• Information brochures have been made to help the community better understand how planning works in NSW and what Council's role is.

Council's Director of Liveable Communities, Paul De Szell explained that these changes will help people get clear answers faster, reduce wait times, and make it easier to build housing across the MidCoast.

"This is about making it easier for our community to use the planning system at the local level," said Mr De Szell.

"We're making sure the rules are clear, the systems work, and that people can build homes without facing long delays."

These efforts also support local businesses and help Council deliver better service to the community.

MidCoast Council

MidCoast Council has been taking big steps to make it easier and faster to build homes in the region, with progress discussed at Council's meeting on 30 June.

Council has been addressing the recommendations identified in the 2023 Housing Barriers Review. The review identified problems that slow down the building process and offered ways to fix them. Council is working hard to address delays, update systems, and help the community understand how housing approvals work.

Progress to date includes:

• A new "fast-track" team which speeds up the approval of simple development applications.

Silky Oak Community: Mission to open an independent community school in 2027

Silky Oak Community is a not for profit organisation dedicated to providing nature-based, child-centred learning for primary school aged children in our local area. Nurturing through nature is at the crux of what we do, seeing children learning by doing, in nature and seeking real world experiences. Our mission is to continue this philosophy and become a registered independent school in 2027!

Our committee is a group of passionate parents who believe in an holistic approach to child development — one that celebrates creativity, promotes empathy, respect, and a deep connection to nature and self. We want our children and every child to have the opportunity to learn in a nurturing environment, engaging in meaningful learning experiences that are connected to nature and the broader community. We believe children need to develop a strong sense of self in order to be global citizens who care for their community and for Country.

Silky Oak Community has been in its planning stages since 2021 so we were very excited to officially begin in February 2025. We currently provide a 2 day nature drop off program from 8:30am-3:30pm on Mondays and Tuesdays for our 'Oaks' 5-12 year old age group in Forster. We also provide a 2 hour nature-based playgroup for our 'Seedlings' group, for children under 5 years and their caregivers.

Our programs offer a mix of structured and unstructured activities so children have agency and choice but also learn to work with others in a diverse range of experiences, namely through play. Our programs are facilitated by passionate and experienced educators and volunteers who align with the Silky Oak vision.

Our mission though is to become an independent community school operating 5 days a week in 2027 and we need your help!

• Have you got a suitable site for our school in Forster or surrounding suburbs?



• Are you willing to offer your time and join our committee?

• Are you in a position to make a monetary donation?

• Can you help with fundraising?

• Can you share our mission with your family, friends and coworkers?

We have done the research and know our region needs an alternative schooling option. It will take this beautiful community to open Silky Oak Community School in 2027!

We hope you can help us make this dream a reality!

Please visit our website at www.silkyoakcommunity.com for further information and to learn how you can get involved. You can also follow our journey on Facebook and Instagram.

We can't wait to hear from you!

Silky Oak

COMMUNITY

2025 Current Offerings

Oaks Program (Ages 5-12)
Mondays & Tuesdays | 8.30am - 3.30pm | Forster

Seedlings Playgroup (Ages 2-5)
Mondays | 9.30-11.30am | Forster

Coming 2027 - Silky Oak Community School
We are working towards opening an independent, nature-based primary school grounded in child-led learning, community connection, and a deep respect for the land.

We need your help.
To get involved, please get in touch - we'd love to hear from you.

Facebook: Silky Oak Community
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Winners are grinners!



By Lorraine Rogers – Tell Me A Story

At Forster Library, Mid Coast Council Mayor, Clair Pontin drew the winning raffle tickets for the 'Tell Me A Story' (TMAS) writing and illustration competition (pictured above with new TMAS President Alex Glencross). An exciting array of prizes was on display, from a car cleaning kit, a smart watch, vouchers for fuel, food, hair and beauty, meat and wine, children's books and toys, all donated by many generous local businesses, to support the competition and all went to the lucky raffle winners. A big thank you from the 'Tell Me A Story' team.

Competition Stories by years 5 and 6 school students in the Great Lakes region are due by this Friday the 25th of July. Then the judging and reviewing begins, by a team of local teachers and writers.

Next, in September, the Illustration Competition will begin. Students choose a story to illustrate with paint, pencils and pens. These will be judged by a team of local artists. A book featuring winning stories and illustrations will be published at the end of this year's competition.

For more information about the competition, and a list of our sponsors, go to tellmeastory.org.au

Local residents collect & cook for flood relief

By Carol Galvin - Palm Lake Resort Forster

Our 'Palm Lake Forster Residents Relief' started over a lunch on Friday 23rd May 2025 when Dee Hamilton, our husbands and I decided we were able to help after hearing of many people affected by the floods close by.

We knew we couldn't be part of the Mud Army, but we could certainly start collections!

I contacted the Pacific Palms RFS who gave us some information on what food supplies were needed. Dee put it out on social media that Friday afternoon and we were soon inundated with food, nappies, toilet paper and animal food. We packaged like to like and on Sunday 25th May, we took a Palm Lake Resort bus along with a trailer full to the Pacific Palms RFS.

We spent the day sorting out items with other volunteers and then delivered to the Community Flood Relief Hub in Taree.

On 29th May, there was then a need for clothes and bedding. We used our previous experience and collected, sorted and labelled another trailer load that went to the Hubs in Taree and Wingham on the 30th of May 2025.

We then went looking for two families we could solely help sponsor and continue our efforts. The RFS found them for us. We had a lot of household items which we gave to one family, but our farming couple had their house gutted.



Above: Local residents and volunteers with a trailer load of supplies taken to the Community Flood Relief Hub in Taree. Photo supplied.

After RFS spoke with them it was decided we could help with their kitchen items after a sort of kitchen was installed.

On 22nd June, word went out to all our residents and by the 24th we had another load of kitchen appliances, saucepans and crockery. You name it we had it! Our farmer, that we sponsor, is a big cook and everything she makes is homemade including slices and cakes for her family and community events. We also have a money donation to hopefully stock her pantry and fridge.

After all the above, our residents decided to adopt Pacific Palms RFS and have been helping to stock their fridge with meals, cakes, etc, for when they are out and about looking out for us.

MidCoast Council - Mayoral column

Our flood recovery work is progressing, and I am continuing to request more financial assistance from the State and Federal Governments for the community and for Council.



I was pleased to hear that our request for Category D funding was agreed. It allows primary producers to apply for up to \$75,000 to help clear up and get back on track. They will also have access to emergency hardship payments, lump sum payments and disaster loans.

But that is not the end of my job. I will continue to advocate for other affected people. Our region was hit by the worst flood in history which resulted in hundreds of millions of dollars in damage. I will continue to fight for the MidCoast region and want to see increased funding extended to other business owners, homeowners, renters and for public infrastructure.

As many of you will know the Wingham Brush Riverside Reserve was destroyed in the flood. Our crews have been working there to make it safe so we can remove the fences and restore some access. At this stage, we do not have any promised funding to repair any of our damaged parks and reserves, but in any event, the damage at Wingham Brush was so severe it probably can't be rebuilt.

We expect Thunderbolts Way to be reopened to traffic around the end of July, but this is weather dependent with the hope we don't get too much rain in the meantime.

The best way to keep up to date with all the flood recovery work is to check out the Flood Recovery Hub on our website midcoast.nsw.gov.au/floodrecovery

Mayor Claire Pontin

Pacific Cape Lodge

Kularoo Drive Forster

We're thrilled to invite you to discover the caring and homely environment of our Kestrel section now open at Pacific Cape Lodge. Located on Kularoo Drive in Forster, we are just a short stroll from the beach and the local shops. At Pacific Cape Lodge, we focus on your comfort and well-being. Our spacious single rooms are thoughtfully designed for your needs, each equipped with a private ensuite so you can enjoy privacy and independence.

You'll find plenty of cozy spaces to relax and socialize, including our welcoming sitting rooms, lounges, and dining areas. These areas are perfect for unwinding or spending quality time with friends and family in a friendly atmosphere.

Be sure to visit our delightful café, open every Tuesday and Thursday from 9:30 AM to 3 PM. It's a lovely spot for residents and their families to come together and enjoy light refreshments in a cheerful environment.

If you'd like to learn more about our services, we invite you to schedule a personal tour. Just give us a call at 02 5502 6555.

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
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Fri 1 August

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50 years of NAIDOC - Wambuyndbaa (Forster)



2025 theme: The next generation – Strength, Vision Legacy

Photos from NAIDOC Community Day at Tobwabba Reserve in Forster, Wednesday 9 July 2025. This year's celebrations were put on by the local NAIDOC Organising Committee led by Forster Aboriginal Land Council and Tobwabba Medical Centre in collaboration with many partners. Photos by Mary Yule. "NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Aboriginal and Torres Strait Islander Australians." www.aidoc.org.au/about/history

Above and right: Worimi Dance Group

Top right: Local choir Baraya Wakulda ('Singing Together' in local Ghothang language) at the Elders Tent.

Top left: Green Point RFS.

Left: Sagerau Poenypan Dance Group ("Eastern Lightning" Torres Strait Islander Performers)

Left: (L-R) Thomas Dooker, Chris Russell, Clay Dooker and Tanya Dooker.

Far left middle: (L-R) Meredith Walters (MidCoast Council), Constable Brad Roberts and Keen Razzouk (MidCoast Council).



National Parks message so people have a whale of a time

NSW National Parks and Wildlife Service

As humpback whales undertake their annual migration, NSW National Parks and Wildlife Service (NPWS) have teamed up with professional tour operators to help remind the industry, recreational boat users and the community to keep a safe distance from these giants of the sea.

Getting too close can cause whales to expend extra energy diverting and changing direction to get away from perceived threats which is why boats and watercraft need to carefully follow the rules.

These include:

- Vessels must not approach an adult whale within 100 meters or 300 metres if there is a calf

- Personal motorised watercraft such as jet skis must keep a minimum distance of 300 metres from whales at all times regardless of a calf

- Drones must be a minimum of 100 metres in all directions

There are large penalties in place for people breaching distances and getting too close to a whale.

However, the great news is there's been a huge improvement in compliance over the past few years thanks to whale-watching boat operators working collaboratively with NPWS to boost awareness across the state.

Humpbacks can grow up to 18 metres long and weigh up to 36,000 kilograms which is why it's important to respect their space to reduce any risk of accidental collisions with vessels.

These magnificent creatures undertake one of the longest migrations in the animal kingdom, travelling 10,000 km from their feeding grounds in the Southern Ocean, to breed and socialise in warmer waters of the Great Barrier Reef.



NPWS staff will continue the season with undercover operations on vessels along the coast until the humpback whale migration finishes in NSW around November.

If you see a boat, drone or watercraft such as jet ski getting too close to a whale, or a distressed or entangled whale, we urge you to contact the NPWS on 13000PARKS (1300 072 757) or ORRCA on 02 9415 3333.

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History of Tuncurry Memorial Hall



Great Lakes Museum

As Tuncurry grew, people in the village sought out a meeting place, somewhere they could meet to discuss village activities, or enjoy some leisure time. Settlement life was hard and work days long.

After WW1 (1914-1918) a public meeting chaired by Ernest Wright was held to elect a Committee to discuss the possible site and design of such a building, and how the project would be financed.

The Tuncurry Memorial Hall completed in 1921 was in constant use for concerts, dramatic and musical shows, produced and featuring local performers. Bookings were necessary for all activities and general meetings and was run by a Committee of dedicated volunteers.

The Hall carried on with various ups and downs over the depression years and from 1934-1937 there were regular travelling silent moving pictures shown in the Hall. In the earlier days of screening, silent films were accompanied by piano, the music fitting to the romantic,

dramatic or suspense of the scene or film being shown.

The local proprietor of the Bellevue Hotel, Mr Beale, applied to the trustees to show talking movies. In April 1937, the Hall screened the now classic Australian film Tall Timbers, shot in Bulahdelah and starring Shirley Anne Richards who later starred in the memorable series of Dad and Dave come to Town.

Kemble Thompson, a local was the long time projectionist, was also employed as the theatre cleaner and Mrs Wilga Wedlock ran a sweet stall selling hot soup on the cold nights and ice cream in the summer. Movies were shown on Saturday nights, with an afternoon matinee.

GREAT LAKES MUSEUM

1 Capel Street, Tuncurry.

Opening hours: Tuesday, Wednesday, Friday 10am-1pm and Sunday 1pm-3pm.

U3A Term 3 - 2025



Forster Tuncurry University of the Third Age (U3A)

Forster Tuncurry University of the Third Age (U3A) offers a relaxed yet informative program of courses and events for retired and semi-retired people over 50.

We have a variety of classes presented by our members, such as History, Art, Travel, as well as Philosophy, Media discussions and Writers classes. We also have guest presenters on different topics.

Members play Mahjong and Canasta/Bolivia on Tuesday afternoons and this term we are having Monday afternoons every fortnight for table and floor games. Our Book Clubs are very popular too. We also have gentle exercise classes and a walking group. Our "Pop-up" classes of drawing and Origami or Japanese stitching will feature this term again.

As well as classes we enjoy social events such as morning teas at local cafes and restaurants and outings during the term. Unfortunately, the outings planned for term 2 were cancelled due to the flooding.

Come along to our Welcome Morning Monday 28th July 10-12 at our beautiful venue Cape Hawke Surf Lifesaving Club One Mile Beach to meet our friendly members and join us for Morning Tea.

Membership for new members for Term 3 and 4 is only \$30. For more information go to our website www.forstuncurry.u3anet.org.au

U3A
Term 3 Dates
Monday 28th July
to Friday 19th
September 2025.

Enrol Now
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It's never too late to
Live, Laugh and Learn



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Kayak fishing adventure



By Roberta Pearce - Forster

What an amazing Kayak Fishing adventure I've just had over in WA in May/June this year! The trip was over 18 months in the planning - as I'd hoped to go last year but it was cancelled. This trip was 11 years after my first visit to Wilderness Island in 2014 (on the Eastern side of Exmouth Gulf) and most likely, will be my last.

With the help of two wonderful friends in Perth, my partner in crime was Briana Daly, (who's Dad, Terry, lives in Forster.) Briana and I had met up 10 years ago when she was up from Victoria visiting her Dad and we discovered our shared love of kayak fishing and have been hitting the water together ever since whenever she is visiting Forster. We'd been buying up big in the tackle shops, making sure our rods, reels, line, hooks and lures would be 'up to the job.' Everything was going great - until it started raining on the evening of May 20th. It bucketed down and by the morning, I had water incursion in my front bedroom. A friend ended up coming in every day to swap the towels over and have fans going onto the wet carpet. This went on for over a week after we'd left!

So, we ended up having to leave Forster in a big hurry due to the deluge that fell on May 21, leading to the massive flooding in May that devastated Taree and surrounding areas. We were supposed to be flying out to Perth the next morning from Sydney. If we hadn't left by late morning on the Monday, we would have been stuck in Forster with The Lakes Way closed to flooding (as Fairfield Rd was already closed) and missed our flight - so we made the right call as all roads out of Forster were shut down that afternoon!

We flew to Perth from Sydney and my good friends set us up with accommodation, kayaks and a ute to drive the 2000km from Perth to Exmouth and back, where we joined 8 others at Wilderness Island for a week of insane kayak fishing! We visited most of the local tackle shops along the way, increasing the number of lures we took with us, 'cos you can never have 'too many' ... But when it boiled down to it - the most productive ones were Bucktails (similar to overgrown flies on jig heads), White 5" Paddle Tails and some of my humble bream lures! My homemade Thong Thing popper landed a big Cod and was then totally destroyed by the big toothy critters. It is now

hanging on the Wall of Fame above the Bar on Wilderness Island and has been retired for good.

We had a blast on the island with a great bunch of guys with huge thanks to Western Angler's Scotty Coghlan and Andrew 'Korg' Jarvis for arranging and running the camp for us (as it nearly fell over a couple of times this year, due to unforeseen events.) We both got into some of the best fishing that we've ever experienced (even though one day was scary when it was really, really rough and windy) as neither of us had ever been out in the ocean in those conditions.

But we soldiered on, conquered our fears and were the better for it with a newfound confidence in tough conditions.

Day 2 made up for Day 1. We caught a wide variety of hard fighting fish including good sized Queenfish (aka Queenies/Muppets because of their peculiar mouth shape) big Golden Trevally, various types of large cod, Giant Trevally, Mackerel, Spangled Emperors and others. The bigger Golden's in particular are so strong. Even though we had rain for the rest of the week, the terrific fishing continued from shore. Briana scored her PB (Personal Best) Queenfish at approximately 110cm! What a fish! (There will be a writeup on her catch in the September edition of Western Angler and a shortened version was published in Perth's Sunday Times newspaper in June.)

On our last day on the water (in the rain) - I was busted off on something really big. It took a white 5" paddle tail soft plastic and just took off. Then it found its second gear and third gear - and I just couldn't stop it or turn its head. It made it to the rocks (towing me in the kayak) and busted me off! I am guessing it was a really big Queenie (though it didn't jump.)

I also foul hooked a reef shark (about 4-5ft) and managed to break my rod tip whilst trying to retrieve my lure. I hooked a few Giant Herring too (one was a whopper but the lure didn't 'hold') but sadly I didn't manage to land any Mangrove Jacks this time, though I am pretty sure I was busted off on one of my Bream Lures.

I then flew to Broome and travelled to Derby to catch up with some friends there and arranged a Barramundi session with the local guide, Bron Jones (of Derby Bush Adventures.) I bought some more lures (as you never think you've got the right ones!) We went to the river, only to find it really windy and kicking up dust to

almost face height. We sat with our backs to the wind, hoping for a Barra or two. We'd just sat down when an almighty eruption occurred in the shallows...a massive croc (I reckon over 4 metres) powered itself into deeper water from the shallows where it was sunning itself underwater. There were no slides to indicate it was even there. Even Bron was shocked as it was an area that she was casting nets for livies and mullet the other day! I tossed my lures and SPs (soft plastics) at the snags for an hour without a hit, then lost both to snags in consecutive casts.

So, much as I usually don't 'bait fish' (I call it 'bait & wait') I settled down in the seat for the 'long wait'! And it was a long wait. We'd arrived at 10am and were planning on leaving about 3pm after the turn of the tide at 1.30pm, when the fish were supposed to 'come on'. But the tide didn't change at 1.30pm. It only started changing after 2.30pm when we were almost expecting to pack up. So Bron made the call to hang round til about 4pm and see what happens. Thank God she did. One of the handlines 'went off' and I grabbed it and brought in a nice 68cm (keeper) Barra, so it went into the esky for dinner at my friend's house. It went quiet again so Bron went up the creek to use a throw net to grab some more livies about 300m away. Then, a rod 'went off' with a livie on it! I grabbed the rod, made sure the line was still going out and could 'feel the weight' and then struck! Woohoo! I was on - and I could immediately tell that it was a good Barra! It jumped a couple of times and I screamed out to Bron "I'M ON, I'M ON. GOOD FISH!" (And after I saw it jump) "It's a metery!" Bron couldn't hear a word due to the wind, but she could see my excitement and commotion. She came running back and got the 'end' of my fight on video and helped pull the fish up to the ledge I was standing on (just metres from where the croc had been submerged, earlier on.) It was a beautiful 1.03m Silver Barramundi - and a PB (personal Best) for me!

Yeehaa! I'd achieved my goal of getting a decent Barramundi in Derby, cracking the metre. We grabbed some trophy pics (it was so heavy, I couldn't hold it up higher) and we put her back in the water to fight again. (All Barra over 80cm go back in WA.) What a day! The smile is still on the dial.

Briana and I are hoping to do another kayak fishing trip to WA next year - but to the Montebello Islands this time (further up than Exmouth) So, watch this space.

Puzzles Page

The Grin Bin

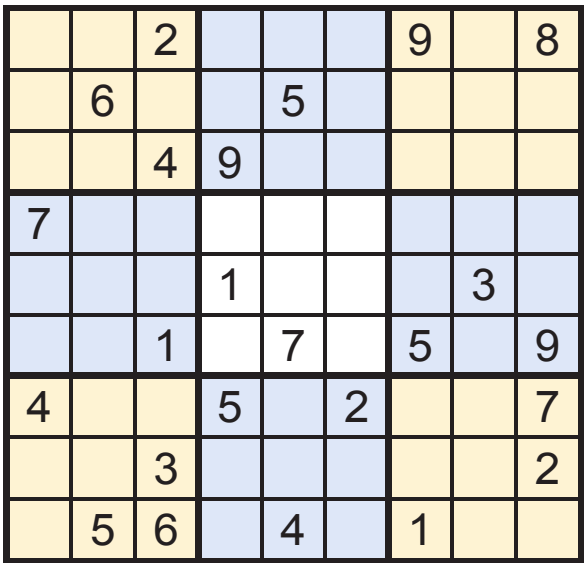


Doodley Squat



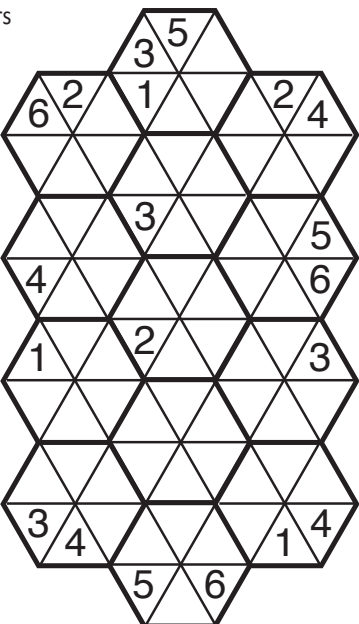
Sudoku

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

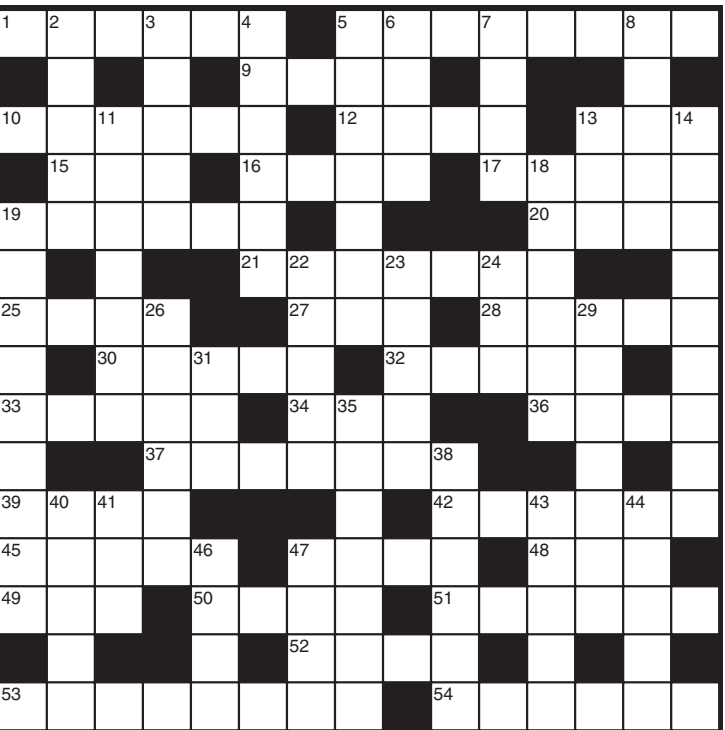


Quick Workout

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



Crossword

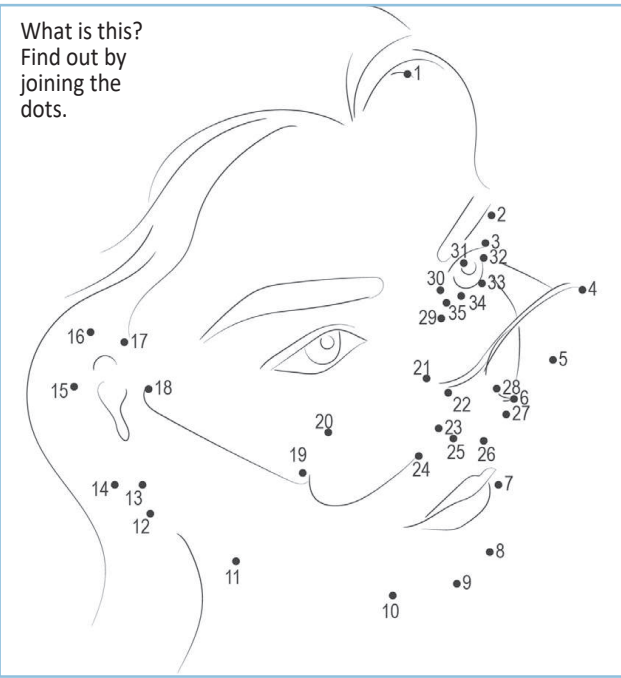


- ACROSS**
- 1 Counting frame
 - 5 City fortresses
 - 9 Thunder god
 - 10 Service station
 - 12 Bearing
 - 13 Sweet potato
 - 15 Examine for suitability
 - 16 High mountains
 - 17 This group
 - 19 Make known
 - 20 Utilities
 - 21 Vending
 - 25 Vehicles
 - 27 Zodiac sign
 - 28 Century plant
 - 30 Place
 - 32 Wired enclosures
 - 33 Unclouded
 - 34 Greek letter
 - 36 Capital of East Timor
- DOWN**
- 2 Heroic
 - 3 Old aircraft
 - 4 Takes by theft
 - 5 Put together
 - 6 Flower
 - 7 Family member
 - 8 Letting contract
- 11 Drive backwards**
- 13 Acceptance
 - 14 Hypnotise
 - 18 Embraced
 - 19 Forming new products from waste material
 - 22 Tree
 - 23 Confined to an area
 - 24 Inferior horse
 - 26 Fastener
 - 29 Silly
 - 31 Period of time
 - 35 Annoy excessively
 - 38 Hunting dog
 - 40 Destines to
 - 41 Strange
 - 43 Trunk
 - 44 Respond
 - 46 Innermost being
 - 47 Scrutinise

Spot the 5 Differences

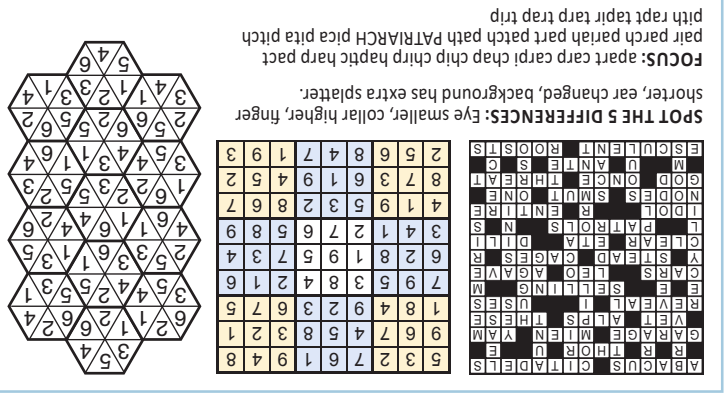


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Solutions

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YOUR FORTNIGHTLY TV GUIDE

	ABCTV	SBS	SEVEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 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 Hard Quiz. 8.30 Guy Mont Spelling Bee. 9.20 Would I Lie To You? 9.50 Spicks And Specks. 10.20 QI. 10.50 News. 11.05 The Business. 11.20 You Can't Ask That. 11.55 You Can't Ask That. 12.30 Parliament. 1.30 Love Your Garden. 2.20 Long Lost Family. 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 The Day The Rock Star Died. 3.30 SBS50. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France. Stage 16. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 How Disney Built America. 8.30 Air India Crash: What Went Wrong? 9.25 Cycling. Tour de France. Stage 17. 1.50 Great Coastal Railway Journeys. 2.25 World's Most Secret Homes. 4.15 Bamay. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Party From Hell. (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 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 Ashley Cain: Into The Danger Zone. (M) 10.45 Stags. (MA15+) 12.20 Imposters. (M) 1.20 Touching Evil. (MA15+) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.
THURSDAY	6.00 Morning Programs. 1.00 Silent Witness. 2.00 Parliament. 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. 9.20 Culture By Design. 9.50 Griff's Great Australian Rail Trip. 10.40 News. 10.55 The Business. 11.10 Love Your Garden. 12.00 Parliament. 1.00 Long Lost Family. 1.50 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 SBS50. 2.10 Engineering Reborn. 3.00 Living Black. 3.30 The Point: Road To Referendum History Bites. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France. Stage 17. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Treasures With Bettany Hughes. 8.30 Cycling. Tour de France. Stage 18. 2.00 SBS50. 2.05 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Top Of The Class. (2020) 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 Homicide: With Ron Iddles. (M) 9.30 Air Crash Inv. 10.30 10.30 Million Pound Pawn. (PG) 11.30 Auspasy USA. 12.30 Life. 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.
FRIDAY	6.00 News. 9.00 News. 10.00 Poh's Kitchen. 10.30 Take 5. 11.10 Little Disasters. 12.00 News. 1.00 Bay Of Fires. 2.00 Muster 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. (PG) 7.00 News. 7.30 Gardening Aust. 8.30 Patience. (M) 9.30 Hard Quiz. (PG) 9.50 Guy Mont Spelling Bee. (PG) 10.40 Spicks And Specks. (PG) 11.05 News. 11.25 Silent Witness. (M) 12.25 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 SBS50. 2.05 Engineering Reborn. 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 18. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 The Good Ship Murder. 8.25 The Royals: A History Of Scandals. 9.20 Cycling. Tour de France. Stage 19. 2.00 World's Most Secret Homes. 3.45 Blue Water Safari. 4.40 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Your Money & Your 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. 7.30 Football. AFL. Round 20. GWS Giants v Sydney. 10.30 Shaking Down The Thunder. (PG) 11.45 Get On Edge. 12.15 The Disappearance. (M) 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 1.30 Grantchester. 1.15 Patience. 2.05 All Creatures Great And Small. 2.55 Great Southern Landscapes. 3.25 Earth. 4.25 Spicks And Specks. 4.55 Dr Ann's Secret Lives. 5.30 Landline. 6.00 Australian Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Grantchester. (M) 8.20 Midsomer Murders. (M) 9.50 Bay Of Fires. (M) 10.40 Little Disasters. (M) 11.25 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 1.00 WorldWatch. 2.00 Sailing. Sail Grand Prix. Round 7. Highlights. 3.00 Going Places. 4.00 Going Places. 4.30 Cycling. Tour de France. Stage 19. 2.00 SBS50. 2.05 Such Was Life. 5.40 Hitler's American Battleground. 6.30 News. 7.30 Great British Cities With Susan Calman. 8.25 Cycling. Tour de France. Stage 20. 12.50 Guillaume's Paris. 1.20 Cycling. Tour de France Femmes. Stage 1. 3.50 Blue Water Safari. 4.45 Destination Flavour: Singapore Bitesize. 5.15 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Industry Celebration Day. Caulfield Season Finale and Saturday Raceway. 5.00 News. 5.30 Border Security. (PG) 7.00 The Great Outdoors. (PG) 7.30 Mysteries Of The Pyramids. (PG) 8.30 MOVIE: The Da Vinci Code. (2006) (M) 11.30 Autopsy USA. (M) 12.30 The Disappearance. (M) 1.30 Travel Oz. 2.00 Shopping. 4.00 It's Academic. 5.00 My Greek Odyssey.
SUNDAY	6.00 Morning Programs. 10.00 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Rage. 12.00 News. 1.30 Landline. 1.30 Gardening Aust. 2.30 Griff's Great American South. 3.15 Nigella Bites. 3.40 Martin Clunes: Islands Of Australia. 4.40 Hippo Watch With Steve Backshall. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Austin. 8.00 Bay Of Fires. 8.50 Miss Austen. 9.45 MOVIE: Gayby Baby. (2019) 11.10 Take 5. 11.40 Rage. 1.40 Under The Vines. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Motor Racing. ProMX Championships. Round 7. 4.00 Going Places. 4.30 Cycling. Tour de France. Stage 20. Highlights. 5.30 Such Was Life. 5.40 Hitler's American Battleground. 6.30 News. 7.30 The Lost World Of The Hanging Gardens. 8.35 The Secrets Of Mount Olympus. 9.30 Cycling. Tour de France Femmes. Stage 2. 11.30 French Atlantic. 12.00 Cycling. Tour de France. Stage 21. 4.25 Bamay. 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 APAC Weekly.	6.00 Better Homes. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 TBA. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 Dancing With The Stars. (PG) 8.20 7NEWS Spotlight. 9.20 Crime Investigation Australia: Most Infamous. (MA15+) 10.40 The Crow Girl. (MA15+) 12.50 Jamestown. (MA15+) 2.30 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.
MONDAY	6.00 Morning Programs. 12.00 News. 1.00 Landline. 2.00 Parliament. 3.00 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 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Lucy Worsley Investigates. 10.25 News. 10.40 The Business. 11.00 A Life In Ten Pictures. 11.50 Parliament. 12.55 Love Your Garden. 1.40 Long Lost Family. 2.30 Rage. 3.15 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 Iceland With Alexander Armstrong. 2.55 The Day The Rock Star Died: Buddy Holly. 3.25 The Point: Road To Referendum History Bites. 3.30 SBS50. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France. Stage 21. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Portugal With Michael Portillo. 8.20 Abandoned Railways From Above. 9.15 Britain's Most Beautiful Road. 10.10 SBS News. 10.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Border Security: America's Front Line. (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 Dancing With The Stars. (PG) 8.50 9+1-1. (M) 10.50 The Agenda Setters. 12.00 Gone. (MA15+) 2.00 Home Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Parliament. 3.00 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. 9.30 Earth. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.45 Media Watch. 12.05 Lucy Worsley Investigates. 12.55 Parliament. 1.55 Love Your Garden. 2.45 Rage. 3.40 Late Programs.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 Iceland With Alexander Armstrong. 2.55 The Day The Rock Star Died: David Bowie. 3.25 The Point: Road To Referendum History Bites. 3.30 SBS50. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France Femmes. Stage 3. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Continental Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Jabba's Movies. (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 Stranded On Honeymoon Island. (M) The castaways return to reality. 11.20 The Agenda Setters. 12.00 Fairly Legal. (M) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.

	NBN	TEN
WEDNESDAY	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Paramedics. 1.00 Space Invaders. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Tipping Point: The Block. (PG) 9.00 Murder Down Under. 10.00 9News Late. 10.30 Freddy And The Eighth. (M) 11.30 Damian Lewis: Spy Wars. 12.15 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. 3.30 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. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 12.00 MOVIE: Sister Dating Swap. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 21. Sydney Roosters v Melbourne Storm. 9.45 Thursday Night Knock Off. 10.30 9News Late. 11.00 Outback Opal Hunters. 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. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Airport 24/7. 8.30 Law & Order: SVU. (M) 9.30 Cheap Seats. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Falling For The Manny. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 21. Brisbane Broncos v Parramatta Eels. 9.55 Golden Point. 10.45 MOVIE: Rambo: First Blood. (1982) (M) 12.40 Tipping Point. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 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. 3.30 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 Morning Programs. 2.30 NRLW Wrap. 3.15 Rugby League. NRL Women's Premiership. Round 4. Sydney Roosters v Canterbury Bulldogs. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Rugby Union. British & Irish Lions Tour. Game 2. Australia v British & Irish Lions. 10.00 Test Rugby: Australia v British & Irish Lions Post-Match. 10.15 MOVIE: Creed. (2015) 12.45 My Life As A Rolling Stone. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 10.00 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 4x4 Adventures. 2.30 All 4 Adventure. 3.30 Farm To Fork. 4.00 Australian Story. 4.30 Everyday Gourmet. 5.00 News. 6.30 Dog House Aust. 7.30 Love It Or List It Australia. 8.40 Ambulance Australia. 9.50 House Hunters Aust. 10.50 Elsbeth. 11.50 Ambulance UK. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 1.30 Rugby League. NRL Women's Premiership. Round 4. St George Illawarra Dragons v Brisbane Broncos. 3.30 Rugby League. NRL. Round 21. Canterbury Bulldogs v Manly Sea Eagles. 6.00 NBN News. 7.00 The Block. 8.55 60 Minutes. 10.00 World Aquatics Championships. Singapore 2025. Day 1. Finals. 11.00 9News Late. 11.30 The First 48. 12.30 Embarrassing Bodies. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 Fishing Aust. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Pooches At Play. 8.30 4x4 Adventures. 9.30 Are You RV Safe? 10.00 Australia By Design: Innovations. 10.30 10 Minute Kitchen. 11.00 Everyday Gourmet. 11.30 Cook With Luke. 12.00 MasterChef Aust. 1.10 GCBC. 1.30 Charming China. 2.00 Planet Shapers. 2.30 Roads Less Travelled. 3.00 My Market Kitchen. 3.30 Farm To Fork. 4.00 Lingo. 5.00 News. 6.00 10 News+. 7.00 MasterChef Aust. 8.15 Watson. 9.15 FBI. 11.00 10 News+. 12.00 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 12.00 The Block. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. 8.40 100% Footy. 9.40 World Aquatics Championships. Singapore 2025. Day 2. Finals. 10.45 9News Late. 11.15 Aussie Road Train Truckers. 12.15 Footy Classified. 1.15 Innovation Nation. 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. 3.30 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 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Getaway. 1.30 Young Sheldon. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.40 World Aquatics Championships. Singapore 2025. Day 3. Finals. 11.05 9News Late. 11.35 La Brea. 12.30 Tipping Point. 1.30 TV Shop. 2.30 garden Gurus. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 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. 3.30 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 Cheap Seats. (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 30 - August 5					
ABC TV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 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 Hard Quiz. 8.30 Guy Mont Spelling Bee. 9.20 Would I Lie To You? 9.50 Austin. 10.15 QI. 10.45 News. 11.00 The Business. 11.20 You Can't Ask That. 12.25 Parliament. 1.25 Love Your Garden. 2.15 Long Lost Family. 3.00 Rage. 3.40 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 Dateline. 2.30 Insight. 3.30 SBS50. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France Femmes. Stage 4. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 How Disney Built America. 8.20 Aerial Australia. 9.15 Smilla's Sense Of Snow. 10.15 SBS News. 10.45 Who Do You Think You Are? US. 11.35 Cycling. Tour de France Femmes. Stage 5. 2.05 Lady Jane Grey. Murder Of A Child Queen. 3.10 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Dead In The Water. (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 The 1% Club UK. (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 Imposters. (M) 1.20 Touching Evil. (MA15+) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Space Invaders. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.40 World Aquatics Championships. Singapore 2025. Day 4. Finals. 11.10 9News Late. 11.40 Damian Lewis: Spy Wars. (M) 12.35 Tipping Point. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 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. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Gordon Ramsay's Secret Service. 8.30 Elsbeth. 9.30 FBI: International. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	WEDNESDAY
6.00 Morning Programs. 1.00 Silent Witness. 2.00 Parliament. 3.00 Guy Mont Spelling Bee. 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 Joanna Lumley's Spice Trail Adventure. 10.35 News. 10.50 The Business. 11.05 Parliament. 12.05 Long Lost Family. 12.55 Rage. 3.05 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 Iceland With Alexander Armstrong. 2.55 The Day The Rock Star Died: Elvis Presley. 3.25 The Point: Road To Referendum History Bites. 3.30 SBS50. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France Femmes. Stage 5. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Australian Road Trips. 8.25 Into The Amazon With Robson Green. 9.20 Snowpiercer. 10.15 SBS News. 10.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Secrets Exposed. (2022) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 Football. AFL. Round 21. Western Bulldogs v GWS Giants. 10.30 AFL Post-Game Show. 11.00 Kick Ons. 11.31 Code Blue. One Punch Kicks. (M) 12.30 Life. (M) 1.30 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Great Australian Detour Snow. 1.30 TBA. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 22. Parramatta Eels v Melbourne Storm. 9.45 Thursday Night Knock Off. 10.30 9News Late. 11.00 Outback Opal Hunters. 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 Morning Programs. 7.30 Everyday Gourmet. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Jamie Cooks The Mediterranean. 11.30 Judge Judy. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Airport 24/7. 8.30 Law & Order: SVU. 9.30 Cheap Seats. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	THURSDAY
6.00 News. 9.00 News. 10.00 Poh's Kitchen. 10.30 Home Delivery. 11.00 Antiques Roadshow. 12.00 News. 1.00 Bay Of Fires. 2.00 Muster Dogs: Collies And Kelpies. 2.55 Guy Mont Spelling Bee. 3.45 Fake Or Fortune? 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.35 Gardening Aust. 8.35 Patience. (M) 9.25 Hard Quiz. (PG) 9.55 Guy Mont Spelling Bee. (PG) 10.45 Spicks And Specks. (PG) 11.05 Silent Witness. 12.30 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 Great Australian Road Trips. 3.00 Nula. 3.30 The Cook Up. 4.00 Gama Festival 2025 Opening Ceremony. 5.30 Cycling. Tour de France Femmes. Stage 6. Highlights. 6.30 News. 7.30 The Good Ship Murder. 8.25 The Royals: A History Of Scandals. 9.20 Britain's Most Luxurious Train Journeys. 10.15 SBS News. 10.45 Who Do You Think You Are? (PG) 11.35 Cycling. Tour de France Femmes. Stage 7. 2.05 Romulus. 3.55 Scotland's Extreme Medics. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Your Money & Your Life. 1.30 Border Security: Int. (PG) 2.00 Better Homes. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: The Help. (2011) (M) Emma Stone. Viola Davis. Octavia Spencer. 11.30 To Be Advised. 12.50 The Disappearance. (M) 1.15 Travel Oz. 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 World Aquatics Championships. Singapore 2025. Day 6. Heats. 2.30 Pointless. 3.30 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 22. Brisbane Broncos v South Sydney Rabbitohs. 9.55 Golden Point. 10.45 MOVIE: Rambo: First Blood Part II. (1985) (M) 12.40 Tipping Point. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 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. 3.30 News. 4.00 Family Feud. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Love It Or List It Australia. 8.40 Have You Been Paying Attention? 9.40 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. 1.30 Grantchester. 1.15 Patience. 2.05 All Creatures Great And Small. 2.55 Great Southern Landscapes. 3.25 Earth. 4.20 Would I Lie To You? 4.55 Dr Ann's Secret Lives. 5.30 Landline. 6.00 Australian Story. 6.30 Back Roads. (PG) 7.00 ABC News. 7.30 Grantchester. (M) 8.20 Midsomer Murders. (M) 9.50 Bay Of Fires. (M) 10.40 Miss Austen. 11.35 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 1.00 WorldWatch. 1.30 Gama Festival 2025. 3.30 MOVIE: 2022 FIFA World Cup: Written In The Stars. (2022) 4.30 Cycling. Tour de France Femmes. Stage 7. Highlights. 5.30 MOVIE: Oppenheimer After Trinity. (2024) 6.30 News. 7.30 Great British Cities With Susan Calman. 8.20 The Princes In The Tower: New Evidence. 9.55 Cycling. Tour de France Femmes. Stage 8. 2.05 MOVIE: Merkel. (2022) 3.50 Scotland's Extreme Medics. 4.45 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. VRC Season Premiere Race Day. Jockey Celebration Day and Teddy Bears Picnic At The Races. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 The Great Outdoors. (PG) 7.30 Mysteries Of The Pyramids. (PG) 8.30 MOVIE: Angels & Demons. (2009) (M) 11.15 MOVIE: Gunpowder Milkshake. (2021) (MA15+) 2.00 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Morning Programs. 2.15 Rugby League. NRL Women's Premiership. Round 5. Wests Tigers v Sydney Roosters. 4.15 Rugby League. NRL Women's Premiership. Round 5. Brisbane Broncos v Cronulla Sharks. 6.00 NBN News. 7.00 ACA. 7.30 Rugby Union. British & Irish Lions Tour. Game 3. Australia v British & Irish Lions. 10.00 Test Rugby: Australia v British & Irish Lions Post-Match. 10.15 MOVIE: Dunkirk. (2017) 12.15 My Life As A Rolling Stone. 1.30 Find My Country House Aust. 2.00 Late Programs.	6.00 Morning Programs. 10.00 The Yes Experiment. 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 4x4 Adventures. 2.30 All 4 Adventure. 3.30 Pooches At Play. 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 Ambulance Australia. 9.40 Gordon Ramsay's Secret Service. 10.40 Elsbeth. 11.45 Ambulance UK. 1.00 Shopping. 5.00 Hour Of Power.	SATURDAY
6.00 Morning Programs. 10.00 Compass. 11.30 Praise. 12.00 News. 1.30 Landline. 1.30 Gardening Aust. 2.30 Griff's Great American South. 3.15 Nigella Bites. 3.40 Martin Clunes: Islands Of Australia. 4.30 Joanna Lumley's Spice Trail Adventure. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Austin. 8.00 Bay Of Fires. 8.55 Miss Austen. 9.50 MOVIE: Mrs Carter For The Crown. (2019) 11.25 Take 5. 11.55 Rage. 1.40 Under The Vines. 3.10 Under The Vines. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Motor Racing. ProMX Championships. Round 8. 4.00 Going Places. 4.30 Cycling. Tour de France Femmes. Stage 8. Highlights. 5.30 Such Was Life. 5.40 Atomic People. 6.30 News. 7.30 Pompeii: The New Dig. 8.40 Venice From Above. 9.45 Cleopatra: Mystery Of The Mummified Hand. 10.50 Elysians: Mysterious Civilisation. 11.50 Cycling. Tour de France Femmes. Stage 9. 3.50 Scotland's Extreme Medics. 4.45 Destination Flavour Bitesize. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 TBA. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00 Logies Red Carpet. (PG) 7.30 The 65th TV WEEK Logo Awards 2025. (M) 11.15 An Evening With Dua Lipa. (PG) 12.45 Jamstown. (MA15+) 2.00 Home Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.45 Rugby League. NRL Women's Premiership. Round 5. Newcastle Knights v Canberra Raiders. 3.30 Rugby League. NRL. Round 22. Cronulla Sharks v North Queensland Cowboys. 6.00 NBN News. 7.00 The Block. 8.40 60 Minutes. 9.40 World Aquatics Championships. Singapore 2025. Day 8. Finals. 11.20 The First 48. 12.20 Embarrassing Bodies. 1.15 Innovation Nation. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 Fishing Aust. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Judge Judy. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 MasterChef Aust. 8.45 Have You Been Paying Attention? 9.45 Gordon Ramsay's Secret Service. 10.45 News. 11.10 10 News+. 12.10 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	SUNDAY
6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Brush With Fame. 2.30 Back Roads. 3.00 Guy Mont Spelling Bee. 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 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Planet America. 10.05 News. 10.20 The Business. 10.35 A Life In Ten Pieces. 11.30 Long Lost Family. 12.15 Rage. 3.10 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.00 WorldWatch. 2.00 Such Was Life. 2.10 Curse Of The Ancients. 3.30 The Cook Up. 3.40 Jeopardy! 4.00 Letters And Numbers. 4.30 Mastermind Aust. 5.00 Cycling. Tour de France Femmes. Stage 9. Highlights. 6.00 Gama Festival 2025. 6.30 News. 7.35 Portugal With Michael Portillo. 8.25 Abandoned Railways From Above. 9.20 Britain's Most Beautiful Road. 10.15 SBS News. 10.45 Classified. 11.35 A Criminal Affair. 1.15 Blackport. 2.15 Weeks Of War. 3.10 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 Dancing With The Stars. (PG) 9.30 9+1. (M) 10.30 The Agenda Setters. 11.30 Police Custody USA. (M) 12.30 Gone. (MA15+) 1.30 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.30 Young Sheldon. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.45 100% Footy. (M) 9.45 Opal Hunters: Red Dirt Road Trip. 10.45 9News Late. 11.15 A Killer Makes A Call. (MA15+) 12.10 Footy Classified. 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 Morning Programs. 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. 3.30 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 Cheap Seats. (M) 9.40 FBI: Most Wanted. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	MONDAY
6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Brush With Fame. 2.30 Back Roads. 3.00 Guy Mont Spelling Bee. 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. 9.30 Earth. 10.30 News. 10.45 The Business. 11.05 Four Corners. 11.50 Media Watch. 12.05 The Howard Years. 1.05 Long Lost Family. 1.55 Rage. 3.10 Late Programs.	6.00 Morning Programs. 2.00 SBS50. 2.05 Such Was Life. 2.15 Curse Of The Ancients. 3.10 The Cook Up. 3.40 From Paris To Rome With Bettany Hughes. 4.35 Jeopardy! 5.00 Letters And Numbers. 5.30 Mastermind Aust. 6.30 News. 7.30 Great Continental Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Secret World Of Our Senses. 11.25 The Shift. 1.05 Everything You Love. 1.35 Bermuda Triangle: Into Cursed Waters. 3.05 Weeks Of War. 4.00 Curious Traveller. 4.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 Boyzone: Life, Death And Boybands. (M) 8.30 John Farnham: Finding The Police. (M) 10.30 The Agenda Setters. 11.30 Police Custody USA. (M) 12.30 Fairly Legal. (M) 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.15 Getaway. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Block. (PG) 8.45 Paramedics. (M) 9.45 Ski Rescue Down Under. (PG) 10.45 News Late. 11.15 La Brea. (M) 12.05 Footy Classified. 1.00 Let's Eat With George. 1.30 TV Shop. 2.30 Skippy. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Dred 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. 3.30 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 Cheap Seats. (M) 9.40 FBI: Most Wanted. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	TUESDAY

Local Calendar

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

July



Above: "Together" fibre weaving by Renee Molineaux.

Open until Sunday 27 July - Together Exhibition (pictured above) Open Fri, Sat & Sun 10am - 2pm at Forster Gallery, 34 Lake St.

Sat 26 July - Tuncurry Market 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

August

Sat 2 August - Real Food Market 8am - 11am Pacific Palms Community Centre. Come meet your local farmers. Enquiries: Sue Williams 0438 433 063.

Sun 3 August - Hallidays Point Car Boot Sale 7am to 12pm Hallidays Point Shopping Village Enquiries: 0403 042 088

What's on around town & beyond!

Big Book Arvo getting close

Final plans are in hand for this year's Big Book Arvo and we are hoping for more people to attend this year. The event will be on at Club Forster on Saturday the 9th August at 2pm. The three great books to be discussed this year are as follows;

Orbital by Samantha Harvey is a poetic novel set on the International Space Station, following six astronauts over a single day. They observe Earth from a unique perspective, their awe and wonder juxtaposed with reflections on human existence, fragility, and the beauty of their home planet. The book explores themes of connection, loss, and the impact of our actions on the planet, using the astronauts' observations to prompt broader questions about humanity's place in the universe. It's a meditation on the ordinary and the spectacular, and a reminder of the preciousness of life on Earth.

There are Rivers in the Sky by Elif Shafak weaves together the stories of Arthur, a Victorian translator of cuneiform; Narin, a Yazidi girl facing displacement by ISIS in 2014; and Zaleekhah, a modern-day hydrologist in London. The novel explores themes of memory, loss, and the interconnectedness of humanity, all while highlighting the power of water and storytelling. It examines how past events, like the destruction of ancient Nineveh and the persecution of the Yazidis, resonate in the present, and how individuals navigate displacement, trauma, and the search for belonging. The book also delves into the epic of Gilgamesh and its relevance to understanding human nature and resilience

Yellowface by Rebecca F. Kuang tells the story of June Hayward who steals a manuscript



from her recently deceased rival, Athena Liu, a successful Asian American author, and publishes it as her own under a new, ambiguous pseudonym.

The book, a historical novel about Chinese labourers in World War I, becomes a bestseller, but June's stolen success is threatened as evidence emerges and social media scrutiny intensifies. The novel explores themes of cultural appropriation, plagiarism, and the pressures of the publishing industry, with an unreliable narrator whose actions blur the lines between truth and deception, and whose white privilege allows her to exploit the situation.

You can come along and enjoy the discussion without having read any or all of the books but it is good to have your own appreciation to bring to the discussion.

Entry of \$20 will give you the discussion and a very good afternoon tea. Tickets can be purchased at the Sitting Wombat bookstore on Wharf Street and at the door on the day.

We hope to see you there.

'Imagine' Live special storytime



MidCoast Libraries

Get a free sneak peek into the upcoming Imagine Live show of Alison Lester's much-loved book 'Imagine' at MidCoast Libraries. Sing, play, read and dance through the pages with members of this amazing production.

To find out more and book tickets for storytime at Wingham Library, please visit: <https://manning.sales.ticketsearch.com/sales/salesevent/147579>

No bookings required for all other storytime sessions at the following libraries.

Gloucester | Mon 21 Jul | 10:30am

Harrington | Thur 24 Jul | 10:30am

Stroud | Fri 25 Jul | 10:30am

Hallidays Point | Fri 1 Aug | 10:30am

Forster | Wed 6 Aug | 10:30am

Taree | Thur 14 Aug | 10:30am

Wingham | Wed 20 Aug | 10:30am

What's on around town & beyond!

Let's celebrate 30 years of Dancing with a Ball!

2025 marks 30 years of Social Dancing in the Auditorium at Club Forster, Strand Street! During that time the 'Strictly Social Dance Club' of Forster has hosted many Balls with a variety of Themes from 'Winter' to 'The 1920s', from 'Christmas in July' to 'The 1940s'. Therefore, it stands to reason that, we should celebrate our 30th Anniversary with an appropriate theme -

"30th Anniversary Pearl Ball" to be held on Friday 8th August 2025.

Everyone is invited to join us in celebrating this important milestone! Why not take the

opportunity to 'up' your dance skills each Tuesday prior to the event? (see our entry in the "Weekly Diary")

So, Ladies, don your 'posh frock' and grab your pearls and Gents, get those suits and bowties from the back of the cupboard and come dance the night away in style!

Pre purchase tickets are essential.

Please call: Melisa 0478 529 426 or Mark 0412 384 077

(See advertisement below for more details.)

30th Anniversary Pearl Ball
Friday 8th August 2025
Tickets \$45 each
Door open 5.30pm
Sit down at 6.00pm
2 course meal, tea & coffee served
Raffle, Monte Carlo & Jackpot draw
Dress: Formal
Live Band Program & Entertainment
"Barry Noble"
Venue: The Auditorium, Club Forster
Tickets: Phone or Text Melisa 0478 529 426

Luck of the Irish Race Day

By Mary Yule – Forster Fortnightly

The Tuncurry Jockey Club is looking forward to hosting the Luck of the Irish Day on Saturday 2nd August. There will be competitions and prizes for best dressed so come in your Irish green colours and enjoy a day out at the races with live entertainment.

Hudson Rose and the James Keith Band will be playing in the new McQuillan Pavilion (very popular with the younger patrons) and in The Paddock. The pavilion is self-contained with large video screens and all racing facilities.

'Bring your luck, and join us on Saturday 2nd August with gates opening from 12 noon and with, as always, free buses available for all.'

Tuncurry Jockey Club update

Mick Summers, President of the Jockey Club, said the Luck of the Irish Race Day is a special day for several reasons including hosting the inaugural McQuillan Cup.

"The McQuillan Cup is to acknowledge Gary and Margaret McQuillan's hard work at the Jockey Club over many years. This will be held every year."

Mick also said The Luck of the Irish Race Day will now be a permanent annual event after NSW Racing recently gave the club two extra race days, making it a total of 7 races a year.



Above: Luck of the Irish Race Day in 2024. Photo by Mary Yule.

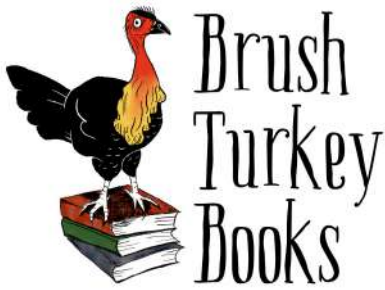
"This is great for the club and a big step up. The other permanent race will be held on 18 April next year. Potentially it will be a day to celebrate 20 years since the club was awarded its racing license. Then a theme, like our other race days, will be chosen for this new annual race day."

"Racing NSW have also awarded nearly double the prize money for our race day in September. From \$50,000 to \$100,000 in prize money for the Gold Cup in September and \$30,000 to \$50,000 for The Pearl on the same day. The Gold Cup now qualifies for Randwick so we will have a higher caliber of horses racing."

Mick said the track has made a great comeback considering it was underwater during the floods in May.

"The inner sand track used by the trainers had to be basically rebuilt after most of it washed away. Track Manager Nathan Don has got it back up with help from our wonderful volunteers. We are looking forward to getting back on track with the Luck of the Irish Race Day."

BOOMERANG VOICE & DRAMA STUDIO
MICHAELA Burger
Award winning, critically acclaimed performer, creator, writer and singer servicing the mid-coast.
Over 30 yrs experience in the performing arts industry + 20 yrs teaching voice & drama. Sessions are transformative, educational and above all, "profoundly enjoyable" (Will, USA!)
Ignite passion, bring forth confidence, develop creativity, enhance performance technique and create awareness of your endless capabilities.
FRIDAYS FROM 25 JUL - 19 SEP
3:30-4:30PM: KIDS DRAMA
4:35-5:35PM: KIDS CHOIR
DRAMA | KIDS + ADULT CHOIRS
GROUP CLASSES | PRIVATE COACHING
PUBLIC SPEAKING | CORPORATE
TEAM BUILDING | SINGING
FREE YOUR NATURAL VOICE
SCHOOL HOLIDAY WORKSHOPS
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Rotary Club of Lower Midcoast
TUNCURRY BEACH BOWLING CLUB
Reaching out to our neighbours who need a hand!!
Forster Fortnightly
Flood Relief CONCERT
BIG FINS
R&R EXPRESS
Loco Motive
LUCKY ENVELOPE
VICKI AND THE GANG
SUNDAY 3 August 2025
TUNCURRY BEACH BOWLING CLUB from 12 noon
Contact - E: president@lakesidefestival.com.au; M: 0475804363

NEXT RACE MEETING
The Jockey Club.
TUNCURRY-FORSTER
SAT 2 AUG
The Luck of the Irish RACE DAY
The Inaugural McQuillan Cup
GATES OPEN 12 NOON
FREE BUSES RUNNING
info@tuncurryforsterjockeyclub.com.au
www.tuncurryforsterjockeyclub.com.au

Mixed bag and Feedback

Letters to the Editor

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



Above: Photo of my two grandchildren inside a structure people have made from driftwood on Pebbly Beach, sent from Kay Chapman.



www.moir.com.au

Albanese demands US Tariff on Australia “Should be zero, unless Trump says no”

www.theshovel.com.au

POLITICAL SATIRE: Hardline deal broker Anthony Albanese has slammed the United States’ looming tariffs, demanding the controversial import tax on Australian products be set at zero, unless Trump doesn’t feel like it.

“As the leader of this nation it’s my duty to stand up for what’s best for Aussies, so long as it’s cool with Trump of course,” sternly warned the PM.

“I’ve said before that I don’t like these tariffs, and that is a position I am committed to feeling even when we’re playing them.”

The PM confirmed his stance was immovable, and that Australia would settle for nothing higher than a 0% rate of discomfort to the US President.

When asked to respond to Albanese’s tough negotiation tactics, White House officials assured that the US President was open to

compromising the trade deal, provided there are no changes.

“President Trump is up to date with every detail of the trade relationship with Austria, and looks forward to speaking again with Mr Morrison,” read a White House statement.

“On a note completely unrelated to negotiating tariff exemptions, Trump Hotels are always looking for new locations.”



Book Review

Book Review by John King - Pacific Palms Librarian

Napoleon’s Australia

Napoleon’s Australia by Terry Smyth provides an insight into a period of Australian history as seen through French acquisitive eyes. It starts with the chance meeting of Laperouse and the arrival of the First Fleet under Captain Arthur Phillip in Botany Bay on 24 January 1788. The aim of La Perouse’s expedition, started three years earlier, was a round the world voyage to fill in gaps in Cook’s charts of the north and south Pacific, add to scientific knowledge, establish new trade routes, and look for likely places to establish French outposts. But on 10th March 1788, he and his two ships, La Boussole and l’Astrolabe slip quietly out of Botany Bay never to be seen again.

Smyth takes us briefly through the French revolution, La Terreur, starting on 14 July 1789, then onto the meeting of Napoleon Bonaparte and Josephine in 1796. Josephine’s love of Australian plants and animals is a key theme throughout the book as is their deep but turbulent love life interwoven with his military campaigning. Starting with Italy it continues across Europe until his catastrophic invasion of Russia in 1812 destroys the French army. Paris is occupied by a coalition of European armies, and peace sends him to the island of Elba in 1813. She has warned him that his overriding ambition will bring the first major European war, and so it proves.

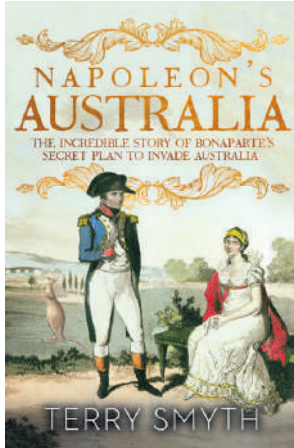
Back to 1802. The French send another expedition to Australia under captain Nicholas Baudin to chart the south coast and collect plants and animals. Matthew Flinders, similarly engaged in charting the coast, on 8 April 1802 finds Le Geographe and Le Naturaliste in Encounter Bay on the south coast of South Australia. Even if Baudin is unaware of it, from Bonaparte’s viewpoint, the exploration is also political. Le Geographe, in desperate straits lacking food and water and rife with scurvy, sails for Sydney where Governor King gives them every assistance. They are shown around the colony and given every hospitality. What they do not realise is that there is a very ambitious spy in their midst, Francois Peron, taking note of the colony’s weak defences as well as giving a comprehensive assessment of its potential for French development.

Peron’s 1802 secret report says: “My opinion, and that of all those among us who have more particularly occupied themselves with investigating the workings of that colony, is that it should be destroyed as soon as possible. Today we could destroy it easily. We shall not be able to do so in 25 years’ time.”

Inspired by Peron, Napoleon issued a directive in 1810 to a French naval squadron in Isle de France (now Mauritius) to take the English colony of Port Jackson. That was thwarted when the British invaded and took over Mauritius in that year – and released Matthew Flinders from six years of imprisonment – regarded as a spy (l) – when his leaking ship had had to seek repairs there. That Flinders was found to be carrying secret despatches from Governor King back to London describing Sydney as an excellent base to harass Spanish shipping off the coast of South America simply confirmed French views.

I found Smyth’s book provided valuable insights into French ambitions here and of course names such as the Freycinet peninsula and D’Entrecasteaux channel are some evidence of their activities. Though outside the scope of this book, it should be remembered that the short-lived establishment of Fort Wellington in 1827-9 and Port Essington in 1838-49 on the Cobourg Peninsula northeast of Darwin were intended not just as trading posts (a failure) but to pre-empt any attempt by the French to do so.

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



Screen Reviews

TV Show Review by Harriet Kelly - regular visitor to Blueys Beach

‘My Mom Jayne’ (FOXTEL/MAX) – A documentary by Actor Mariska Hargitay (AKA Detective Benson from ‘Law and Order Special Victims Unit’).

An outstandingly crafted HBO documentary which delves into the life of Mariska’s late mother Jayne Mansfield – (AKA Acclaimed Blond Bombshell and Renowned Sex Symbol of the 1950s).

Jayne Mansfield was tragically killed in a car accident at age 34 with her three young children surviving in the back seat.

Initially not wanting to fully acknowledge familiar ties with her mum, Mariska has a ‘change of heart’ and with the help and support of her brothers and sisters attempts to uncover everything there is to know about the complex world of Jayne Mansfield – from the loving mother, to the musical genius and 50’s ‘Play Boy Pin Up’ Blond Bomb Shell.

This candid exploration reveals much more and we see Mariska face the truths (and hurt) in finding out about the identity of her real biological father.

Viewers won’t be disappointed with this melancholy and heartfelt documentary. Mariska clearly has a bundle of skills as a producer and director, and as a most loving sister to so many different siblings from so many chapters of the amazing life of Jane Mansfield.



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Hayman, Mary Philomena

14th November 1929 ~ 11th July 2025
Aged 95 years

Late of Forster. Adored wife to Kevin Lynch (dec), Beloved Sister, Aunt and Great Aunt.

Mary had a wonderful career as a soprano in the London Opera for 5 years and the Australian Opera for 15 years.

‘Forever in our hearts’

A Funeral service will be held on Friday 25 th July 2025 at the Holy Name Catholic Church, 33 Lake Street, Forster. Commencing at 11am prior to a private cremation.

AP 6554 5433

TUNCURRY MARKETS

John Wright Park

Saturday 26 July
8am - 1pm

Bookings Essential
Enquiries 0417 400 994



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Community News

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Page 18

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 **Peter Sloan 0419 125 152**

Forster Tuncurry Men's Shed Inc.

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

1st Forster Tuncurry Scout Group Cub Section

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

Forster Tuncurry Seniors

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

Girl Guides Forster Tuncurry

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

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

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

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

Manning Great Lakes Parkinson's Support Group,

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

Mixed Social Tennis

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

Quota Club of Forster Tuncurry

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

Tennis Forster

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

The Man Walk - walk, talk and support

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

Tuesdays

Alcoholics Anonymous

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

Club Forster Social Dance Club

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

Coomba Park Tennis Club

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

Forster Shores Combined Probus Meeting

Held 3rd Tuesday of the month, 2pm Sporties Club, Tuncurry. To attend contact Col Jay on 0448 918 645 and Linda Lovell 0447 473 510.

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

1st Forster Tuncurry Scout Group Venturer Section,

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

Great Lakes Prostate Cancer Support Group.

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

Hallidays Point Combined Probus Meeting

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

Hallidays Point Surfing Mums

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

Pacific Palms Probus Club

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

Pickleball Tuncurry

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

Rotary Club of Lower Midcoast

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

The Coomba Mens Shed

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

Wallis Lake Dining Group

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

Wallis Lake Tourers Travel Club Inc.

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

Wednesdays

Alcoholics Anonymous

9am, As Bill Sees It Meeting
Girl Guides Hall - Opp Council Playing Fields Lake St, Forster 1300 222 222

Alcoholics Anonymous

8pm, I.D. Meeting at Salvation Army Hall 7 South Street, Tuncurry
1300 222 222

Club Forster Table Tennis

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

Coomba Fitness Group: Meets at Coomba

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

Dementia 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 Moorooaba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Forster District Combined Probus Club

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

Forster Keys Progress Association

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

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout Section

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

Great Lakes Concert Band

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

Great Lakes & Manning Stroke Recovery Club

We meet every 2nd & 4th Thursday of month. New members and visitors are most welcome. Contact can be made by ringing 1300 650 594.

Great Lakes Vietnam Veterans Association

Email: vvagiforster@gmail.com

Lodge Forster Great Lakes United

Meets third Thursday of the month 7pm at the Lodge Hall, 27 Lake Street
Enquiries: Bob Mackinnon on 0437 854 466

Knit and Knatter

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

Mens Social Tennis

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

Tennis Forster

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

Twin Towns Tennis Club

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

Fridays

Alcoholics Anonymous

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

Coomba Fitness Group: Meets at Coomba

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

Forster Country Women's Association (CWA)

3rd Friday of the Month, 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

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

Ladies Social Tennis

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

Pickleball Tuncurry

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

"Quilts of Love" Forster Arts & Crafts

Breeze 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
info@forstertuncurryboardriders.com

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 19

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

Graffiti Buster Hotline



Help keep our town graffiti free. Call Ted Bickford for any jobs big or small on the Graffiti Buster Hotline – 0408 440 309.

Community Meals & Pantry



Above: (L-R) Rick Star and Peter Hester at Tuncurry Community Brunch.

Tuncurry Community Brunch

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

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

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

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

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

Tuncurry Community Morning Tea & Lunch

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

2025 Lower North Coast Branch Surf Life Saving Awards of Excellence

By Annie Evans- Forster Surf Club

A large gathering was present at the Forster Surf Club function room on Saturday, July 12, to witness the 2025 Newcastle Permanent Surf Life Saving Lower North Coast (SLSLNC) Branch Awards of Excellence.

The six Surf Life Saving Clubs in the SLSLNC) stretch from Crowdy Head to Pacific Palms:

1. Crowdy Head SLSC – at the northernmost end of the branch's coastline
2. Taree–Old Bar SLSC – serving the mid-northern segment
3. Black Head SLSC – part of the central cluster
4. Forster SLSC – on Main Beach at Forster
5. Cape Hawke SLSC – on One Mile Beach at south Forster
6. Pacific Palms SLSC – at the southern border of the branch region

These six volunteer-led clubs operate along an extensive 100 km coastal stretch, working tirelessly to ensure beach safety through patrols, nippers programs, surf sports, education, and community outreach.

In emergency responses, the branch can be directed to incidents from Crowdy Bay National Park in the north to Seal Rocks in the south, which entails another 20 km of coverage. This means that the smallest NSW branch in terms of active members covers the longest stretch of coastline.

SLSLNC Branch president, Bernadette Nicholls, launched the evening by welcoming the large gathering which featured 124 official guests while many other well-wishers were also in attendance.

Adorned in individual club colours, the enthusiastic crowd filled the venue, creating a vibrant atmosphere of celebration and pride. Reflecting the strong community spirit and unwavering commitment to surf lifesaving, supporters cheered loudly as outstanding



Above: Surf Sport Team of the Year – Black Head U15 Female Cameron Relay Amaya Cross with MP Alison Penfold.

• Coach of the Year – Beth Lee (FSLSC) & Andy Snelgar (TOBSLSC)

• Youth Life Saver of the Year – Finlay Elmer (Crowdy Head SLSC – CrHeSLSC)

• Junior Life Saver of the Year – Alfie Marshall (CaHaSLSC) and Sasha Belic (FSLSC)

• Patrol Captain of the Year – Carissa Fraser (TOBSLSC) & Jeffrey Horne (CaHaSLSC)

• Surf Life Saver of the Year – Andrew Somerville (TOBSLSC), Ashley Stewart (CrHeSLSC) & Michelle Ellis (Pacific Palms SLSC – PPSLSC)

• Support Operations Member of the Year – Greg Randall (FSLSC)

• Rescue Services member of the Year – Michael Cameron (TOBSLSC)

• Youth Volunteer of the Year – Sophia Lee (FSLSC) & Aria Tritico (CaHaSLSC)

• Volunteer of the Year – Des Augey (BHSLSLSC)

• Trainer of the Year – Darren Bourke (CrHeSLSC)

• Assessor of the Year – Jim Wills (FSLSC)

• Official of the Year – Ben Forrester (CaHaSLSC)

• Community Education Program – Pacific Palms Shark Bite Safety Initiative

• Innovation Award – Pacific Palms Champion Lifesaver

• Services Team of the Year – Pacific Palms Community Automated Electronic Defibrillator Team

• Media Officers – Annie & Ian Evans (FSLSC)

In all, awards were presented under 21 categories:

• Administrator of the Year – Amy Dyer (Taree Old Bar SLSC – TOBSLSC)

Youth Athlete of the Year – Levi Dodds (Cape Hawke SLSC – CaHaSLSC) & Dylan Kinkade (Forster SLSC – FSLSC)

Master Athlete of the Year – Beth Lee (FSLSC) & Doug Warner (TOBSLSC)

• Athlete of the Year – Andrew Quadrio (BHSLSLSC)

• Surf Sport Team of the Year – Black Head U15 Female Cameron Relay Amaya Cross, Ella Pegrum, Ashleigh Pegrum, Bronte Kippax (Black Head SLSC – BHSLSLSC)

Social Golf Club results



Above: Two of our winners Wayne Richards and Di Wilson. Photo supplied.

By Warren Warner - Club Forster Social Golf Club

We played at Forster course on Sunday 13 July as a single Stableford. It was a cold early start but it turned into a nice day. The course was a bit boggy in a few areas. We welcomed new member Mark Nicholson and guest player Kane Howe.

Results

Mens: A div. 1st. Wayne Richards 30, 2nd. Dave Thompson 30, 3rd. Darryl Fahey 29. B div. 1st. Mark Nicholson 28, 2nd. Peter Wilson 27, 3rd. Allan Bowden 27. Ladies: 1st. Di Wilson 27, 2nd. Sharon Evans 26, 3rd. Kim Clark 26.

Nearest to pin 2nd shot: 4th hole: Darryl Fahey, Jim Lovegrove. 11th hole: John Burgess, Tom Welch, Robyn Poole. 14th hole: Ken Woods, Peter Wilson, Di Wilson.

Our next game is round one of our Club Championships at Tuncurry Course, 7.30am for 8am hit off.

For all enquiries contact Ken Woods on 0401 767 257.

What a weekend of racing for Team Forster!

By Mel Westaway - Forster Aquatic Swim Club

Around 810 swimmers competed in the 2025 NSW Short Course Country Championships at Sydney Olympic Park Aquatic Centre (SOPAC) from 4 to 6 July.

Eight swimmers from the Forster Aquatic Swim Club qualified to race at these Championships including Riley Brown, Joel Fleming, Kaitlyn Perry, Bryon Vicory, Liam Lenkic, Toby Westaway, Darcy Every and Sophie Sicko (due to illness withdrew from completion).

Our swimmers hit the pool with passion, power, and purpose—delivering 23 races over the weekend that saw 19 Personal Bests (PBs), 2 medals, and 4 Top Ten ribbons! A huge congratulations to all our swimmers on their efforts, achievements, and sportsmanship across the weekend. What a team!

A special thank you to our two wonderful club coaches Peter Sanders and Adele Gregory for being poolside all weekend. From warm-ups to pre and post-race chats, your guidance, energy, passion, and dedication do not go unnoticed. Your support means everything to our swimmers—and to our club.

Individual Results

Byron Vicory: 100m Breast – 3rd, PB (personal best) 2:98, 50m Breast – PB 0:86 and 7th place ribbon, 50m Free – 3rd, PB 0:72 – State Qualifying Time!, 100m Free – PB 1:22 and 5th place ribbon



Above: (L-R) Riley Brown, Kaitlyn Perry, Darcy Every, Byron Vicory, Liam Lenkic, Joel Fleming and Toby Westaway. Photo supplied.

Joel Fleming: 100m Fly – 4th place ribbon, 50m Free – Solid swim with a PB of 1:02

Riley Brown: 100m Back – PB 1:51, 50m Breast – PB 1:23, 200m Breast – PB 0:75 and 8th place ribbon

Liam Lenkic: 100m Breast – PB 3:05, 50m Breast – PB 1:34, 50m Free –PB 0:41, 50m Fly – PB 0:51, 100m IM – PB 3:76

Kaitlyn Perry: 100m Back – Solid swim, just outside ribbon position 11th, 50m Free – PB 0:34, 50m Fly – Good effort, 50m Back – 11th, PB 0:07

Toby Westaway: 100m IM – Great experience, 50m Free – PB 0:98 – first time under 30 seconds!, 100m Free – PB 1:22, 50m Back – Great start and finish, swam close to PB

Darcy Every: 50m Fly – First time racing at SOPAC and delivered a wonderful swim – PB 1:41

NSW Tennis Country Championships in Forster

By Jaime McDonagh - Forster Tennis Club

As we wrap up another exciting year of the NSW Country Championships, I wanted to take a moment to reflect on this year's event. It marked the end of our current tender, and while we've submitted an Expression of Interest for the 2026-27 period, we're still awaiting news on its outcome.

This year was remarkable, drawing record numbers in both the Open and Junior events. A special shout-out goes to Camden's Conner Johnson, who claimed victory in the Men's singles, and Wollongong's Emily Johnson, who triumphed in the Ladies singles. Their outstanding performances truly showcased the talent within our community.

Local standouts included Mackenzie Much who won the Under 12 Girls Doubles (with Darcy Johnson), and Emily Kenney who was the runner up in the U10 Girls Doubles and U10 Mixed Doubles, and reached the Quarterfinal in U10 Girls singles.

We extend our heartfelt gratitude to everyone who has contributed to this remarkable event. We wish to express our appreciation to the other local tennis clubs—Twin Towns TC,



Above: Mackenzie Much.

Sporties, Cundletown, and Old Bar Tennis Clubs—who have collaborated to showcase our beautiful region and the exceptional tennis facilities we offer.

Over the past decade, we have had the privilege of hosting this tournament for eight out of the last ten years. (Injecting

upward of \$1.8 million per annum into the local economy.) We are grateful to all the Country families and competitors who have participated, enriching our community with their presence and spirit. A special thank you goes to Priceline Pharmacy Forster for their outstanding sponsorship, which has been invaluable in making this event a success.

Finally, we extend our sincere appreciation to our dedicated volunteers, whose unwavering hospitality has made every player and spectator feel welcome. We take great pride in our Lake Street facility and the reputation it has built as a cherished destination for country families.

Thank you to Tennis Country and Tennis NSW for your exceptional management of this event and for choosing our town as its venue.



Above: Emily Kenney. Photos supplied.

Congratulations Pete!

Great Lakes Aquatic and Leisure Centre

We're proud to share that Swim Coaches & Teachers NSW has honoured Pete Sanders for his outstanding service to coaching over the years!

Pete's coaching journey began back in 1980 at the Forster Bullring, and for the past 35 years, he's been a cornerstone of our indoor pool community. From developing young talent to guiding athletes to the elite level, Pete's dedication has made a lasting impact.

This award recognises not only his decades of dedication but also a standout achievement: placing swimmer Joel on the Australian Team 2024.

Thank you, Pete, for your commitment, passion, and years of hard work. This recognition is so well deserved!



Above: Head Coach Pete Sanders with swimmer Joel Fleming. Photo supplied.

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Sam takes on marathon

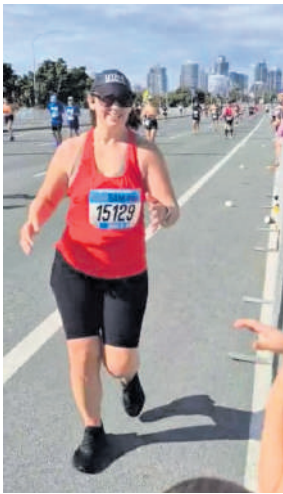
By Dave Hughes - Forster Runners

The iconic Gold Coast marathon took place on Sunday 6 July. Being a relatively flat course, it attracts runners from both interstate and overseas. Samantha Gardiner, member of the Forster Runners' group, earmarked this event as her first marathon a few months ago. She intrepidly and determinedly embarked on the arduous training cycle required to simply get to the start line.

Preparation for this event is both time consuming and tiresome. Having to juggle family duties as well as running an average of 40km a week and cross training (cycling) is no easy task. Being her first event of this distance (42.195km), she was a willing listener to Forster Runners' advice and she always managed to have a solid running partner in Leon Batman.

There is a reason why less than 01% of the worlds' population ever complete a marathon. It's not only a very long way but unless you train extremely hard and have an iron will, you will struggle to complete this distance.

Samantha stuck to her plan of running 6m 30s per km pace until the final 10km where she slowed to a pace that she knew would enable her to finish. Her time of 5 hours and 1 minute was impressive for her first marathon. Congratulations Samantha, you are now a worthy member of this rare group of runners who dared to dream of being a marathoner.



Milestones at Forster parkrun



Above: (L-R) Keith Buls has completed 250 parkruns while Neal Ames has the local record of 500. Photo by Mary Yule.

By Mary Yule – Forster Fortnightly

Neal Ames holds the record for the most parkruns by a local and reached his 501st parkrun on Saturday 12th July. On the same morning Keith Buls completed his 250th parkrun. Keith and his wife Sue (who has herself completed 253 parkruns) are some of the original Forster parkrunners who joined soon after it was founded on 26 November 2016.

Forster parkrun Event Director Chris Newell said, "What a great start to the weekend and

a special one for two of our regular participants. Congratulations to you both from our parkrun community for such great achievements."

Neal joined Forster parkrun in 2022 and has completed 82 here. He said it's a good Saturday morning routine for him. He originally started in Toowoomba in Queensland in February 2014. He has gone on 150 different parkrun courses around Australia and 6 overseas. His average time for the 5km run is 24:25 minutes.

Neal said, "I like the parkrun tourism. I go to places I would never ever go to. I've been to parkruns in Panania on the Georges River in Bankstown, Gardiners Creek in Melbourne and Orford in Tasmania. Other amazing places are Bushy Park in

"The other reason why I like parkrun is it is the best for volunteers. They can be non-runners, older people, anyone. I've volunteered a few times over the years."

Eighty-one year old Keith is a familiar face at Forster parkrun. He and his wife Sue travel out from Smiths Lake most Saturdays for parkrun, then often join other regulars for breakfast at a local café afterwards. They have been avid volunteers for nine years and like to volunteer at least once a month. They also often jump in to volunteer if numbers are short."

Keith said, "We enjoy it. It's our Saturday morning routine."

"I've been a regular runner since my thirties. I used to do a lot of funruns. I found the half marathon seemed to fit my endurance. I used to do the Nabiac Half Marathon every year. We would run through the dairy farms opening and shutting the gates. My best half marathon time was 1:40 hours but I used to do 1:49 at Nabiac."

Forster parkrun starts at the Pebbly Beach playground off Head Street Forster at 8am every Saturday. A race briefing for newcomers is at 7:50am. Register for free at: www.parkrun.com.au





ADVERTISEMENT

ALISON PENFOLD MP

FEDERAL MEMBER for *Lyne*

Thank You

I am honoured to represent the Great Lakes region as your Federal Member for Lyne

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