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Forster Fortnightly

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

FREE

Wednesday 20 August 2025
 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS
 Circulation 7,000 No.128



On 8th August dancers from up and down the NSW coast and interstate joined locals in celebrating 30 Years of "Strictly Social Dancing" at Club Forster. Photo by Mary Yule. More photos on page 12.

Redevelopment update for Manning Base Hospital

By Trish and Eddie Wood – Manning Great Lakes Community Health Action Group

President of the Manning Great Lakes Community Health Action Group (MGLCHAG) Eddie Wood and Trish Wood (Committee member) spoke with the Project Team at the Public Information Meeting at Manning Art Gallery on 30 July 2025 regarding the Stage 2 Redevelopment of Manning Base Hospital.



Below is an update from this meeting:

- Demolition of the old nurse's accommodation/administration block and the old fever ward (for infectious diseases) began

Continued on page 3.

We've hit the five year mark!

The Forster Fortnightly has proudly informed, connected and celebrated our local community for five years.

The Yule family started the Forster Fortnightly news service on 20th of August 2020 during Covid times. We strongly believed that our town and greater region deserved a genuine local newspaper and we've worked hard at keeping our precious space for relevant local content. Our aim was to create a quality read



to serve the community and we think we have achieved that. We went with the free model so it would be accessible to everyone, available everywhere and online without any annoying paywall. We reach everyone!!!

With some generous help from family back in 2020 (thanks Jim, Margaret, George and Piki Lawson in Sydney) we started with a 12 page edition and a run of 5,000 copies, filled mostly with stories and photos from our friends. We soon jumped to 6,000 copies and made the wise decision to change the name from The Forster Tuncurry to the Forster Fortnightly once

we realised how many clubs and businesses had the same name. This also helped to answer the question, "When is your paper out next?" We now print 7,000 free newspapers and our website at www.forsterfortnightly.com.au has been modernised with free subscriptions added.

We are proud to be a local family-owned business and you can see our Yule family members out and about covering events or stocking shelves from Hallidays Point in the north to Seal Rocks in the south.

We also know our online version is being accessed by many households outside our delivery area. During the May floods, many people from Wingham and Taree were able

to access vital information from the online Forster Fortnightly and know that the wider community were supporting them.

How has the Forster Fortnightly helped the community since 2020?

- Freely provided a balanced coverage of all candidates in every Local, State and Federal Elections.
- Raised the profile of the many great people and organisations that are addressing important issues in our region.
- Published information, grants and workshops that support local businesses and organisations.

Continued on page 7.






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For advertising enquiries contact:
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or email sales@forsterfortnightly.com.au



Photo by Patricia Macvean.

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

Forster Fortnightly publishing dates

Edition 129: Wednesday 3 Sept (deadline Wednesday 27 Aug)

Edition 130: Wednesday 17 Sept (deadline Wednesday 10 Sept)

Edition 131: Wednesday 1 Oct (deadline Wednesday 24 Sept)

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

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

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

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Forster

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Tulls News

Forster Information Centre
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Ampol Station
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Lakes & Oceans Tavern

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Pacific Palms Bowling Club
Good Food Store
Smiths Friendly Grocer

Coomba Park

Pollards General store
Coomba Aquatic Centre

Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store

Coroner finds grandmother Margaret Mariani's death at Forster Private Hospital preventable

By Sophia McCaughan - ABC Mid North Coast, 15 August 2025

In short:

A NSW coroner has slammed the quality of care provided to Margaret Mariani, who died as a result of post-surgery complications following a procedure at Forster Private Hospital.

Forster Private Hospital declined to comment on critical findings about its quality of health care, communication and record-keeping.

What's next?

A coroner has found the death of an 88-year-old grandmother at a New South Wales private hospital was preventable.

Margaret Mariani died on July 14, 2019 at Manning Base Hospital in Taree on the state's Mid North Coast from complications following a gall bladder removal at Forster Private Hospital two days earlier.

Deputy State Coroner Joan Baptie said Forster Private Hospital's treatment of Mrs Mariani was "grossly inadequate" when she delivered her findings on Thursday, following an inquest into the 88-year-old's death held in February.

"[Mrs Mariani] was entitled to the highest level of care and treatment when she was admitted

... the resulting care and treatment was significantly deficient," Magistrate Baptie said.

Pain ignored

Magistrate Baptie said Mrs Mariani's daughter, Karyn Hemming, repeatedly flagged concerns with healthcare staff about her mother's significant pain a day after the surgery.

Ms Hemming said in a statement she often woke in the middle of the night thinking about her mother's death.

"I hope that this process will help other families ensure that they do not have to go through the heartbreak that we endured," Ms Hemming said.

"I hope that the medical staff will take concerns of families seriously in the future."

Continued on page 26.



Above: A coroner's court found Margaret Mariani's death was preventable. Photo supplied by Michael Easson.

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

By Margaret Steel - Great Lakes & Manning Branch of Animal Welfare League NSW

Free 'Walk In' for Microchip & Health Check

8am to 12pm - 6 September, Taree Show Grounds

On Saturday 6th September the mobile vet truck will be at the Taree Show Grounds for free cat and dog microchip vaccination and health check. There will be a limit on number of animals per family. All dogs must be on a leash or in carriers and cats must be in carriers. This service is only available between 8am and midday on this day so the amazing staff we have on board can get back home to Sydney to celebrate Father's Day with their families.

This is a fabulous service, so please make the most of it as it only happens once a year for any location.

- The Animal Welfare League NSW mobile vet truck is at the Taree Showgrounds on Tuesday and Wednesday 2nd and 3rd September for cat and dog Desexing. This has already been booked out but is hopefully returning next year.

• Good news - all the gorgeous kittens that we have shown over the last few weeks have found their forever homes. We do have a beautiful big fluffy white cat in care but is not ready for adoption at the moment.



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Manning Base Hospital redevelopment update



Above: These three photos show the progress of demolition work ready for more Stage 2 Redevelopment. The rusty old building in this photo was the old fever ward.



Above: This photo is of much the same angle. It shows that the old fever ward has been demolished. Photos supplied.



Above: This third photo shows the last part to be demolished once the gas tanks are moved. The angle of this photo is slightly different but the remaining building on the far right (with white balconies) can be seen in each photo.

Continued from page 1.

in April and the last part of the building will be demolished once the gas tanks have been removed and put underground.

- Tenders have gone out to 3 companies/builders in preparation for the commencement of building Stage 2 which they hope will be in October 2025.

They are hopeful that because there are few major building projects at the moment that we will get the best value for the money that is available.

- It was stated that because of chronic bed shortages the number one priority is providing more beds.

- Plans are now for -

1. 3 floors of inpatient units with 28 beds each – a total of 84 beds.
2. No shell of a 4th floor
3. A Mortuary - unsure of capacity at this stage

4. only a shell of a Pharmacy – not fitted out
5. only a shell of a Pathology – also not fitted out

6. only a short spine to connect new building to the existing building and then utilising the internal corridor, instead of a long properly fitted out external spine.

- \$500,000 to be spent on existing theatres to bring them up to standard i.e. lighting, floor coverings and painting.

- The importance of our MGLCHAG Committee was acknowledged and the fact that communication lines with Hunter New England Health (HNEH) are open and that there is a need to work together for the best result for our community.

It is positive that demolition is well underway, tenders are out and building will commence, but it is very disappointing that despite a shortage of beds being clearly identified as the number one priority by HNEH there will only be 84 beds because there will no 4th level. The

Pathology and Pharmacy will not be fitted out, there will be no loading dock, no long spine and there was no mention of an Urgent Care Centre at Forster and no mention of Bulahdelah, though we asked about both.

Our community is not getting what we were promised initially. The Petition of over 12,000 signatures and subsequent debate in State Parliament, which was voted on unanimously, clearly requested that Stage 2 and Stage 3 would be finished in their entirety within the term of this Government. Clearly \$180 million was never going to be enough to complete Stage 2 despite us having been promised that it would be.

MGLCHAG will continue as a committee to champion and fight for the health needs of the Manning Great Lakes area.

MGLCHAG urge the community to also write to our local member Mrs Tanya Thompson who has supported us, Health Minister Ryan Park and CEO of HNEH Mrs Tracey McCosker to add to our voice requesting extra funds.

• Tanya Thompson MP for Myall Lakes

Email: myalllakes@parliament.nsw.gov.au
Mailing address: Tanya Thompson MP, PO Box 272, Tuncurry NSW 2428

• Health Minister Ryan Park

Email: <https://www.ryanpark.com.au/contact>
Mailing address: The Hon. Ryan Park MP, GPO Box 5341, Sydney NSW 2001

• Tracey McCosker - Chief Executive of Hunter New England Health District

Email: hnelhdipid@health.nsw.gov.au
Mailing Address: Tracey McCosker, Chief Executive HNEH, Locked Mail Bag 1, New Lambton, Newcastle 2305

See page 20 for Letter to Editor thanking staff at Manning Base Hospital.



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Bulga State Forest protesters at Forster Court



By Mary Yule – Forster Fortnightly

Members from the Save Bulga Forest group rallied outside the Forster Court House to support three people who had been summoned to appear on 14 August. Brett Thompson, Dominique Jacobs and Helen Kvelde were arrested during a native forest logging protest at Bulga State Forest back in December 2024. The Bulga State Forest is north-west of Taree in the Mid North Coast and is located at the top of the Hastings and Manning River catchments.

At their court appearance the three people pleaded guilty to the two charges that they were left after several other charges against them were dropped just a few days before. The charges were for disobeying a Forestry Officer's instructions to leave a scene and for interfering with harvesting equipment.

Susie Russell, a spokesperson for Save Bulga Forest, said "They are happy to take the

consequences for civil disobedience. They did disobey instructions to leave, and they did attach themselves to a harvesting machine."

Fortunately, all three received a 6 month good behaviour bonds and are not to enter any closed forest in Bulga during that time.

"Ideally, they should be getting a medal for standing up to the global issue of protecting unique and endangered species. It's the government and representatives who should be protecting these species. No doubt in 20 years time these three in court today will be hailed as heroes for the part they played to save these animals. Some of the great National Parks in Australia would be extinct if we didn't have civil disobedience and people prepared to be arrested."

"Unfortunately, we were not able to stop the logging in December. In a few months there are plans for an even larger area of logging to take place within Bulga Forest."

When asked if supporters of Save Bulga Forest will continue their protests Susie replied, "We are doing everything we can. Protesting is a very last resort when the harvest machines move in [to commence logging]. We also write letters to government representatives and organise community meetings."

Susie has stated that ongoing protests by the community are to pressure the Forestry Corporation of NSW (a state-owned entity) and the state government to end native forest logging. Forestry Corporation have stated that they respect the right of members of the public to protest but it is unlawful and unsafe to enter active work sites.

Brett Thompson stated, "Logging costs the people of NSW. Every year the NSW Forestry Corporation loses around \$20 million or more. So, the community subsidises this destructive industry. Then the government says it has no money for threatened species recovery plans or restoration of damaged catchments, and the costs to the community ratchet up even more."

Dominique Jacobs stated, "We know that one practical thing we can do to slow down the rate of climate change is keep as many trees in the ground as possible and plant more. It's not just humans being impacted by temperature extremes. Many of the coastal forests are too hot now for the endangered Greater Gliders to thrive, they need the cooler, higher altitude forests like Bulga. It's a crime against the future and our grandkids for our government to be destroying forests that provide habitat for Australia's unique species."

According to the Save Bulga Forest website, about 2000 ha of Bulga Forest on Biripi Country is in the Forestry plan for logging, and logging operations which commenced in October 2024. It is home to remnant and thriving colonies of Greater Gliders and Koala, both of whom are listed as endangered species. We also have Powerful Owls, Sooty Owls and Masked Owls, Black Cockatoos, Spotted Tail Quolls, Yellow Bellied Gliders, Parma Wallabies and a host more.

<https://savebulgaforest.org>

NSW one of last states to allow native forest logging

Passage below from ABC South East News, April 2024 by Bernadette Clarke

The native forestry industry in New South Wales has come under growing scrutiny about its environmental impact amid efforts to ban the practice in line with some other states.

From January 1 2024, Western Australia and Victoria put an end to native forest logging.

Stuart Blanch, forest policy manager at the World Wide Fund for Nature, said they have called on the NSW Premier Chris Minns to do the same by 2025 and implement a transition plan to help timber workers at the same time.

"I'm sorry people are losing their jobs over the need to protect greater gliders, but it's really the state government's responsibility to fund the complete transition out of native forest logging and put us on a very firm, well-funded transition to a plantations-based timber and fibre sector," Dr Blanch said.



Above: (L-R) Dominique and Helen were arrested for attaching themselves to harvesting machines to prevent native forest logging at Bulga. Photo supplied.

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

We've hit the five year mark!

Continued from page 1.

- Provided a Letter to the Editor feature for people to have a voice and an opportunity to reply.
- Provided a free Local Calendar & Weekly Diary for local events and clubs.
- Promoted activities, education opportunities and services available for our local youth.
- Covered natural disasters and available emergency services.
- Celebrated the achievements and awards of individuals, schools, businesses and organisations.

Thank you to the people who help us

A big thank you to Roberta Pearce, Vanda Gooley, Kym Kilpatrick, John King, Tim Bayly, Annie and Ian Evans, Leon Batman, Patricia Macvean, Dave Hughes, the Great Lakes Museum crew and many others (too long to list) who regularly send in fantastic articles, stories and photos to share with our community. We also continue to thank Australian cartoonist Alan Moir for his wonderful cartoons.

We thank the many local outlets where the Forster Fortnightly is ready to pick up. See page two for the full list of 40 sites.

Thank you to our advertisers

We are often asked how we operate as a free news source. The Forster Fortnightly relies on paid advertising from our fabulous local businesses and organisations to remain viable. It costs us \$8,000 to produce each edition and we sincerely appreciate our many clients who help keep it going. The number of pages per edition is directly linked to how much advertising we receive. The more ads, the more local news and stories we can publish.

We are very fortunate to have these regular advertisers on board – Tuncurry Beach Bowling Club, Club Forster, Pacific Palms

Bowling Club, MP Tanya Thompson, MP Alison Penfold, Taree Auto Group (Tuncurry branch), Travelwise, Bannister In Home Care, MidCoast Council, Great Lakes Funerals, Lakes and Oceans, Graham Barclay Marine, Allan Pearce Funerals, GLACIA Home, Biomedical Sports Podiatry, Specialist Physiotherapy, Marine Rescue Forster Tuncurry, Great Lakes Prostate Cancer Support Group, Country Women's Association, Alternative Tree Care, Midcoast Animal Hospital, Precise Paint & Repair, Need A Handyman, On Time Painting, Gutter Snipes, BD Appliance Repairs and Local Carpenter.

We also thank the many local businesses and organisations (again too long to list) who advertise with us when they need to promote a special event or service.

Two ways you can support this vital local news service

Many people have told us they would pay for a newspaper like ours. So, please support the paper that supports the town!



1. By joining the many local businesses and organisations who happily advertise in the Forster Fortnightly. When you advertise with us you reach everyone!!! We have a size to suit any budget. We also offer special prices to volunteer groups and fundraisers. Call Georgie Yule (Scottish version of 'George') for all your advertising enquiries on 0403 586 342.

2. By regularly sponsoring the Forster Fortnightly for less than the price of a coffee a month! Go to "Sponsor Us" tab at www.forsterfortnightly.com.au



Enjoy your 128th edition and we'll let you know how we are going at the 10 year mark in 2030. And please keep sending in your Star Pets!

Warm regards,
Mary, Georgie, Matilda and Ian Yule.

Congratulations on 5 years...

"Congratulations to Forster Fortnightly on reaching five years in operation – a fantastic milestone for a local publication that's become a trusted voice in our community. Publications like this play a vital role – not just as sources of news, but as platforms that bring people together, support local business, and help shape a strong sense of community. It's so important we continue to support local media that reflects our own backyard – our people, our priorities, and our progress." – Allison Penfold MP, Federal Member for Lyne

"The Great Lakes Museum congratulates Mary and staff on the five year milestone of The Forster Fortnightly. Well done! Best wishes for the future." – Great Lakes Museum

"Sending a big thank you for the article you put in the July 25th Forster Fortnightly about our organisation. It was very much appreciated and noticed by lots of people. We are very grateful for the support you give us each year." – Kayleen McGowan, President Great Lakes Knit & Spin Inc



"Congratulations to the Forster Fortnightly on five fantastic years! Your paper keeps our community connected and celebrates all the wonderful things happening in our area." – Tanya Thompson MP, Member for Myall Lakes

"Congratulations on reaching 5 years. In the world of online it's nice that you are still able to provide a printed publication. Well done." – Lloyd Ninham, Funeral Director & General Manager of Great Lakes Funerals.

"Congratulations Forster Fortnightly and the Yule Family, on 5 years in publication – what an outstanding achievement for you and a positive outcome for the community!" – MidCoast Council Mayor Claire Pontin.

"Congratulations Forster Fortnightly on reaching 5 years! I am incredibly proud to be associated with this wonderful community periodical, now and for the years to come" – John Thomas, Lakes and Oceans Hotel.

Dying to know Day

22nd August

Free Community End of Life Seminar
Friday 22nd August -10am to 12:30pm
Sporties Club, Tuncurry
Morning Tea provided

Speakers:
Robyn McIntosh (Palliative care CNS)
John Vaughan (Solicitor)
Adam Gersbach (Allan Pearce Funerals)
Nicole Mangone (Voluntary Assisted Dying Service Manager)

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- ◆ \$195 | Seafood Platter for 2
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- ◆ Fashions In The Field

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Winners of 2025 MidCoast Business Awards

MidCoast Business Awards

Winners of the 2025 MidCoast Business Awards were announced and celebrated at the Winter Wonderland Gala Dinner on Saturday the 2nd August at Club Old Bar.

2025 Coastline Bank Business of the Year: Glow Beauty Therapy

Outstanding New Business: Sunnyside Equine Facilitated Learning

Outstanding Community Organisation: Into the Wild

Best Innovation Business: Burling Turn Assist GoLow Bed

Best Education and Training Business: Annie Rose Academy of Dance

Best Professional Services: Creative Shell

Excellence in Diversity and Inclusion: OCTEC Employment

Best Health & Wellbeing Business: Glow Beauty Therapy

Best Retail Business: Lumpys Nursery and Landscape Yard



Above: Megan Smee accepted the Best Retail Business Award for Lumpys Nursery & Landscape Yard on behalf of Jeff & Jenny Rodick.

Best Visitor Experience: Forster Dive Centre

Best Trade Business: Caiban Electrical

Best Hospitality Business: Nate's Pizzeria

Best Sustainability Business: Luxe on Manning

Best Personal Service Business: Glow Beauty Therapy

Best Customer Service Business: Local Pest

Outstanding Employer: Midcoast Hearing

Outstanding Employee: Scott Hatton (ETC)

Outstanding Business Leader: Laurent Calvert (Well Suited)

The People Choice Winners who received the most votes in their category are:

People's Choice (Service): Creative Shell

People's Choice (Product): Nate's Pizzeria

Eligible applications were entered directly into the Business NSW Mid North Coast Regional Business Awards. September



Above: (L-R) Hector Lucenti, Jessica Grey - President of Forster Tuncurry Business Chamber, Shelley May from Creative Shell who won Best Professional Services and People's Choice/Service and Marcus Hunt at the Award night. Photos supplied.

Cape Hawke Member's presented with National Medal



By Gary Curtis – Cape Hawke Surf Live Saving Club

On Friday 8th August Federal Member for Lyne, Alison Penfold made a presentation of National Medals to four members of Cape Hawke Surf Lifesaving Club; Raelene Carmichael, Lyn Graham, Jeff Horn, and Marian Smith.

The National Medal recognises diligent long service of fifteen years of significant hours in organisations that protect life and property at some risk to their members. The National Medal was established in 1975 and is one

Left: Alison Penfold, Lyn Graham, Jeff Horn, Raelene Carmichael and Gary Curtis. (Absent Marian Smith) Photo supplied.

of the original elements of the distinctive Australian system of honours and awards.

Alison Penfold thanked the recipients for their long-standing contribution to Surf Life Saving as one of the iconic and essential community services. Fellow club National Medal recipients and Life Members, friends and family members attended to celebrate the honour of this prestigious award. Cape Hawke Surf Club now has 23 National Medal recipients, indicating the depth of long service and experience the club has provided to the local community at One Mile Beach.

See page 26 for more highlights from Cape Hawke Surf Club.

Pacific Palms Bowling Club

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

Monday
Monday Curry Night \$15



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

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

Sunday
Chook Run Bowls from 10:30am
Kids Meals \$5 (16y)

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



Matt Zarb & Friend
Fri 22 August

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



Soul Station
Fri 29 Aug

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Community Partnership

The Forster Tuncurry Business Chamber's Community Partnership unites businesses, individuals, and the wider community to share resources and deliver cost-effective, impactful projects and events. By turning ideas into action, the partnership drives positive change, strengthens the local economy, and fosters a thriving, connected, and resilient community.



Saturday Sept 13TH
WHARF STREET, FORSTER



Thursday September 25th



COMEDY, LIVE MUSIC & FOOD



SUNDAY, OCTOBER 26TH
FORSTER GOLF COURSE



Forster Tuncurry Business Chamber



Donations to Lifeline are for suicide prevention support

By Mary Yule – Forster Fortnightly

Danielle Tattersall has worked as the Store Manager of Forster Lifeline on Breese Parade for the past year.

“I love it here. It’s great.”

Danielle thanks everybody for donating goods to the store and also thanks the volunteers doing such a great job in these hard times.

“Our wonderful volunteers work hard during the week and weekends too so it’s heartbreaking to see them spend so much time cleaning up donated goods left outside that has been rummaged through and spread all over the place. We have to pay for these damaged goods to be taken to the local tip.”

Danielle said they have had to install more security cameras recently and are shocked by what they see.

“We’ve been able to view all the footage of what happens after hours. It’s actually an offence to take donated items. I don’t think people realise that they are taking money away that is meant to help suicide prevention and support groups. We are working with local police to resolve this issue.”

“Some people might not realise everything we do at Lifeline. The money we make helps with suicide prevention, not just for our Lifeline phone lines, but also for the suicide support groups Eclipse, H2R and SIS.”

Eclipse support groups is an 8 week program that teaches specific skills to reduce suicidality while increasing resilience and behaviours that can assist in people identifying the need and seeking help when they need it. The Holding on to Hope podcast (H2H) is designed to safely share the experiences of people who have struggled with suicidality. Site Intervention



Above: (L-R) Lifeline volunteers Cathy Welfare, Kathy Bennett, Annette Cox, Mel Robertson, Marie Sofiak with Forster Lifeline Manager and Danielle Tattersall. Photo by Mary Yule.

Service (SIS) is support to communities who have identified increased risk in either their local area or common space.

Danielle thanks and reminds people to please drop off donated goods inside the store between 9am and 3pm Monday to Friday.

Return & Earn hits 14 billion milestone

Resource Recovery Australia

Congratulations MidCoast - together we have helped NSW recycle over 14 billion containers through Return and Earn.

Minister for the Environment Penny Sharpe praised the community for reaching the 14 billion milestone.

“I want to congratulate the MidCoast community for their enthusiastic recycling, which has turned drink container waste into a valuable resource in just a few short years,” Minister Sharpe said.

Tuncurry Return and Earn Depots operated by Resource Recovery Australia, support the local community and environment by providing a bulk return solution for the MidCoast region. The high-speed Return and Earn facility enables the community to return bulk lots of containers including bulk bins and even ute and truckloads.

“We’re proud to offer fast, friendly and efficient container returns to make it easy for MidCoast residents to cash in their eligible bottles and cans. We are proud of the dedication and enthusiasm shown by recyclers who use the Tuncurry Return and Earn Depot,” said Jarrod Roskell, NSW Manager for Resource Recovery Australia.

“Returning your containers through Tuncurry Return and Earn Depot,” said Jarrod Roskell, NSW Manager for Resource Recovery Australia.

Right: Harry Holtmeulen at Return & Earn.

Earn Depot is a way to support your local community and make a positive impact. It supports local jobs, skills and a cleaner environment. So far, customers have returned over 59.4million bottles, cartons, and cans at Tuncurry Return and Earn Depot.”



Above: Liam Simon at Return & Earn.

Can you recycle Pizza boxes and coffee cups?

MidCoast Council

Did you know that pizza boxes, even the greasy bit, can be recycled in your yellow bin? Your pizza boxes are recycled by Visy, who manufacture over 3 billion recycled cardboard boxes every year.

But coffee cups? Not so much. Takeaway coffee cups have a plastic or waxy lining that’s tough to separate, making them tricky to recycle and not suitable for your yellow bin. Stick them in your red bin.



Vietnam Veterans Memorial Service

By Mary Yule - Forster Fortnightly

People gathered on 18 August at the Forster War Memorial in Belton Park, Forster to remember and honour all who served in the Vietnam War and thank them for their service and sacrifices.

From the time of arrival of the first Australian Training Teams in 1962 to the official end of the Vietnam War in June 1973 when all Australian Defence Force personnel were withdrawn over 60,000 Australians served, 521 were killed and over 3,000 wounded.

After the iconic Long Tan battle was fought by the 6th Battalion on 18th August 1966 (with critical support from the Airforce),

Vietnam veterans first named and marched on the third anniversary as ‘Long Tan Day’ in 1969.

In 1987 there was a Welcome Home Parade in Sydney which was like an apology and thank you to the Vietnam Veterans. Soon afterwards the name ‘Long Tan Day’ was changed to ‘Vietnam Veterans Day’ to be more inclusive of all the service men and women who served in



Speaker Derek Hinde – President Great Lakes Sub Branch Vietnam Veterans Federation. Photos by Geordie Yule.

Training beyond the shoreline

Diane Hallam - Marine Rescue NSW Forster Tuncurry

Our rescue crews train throughout the year whether it be rain, sunshine, or heavy seas. This commitment plays out not only in classrooms but also aboard our two rescue vessels: FO20 ‘Wallis Lake’ (our inshore vessel) and FO30 ‘Cape Hawke’ (our offshore vessel). On average, volunteer crew members complete six months of rigorous training to earn the rating of ‘Crew.’

Beyond this first milestone, volunteers may pursue additional qualifications, such as Coxswain Restricted (formerly Leading Crew), Coxswain, or Master. These pathways offer valuable leadership opportunities for those ready to take the helm.

Marine Rescue NSW volunteers come from all walks of life, united by a spirit of service and a shared drive to protect our community. Our unit isn’t just about boats and rescues, it’s about the people behind the scenes who keep it all running.

There’s no “I” in our team - but there is an “E” for everyone. That’s how Marine Rescue NSW Forster Tuncurry operates: with inclusivity, respect, and a deep appreciation for the diverse skills and strengths of our crew We’re proud to highlight the many roles across our unit, each essential, each extraordinary.

Volunteers Saving Lives on the Water



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From 12.30pm in The Atrium

Enjoy food, refreshments & giveaways with all our other Footy Tipping competition participants. Attendants may bring a +1 at \$20 per person. See Club Forster Reception to register your attendance and to purchase +1 tickets.

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21-23 November 2025

WELL, DIG THIS, COOL CATS—YOUR 3-DAY ROCKIN' PARTY IS REVVIN' UP! HERE'S A SNEAK PEAK...

Friday arvo kick off with the Vintage Hair Styling Workshop, then hit the righteous vibes, rockin' to the legendary **Jumpin' Jukebox Trio** live!
Saturday's packed with breaky, Show 'n' Shine, retro stalls, free dance lesson to get those feet flyin', then tear it up 'dressed in your best' with **Coop De Ville** pumpin' tunes till late.
Sunday's got retro stalls, prizes for Best Dressed & Show 'n' Shine, plus afternoon smokin' sets from **The Flatrackers**.
When the moons out grab a bevv, hang with **The Rockabillies**, then cruise on out... or stick around, daddy-o there's plenty more in the tank!

HEAD TO OUR WEBSITE TO NAB YOUR TICKETS & download the official festival programme!
Dig us on Facebook @clubforster and swing by the event page—discussion's loaded with the real gone scoop!

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ALISON PENFOLD MP
FEDERAL MEMBER for Lyre

Mobile Office Program

Please drop by for a chat!

Tuncurry Markets
Saturday 23 August | 8am - 1pm
John Wright Park, Manning Street, Tuncurry

Nabiac Farmers Market
Saturday 30 August | 8am - 12pm
Nabiac Showground, Showground Lane, Nabiac

Stockland Forster Shopping Centre
Thursday 11 September | 8:30am - 12pm
Pop Up Stall, Breese Parade, Forster

WAUCHOPE OFFICE
02 6586 4462
Cnr High & Hastings Streets, (PO Box 244)
Wauchope NSW 2446

TAREE OFFICE
02 6557 8910
144 Victoria Street,
Taree NSW 2430

Authorised by Alison Penfold MP, 43 High Street, Wauchope NSW 2446

New committee for Coomba Aquatic Club



Peter Felton - Coomba Aquatic Club

The Coomba Aquatic Club held their 2025 Annual General Meeting in the Clubhouse on Saturday 16th August.

After many years of service, outgoing President - John Price was presented with Life Membership of the Club by Vice President - Peter Felton.



Above: The new committee (L-R) Gerard Taylor, Craig Emmelhainz, John Price, Peter Felton, Steve Martin, Kate Lacey, Peter Davidson and Fran Saffy-Martin (absent Erica Reilly). Photos supplied.

The new Committee for 2025 / 2026 was elected. Newly elected President - Steve Martin addressed club members and after thanking the outgoing Committee, outlined his thoughts for the club moving forward and encouraged members to engage with the new Committee.

Funding support for Smiths Lake Recreation Reserve Upgrade

Office of Alison Penfold MP

Federal Member for Lyne, Alison Penfold MP, has announced a Stronger Communities Programme grant to Pacific Palms Community Association Inc. for Smiths Lake Recreation Reserve upgrades.

The \$5,000 grant will go towards essential earthworks – relocating fill to ensure effective water runoff, protect existing infrastructure, and prepare the site for future construction and landscaping.

"This is a fantastic example of a community-led project that's not only enhancing the area's natural beauty but also improving access and infrastructure for locals and visitors alike," Ms Penfold said. "I want to acknowledge the hardworking and determined members of the

Pacific Palms Community Association – some of whom have been pushing for infrastructure at this reserve for 36 years."

The Smiths Lake Recreation Reserve – Precinct Upgrade is a multi-stage project transforming underutilised open space into a vibrant, connected community hub.

The site currently features a basketball court, skate park, picnic areas, amenities, and a modest bike track for young children. Future works will include a public arts space, BBQs and further picnic facilities, and potentially a separate pump track for older kids and adults.

The current works make up Stage 2 of the broader upgrade, following the successful completion of Stage 1 in February 2023. This stage includes further groundworks,

planting, and the installation of community infrastructure – laying the groundwork for a long-lasting, accessible precinct.

Association member and coordinator for Smith's Lake Village, Robert Bain, also highlighted the practical value of this latest round of funding.

"The most sensible thing to do is to spend the money getting the fill into the areas it needs to be – to get the surface levels right and the water running off where it should, so the foundations are solid," Mr Bain said.

Right: Alison Penfold MP with Robert Bain.



Special visitor at Lions Club Trampoline & Mini Golf Park



Above: Lions members & Alison Penfold at the Lions Club of Forster Tuncurry's Trampoline & Mini Golf Park. Photo supplied.

By Margaret Kentwell – Forster Tuncurry Lions Club

Federal Member for Lyne, Alison Penfold MP visited the Lions Club of Forster Tuncurry's Trampoline and Mini Golf Park on Friday 8th August to present a new Australian flag which proudly flies above the park during operational hours to replace the previous one donated by the former Federal Member, the Hon. David Gillespie MP.

Alison recognised the hard work that Lions does within our community and presented the flag to Lions Club President Peter Sloan and fellow Board Director Lion John Monks with other loyal Lion's Club members in attendance.

"The trampoline and mini golf park is our major source of fundraising for our Club which allows us to donate around \$65,000 a year to local

groups, national and international disasters" said President Peter Sloan.

"Without the support of MidCoast Council and other local businesses such as Stockland Forster, Club Forster and Bunnings, our group would not be able to contribute as much as we do to the likes of Great Lake Palliative Care, Forster Neighbourhood Centre, Great Lakes Education Fund (GLEF), Ronald McDonald Family Retreat Forster, Great Lakes Women's Shelter and other worthy groups just to name a few," further explained President Peter.

Alison Penfold enjoyed meeting the Lions group and sharing in the homemade afternoon tea before departing to other community duties to a warm farewell applause.

If you wish to enquire about joining Lions, please contact Club President Peter Sloan on 0419 125 152.

Having a Heart to Heart

By Mary Yule - Forster Fortnightly

Residents at GLACIA's Pacific Cape Lodge held an exhibition of their sunflower paintings after completing an 8 week Heart to Heart art program with founder and local artist Donna Rankin on 13 August. The aim of Heart to Heart for young people is to support mental health through creativity, mindfulness and connection to others.

Donna came up with the idea of bringing the Heart to Heart to Pacific Cape Lodge after her mum Molly became a resident in February this year.

Donna said, "I was concerned that she may be lonely and so the idea came to me that residents such as Mum may enjoy our Heart to Heart program as much as young people do. I approached management and offered to launch Heart to Heart for Seniors. They took me up on the idea and it has been an absolute hit ever since. Mum has made new friends and now enjoys her new life."

"Each week we painted for an hour and then stop for a 'heart to heart'. During this time we shared a cuppa, afternoon tea and have meaningful discussions in a circle. We use our Heart to Heart question cards to prompt thoughts and ideas and to ignite discussions. Everyone loves this chance to hear each other's stories and get to know each other a little more each week."

Local resident Marion Blackey said she was actually surprised by all their finished Sunflower paintings.

"It was great. I had a lot of misgivings as I'm not a painter but it worked out really well and I



Above: (L-R) Eve Bell, Kerrie Sandilands, Donna Rankin and Marion Blackey. Photo by Mary Yule.

really enjoyed it. Who would have thought we could do this! Donna was wonderful and very patient with us all."

"The talks were great. They covered all aspects, not just the art. I think more friendships were made."

Eve Bell's daughter was at the exhibition and proudly said her mum had volunteered for 30 years in Hospice before becoming resident.

Eve said, "I so enjoyed it. Donna showed us how to put the colour in the background at the beginning then took us through step by step. It was easy to follow. I was tired by the end of each session because I'm 90 years old but it was a wonderful experience to do with her as she is an experienced artist. It was gentle and lovely."

During the talks Eve, "related to a lot of people and it was nice to hear some of their backgrounds and places other people were from."

Kerrie Sandilands from GLACIA said, "Even some of the residents who didn't paint came to observe and join in. They were just lovely afternoons and made people happy."

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MANNING ST MEDICAL

LOOK WHAT'S NEW AT MANNING ST MEDICAL

Welcome to Dr Mohammed Maniruzzaman (Mani).

You may already know Mani, a familiar and respected local GP, is now welcoming patients at Manning St Medical.

Having served our community since 2018, Dr. Mani has a deep understanding of the health needs of the local and surrounding community.

Dr. Mani brings a wealth of experience with a broad range of medical knowledge gained from his initial training in Bangladesh and extensive work here in Australia.

This diverse background allows him to provide comprehensive care tailored to a wide variety of health concerns.

He has a special interest in the well-being of the entire family, focusing on paediatric health and geriatric care.

Whether you're seeking care for your children or require expert support for the health challenges that come with aging, Dr. Mani is dedicated to providing compassionate and thorough medical attention.

You can book an appointment to see Dr. Mani on Wednesdays, Thursdays, and Fridays from 8:30 a.m. to 5:30 p.m.

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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.

YOUR FORTNIGHTLY TV GUIDE

August 20 - 26

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 1.55 Brush With Fame. 2.20 Back Roads. 2.55 Grand Designs. 3.40 Grand Designs Transformations. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz: Battle Of The Fuddy Duds. 8.30 Shaun Micallef's Eve Of Destruction. 9.10 Would I Lie To You? 9.40 Austin. 10.10 News. 10.55 The Business. 10.40 Planet America. 11.10 You Can't Ask That. 11.40 Grand Designs. 12.30 Long Lost Family. 1.20 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 The Point: Road To Referendum History Bites. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Secrets Of The Royal Palaces. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Wonders Of Volcanoes With Dara O Brain. 8.25 Aerial Australia. 9.20 Smilla's Sense Of Snow. 10.25 SBS News. 10.55 Estonia. 12.30 Das Boot. 2.25 Curious Traveller. 3.25 Incredible Homes. 4.20 J Schwanke's Life In Bloom. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Home And Away. 1.30 The Voice. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 Clarkson's Who Wants To Be A Millionaire UK. (PG) 9.30 Air Crash Inv. (PG) 10.30 Soham: Catching A Killer. (M) 11.30 Kick Ons. 12.00 Life. 1.00 Travel Oz. 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. 1.00 Paramedics. 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 Clarkson's Farm. (M) 9.45 Freddy And The Eighth. (M) 10.45 9News Late. 11.15 Damian Lewis: Spy Wars. (M) 12.10 Tipping Point. 1.05 Let's Eat With George. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Judge Judy. 10.30 Survivor: Australia V The World. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Dogs Behaving (Very) Badly Australia. 8.30 Gordon Ramsay's Secret Service. 9.30 FBI: International. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 1.00 Silent Witness. 2.00 Brush With Fame. 2.30 Back Roads. 2.55 Grand Designs. 3.45 Grand Designs Aust. 4.40 Long Lost Family: What Happened Next. 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 The Family Next Door. 10.10 News. 10.25 The Business. 10.45 Culture By Design. 11.10 Joanna Lumley's Spice Trail Adventure. 12.00 Long Lost Family: What Happened Next. 12.50 Late Programs.	6.00 Morning Programs. 2.00 Mystery Of The Assassination Of JFK. 2.45 Garage Dreams. 3.15 Going Places. 3.45 The Cook Up. 4.15 Secrets Of The Royal Palaces. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Australian Road Trips. 8.30 National Parks From Above: Ireland. 9.25 Snowpiercer. 10.15 SBS News. 10.45 Dopesick. 11.50 Desperate Measures. 1.30 Curious Traveller. 2.30 Incredible Homes. 3.30 Great Irish Interiors. 4.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Secrets By The Shore. (2022) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 Clarkson's Who Wants To Be A Millionaire UK. (PG) 9.30 Air Crash Inv. (PG) 10.30 Soham: Catching A Killer. (M) 11.30 Kick Ons. 12.00 Life. 1.00 Travel Oz. 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBN Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Listen Out For Love. (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 25. Melbourne Storm v Canterbury Bulldogs. 9.55 Golden Point. 10.45 MOVIE: Rush Hour. (1998) (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 Linggo. 10.00 Judge Judy. 10.30 Survivor: Australia V The World. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 House Hunters Aust. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Love It Or List It Australia. 8.30 Have You Been Paying Attention? 9.30 The Graham Norton Show. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping.
FRIDAY	6.00 Morning Programs. 11.00 Antiques Roadshow. 12.00 News. 1.00 The Family Next Door. 1.55 Grand Designs Aust. 2.55 Brush With Fame. 3.25 Grand Designs. 4.10 Long Lost Family: What Happened Next. 5.00 Antiques Roadshow. 6.00 Spicks And Specks. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.30 Professor T. 9.20 Hard Quiz: Battle Of The Fuddy Duds. 9.50 Shaun Micallef's Eve Of Destruction. 10.25 News. 10.45 Austin. 11.15 Silent Witness. 12.15 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Great Australian Road Trips. 3.00 Nula. 3.30 The Point: Road To Referendum History Bites. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Secrets Of The Royal Palaces. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 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 Catch Me A Killer. 11.40 The Shelter. 1.15 Romulus. 3.10 Great Irish Interiors. 3.40 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 News. 7.00 Better Homes. 8.30 MOVIE: Enemy Of The State. (1998) (M) Will Smith, Gene Hackman, John Voight. 11.15 The Rookie. (M) 12.15 Touching Evil. (MA15+) 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Listen Out For Love. (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 25. Melbourne Storm v Canterbury Bulldogs. 9.55 Golden Point. 10.45 MOVIE: Rush Hour. (1998) (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. 10.00 Survivor: Australia V The World. 11.45 GCBC. 12.00 Everyday Gourmet. 12.30 Farm To Fork. 1.00 Start Me Up. 1.30 4x4 Adventures. 2.30 Dogs Behaving (Very) Badly Australia. 3.30 Pooches At Play. 4.00 My Market Kitchen. 4.30 Food Trail: South Africa. 5.00 News. 6.30 Dog House Aust. 7.30 Selling Houses Aust. 8.40 Ambulance Australia. 9.40 Gordon Ramsay's Secret Service. 10.40 FBI: International. 11.35 Watson. 12.30 Shopping. 5.00 Hour Of Power.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Grantchester. 1.15 Professor T. 2.05 All Creatures Great And Small Christmas Special. 3.00 Great Southern Landscapes. 3.25 Earth. 4.30 Would I Lie To You? 5.00 Dr Ann's Secret Lives. 5.25 Landline. 5.55 Aust Story. (PG) 6.30 Back Roads. 7.00 News. 7.30 Beyond Paradise. (M) 8.30 Midsomer Murders. (M) 10.00 The Family Next Door. (M) 10.55 Miss Austen. (PG) 11.50 Rage. (MA15+) 5.00 Rage.	6.00 Morning Programs. 2.00 Sailing. Sail Grand Prix Sassanitz. Round 8. 3.00 Futebol Arte. 4.05 Going Places. 5.30 Hitler-Stalin: A Secret Relationship. 6.30 News. 7.30 Great British Cities With Susan Calman. 8.25 Leonardo Da Vinci. 9.25 Searching For Italy. 10.15 Great Australian Walks. 11.10 Homicide. 1.55 Incredible Homes. 3.55 Lap Of Luxury: Escapes Down Under. 4.20 J Schwanke's Life In Bloom. 4.50 Destination Flavour China BiteSize. 5.15 France 24 Feature. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Saturday At The Valley. Winx Stakes Day and Saturday RaceDay. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 The Great Outdoors. (PG) 7.30 Ron Iddles: The Good Cop. (M) 8.35 MOVIE: 2012. (2009) (M) John Cusack, Amanda Peet, Chiwetel Ejiofor. 11.50 TBA. 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Morning Programs. 2.30 NRLW Wrap. 3.15 Rugby League. NRL Women's Premiership. Round 8. Gold Coast Titans v St George Illawarra Dragons. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. NRL. Round 25. Parramatta Eels v Sydney Roosters. 9.35 Soccer. English Premier League. Matchweek 2. Manchester City v Tottenham. 11.30 Law & Order: Organized Crime. 12.30 Australia's Top Ten Of Everything. 1.30 Surfing Aust. 2.00 Late Programs.	6.00 Morning Programs. 10.00 Survivor: Australia V The World. 11.45 GCBC. 12.00 Everyday Gourmet. 12.30 Farm To Fork. 1.00 Start Me Up. 1.30 4x4 Adventures. 2.30 Dogs Behaving (Very) Badly Australia. 3.30 Pooches At Play. 4.00 My Market Kitchen. 4.30 Food Trail: South Africa. 5.00 News. 6.30 Dog House Aust. 7.30 Selling Houses Aust. 8.40 Ambulance Australia. 9.40 Gordon Ramsay's Secret Service. 10.40 FBI: International. 11.35 Watson. 12.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Griff's Great American South. 3.15 Nigella Bites. 3.40 Martin Clunes: Islands Of The Pacific. 4.30 Joanna Lumley's Spice Trail Adventure. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Austin. 8.00 The Family Next Door. 8.55 I. Jack Wright. 9.40 MOVIE: Sunday Too Far Away. (1975) 11.10 Take It. 11.45 Rage. 1.40 Under The Vines. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Cycling. Arctic Race Of Norway. Highlights. 4.00 Going Places. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 1. Highlights. 5.30 Hitler-Stalin: A Secret Relationship. 6.30 News. 7.30 Rome Underground. 8.25 Secret Lives Of The Roman Emperors. 9.35 Tulum: The Last City Of The Mayan Empire. 10.35 The U.S. And The Holocaust. 12.55 24 Hours In Emergency. 3.35 Lap Of Luxury: Escapes Down Under. 4.05 J Schwanke's Life In Bloom. 4.35 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Football. AFL. Round 24. GWS Giants v St Kilda. 3.00 TBA. 4.30 Motorbike Kids. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 The 1% Club. (PG) 8.00 7NEWS Spotlight. 9.00 24 Hours In Police Custody. (M) 10.00 Crime Investigation Australia: Most Infamous. (M) 11.20 Monster Mansion: Evil Behind Bars. (MA15+) 12.50 Jamestown. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.45 Rugby League. NRL Women's Premiership. Round 8. New Zealand Warriors v Cronulla Sharks. 3.30 Rugby League. NRL. Round 25. Wests Tigers v North Queensland Cowboys. 6.00 NBN News. 7.00 The Block. 8.40 60 Minutes. 9.40 9News Late. 10.10 A Killer Makes A Call. 11.10 The First 48. 12.05 The Gulf. 1.00 Destination WA. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 Fishing Aust. 5.00 Today Early News. 5.30 Today.	6.00 Mass. 6.30 Key Of David. 7.00 Joseph Prince. 7.30 Freshly Picked. 8.00 Roads Less Traveled. 8.30 4x4 Adventures. 9.30 Everyday Gourmet. 10.00 GCBC. 10.30 Survivor: Australia V The World. 1.30 Location, Location, Location Australia. 2.30 House Hunters Aust. 3.00 Australia By Design: Architecture. 3.30 Wheel Of Fortune. 4.00 Linggo. 5.00 News. 6.00 10 News+. 7.00 Survivor: Australia V The World. 8.30 Watson. 9.30 FBI. 11.30 10 News+. 12.30 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Parliament. 3.00 Brush With Fame. 3.25 Grand Designs. 4.15 Long Lost Family: What Happened Next. 5.00 Antiques Roadshow. 6.00 Spicks And Specks. 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. 10.40 A Life In Ten Pictures. 11.30 Parliament. 12.30 Grand Designs. 1.20 Long Lost Family: What Happened Next. 2.10 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 Secrets Of The Royal Palaces. 2.55 Garage Dreams. 3.25 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 2. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Portugal With Michael Portillo. 8.20 Abandoned Railways From Above. 9.15 Moulin Rouge: Yes We Can-Can! 10.15 SBS News. 10.45 Classified. 11.35 Tokyo Vice. 12.40 Tokyo Vice. 1.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Therapy Nightmares. (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 The Voice. (PG) 9.00 The Rookie. (M) 10.00 S.W.A.T. (M) 11.00 The Agenda Setters. 12.00 Gone. (MA15+) 1.00 Hooten & The Lady. (M) 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. (PG) 10.45 9News Late. 11.15 A Killer Makes A Call. (M) 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. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Judge Judy. 10.30 Survivor: Australia V The World. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Survivor: Australia V The World. 9.00 Have You Been Paying Attention? 10.00 Sam Taunton: How To Tie A Tie. 11.00 News. 11.25 10 News+. 12.25 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 I. Jack Wright. 2.00 Parliament. 3.00 Brush With Fame. 3.25 Grand Designs. 4.15 Long Lost Family: What Happened Next. 5.00 Antiques Roadshow. 6.00 Spicks And Specks. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Killer Whale: Australia's Megapod. 9.30 Living With Devils. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.50 Media Watch. 12.05 The Howard Years. 1.05 Parliament. 2.05 Grand Designs. 2.50 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 Secrets Of The Royal Palaces. 2.55 Garage Dreams. 3.25 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. 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 Secret World Of Snacks. 11.25 The Shift. 1.10 Everything You Love. 2.15 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Border Security: Int. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 The Voice. (PG) 9.00 The Front Bar. (M) 10.00 Unfiltered. (PG) 10.45 The Agenda Setters. 11.45 Autopsy USA. (MA15+) 12.45 Fairly Legal. (M) 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) 8.40 Clarkson's Farm. (M) 9.45 Freddy And The Eighth. (M) 10.45 9News Late. 11.15 The Grand Tour. (MA15+) 11.00 9News Late. 11.50 La Brea. (M) 12.35 Footy Classified. (M) 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 Morning Programs. 7.30 Everyday Gourmet. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Linggo. 10.00 Judge Judy. 10.30 Survivor: Australia V The World. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Linggo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Survivor: Australia V The World. 8.45 Cheap Seats. 9.45 FBI: Most Wanted. 10.35 News. 11.00 10 News+. 12.00 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

Public Education Week 2025

Great Lakes Learning Community 2025 Academic Assembly



By Sally Chad - GLLC Chairperson

Celebrating outstanding student academic achievement through 2025

The Great Lakes Learning Community (GLLC) is a coalition of schools that includes Bungwahl Public School, Pacific Palms Public School, Forster Public School, Tuncurry Public School, Nabriac Public School, and Hallidays Point Public School, Great Lakes College Forster Campus, Great Lakes College Tuncurry Campus and Great Lakes College Senior Campus. The GLLC was developed to ensure strong transitions and expanded opportunities for every student and is one of the longest running and most productive learning communities across NSW.



Guest speaker Matthew St Hill.



GLLC Chairperson Sally Chad.

The Academic Assembly is held in Public Education week each year with this year's theme being **Ignite your potential**, a powerful reminder of what Public Education offers our community. From preschool through to high school and beyond Public Education works to light the spark of every learner to grow, believe and succeed.

When choosing to ignite our potential through education we equip ourselves with the tools necessary to effect change not only in our own lives but also in the lives of those around us. Through education, we unlock our creativity, critical thinking, and problem-solving skills, empowering us to address the challenges of our time.

It was inspiring to come together as a learning community on Thursday August 7 to recognise the outstanding achievement of 175 students from across Public Schools in the Great Lakes area. The annual event, held for the 17th consecutive year, highlighted the great depth of talent amongst the young people of our community and recognised the important role Public Education plays in supporting all students to realise their potential. An important event in the school year, students were presented with certificates of excellence from invited guests including Lisa Muir, Executive Director Public Schools and Jeremy Mills, Deputy Mayor Mid Coast Council.

Hosted by the College Captains of Great Lakes College attendees were entertained with lively



Above: The Great Lakes Learning Community Academic Assembly was held at Tuncurry Beach Bowling Club on 6 August.

and engaging musical performances from the GLLC Band, showcasing the great skill and talent present in the community of schools. Band members are drawn from across all the GLLC schools and includes Primary aged students, High School students and teachers building success through connection and culture.

During the assembly parents and students heard from Great Lakes alumni Matthew St Hill. Matthew is currently a rural medical student with the University of Newcastle. He spoke openly and with great humour describing his pathway from school to tertiary education, attributing the opportunities provided to him through Public Education in the Great Lakes area as key to his success.

Public Education Week 2025



Above: Yr 3 Awards presented by Mr Jeremy Miller - Deputy Mayor MidCoast Council and Ms Sally Chad - Relieving College Principal GLC.



Above: Yr 4 Awards with (L-R) Mrs Lisa Muir - Executive Director Public Schools Regional North & West and Ms Deb Carrall - Relieving Principal GLC Senior Campus.



Above: Yr 5 Awards with Mrs Meaghan Cook - Relieving Director Educational Leadership NSW Public Schools Great Lakes and Mr Scott Brown - Principal GLC Forster Campus.



Above: Yr 6 Awards with Mr Stuart Small - President, GLC P&C Association and Mrs Jacinta Bown - Relieving Principal GLC Tuncurry Campus.



Above: Yr 7 Awards with (L-R) Mrs Tina Watts-Seale - President, Bungwahl Public School P&C and Mrs Diane Farley-Pelley - Principal Bungwahl Public School.



Above: Yr 8 Awards with (L-R) Mrs Kirsty Travis - President, Tuncurry Public School P&C and Mrs Narelle Kessey - Principal Tuncurry Public School.



Above: Yr 9 Awards with (L-R) Ms Christine Hobden - President, Hallidays Point Public School P&C and Ms Simone Brady - Relieving Principal Hallidays Point Public School.



Above: Yr 10 Awards with Mr Scott Thompson - Nabiac Public School P&C and Ms Lorelle O'Brien - Principal Nabiac Public School.



Left: Yr 11 Awards with Ms Genna Dorahy - President, Forster Public School P&C and Ms Alison Jenner - Principal Forster Public School.

Right: Yr 12 with Mrs Melissa Merchant - Principal Pacific Palms Public School and Ms Rachel Walker - President, Pacific Palms Public School P&C.



Nabiac Public School

Nabiac Public School proudly celebrated Public Education Week by inviting families and community members to an assembly and open classrooms, demonstrating how students ignite their potential through learning. The assembly featured performances by the school band, Nabi-Beats, and the choir, showcasing student talent and community spirit. Each class created a collaborative artwork, auctioned at the Nabiac Farmers Market. Additionally, the Great Lakes Learning Community of Schools held its annual academic assembly, honouring student achievements from nine schools.

These events highlighted the school's creativity and strong community connections, making Public Education Week a proud celebration of student accomplishment.



Hallidays Point Public School



Hallidays Point Public School is proud to embrace this year's Public Education Week theme of "Ignite Your Potential."

Inspired by Hallidays Point Alumni, family and notable figures, students engaged in meaningful explorations of what it means to ignite their unique potential. Education Week activities focused on creativity, resilience, and a passion for learning, encouraging every student to pursue their interests and appreciate their individual strengths and contributions.

Congratulations to all students recognised at the Great Lakes Learning Community Academic Assembly (pictured left). We celebrate their accomplishments as well as the diverse, limitless potential within each of our students.



Public Education Week 2025

Great Lakes Learning Community focus on High Potential and Gifted Education



April 28, 2025, 260 teaching staff from every school in the Great Lakes Learning Community gathered at Great Lakes College Tuncurry Campus to participate in the inaugural combined day of learning.

The day focused on the High Potential and Gifted Education in NSW public schools and provided teachers with an opportunity to engage with learning activities that strengthened their understanding, ability to provide targeted activities and build network connections across the 9 schools.

The High Potential and Gifted Education Policy applies to all NSW public schools, teachers, and students. It describes a framework to develop the talent of high potential and gifted students. Fundamental to the policy are issues of equity and excellence, high potential students are diverse and found among students of all

backgrounds (<https://education.nsw.gov.au/content/dam/main-education/documents/teaching-and-learning/hpge/hpge-in-nsw-public-schools-summary.pdf>).

"The policy draws on François Gagné's definitions of giftedness and talent established in the Differentiated Model of Giftedness and Talent DMGT 2.0 (2009). Professor François Gagné suggests that potential exists along a continuum, where given optimal conditions, high potential can lead to high performance and achievement."

NSW Public Schools

Staff were provided with opportunities to explore the domains of potential: Creative, Intellectual, Physical and Social. The combined day for schools enabled staff to work on a variety of professional learning options at different levels of knowledge, confidence, and skills. Staff felt coming together was invaluable as it strengthened existing professional relationships and provided a platform from which new connections have been created.

Ms Sally Chad, Chairperson of The Great Lakes Learning Community said "the power of combining the schools on days like today is the depth of expertise and

number of years of experience that sits in the room. 260 teachers equate to well over 3000 years of knowledge and practice; it is richness and depth provided by our quality teachers that drives student success."

The Great Lakes Learning Community continues offer many and varied opportunities for students to develop their



Above: 260 teaching staff from every school in the Great Lakes Learning Community gathered at Tuncurry Campus to participate in the inaugural combined day of learning on 28 April 2025.

talent and the continuum of learning from the Primary Schools to Great Lakes College enhances these opportunities. Students are encouraged to participate in ICAS assessments, the Newcastle Permanent Mathematics

Great Lakes Learning Community's dedication to nurture the potential of every student and provide opportunities for the realisation of high potential and gifted education.



Competition, Extension Mathematics Groups, "Tell Me a Story" program, Premier's Reading Challenge, Whole School Public Speaking Competitions, debating teams, Science Fairs, Unleashing Personal Potential Leadership programs, School Spectacular, State and International sporting events, Game Changer Competitions and ASX competitions. The list of opportunities is endless and reflects the



Forster Public School



Forster Public School prides itself on creating a learning environment where all students can connect, succeed and thrive. Our staff, students and community work together to uphold our core school values of Safety, Respect and Personal Best.

The students at Forster Public School are immersed in authentic and engaging learning experiences that develop their knowledge and understanding across a diverse range of subject areas. As a school, we actively seek opportunities for our students to further enhance and showcase their natural skills, talents and abilities across intellectual, creative, and physical domains through internal and external learning opportunities.



Bungwahl Public School



Bungwahl Public School students celebrated a combined Public Education Week with Book Week this year. The week involved classroom visits, a book fair and a Book Week parade organised by student leaders.

This year students have been involved in leadership activities, a debating competition



between small schools from across our region, Premier's Spelling Bee, Education Week art competition, school musical auditions, zone athletics, the Great Lakes Community Academic Assembly and excursions to The Aussie Bush Camp and Newcastle Wetlands.

Nabiac Public School



At Nabiac Public School we believe in the holistic development of every child and create opportunities to enable students to become empowered, future focussed learners within a positive and inclusive school community. Our experienced and dedicated staff are committed to providing a high-quality education that caters for all students' learning needs.



Staff, families and students work in partnership to maintain high expectations and a positive environment where every student is known, valued and cared for. We strive to continuously live up to our claim of "the best little school... anywhere!"

T: 02 6554 1247 E: nabiac-p.school@det.nsw.edu.au

Hallidays Point Public School



At Hallidays Point Public School, we are committed to creating a nurturing learning environment that fosters academic excellence and personal development for every child. Our engaging curriculum challenges students and is enhanced by a wide variety of extracurricular activities, including sports, arts, STEM, and leadership opportunities.

We uphold a strong commitment to wellbeing, recognising that students thrive when they feel known, valued and cared for. Our dedicated staff work hand in hand with the wider school community to build resilience, demonstrate empathy, and nurture positive relationships.

Together we inspire students to achieve their full potential and become confident, well-rounded individuals.

Ph: 02 6559 3009
E: hallidays-p.school@det.nsw.edu.au
300 DIAMOND BEACH ROAD,
Diamond Beach NSW 2430

Forster Public School



Forster Public School commits its staff and programs to providing excellence and opportunities in learning experiences which contribute to personal growth and development of children.

We seek to ensure that all students achieve their best in an environment that is stimulating, safe and happy. All students are known, valued and cared for.

Connection with our school community continues to grow, enhancing the opportunities for all students.

102 Head Street,
Forster NSW 2428
Ph: 02 6555 6766
Email: forster-p.school@det.nsw.edu.au



Enquire now for Kindergarten 2026 at Bungwahl Public School



For enrolment packages or more information

Contact us on: (02) 4997 6175

Email: bungwahl-p.school@det.nsw.edu.au

Or visit our school website:

bungwahl-p.schools.nsw.gov.au/about-our-school.html

At Bungwahl Public School we strive for excellence in a caring and nurturing environment. Students' unique gifts are identified and developed within quality learning and wellbeing programs. High Potential and Gifted Education is a priority.

Our school values are learning, respect, caring, belonging and creativity. The school has a welcoming and proactive P&C.



Public Education Week 2025

15th Closes September

MY FIRST SPEECH 2025



Calling all Australian students in years 10 to 12.

If all of Parliament was listening, what would you say?

Entries are now open!

Find out more at mfs.houseofrepresentatives.gov.au

The My First Speech competition is run by the Department of the House of Representatives, Parliament of Australia.

Great Lakes College - Senior Campus



Senior Campus 2025 Leadership Team
(L-R) Olivia Herivel, Riley Brown, Nooruddin Mohammed (Captain), Cohen Wilson (Captain), Steven Holland and Taia Shedden.

Great Lakes College Senior Campus

Great Lakes College works as a team to deliver a comprehensive program to students with a range of activities from classroom based and on-line activities, work experience and excursions.

The campus takes advantage of the large college structure to provide a wide curriculum, with many productive pathways for students to the HSC while capitalising on the advantages of the small campus structure to ensure the learning needs of each student are identified and addressed individually.



The Northern Parkway, Tuncurry NSW 2428
Ph: 02 6555 0555 Email: glcsenior-h.school@det.nsw.edu.au

Great Lakes College - Tuncurry Campus



Tuncurry Campus 2025 Leadership Team

Great Lakes College Forster students have been involved in a wide variety of inspiring programs this year including peer training and leadership days.

Year 9 students participated in Peer Leader training (pictured right) equipping them with the ability to confidently guide and support our incoming Year 7 students.

Nine GLC Forster students were successful in obtaining scholarships and sponsorship to attend the 2025 Luminosity Youth Summit.

The GLLC recently participated in the first of three UPP (Unleashing Personal Potential) leadership days where GLC Forster students worked with students from all local schools on teamwork and leadership.



Discover your potential at Great Lakes College Forster

Enrol now and join our close knit community, where caring teachers and abundant opportunities create an exceptional learning experience. Your journey to greatness starts here!



2025 Leadership Team (L-R) Scott Brown - (Principal), Indigo Sudana, Audrey Dorfing, Ethan Dowse, Hunter Moy and Lily Jenkinson.
Ph: 02 6554 6062 Cape Hawke Dr, Forster, NSW 2428
E: glcforster-h.school@det.nsw.edu.au

August 27 - September 2

ABC TV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Brush With Fame. 3.25 Grand Designs. 4.15 Long Lost Family: What Happened Next. 5.00 Antiques Roadshow. 6.00 Spicks And Specks. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Shaun Micallef's Eve Of Destruction. 9.05 Would I Lie To You? 9.35 Austin. 10.05 News. 10.20 The Business. 10.35 Planet America. 11.00 You Can't Ask That. 11.40 Parliament. 12.40 Grand Designs. 1.30 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 4. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Costco Vs Supermarkets. 8.30 DNA Journey. 9.35 Smilla's Sense Of Snow. 10.40 SBS News. 11.10 Estonia. 12.00 Estonia. 12.50 Das Boot. 1.50 Ancient Egypt: Chronicles Of An Empire. 2.50 Ancient Egypt: Chronicles Of An Empire. 3.50 24 Hours In A.G.E. 4.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 2.30 Border Security: Int. (PG) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 Tik Tok: Top 100. (M) Celebrates the top 100 viral Tik Tok clips. 10.30 Armed And Dangerous. (M) 12.00 Imposters. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 The Block. 1.30 Great Australian Detour Snow. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. 8.40 Clarkson's Farm. 9.45 Freddy And The Eighth. 10.45 9News Late. 11.15 Damian Lewis: Spy Wars. 12.05 Tipping Point. 1.05 Let's Eat With George. 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. 10.15 Survivor: Australia V The World. 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 Dogs Behaving (Very) Badly Australia. 8.30 Gordon Ramsay's Secret Service. 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 Brush With Fame. 3.25 Grand Designs. 4.15 Long Lost Family: What Happened Next. 5.00 Antiques Roadshow. 6.00 Spicks And Specks. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Grand Designs NZ. 9.15 The Family Next Door. 10.10 News. 10.25 The Business. 10.40 Grand Designs. 11.30 Parliament. 12.30 Long Lost Family: What Happened Next. 1.20 Rage. 3.40 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 Secrets Of The Royal Palaces. 2.55 Garage Dreams. 3.25 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 5. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Australian Road Trips. 8.25 National Parks From Above. Ireland. 9.20 Snowpiercer. 10.15 SBS News. 10.45 Dopesick. 11.55 Blue Lights. 1.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Secrets Of A Marine's Wife. (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 Home And Away. 8.30 Clarkson's Who Wants To Be A Millionaire UK. (PG) 9.30 Air Crash Investigations. (M) 10.30 What The Killer Did Next. (M) 11.30 Autopsy USA. (MA15+) 12.30 The Ship. (M) 1.30 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 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 A Current Affair. 7.30 The Block. 8.40 Clarkson's Farm. 9.45 Freddy And The Eighth. 10.45 9News Late. 11.15 Damian Lewis: Spy Wars. 12.05 Tipping Point. 1.05 Let's Eat With George. 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. 10.30 Gordon Ramsay's Secret Service. 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 Gogglebox Aust. 8.30 Law & Order: Organized Crime. 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 Morning Programs. 10.30 The Pacific. 11.00 Killer Whale: Australia's Megapod. 12.00 News. 1.00 The Family Next Door. 1.50 Grand Designs Aust. 2.50 Brush With Fame. 3.25 Grand Designs. 4.10 Long Lost Family: What Happened Next. 5.00 Antiques Roadshow. 6.00 Spicks And Specks. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.30 Professor T. 9.15 Hard Quiz. 9.45 Shaun Micallef's Eve Of Destruction. 10.20 News. 10.40 Austin. 11.10 Silent Witness. 12.10 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Great Australian Road Trips. 3.00 Nula. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 6. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 The Good Ship Murder. 8.25 24 Hours That Changed The World. 9.20 Lost Treasures Of Egypt. 10.10 SBS News. 10.40 Catch Me A Killer. 11.35 Play For Blood. 1.30 Ancient Egypt: Chronicles Of An Empire. 3.30 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 News. 7.00 Home And Gardens. 8.30 MOVIE: Downton Abbey. (2019) (PG) Michelle Dockery, Maggie Smith, Hugh Bonneville. 11.00 TBA. 12.25 Touching Evil. (MA15+) 1.25 Travel Oz. (PG) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Love On The Reef. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 26. Melbourne Storm v Sydney Roosters. 9.55 Golden Point. 10.45 MOVIE: Rush Hour 2. (2001) (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 Survivor: Australia V The World. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 House Hunters Aust. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 Love It Or List It Australia. 8.30 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.	FRIDAY
6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Beyond Paradise. 1.30 Professor T. 2.15 All Creatures Great And Small. 3.00 Great Southern Landscapes. 3.30 Killer Whale: Australia's Megapod. 4.30 Would I Lie To You? 5.00 Home Delivery. 5.30 Landline. 6.00 Aust Story. 6.30 Back Roads. 7.00 News. 7.30 Beyond Paradise. (PG) 8.30 Midsomer Murders. (M) 10.10 The Family Next Door. (M) 10.55 I, Jack Wright. (M) 11.40 Rage. (MA15+) 5.00 Rage.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 2002 World Cup: Seven Games From Glory. 4.20 Plat Du Tour. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 7. Highlights. 5.30 SBS50. 5.35 Hitler: A Life In Pictures. 6.30 News. 7.30 Swiss Alpine Rail Journeys. 8.30 Leonardo Da Vinci. 9.30 Searching For Italy. 10.20 Great Australian Walks. 11.15 Homicide. 2.35 SBS50. 2.40 Australia With Julia Bradbury. 3.40 Lap Of Luxury: Escapes Down Under. 4.10 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Caulfield Spring Opener and ClubsNSW West Metro San Domenico Stakes Day. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 The Great Outdoors. (PG) 7.30 MOVIE: Jumanji: Welcome To The Jungle. (2017) (PG) 10.00 MOVIE: Jumanji: The Next Level. (2019) (PG) 12.30 Riviera. (MA15+) 1.30 Harry's Practice. 2.00 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Morning Programs. 2.30 NRLW Wrap. 3.15 Rugby League. NRL Women's Premiership. Round 9. St George Illawarra Dragons v New Zealand Warriors. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. NRL. Round 26. North Queensland Cowboys v Brisbane Broncos. 9.35 Soccer. English Premier League. Matchweek 3. Chelsea v Fulham. 11.30 Law & Order: Organized Crime. 12.30 Australia's Top Ten Of Everything. 1.30 Garden Gurus. 2.00 The Incredible Journey. 2.30 Late Programs.	6.00 Morning Programs. 10.30 Dog Down Under. 11.00 Survivor: Australia V The World. 12.30 Everyday Gourmet. 1.00 Start Me Up. 1.30 4x4 Adventures. 2.30 Dogs Behaving (Very) Badly Australia. 3.30 Pooches At Play. 4.00 My Market Kitchen. 4.30 Food Trail: South Africa. 5.00 News. 6.30 Dog House. 7.30 Selling Houses Aust. 8.30 Ambulance Australia. 9.30 Gogglebox Aust. 10.30 Gordon Ramsay's Secret Service. 11.30 FBI: International. 12.30 Shopping. 5.00 Hour Of Power.	SATURDAY
6.00 Morning Programs. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 David Attenborough's Galapagos. 3.25 Grand Designs NZ. 4.10 Martin Clunes: Islands Of The Pacific. 5.00 Antiques Roadshow. 6.00 First Communion. 7.00 News. 7.30 Austin. 8.00 The Family Next Door. 8.50 I, Jack Wright. 9.35 MOVIE: BMX Bandits. (1993) 11.05 Take 5. 11.35 Rage. 3.00 Ask The Doctor. 3.30 The Art Of... 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Going Places. 4.30 Cycling. UCI World Tour. La Vuelta. Stage 8. Highlights. 5.30 Plat Du Tour. 5.35 Hitler. A Life In Pictures. 6.30 News. 7.30 Titanic: Our Secret History. 8.25 Titanic In Colour. 9.20 Monster: The Mystery Of Loch Ness. 10.20 The U.S. And The Holocaust. 12.50 Surviving An American Concentration Camp. 1.55 Miscarriage And Me. 2.45 Australia With Julia Bradbury. 3.15 Australia With Julia Bradbury. 3.45 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Behind Behani. 12.30 TBA. 3.30 Border Security: Int. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 The Voice. (PG) 8.25 7News Spotlight. 9.30 24 Hours In A Police Custody. (M) 10.30 Crime Investigation Australia: Most Infamous. (M) 11.30 HMP Styak: Women Behind Bars. (MA15+) 12.45 Jamestown. (MA15+) 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.45 Rugby League. NRL Women's Premiership. Round 9. Brisbane Broncos v Canterbury Bulldogs. 3.30 Rugby League. NRL. Round 26. Dolphins v Gold Coast Titans. (PG) 6.00 NBN News. 7.00 The Block. 8.40 60 Minutes. 9.40 9News Late. 10.10 A Killer Makes A Call. 11.10 The First 48. 12.05 The Gulf. 1.00 Our State On A Plate. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 Fishing Aust. 5.00 Today Early News. 5.30 Today.	6.00 Mass. 6.30 Key Of David. 7.00 Joseph Prince. 7.30 Freshly Picked. 8.00 Roads Less Travelled. 8.30 4x4 Adventures. 9.30 Everyday Gourmet. 10.00 GBCB. 10.30 Survivor: Australia V The World. 1.15 Location, Location, Location Australia. 2.30 House Hunters Aust. 3.00 Australia By Design: Architecture. 3.30 Wheel Of Fortune. 4.00 Lingo. 5.00 News. 6.00 10 News+. 7.00 Survivor: Australia V The World. 8.30 Watson. 9.30 FBI. 11.30 10 News+. 12.30 Shopping. 4.30 CBS Morning.	SUNDAY
6.00 Morning Programs. 1.00 Landline. 2.00 Parliament. 2.55 Brush With Fame. 3.25 Grand Designs. 4.15 Long Lost Family: What Happened Next. 5.00 Antiques Roadshow. 6.00 Spicks And Specks. 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. 10.40 A Life In Ten Pictures. 11.30 Parliament. 12.30 Grand Designs. 1.20 Long Lost Family: What Happened Next. 2.10 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 World's Most Scenic River Journeys. 2.55 Garage Dreams. 3.25 Plat Du Tour. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. Stage 9. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Robson Green's Weekend Escapes. 8.35 Abandoned Railways From Above. 9.30 Moulin Rouge: Yes We Can-Can! 11.30 SBS News. 11.00 Classified. 11.50 Tokyo Vice. 12.50 Tokyo Vice. 1.50 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 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 8.30 The Rookie. (M) 10.20 S.W.A.T. (M) 11.20 The Agenda Setters. 12.20 Hooten & The Lady. (M) 1.20 Travel Oz. (PG) 2.00 Home 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 Explore TV. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. 8.40 60 Minutes. 9.40 9News Late. 10.10 A Killer Makes A Call. 11.10 The First 48. 12.05 The Gulf. 1.00 Our State On A Plate. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 Survivor: Australia V The World. 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 Survivor: Australia V The World. 8.40 Aaron Chen Comedy Special. 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 I, Jack Wright. 2.00 Parliament. 3.00 Brush With Fame. 3.30 Grand Designs. 4.15 Long Lost Family: What Happened Next. 5.05 Antiques Roadshow. 6.00 Spicks And Specks. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Inside Our Minds. 10.15 Mental Wealth. 11.00 News. 11.15 The Business. 11.35 Four Corners. 12.20 Media Watch. 12.35 Hawke: The Larrikin And The Leader. 1.35 Parliament. 2.35 Grand Designs. 3.20 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 World's Most Scenic River Journeys. 2.55 Garage Dreams. 3.25 Plat Du Tour. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Every Family Has A Secret. 5.05 Jeopardy! 5.30 Letters And Numbers. 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 Secret World Of Snacks. 11.25 The Cranes Call. 1.05 New York Super Airport. 3.55 World's Most Amazing Festivals. 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 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 8.30 The Rookie. (M) 10.20 S.W.A.T. (M) 11.20 The Agenda Setters. 12.20 Hooten & The Lady. (M) 1.20 Travel Oz. (PG) 2.00 Home 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. 1.10 Getaway. 1.40 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 The Block. 8.40 Paramedics. (M) 9.40 9News Late. 10.10 The Grand Tour. (M) 11.40 La Brea. (M) 12.30 Footy Classified. (M) 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 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Survivor: Australia V The World. 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 Survivor: Australia V The World. 8.40 Cheap Seats. 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.

August

Sat & Sun until 14 Sept - Winter Exhibition
10am - 4pm and when flags are flying at Forster Gallery, 34 Lake St Forster.

Sat 23 August - Tuncurry Market 8am to 1pm
at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

Sun 31 August - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

September

Sat 6 Sept - Real Food Market
8am -11am Pacific Palms Community Centre.
Come meet your local farmers.
Enquiries: Sue Williams 0438 433 063.

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



Sat 13 Sept - Spring Festival
Join us for a full day of festivities in Wharf Street, Forster, as we celebrate all things local!

Sun 14 Sept - Forster Town Market
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.



Sat 20 Sept - Forster Farmers Market
8am to 12pm Forster Info Centre, Little St.
Enquiries: Linda 0421 347 273



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What's on around town & beyond!

Koala art & writing competition



MidCoast Council

Unleash your creativity and share your vision for a better world for koalas.

Our Koala art and writing competition is open to people primary school aged and up across 3 categories. It is the perfect opportunity to use your Visual Art and/or Writing Skills to spark ideas, stir emotions, and make people think differently about how we can protect koalas and their habitats.

It's free to enter and there are some great local prizes to win!

Registrations close 5 September

<https://www.midcoast.nsw.gov.au/Community/Our-environment>
(look for Koala Art & Writing competition tab)

Shoebox "Sing-Along & Afternoon Tea"

Forster Christian Life Centre

Forster Christian Life Centre is one of many local churches that support Operation Christmas Child (a project of Samaritan's Purse). Our annual Shoebox "Sing-Along and Afternoon Tea" fund-raiser enables the wider community to participate.

Operation Christmas Child is a hands-on way for Australians and New Zealanders – along with 8 other wealthy, developed countries – to demonstrate God's love to children in need by filling shoeboxes with toys, hygiene items, school supplies and other fun gifts.

Parents often use the project to teach their children about giving. We collect the gift-filled shoeboxes at the Forster Christian Life Centre and, through Samaritan's Purse's local ministry partners, distribute them to children in over 100 countries. All funds from our Shoebox "Sing-Along and Afternoon Tea" are used to fill more shoeboxes.



Samaritan's Purse is a non-profit Christian organisation providing emergency relief and assistance to people around the world. Samaritan's Purse members help to meet the physical needs of victims of war, famine, natural disaster, poverty and diseases and just recently were at the forefront of helping victims in the Taree Floods.

Sing-along & Afternoon Tea

- 2 -4pm on Saturday 30 August
- Forster Christian Life Centre, 3 Kenrose St, Forster
- Tickets are only \$10 at the door and includes afternoon tea.

(See advertisement below)



Above: Music will be provided by the Forster Jumping Fleas Ukulele Band.

SING-ALONG & AFTERNOON TEA

FUNDRAISER FOR
OPERATION CHRISTMAS CHILD

SATURDAY, 30 AUGUST
2PM - 4PM

FORSTER CHRISTIAN LIFE CENTRE
3 KENROSE STREET
FORSTER

\$10 ENTRY
AT THE DOOR
INCLUDES AFTERNOON TEA

MUSIC PROVIDED BY FORSTER JUMPING FLEAS UKULELE BAND

Forster Tuncurry Uniting Church

Spring Fair

Cnr Bent and South St Tuncurry
Saturday 30th August 2025
9am to 1pm

Cakes, Sweets, Clothing, Plants,
Books & White Elephant

What's on around town & beyond!

2 Minute Mental Health Film Competition

2025 "This Is My Brave" Mental Health Film Festival - Forster Civic Centre 10 Oct

Got a story that could change minds in just two minutes?

The 2 Minute Mental Health Film Competition invites filmmakers, storytellers, students, and creatives of all backgrounds to craft a powerful short film that explores mental health in a bold and authentic way.

Tell a story of hope, resilience, struggle, or recovery in just 120 seconds. Whether it's drama, documentary, animation or experimental – if it moves people, it matters. Because sometimes, two minutes is all it takes to make a difference.

"Our goal is to make mental health visible-through storytelling, through film, and through



community connection," said Tim Daly, Festival Director and founder of This Is My Brave Australia Inc (TIMBA).

"The films we screen are brave, moving, and deeply human. They remind us that no one is alone, and that sharing your story can be an act of healing."

Entries are open now

- Entries are open now at www.timba.org.au
Closes 1st September 2025.
- \$500 First Prize
- Screened as part of the TIMBA Great Lakes Mental Health Film Festival 2025
- Open to all ages and experience levels

(See advertisement below)



2 MINUTE FILMS

GREAT LAKES MENTAL HEALTH FILM FESTIVAL
Oct 10th Forster Civic Centre
4 Lake St Forster NSW

Have a story that could change minds in just two minutes?
timba.org.au

BOOMERANG VOICE & DRAMA STUDIO

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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WWW.MICHAELABURGER.COM

"Steppin Out and Singing Up For Peace"



Save the date - an event not to be missed!

Company of Voices will once again fill the acoustically superb Tuncurry WW1 Memorial Hall with glorious sound.

Choral music to suit all tastes that will tantalise the senses and sooth the soul.

The program includes old favourites and some fabulous new repertoire, all under the baton of Musical Director and founder Leigh Vaughan.

Bookings and tickets

Book online:
Use QR code below to secure priority seating on the day.

Tickets at the door:
Tickets \$25, Concession \$20, Children and students under 16 free.

Profits from this event will go to the MidCoast Flood Victims Appeal.

(See advertisement below)

All profits to MidCoast Flood Victims Appeal

Company of Voices

Steppin' Out And Singing Up for Peace

Sunday 31st August 2025
2pm
Tuncurry WW1 Memorial Hall
Point Rd Tuncurry

Tickets at the door \$25
Concession \$20
Students and under 16 free
Wheelchair accessible
Book online for priority seating
Use QR code for online sales
For further information contact
Leigh 0417 289 077

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

From Emergency to Discharge and Recovery

I would like to thank everyone who helped me starting with the Emergency Department of the Manning Base Hospital in Taree. Dr Moheb Ghaly and his medical team for the emergency surgery on the 2nd of July. The Nurses in the recovery room and the team in the Surgical

Ward 373 who helped me recover from my operation. And everyone else for the help I had.

Last but not least, thank you to my wonderful neighbours and friends for the effortless kindness, care and support you gave during my recovery. I am very grateful to you. Thank you and God bless you all.

Maria J. - Tuncurry



www.moir.com.au

Great Barrier Reef ‘Not white enough’ Pauline Hanson Says

theshovel.com.au

POLITICAL SATIRE: Pauline Hanson has criticised a campaign to stop the bleaching of Australia’s Great Barrier Reef, saying it is time to accept that the experimentation with colour hasn’t worked.

“Australians are sick and tired of all these different colours taking over our reef. Well enough’s enough. This is Australia. This is our culture. And if you want to be part of our reef, then you need to adopt our colour, which is white,” Hanson said.

The One Nation leader said she wasn’t surprised the reef was now split into white and coloured areas. “The coloured coral simply refuses to integrate”.

Upon discovering that the coral bleaching was a result of the ecosystem being under stress, Hanson was quick to diagnose the cause. “The



reef is being swamped by migrating fish, of course it’s stressed!”

To ensure the Great Barrier Reef stays as white as possible, the One Nation senator has asked marine biologists to introduce VB, Married at First Sight, and Shannon Noll into the reef’s ecosystem.



Photo of Farmers Market in Forster by Patricia Macvean.

Screen Reviews

TV Show Review by Leon Batman - Tuncurry

Red Eye - Stan, Released 2024, 6 Episode British Thriller

This fast paced British thriller is set on a Red Eye flight from London to Beijing. On board are a number of British citizens who are (forcefully) being returned to Beijing due to murder in Beijing. But there is more to this than meets the eye as a number of murders happen on the flight and British MI5 gets involved. A very interesting storyline that has a lot of twists and turns.



Untamed - Prime, Released 2025, 6 Episode American Drama

A gruesome murder occurs in Yosemite NP California. A NP Agent is sent to investigate the incident and given assistance by a newbie investigator to solve the case. The agent and his assistant investigate the murder in the process getting on the wrong side of park management who just want the case solved. Along the way they come across drug labs, drug running and more murders until finally they get to the bottom of the case with an ending you would never expect. The acting is great, the scenery fantastic and it’s a story that keeps you guessing till the end.

Outrageous - Britbox, Released 2025, 6 Episode Historical Drama

Set in the 1930s, 6 sisters refuse to play by the rules of the day and their scandalous lives make headlines around the world. Based on the lives of the infamous Mitford sisters. Although a drama there are some very funny moments as the sisters try to make their way in the world, all in different directions. Outrageous is a really great series to watch as the sisters weave their marks on the unsuspecting world.



Book Review

Book Review by John King - Pacific Palms Librarian

Ocean

You may have seen Ocean latest film Ocean. The book of the same name by Attenborough and Butfield has just been released with interviews and accounts not in the film. So, do we understand more in the book since film is a very powerful medium?

It is worth saying that although there are horrendous accounts of underwater devastation and over fishing, both the film and the book highlight some real cases of and prospects for regeneration, in many cases surprisingly quickly. Of particular interest is that regeneration and fishing can work together especially with the creation of “no-take” zones. These provide the sanctuaries needed for nurseries which then give rise to over-flow into both adjacent areas where fishing is allowed but also more widely.

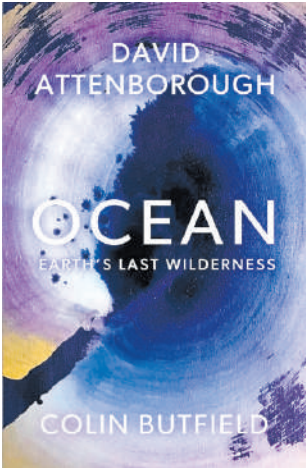
The book is divided into chapters starting with coral reefs, the deep and open ocean, kelp forests, the arctic, mangroves, oceanic islands and seamounts, and finally the southern ocean. Both kelp forests and mangroves are important nurseries. In both case, local people have given the impetus to renewal and protection, the former off the Sussex coast, the latter in coastal Costa Rica. And that is the key, too, in on-going involvement and management.

A very special case is the creation of a protected area stretching from Hawai’i north-west to the extremities of the Hawaiian archipelago. This area of 1.5 million square kilometres with its inhabitants and environment are central and sacred to Hawaiian culture. In this case and the two mentioned above, it is the oldest inhabitants who remember what it was like and can guide their regeneration; their stories are well worth listening to.

Seamounts in the open ocean are critical feeding places but those outside national waters are open to devastation and over-fishing often by countries far away with no concern other than commercial money-making. Though Attenborough does not mention it, there is a local one of particular interest to Australia and New Zealand, a seamount halfway between Tasmania and New Zealand where Orange Roughy stocks have been decimated. In February this year NZ fishing interests have again blocked a proposal to ban bottom trawling around this seamount. This contrasts with our own protection zones around Lord Howe Island. Its Marine Park has both no-fishing and recreational fishing zones.

The film is magnificent; the book can only really be judged by reading it with the personal accounts it includes and the greater exposition of the marine environment.

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.



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Ronald ‘Ron’ Allen Woodward

7th November 1933 ~
13th August 2025
Aged 91 years

Beloved Husband to Diana.
Loved father to Vivienne & Helen.
Loved Grandfather & Great Grandfather

Will be sadly missed by all
‘Forever in our hearts’

Family and friends are invited to attend Ronald’s Funeral service commencing 11 am Tuesday 26th August at St Albans Church, 4 St Albans Place, Forster, NSW.



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Great Lakes Prostate Cancer Support Group

Invites men & their partners to our meetings - held 4th Tuesday of each month 7pm at Club Forster.

Next meeting 26 August

This support group provides information, resources and guest speakers to support men and their families.

Contact Phil Rodham 6557 6812 or email greatlakespcsg@gmail.com



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Community News

www.forsterfortnightly.com.au

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Weekly Diary

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

Mondays

Alcoholics Anonymous

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

Al-Anon Family Groups

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

Boomerang Bags Forster Tuncurry

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

Club Forster Travel Club

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

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

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

Forster Hospital Pink Ladies

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

Forster Tuncurry Lions Club

Meetings held 3rd Monday each month. Club Forster 6:30 for 7pm Dinner.
Contact President **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: vvaglfoster@gmail.com

Manning Great Lakes Parkinson's Support Group, Last Monday of the month 1.30pm Club Forster.
Contact Ken, 0427 021 877, Phil 0439 418 478

Mixed Social Tennis

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

Quota Club of Forster Tuncurry

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

Tennis Forster

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

The Man Walk - walk, talk and support Meet 7am Mondays at the Rock Pool, Tuncurry. BBQ/soup once a month.
Contact Steve Rogers 0407 200 615

Tuesdays

Alcoholics Anonymous

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

Club Forster Social Dance Club

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

Coomba Park Tennis Club

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

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

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

1st Forster Tuncurry Scout Group Venturer Section, Cnr Lake & McIntosh Sts Forster, Tues 6.30 - 8.30pm for 14 to 18 yrs.
Contact: leanne.richardson@nsw.scouts.com.au

Great Lakes Prostate Cancer Support Group. Fourth Tuesday of every month 7pm Club Forster.
Email: jipatchwood@gmail.com

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

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

Pacific Palms Probus Club

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

Pickleball Tuncurry

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

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

The Coomba Mens Shed

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

Wallis Lake Dining Group

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

Wallis Lake Tourers Travel Club Inc.
Meet 10am 2nd Tuesday of the month Tuncurry Beach Bowling Club
Enquiries Kayleen 0416 184 684.

Wednesdays

Alcoholics Anonymous

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

Alcoholics Anonymous

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

Club Forster Table Tennis

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

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

Dementia Information drop in at Forster Library 4th Wed of the month 9.30 - 11.30am. Speak with local Dementia Alliance representative on local services.

Forster Digital Photographic Club (FDPC)
Meets third Wednesday each month, 7pm in the Wallis Lake Room at Club Forster, Strand Street, Forster. Enquiries: Keith 0468 351 107

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

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

Great Lakes Breast Cancer Support Group
Meet on the first Wednesday of the month at the Tuncurry Beach Bowling Club at 4pm.
Contact Lorraine 0410 588 736

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

Great Lakes Knit and Spin
Every Wednesday 10am – 12pm,
Forster Civic Centre, Wallamba room. Enquiries Kayleen 0416 184 684.

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

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

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

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

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

Social Tenpin Bowling
Forster Entertainment centre
Wednesdays 10am
Contact Jamie 0431766582

The Sunrise Club
Meet 6am every Wednesday at South One Mile for men to connect, talk and support.
Enquiries: Heath on 0410 519 825

Twin Towns Tennis Club
8am Mixed Social and 7pm Night Comp every Wednesday. Capel St Tuncurry.
Contact Ellise 0411 476 063.

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

Women's Shed Forster & Tuncurry
Meet fortnightly every month 11:30am in Wallambi Room at Forster Library.
Enquiries Cheryl 0448 237 918.

Thursdays

Al-Anon Family Groups
Does someone you love drink too much? Help is available! 12.30pm Uniting Church, Cnr South & Bent St, Tuncurry. Contact: 1300 252 666

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

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

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

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

1st Forster Tuncurry Scout Group Joey Section
Scout Hall Cnr Lake & McIntosh Sts Forster, Thursdays 5 - 6 pm for 5 to 8 years.
Contact: leanne.richardson@nsw.scouts.com.au

1st Forster Tuncurry Scout Group Scout Section
Scout Hall Cnr Lake & McIntosh Sts Forster, Thurs 6.30 - 8.30pm for 11 - 14 years.
Contact: leanne.richardson@nsw.scouts.com.au

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

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

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

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

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

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

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

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

Fridays

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

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

Forster Country Women's Association (CWA)
3rd Friday of the Month, 10am to 11:30am Coolongolook Room at Forster Civic Centre, Lake Street. Contact: Annette 0411 028 857

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

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

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

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

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

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

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

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

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

Community News

www.forsterfortnightly.com.au

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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 Breese 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: 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 & Lunch.

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

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

11:30am to 1pm - Lunch served

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

Forster Community Lunches

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

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

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

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

Star Pet

Name: Tess

Age: 3 and a half years old

Breed: American Staffy

Likes: She likes obeying her owner, being spoilt, going on walks driving in the car and swimming.

Dislikes: Tess doesn't like loud bangs and doing the wrong thing.

Claim to Fame: When she was a pup she ate a treasured pair of ugg boots, an expensive European handbag and an Apnea machine (that helps you sleep). Thankfully now she is mature and wonderful company.



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

Understanding E-Bike Rules in NSW



Some E-bikes are legal to ride in public in NSW if they comply with certain conditions:

- All riders and passengers **MUST** wear approved helmets, securely fitted and fastened.
- The electric motor must cut off when the bicycle reaches 25km/h.
- Motors are intended to assist when riding uphill or into headwind, not as the primary source of propulsion.

E-bikes are subject to the same rules as bicycles, and have the same rights and responsibilities as other NSW road users including:

- Keep to the left and give way to pedestrians on shared paths or footpaths.
- Ride at a speed which is safe for you and those around you.
- Have and use a bell to warn others you are approaching.
- Riders are to dismount and walk across pedestrian crossings unless there is a green bicycle light.
- Only children under 16 years of age or adults accompanying a child under 16 can ride on a footpath, unless there are signs prohibiting bicycle riding.
- Mobile phones must be hands free OR secured in a commercially manufactured phone holder fixed to the bike. It is illegal to text, make video calls, use social media or take photos/videos while riding.

Penalties:

- Fines from \$816 for illegal e-bike use.
- Fines for not wearing an approved helmet from \$410
- Riding under the influence of drugs or alcohol can lead to fines or imprisonment.
- On the spot fines for holding a mobile phone from \$410
- Penalties apply for negligent or dangerous riding.

Notes: If you are involved in an incident that

Who was Uncle Tom?



Tom Palmer and Bill Campbell

Great Lakes Museum

Daniel Thomas Palmer (known as Uncle Tom) was born on the 18th July 1896 at Bibby Harbour, the youngest of 9 children born to James Septimus and Lydia Palmer (great grandparents of William and Lydia Bramble). Growing up with his 3 brothers, James 1882-1961, William 1884-1959 and Lincoln 1887-1976 the boys worked the family dairy farm, fished the Myall Lakes, caught and broke wild brumbies which they sold and operated bullock teams pulling logs for Croll's mill at Bungwahl.

In 1914 and again in 1924 Croll's mill burnt down and Uncle Tom was enlisted with the help of his lifelong friend and cousin Billy Campbell

to rebuild the mill. After Alexander Croll died in 1917 aged 82 his son Alexander Jr sold the mill to Lincoln who eventually sold to William Thomas of Violet Hill. The mill went on to supply the timber for case-making in WW11. In 1962 the mill again burnt down, Uncle Tom rebuilt, updating procedures by introducing electricity. In 1978 the mill was sold to Paul Herbert and finally closing 1997.

In his lifetime Uncle Tom, of limited education, built many homes and boats around Bungwahl. The paddle steamer "drogher," The Brothers was his masterpiece built for the Thomas Brothers mill, travelling from Bungwahl to Port Stephens with timber for Sydney. Uncle Tom became well known as a skilled Blacksmith and Wheelwright. With the coming of mechanisation, he still kept pace driving a bulldozer for many years and became a useful mechanic.

Daniel Thomas Palmer passed away 11th March 1976 and is buried in Bungwahl Cemetery.

Memories of Bungwahl

The village of Bungwahl was known as Bungwahl Flats. In the early 1870's Alexander Croll with friends John Wright and John Rodgers formed a partnership to establish a sawmill at Bungwahl. When the partnership dissolved in 1875, Wright went to Tuncurry and Rodgers moved to Laurieton. Beside operating the mill with his sons, Croll set up the general store and school. The church and community hall built on his land still stands today.

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

Our Local wildlife



The Beautiful Australian Cockroach

By Kym Kilpatrick – FAWNA Hallidays Point

Cockroaches. Not everyone's cup of tea, I admit, but hear me out. The invasive cockroaches that infiltrate our homes are usually not Australian but variously called American or German or Oriental Cockroaches and yes, they are a problem as they have the capacity to spread bacteria including e.coli and are attracted to our foods. But I'm talking about a native Australian species Austral Ellipsoid (Ellipsoid australe) also known as the Beautiful Cockroach.

Cockroaches belong to the scientific order of Blattodea which generally means insects that shun the light. They have broad, flattened bodies; hardened shield-like structures that covers and overhangs both sides of the upper body and the back of the head (called pronotum); chewing mouthparts (mandibulate); large, compound eyes; thread-like antenna; long, spiny legs; and two small appendages that are sensory organs for detecting wind currents (cerci) at the tail end.

Unlike their night scurrying invasive cousins, however, Australia's some 450 or more native cockroaches are in the majority diurnal, meaning that they are active during the day. Nor are they the ones who invade our homes. Rather than feeding on our food

Left: Photo of the Austral Ellipsoid cockroach by Di Bickers.

stuffs, Australian native cockroaches feed on pollen, bark and leaves in trees, and some eat decomposing wood. Unlike their invasive cousins, Australian native cockroaches are not disease carriers.

One particular Australian native cockroach, commonly named 'The Beautiful Cockroach', and found all along the east coast of Australia, is Austral Ellipsoid (Ellipsoid australe).

Unlike the drab brown of invasive cockroaches, Austral Ellipsoid has a body with white patterns on shiny orange-brown to dark brown background. Its thorax is dark brown with an edge of yellow and its forewings are brown and cover the black and white abdomen. Its head is small and points downwards, its antennae are longer than its body and its legs are long and spiny. Male and female are similar and when adult, between 10 and 15 millimetres long.

Mating in cockroaches, including Austral Ellipsoid, occurs tail end to end. Once mated, the female then produces a type of egg capsule attached to her abdomen called an ootheca. This ootheca is soft at first but will harden when exposed to air and will carry between 20 and 30 eggs surrounded by air space. At some point she will find a suitable place to deposit it, either in the ground or in a bark crevice.

When first hatched the youngsters or nymphs look similar to adults but without wings or genitalia. They will go through several moults, called instars, before they reach adulthood and it is believed their lifespan is around 12 months.

Austral Ellipsoid feeds on pollen, honeydew and possibly mould fungus and other insects. The best chance to see one is during the day when they are active on various foliage.

Generally cockroaches are amazing creatures, with a basic structure that has changed little over the last 200 to 150 million years and capable of such feats such as living without a head for a week, only succumbing from a lack of water.

As a source of protein and minerals for many species including birds, lizards, frogs and mammals such as antechinus and possums as well as other invertebrates they are also a critically important part of the food chain. In the case of our native species, some too are truly beautiful in their own right.

Coroner finds grandmother Margaret Mariani's death at Forster Private Hospital preventable

Continued from page 2.

She said if Mrs Mariani's symptoms had been investigated at the request of her daughter on the morning of July 13, it was likely she could have been re-admitted to theatre for inflammation of her peritoneum.

"Mrs Mariani's death was preventable," she said.

"The lack of professional review of the systemic issues by Forster Private Hospital are significantly concerning in terms of the health and safety of potential or future patients."

Nurse criticised

The registered nurse, who cannot be named for legal reasons, has been referred by the Coroner's Court to the state's Health Care Complaints Commission and the Nursing and Midwifery Board of Australia.

In her findings, Magistrate Baptie provided two recommendations to Forster Private Hospital to amend its policies and procedures to bolster patient care as well as provide further training for all staff.

Magistrate Baptie told the court she would be sending her inquest findings to the NSW



Above: In her findings, Magistrate Baptie said the care and treatment at Forster Private Hospital was significantly deficient. Photo supplied.

Ministry of Health and Minister for Health Ryan Park.

"Our sympathies go to the family of Margaret Mariani," a statement from Minister Park said.

"NSW Health will consider the findings of the coroner carefully."

Forster Private Hospital declined to comment on the findings.

Mrs Mariani's son, Michael Easson AM, said in a statement the family was exhausted after six years but was grateful to the coroner for her investigation and findings.

"We wanted to yield the truth about what happened and to learn lessons about what went wrong so that Mum's community in Forster will not have this happen again," he said.



Community Bush Regen at the Community Garden

Forster Community Garden, led by Worimi Elders and Forster Neighbourhood Centre, is planning a revival, and you're invited to join us as we get re-started, with some bush regeneration works around the site on Penington Creek.

- Hear about the plans for a revitalised Forster Community Garden
- Pick up some tips for plant ID and environmental weed management
- Tool up with us and help remove some weeds from Penington Creek
- Join us getting some new local provenance native food plants in the ground

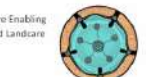
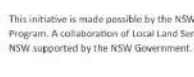
Please RSVP - light refreshments provided



Bring clothing suitable for an outdoor work including a hat and enclosed shoes. Children require parent or guardian supervision at all times.

Register free <https://events.humanitix.com/riparian-regeneration-at-forster-community-garden>

Contact: Joël 0401 932 533



Connected – Angelique & Natalie

Interview by Vanda Gooley

Sisters, Angelique Self-LeRougetel, 30, and Natalie Le Rougetel, 24, have an incredible bond. They have studied together, they escaped tragedy in a traumatic car accident, both are small business owners, love animals and both share the same dreams for their future.

Angelique: Angelique is a Diploma qualified educator in early childhood education and care at Little Dreamers Early Learning. She has worked at Little Dreamers for the past 4 years and was at Kindilan prior to this. Whilst she works in childcare, she has a huge passion and drive in dog training and behaviour.

Together Nat and Angelique studied Certificate 3 and 4 in Companion animals and certificate 4 in veterinary nursing. Whilst they don't work together as colleagues they partner together well when it comes to helping people with their animals.

Angelique admires Natalie's bravery and confidence to try anything. The sky is never the limit for her. Natalie is defiant yet understanding, she will tell you what you need to hear and not what you want to hear. "I think everyone needs a special person in their lives like that, who also has a heart of gold."

Angelique said, Nat's strength is being a perfectionist. Angelique first recognised that trait when studying together and she noticed all Natalie's work had to be perfect or she would start it all again. Angelique said being a perfectionist has pushed Natalie to succeed in so many aspects of her career and passions, it has allowed her to learn in detail and correct things that don't reach her expectations. "Nat strives for the best with her clients at work, caring and competing with her horses, and her house work. Being a perfectionist gives her a good reason to be house proud; it always smells delicious when I visit," and "Don't you ever be late when she is expecting you or trying to go somewhere, you will not be in the good books. Natalie likes to run on time haha."

As closely bonded sisters, Angelique said their shared experiences, achievements and adventures, are endless. They had a very lucky childhood and travelled to beautiful destinations overseas and within Australia. Nat was always one of Angeliques biggest supporters when she had her children, "she has always been there when I need her," When they had a major car accident a few years ago it really reiterated for Angelique how close their bond was. Angelique remembers them calming each other down in a moment of pure panic and distress and not leaving each other's side. They even shared an ambulance. They messaged each other in the middle of the night when both were being woken by nightmares at the same time. They escaped tragedy with their lives, an experience they now reflect on with no dread or ill thought. They feel only gratitude that neither of them was alone during the traumatic incident. "There isn't much that we haven't experienced together".

Angelique said both she and Natalie are both honest and caring people. What you see is what you get, if they are not happy about something they will not hesitate to tell you. Neither take life too seriously. They like to keep

each day as a new day, loving and caring for friends and family. They both adore animals and everything they have to offer as companions in our homes, "some would call us obsessed."

Angelique considers herself more reserved than Nat. "She is braver than I am. Nat is the doer; I am the over thinker. I am very open minded when it comes to different opinions. I always see both sides to every story or every theory. Nat sees her opinion and wants to help people understand what she sees or thinks before looking at theirs."

Both sisters have small businesses that start with the word 'Coastal,' although they are entirely different. Nat started 'Coastal Threads,' a small business that sells scrubs for nurses. Nat is talented with her sewing machine; she creates all the scrubs herself. "Scrubs made with love, worn with confidence."

Angelique started 'Coastal Canine Behaviour and Training,' a small business that supports people in training their dogs as well as understanding their behaviour. "My knowledge runs deep when it comes to all things about dogs." She is currently studying animal behaviour and training side by side with her business.

Natalie and Angelique eventually want to own a farm together and raise their families on it. They want to rescue and help all the animals they can alongside their families. "I think Natalie's dream would be to reach further than the possible limits with her horses and riding, as well as excel in her career as a veterinary nurse and branch out into equine care."

Angelique's dream is to have a successful business in supporting and educating dog owners as well as being able to work in training with Guide Dogs Australia, all while being an amazing mum to her kids.

Angelique values her and Nat's friendship, "We are best friends. We don't go a day without talking. I value our honest feedback to one another and constant support. There are 'best friends' and then there are 'best friends that are sisters' and that relationship is an entirely different level of trust, respect and love."

"The daily messages, calls, and snap chats keep us connected. Needing one another keeps us connected. Our endless love for our family keeps us connected. Not being able to be without the other keeps us connected".

Angelique loves Forster for the beaches, the rock pools to explore and the beautiful places to walk and ride. She loves the numerous picnic spots and coffee dates with a view. She loves small businesses with the sweetest customer service that greets you and the beautiful restaurants for a long lunch and the endless coastline to adventure. "It is the perfect place for me to raise my family. A place balanced by fun, serenity, and peace. Forster is my perfect place I thankfully call home!"



Above and left: (L-R) Angelique Self-LeRougetel and Natalie Le Rougetel. Both sisters call Forster their home.

Natalie: Angelique and Natalie are 2 of 5 siblings. Angelique is the eldest and shortest. Natalie said, "I am so grateful to call this place my home town! Although the community is small, I have always felt safe and comfortable, it's a beautiful place and not too busy nor too small."

After completing the Veterinary Nursing course with Angelique, Natalie decided to take her studies further and will very soon be a qualified TAFE teacher. Natalie has been working as a Veterinary Nurse at Taree Veterinary hospital for 4 years where she is able to use her knowledge and passion towards animals and help clients grow their knowledge in the animal industry.

At the end of last year Natalie decided to take her love for sewing further and started a small business creating and sewing her own hospital nurse scrubs called 'Coastal Threads.' Natalie wants to pursue this into something more with the support from the local community. Whilst Natalie was busy sewing, Ange started a dog training business called 'Coastal Canines Behaviour & Training.' Natalie said, "Angelique's knowledge for canine behaviour is being shared with so many people, sharing her knowledge that not many know the depth about animal behaviour." At the time they did not realise both small businesses started with 'Coastal' until they both sat down next to each other and giggled with the realisation, "but great minds think alike!"

Growing up Natalie had always had an obsession with horses. With now owning two

of her own, she spends most of her time doing what she loves, riding and competing and being around the most beautiful animals. Natalie said she was "always that annoying little sister who wanted to do what Ange did. I would always try follow her to her pony camps and try to be as cool as her and her friends." Natalie feels if it wasn't for Ange and her passion and love towards animals, Natalie's love for horses and animals would not be as strong as what they are today.

Although there is a 7-year age gap between Ange and Natalie, their age difference does not stop the bond and friendship towards each other. "Ange and I have been through thick and thin, so that creates what we have as sisters so special, from sitting at the end of each other's beds late at night whispering secrets to each other and Pinky promising not to tell anyone, to being an aunty to Ange and Ty's three beautiful boys that I will forever love and cherish." They experienced a major car accident which made Natalie forever grateful to have Ange by her side through everything.

Out of the 5 siblings in the family Ange is the one they all 'go to', "the one if we have a problem we call, the one if we are hurt, upset or mad she is the first phone call we all make. Ange is our go to." Natalie said Ange has a very kind heart and will try to do anything and everything she can to help. She is honest and like the 5 siblings what you see is what you get. Ange has a lot of patience but Natalie said "she will tell you if you have taken that one step too far."

Natalie said, Ange is strong and is the best mum and that is a super power on its own. Her passion for animals has always been from a very young age. Her determination in one day creating her own animal behaviour business, becoming a vet nurse and being a qualified dog trainer has always been a goal she has completed and achieved.

As sisters they have very similar traits, they talk similar, dress similar and share the same passion for animals. Natalie said she is definitely the loud one and more extroverted than Ange. Ange is a little more reserved and relaxed, she carries the Zen. Growing up Ange and Natalie have always been very close. There's rarely a day goes by when they don't talk. Their dream is to one day own a big property and pursue their careers.

Their adventures with one another are endless. They recently returned from overseas and already they're talking about their next trip. "Achieving what both our goals were when we were kids together right by each other's side is something I will never forget."

Natalie said, like all sisters they have their ups and downs but maintains that is what keeps them so close. "The relationship I have with Ange is unbreakable; it's a different form of friendship it's a bond that can never be broken. I value what Ange and I have and will always cherish every moment. Ange has never left my side and is always the first to have my back. There is not one thing I do not value about Ange and our sister bond."

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Forster comes alive at Running Festival!



By Dave Hughes – Forster Runners

The annual Forster Running Festival took place on Sunday 17 August. Marquees were prematurely erected on the medium strip at Main Beach the afternoon before the event. No one could have predicted the pandemonium that was to follow once the sun set. The benign weather turned nasty and most of the marquees and banners were strewn across the esplanade...some never to be found. The organisers must have had heart palpitations at the time. However, what was to follow was extraordinary, everything was rectified before the first runners arrived at day break.

On with the show. This was by far the most successful Runfest since its inception. The number of runners was similar to previous years. The outstanding success of the event can be measured by the positive comments of runners and spectators. The change in the course was a pleasant surprise and it showcased the beauty of the twin towns with the majority of the course following the waterways and coastlines. The enthusiasm of the volunteers and spectators was something to behold. Hats off to the Run Director Kevin

Chilvers and those who volunteered and supported this wonderful event. Local running groups Forster Run Club, Forster Runners, Trailblazers and the Forster Tri Club had a strong presence with over 50 entrants.

Some outstanding results from local club members include:

Half marathon: Brock Jagoe equal 4th (1h 21m), Matthew Whight 7th (1h 23m), Damien Hiles 12th (1h 29m)

10km: Aaron Eichner 2nd (37m 4s), Liam Fletcher 6th (39m 22s)

5km: Zane Fletcher 2nd (18m 48s), Alyse Northey 3rd (21m14s), Jennifer Cartwright 6th (22m 44s)

3km 4-8 years: Evan Milligan 6th (15m 33s), Alex Eichner 8th (16m 22s)

3km 9-12 years: Jack Fletcher 3rd (14m 08s)

Treble (Half, 10km & 5km): Damien Hiles 3rd (, 2:42:38) Emma Sewell 4th (3:14:16)

For full results, please go to: <https://thetimingguysresults.com/ForsterRunningFestival/2025/>



Above: Locals (L-R) Damien Hiles, Aaron Eichner and Zane Fletcher who each came second in their events. Photo by Sara Fletcher



Above and above right: Ellie Clemenson was first female in the Half Marathon with a time of 1:35:55. Ellie is based in Port but was born and breed in Forster. Photos by Mary Yule.



Left: Port Pacer Robert Fish was the first male in the Half Marathon with a time of 1:17:09.

Right: (L-R) Andrew Dodds (Master of Ceremonies) and Charlie Maher (newly appointed Aboriginal & Torres Strait Chief Officer at the Indigenous Marathon Project).

Below left: Cathy Quinn, Nova Grosvenor and Tammy Randall at the Forster Surf Club aid station. Photo by Annie Evans.

Below right: (L-R) Asher, Alex and McKenna warming up before their event.



FDPC July 2025 results

By Keith Pascoe - Forster Digital Photography Club

For the month of July the club had a very challenging set subject with Night Photography.

The main challenge with Night Photography is low light levels, which can lead to underexposed images.

Higher ISO settings can help capture more light but may introduce noise, while light pollution can further complicate the situation. However, many of our members captured beautiful images.

Congratulations to all award winners.



Above: Hooker Valley New Zealand by Lesley Walter



Above: Mother and Son by Dale Rabbett.

Walter, Rainy Night on the A1 by Lyn Wilson, No Climbing No Kids by Robyn Pascoe.

Open Subject

Merits: Don't try this at Home by Keith Pascoe (also Judges Choice), Hooker Valley New Zealand by Lesley Walter, Mother and Son by Dale Rabbett, Lovely Little Catch by Helen Walker.

Credits: Loose Leaf by Yvonne Moule, Sunrise Forster by Janice Amato, Macquarie Island Locals by Dale Rabbett, Hey come and play by Wanda Amos, VIVID Shopfront and Indigenous Choir WOMAD n Wilson.

Set Subject: Night Photography

Merits: Lonely Sky by Anna McKendry (also Judges Choice), Amsterdam Night Lights by Cozette Leonard, Dancing with Fire and Lanterns on Parade by Helen Walker.

Credits: Kings Park by Jane Hulme, Fireworks at Surfers by Lesley

Right: Dancing with Fire by Helen Walker.

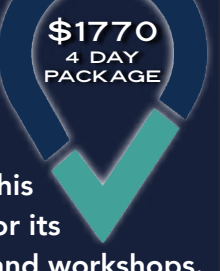


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Mr Gatland was inspired to enter the industry after seeing a gap in the local tourism market.

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Harri-Curry Cup & Perc Drury Memorial

By David Blanchard – Forster Men's Vets Golf

On 11 August the Harrington Men's Vets Golf Club were welcomed to our Tuncurry course to play in the annual Harri-Curry Cup (Harrington vs Tuncurry). The weather was dry at last for the first round of the year. Our Forster Vets took the lead and scored 313 pts to Harrington 264pts. The next round will be played at Harrington on 2 September.

An important event played in conjunction with the Harrington visit was the inaugural Perc Drury Memorial and Trophy. Paul James won the Trophy with a score of 38 points, which was announced during prize presentation.

Our Mick Stone ("get 'em onside") spoke reverently to 90 players about our great friend Perc Drury. Perc for many years worked very passionately as a Life Member in voluntary course upkeep and maintenance for both courses and is sadly missed by all greenkeeping staff and other helpers for the cause. Perc was also a long term player in the Vets and everyone found him very competitive and a great person to be with. Perc's daughter and family came from Sydney for the day and Christine spoke very lovingly about her father.

We were once again spoilt by a magnificent BBQ lunch by a great volunteer team. Special



Photo (L-R) Peter Drury, Christine Barnes and Paul James with his Perc Drury Trophy.

thanks to Chris Garraway from Evermore Solaris Retirement Living for their sponsorship for the day.

Vets' membership enquiries can be made at the Forster Clubhouse.



Great Lakes junior Cricket Club is excited to announce the upcoming season. We will shortly be opening registration for what will be another fun season. Please reach out to us via email "greatlakesjcc@gmail.com" or call us on 0478 896 916 if you have any questions. We will announce costs and registration dates through our online social media. We can't wait to get the season started.

Cape Hawke SLSC highlights for 2025

Cape Hawke Surf Club

Cape Hawke Surf Club AGM was held on Thursday 17 July. Gary Curtis (President), Richard Ellery (Director of Finance) and Jeff Horn (Director of Surf Sports) were re-elected to their positions for a 2-year term. They re-join Greg Brown (Director of Lifesaving), Ian Reynolds (Director of Administration) and Ben Forrester (Director of Youth) who are halfway through their 2-year appointments. The new Board of Directors will now appoint members to the various positions on the club's Management Committee for the upcoming season.

At the AGM President Gary Curtis presented the Annual Report for acceptance and gave a summary of the major achievements for the club over the previous season. These included, and the highest number yet of Active members able to do patrols and water safety at 122. The strong growth over recent years can be attributed to the success of the club's Strategic Plan based on a three-year pathways program to increase member recruitment, satisfaction, development and retention.

The most important achievement was the club's mission of ensuring no lives were lost on One Mile Beach. 11 rescues were performed over the season, as well as 263 preventative actions, and 48 first aid treatments recorded for a total beach attendance of over 40,000 members of the public. 3,499 voluntary patrol hours were made to provide a safe beach and aquatic environment for the community.

Special mention was given to Jeff Horn and Marian Smith on being awarded the prestigious National Medal, Greg Brown received the 30 Year Long Service and National Patrolling Awards, Phil Coombes and Grant Gardiner the 20 Year National Patrol Service Award, and Karon Maytom and Marcus Robertson the 10 Year National Patrol Service Award.

In Surf Sports our juniors won the Lower North Coast Branch Carnival Championship, and the Women's Surf Boat Crew, "The Stand Ups", had a very successful season in the Stevens Hunter Boat Series, winning the Open Reserve Teams Title.

Highlights for the season were the hosting of the 2024 NSW Interbranch Championships in December, and the 2025 Sharkskin NSW IRB Championships in July, backing up from hosting this event in 2024. The club's ability to successfully host these prestigious major carnivals is made possible by our dedicated team of 'Green Shirt' volunteers.

In conclusion Gary thanked the wonderful club members for their dedication and enthusiasm, the Board of Directors and Management Committee for their assured leadership and guidance, and the local partners for their support and valuable contributions.

Attention now turns to the new season, with Registration days for nippers and new members being held on Sunday 14 September, Sunday 12 October and Sunday 19 October. Details will be available on the club's website and social pages.

In the meantime, construction has commenced on the extension of the club's Lifesaving shed in Palmgrove Park. This will be used for much needed additional storage for lifesaving and nipper equipment and a training and

gym space. This project has been made possible by a Surf Club Facility Grant from the NSW Government Office of Sport and club fundraising.



Cape Hawke Surf Club broke the 200 mark for Nipper enrolments for the first time this last season.

Wallis Spirit First-Time paddlers shine at Taree Regatta



Left: Our four new regatta paddlers, (L-R) Karen Permezel, Christine Guignon, Annette and Eric Hayes. Photo supplied.

so much she said she'd do it again, no worries!

Our four newest regatta paddlers, Christine Guignon, Karen Permezel, Eric and Annette Hayes, each joined us this year after taking part in our Come and Try sessions through the Learn to Paddle program we run throughout the year. It's been a joy to watch them discover the sport, grow their skills, and throw themselves into training with such enthusiasm.

Karen, who first paddled with us in February, couldn't wipe the smile off her face as she shared how much she "loved the whole thing" and especially enjoyed the competitiveness of race day.

Husband and wife team Eric and Annette, who recently moved to Coomba Park, have caught the dragon boating bug. They were thrilled to experience their first

By Rebecca Collins - Wallis Spirit Dragons

What a weekend it was for Wallis Spirit Dragons at the annual Manning River Dragon Boat Regatta in Taree on the 9th and 10th of August! Fourteen of our crew made the trip from Coomba Park and surrounds to compete, and for four of them, it was their very first regatta.

Christine summed it up beautifully: "I really enjoyed myself and had a ball." She spoke of the strong sense of community, the encouragement from everyone at the event, and just how much fun it all was. She loved it

regatta side by side and can't wait for the next one.

This year, we've welcomed ten new paddlers, a fantastic boost for a small-town club in such an idyllic location. Our next Come and Try session will run in October, and we can't wait to see more locals on the water. Whether you're looking to boost your fitness, try something new, or meet a great bunch of people, dragon boating is the perfect way to do it.

Rugby or Water Polo?

By Chris Simon – Forster-Tuncurry Dolphins Rugby Club, 2 August

Dolphins and Bulls play out a bruising, mud-soaked draw in classic coastal clash

Cyclonic winds, a pitch that could be likened to a rice paddy, and the kind of sideways rain that stings your eyes — it was never going to be pretty. But for the Dolphins and Bulls, Saturday's encounter (2 August) was rugby at its most raw: hard running, brick-wall defence, and a stubborn refusal to yield an inch. The 10-all draw might not have lit up the scoreboard, but it was a contest that left bodies battered to the bone and yet an empty feeling of a game that was there to take for the Dolphins.

With the field reduced to a waterlogged war zone, ball control was a luxury rarely afforded. Still, a loyal core of diehard supporters braved the wild weather, taking refuge in the bowels of the clubhouse, peering out through foggy glass and the occasional brave crack of an open door with the bravest of supporters standing staunchly in the weather — the true believers of local Rugby.

The Dolphins struck early, with big lock Sean Hassett barging through the teeth of the Bulls' defence to open the scoring in a gritty effort. But the lead didn't last long. A string of handling errors and mounting penalties gifted the Bulls possession, and they made it count. After a sequence of bruising pick-and-drives, they muscled over for a classic barge-over try to level the match, the kick going oh so close to only be blown back by the wind.

Chances came and went for both sides, but the brutal conditions made execution a coin toss. Liam Harris looked to have produced a moment of magic with

a perfectly weighted kick-and-chase that had 'try' written all over it — only to be pulled back, to the visible frustration of the Dolphins and confusion from the crowd.

Despite the mayhem, the Dolphins found their edge in the scrum, dominating the set piece and forcing the Bulls onto the back foot. It was again Sean Hassett who capitalised, peeling off the back of a powerful surge, to dive over out wide for his second of the afternoon.

As the match wore on, it was sheer grit that kept the Dolphins in the arm wrestle, with Kaleb Trudgett and Captain-Coach Blake Polson putting in Herculean shifts, tackling anything that moved and driving their side forward through the swamp.

But the Bulls weren't done. With time left on the clock, they camped on the Dolphins' line and eventually cracked it, diving over to even the score and add yet another chapter to this fierce coastal rivalry.

When both sides have their full-strength rosters, there appears to be precious little between them — a promising sign with finals footy looming. One thing's for sure: if these teams meet again, expect fireworks, rain, hail or shine.

Final score: Dolphins 10 – Bulls 10

Another draw in the book of feuds — and no shortage of bruises to prove it.



Dolphins vs Bulls in extremely wet conditions.

Hallidays Point to Zambia: 100km Run of Hope for orphaned children

On Saturday, October 4th, local musician and endurance runner Tom Mwanza will run an incredible 100 kilometres from Hallidays Point to Port Macquarie. But this isn't just a personal challenge—Tom is on a mission to raise \$100,000 to build a home for five orphaned children in his hometown of Kalulushi, Zambia.

Born and raised in Zambia before settling in Australia, Tom knows first-hand what it means to grow up in a developing country with limited access to resources, education, and stable shelter.

"These five beautiful children lost both of their parents within six months. They're now in the care of my mother back home, but she simply doesn't have enough space or resources to raise them properly. They deserve a chance at education, a roof over their heads, and a childhood that isn't defined by loss and survival," says Tom.

The children, aged 2 to 14 years old, are currently sharing a cramped space with several family members. The funds raised from this run will go directly toward building a modest but safe home with basic amenities, as well as supporting their education and living needs.

A local man with global purpose

Tom, now based on the NSW Mid North Coast, is known for his passion for Afro-dance music and community events. But this time, he's trading his guitar for running shoes.

"Running 100km in one day is one of the hardest things I've ever attempted. But it's nothing compared to what these kids have faced. Every kilometre I run is a message: You are not forgotten. You matter. There is hope," Tom shares.

His route will take him through coastal roads and regional towns, starting at sunrise in Hallidays Point and finishing in Port Macquarie



Tom is a well known musician at local events.

by nightfall. Supporters are invited to cheer along the way or run the final kilometre with him in solidarity.

How the community can help

Tom is calling on the Mid North Coast and broader Australian community to rally behind this mission:

- Donate to the fundraising campaign <https://gofund.me/38ade09b>
- Share the story on social media using the hashtag #100KmFor100K
- Cheer him off at the start - 4am at Blackhead SLSC pool on 4th of October.
- Sponsor a kilometre in honour of your family, business, or organisation

Dolphin's sweet redemption



By Chris Simon – Forster-Tuncurry Dolphins Rugby Club, 9 August

Dolphins vs Clams

The Forster Tuncurry Dolphins have been notorious for slipping into extended lulls, much to the frustration of Captain Coach Blake Polson, and the first half against the Old Bar Clams (Saturday 9 August) to be another entry in that file. Poor execution and questionable effort left supporters frustrated, with little to cheer about heading into the break.

Captain-Coach Blake Polson, unimpressed (among other words), laid down the challenge to his back three to earn their place and stamp their authority on the game. The message landed with force, the verbal machine was back. The second half saw a transformation, none more so than from fullback Memphis McBride, who put the rest of the competition on notice with a slick, confident display that repeatedly caused the Clams' defence headaches.

One of the standout performances came from Sam Laurie, who, despite battling the flu all

week, produced one of his finest outings in the green and gold. His hard running set the tone for the other forwards, helping the Dolphins get onto the front foot in Clams territory.

Up front, the Dolphins' scrum was again a weapon, winning several balls against the feed and laying the perfect platform for the backs to attack. It was also a special moment for young tyro Jackson Dunn, who crossed for his first try in Dolphins colours after showing he's got the skill and composure to handle senior rugby.

Solid efforts could be found all over the park — Polson's tireless ruck work, Harrison Temple's hard running, and Kaleb Trudgett's relentless ball carries all driving the team forward.

When the final whistle blew, the scoreboard read 38-3 — a dominant result and sweet redemption after their last meeting with the Clams ended in a heartbreaking last-minute draw.

Now, a grand final qualifier awaits against the Nabiac Bulls (Saturday 23 August), familiar foes from last year's decider.

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Tanya's
Community Update

Tanya Thompson
Member for
Myall Lakes

It's been a busy fortnight celebrating great people, places, and projects in our community.

At Upper Lansdowne, I joined locals to celebrate the hall's 100th birthday and announce \$10,218 from the NSW Government's Community Building Partnership to fund urgent repairs. This much-loved hall has been the heart of the valley for a century, and the works will ensure it continues to bring people together for many years to come.

In Taree, I was pleased to announce \$30,000 in funding for the Taree Torpedoes Swim Club to replace starting platforms at the Manning Aquatic Leisure Centre. These upgrades will improve safety and performance for swimmers of all ages, helping support our region's talented swimmers.

I had the privilege of surprising local sporting champion and volunteer, Wendy Orman, with a Seniors Local Achievement Award during the Manning River Dragon Boat Club's annual regatta. Wendy has spent the past 15 years coaching, mentoring, and building the sport of dragon boating in our region. Thank you and congratulations.

My Community Catch Up Tour is underway, giving me the opportunity to meet face-to-face with people across the Myall Lakes. You can find the schedule below, I hope to see you when I'm in your area.



World Medals & local Senior Award

By Mary Yule – Forster Fortnightly

Forster resident Wendy Orman has come home with 6 medals in the Senior C division at the International Dragon Boat Federation (IDBF) World Dragon Boat Championships in Brandenburg, Germany held from 16-21 July 2025.

"It's the best the Senior Cs have done at this Championship," said Wendy. "Senior C won 11 medals out of their 15 events. I competed in all the Senior C Mixed and Women's team events. The Opens is Men's only."

Wendy explained that there were 300 athletes, called "The Auroras", representing Australia at the Championships with teams in the Under 16, Under 18, Under 24, Prems (Under 40s) and Senior A (40-50), Senior B (50-60) and Senior C (Over 60) divisions. 54 paddlers were in the Senior Cs.

All 300 paddlers were selected from trials held around each Australian state towards the end of 2024. Training then consisted of 3 sessions a week on a team boat (2 in Taree

and one in Sydney for Wendy), one on a single outrigger, one on the indoor rower and three gym sessions. Athletes were benchmarked on sit ups, bench press, pull ups and the 2km erg (rowing machine workout) each month.

Wendy said, "The expectations were high. Our training schedule was the same as all the younger divisions, you just compete with people in your own age group."

"The Championships in Germany was a wonderful experience to do together as a team. You miss everyone when you get home as you are all on the same wavelength when competing and travelling on the bus each day. My roommate was Liz Harrison from Port Macquarie and there was Kim and Amanda from Newcastle."

This was Wendy's fifth time on the Aurora Team. She has competed at the World Dragon Boat Championships in Canada, China, twice in Thailand and now Germany.

"This was special as I've never competed in Europe before. It's a really long way to go. I'm



Above: Wendy Orman with her 6 medals.



a little older so I feel honoured for getting onto the team. We have to lift even higher to make it [when you get older]. I feel so much pride to be selected although it was harder!"

Since returning from Germany, Wendy has competed in the Taree Regatta (held 9 and 10 August) and is now training for the NSW team - a requirement for making the next Australian Team for 2026.

Member for Myall Lakes, Tanya Thompson, has honoured long-serving dragon boating leader, Wendy Orman, with a Seniors Local Achievement Award during the Manning River Dragon Boat Club's annual regatta in Taree.

Mrs Thompson said. "Wendy is not only a talented athlete but a volunteer, running the Learn 2 Paddle program for members aged 16 to 80. She has also served as a coach and committee member for both the Manning River Dragon Boat Club and the Great Lakes Pearl Dragons."

Tanya THOMPSON MP
Member for Myall Lakes



\$10,218 FOR UPPER LANSDOWNE MEMORIAL HALL



\$30,000 FOR TAREE TORPEDOES



SENIORS LOCAL ACHIEVEMENT AWARD
WENDY ORMAN

COMMUNITY CATCH UP TOUR

I'll be visiting
YOUR TOWN SOON

I'm hitting the road during August & September to meet face to face with constituents, listening to your concerns.

DATE	TIME	LOCATION
Monday 25th August	10:00am	SEAL ROCKS Number One Beach Reserve
	10:00am	WALLABI POINT Wallabi Point Coastal Cafe
	12:30pm	SMITHS LAKE Frothy Coffee Boatshed
Friday 29th August	2:00pm	GREEN POINT Green Point Community Centre
	10:00am	NABIAC Artisan Farmer
	11:15am	KRAMBACH Krambach Pub
Monday 1st September	9:30am	FORSTER TUNCURRY Forster SLSC
	11:00am	FORSTER KEYS Shopping Village
	10:30am	NERONG Community Hall
Thursday 4th September	11:45am	BULAHDELAH RTC & Library
	2:30pm	WOOTTON Community Hall
	10:00am	BUNYAH Bunyah Hall
Friday 5th September	11:45am	BURRELL CREEK Burrell Creek Hall



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