



**Spring Holiday
Activities p10**

**Local Identity: Nadine
McCristal-Cavenagh p21**



**Star Pet
Luna Bear p19**



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 17 September 2025 **PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS**

Circulation 7,000 No.130



Wharf Street came alive for the 2025 Forster Spring Festival on 13 September. Hosted by the Forster Tuncurry Business Chamber with local partners. Photo by Geordie Yule.

'It's a long and expensive road'

MidCoast Council, 2 September 2025

While MidCoast Council is spending more than \$68 million on roads this year, this isn't enough to halt the deterioration which continues to cause frustration in the community.

Deputy Mayor Jeremy Miller explained that while Council is working hard to find every dollar it can to throw at the problem, it isn't enough to get the road network to where the community expects.

"We know that we need to invest an additional \$35 million into our roads each year to keep them at a satisfactory condition and that is simply money we do not have."

This year has seen an additional \$6.7 million allocated to roads, bringing the total to \$68.47 million, after a close review of costs and a number of cuts.

Cr Miller said the decades of neglect that have largely contributed to the decay of the road network have been compounded by the number of large rainfall events the region has endured in the past 12 months, conditions which have contributed to poor roads and potholes.

"The message from the community had been received loud and clear. We know our roads are not what they should be - we drive on these roads every day as well."

However, Cr Miller said further improvements to the road network will rely on extra funding from external sources.

"We are so heavily reliant on outside funding from the State and Federal Governments, and we will continue to lobby for more help, but we just don't have the money to get them to where they should be," he explained.

Council will continue working on improving our roads where we can, finding extra internal revenue sources, and attempting to make every dollar spent go further.

"Council operates within a finite budget and must prioritise repairs based on risk, traffic volumes, and available funding. Temporary patching, while not ideal, is often the only immediate measure to reduce danger until a more permanent reconstruction can be scheduled."

"We acknowledge these are short-term fixes, and we share the community's desire for more lasting solutions."

Cr Miller urged residents to continue using the "Report and Request" feature on Council's website and to visit the MidCoast Roads Hub to see upcoming works.

MidCoast Roads Hub: <http://www.midcoast.nsw.gov.au/roadshub>.

Report and Request: <https://www.midcoast.nsw.gov.au/report>.



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Photo of Forster Spring Festival by Matilda Yule.

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

Get Ready Weekend



Come down and meet your local RFS brigade to discover the steps you can take to prepare for bush fire.

Tuncurry Rural Fire Station

Date: Saturday 20 September

Time: 8am – 2pm

Address: 39 Grey Gum Rd, Tuncurry

Pacific Palms Rural Fire Station

Date: Saturday 20 September

Time: 10am - 1pm

Address: 24 Macwood Rd, Smiths Lake

Rainbow Flat RFS

Date: Saturday 20 September

Time: 10am - 12pm

Address: 16 Bonvale Cl, Rainbow Flat

Coomba Park Rural Fire Station

Date: Sunday 21 September

Time: 9am - 1pm

Address: 86 Mooroooba Rd, Coomba Park

Green Point RFS

Date: Sunday 21 September

Time: 10:30am – 12pm

Address: 110 Green Point Dr, Green Point.

Diamond Beach RFS

Date: Sunday 5 October

Time: 7am - 12pm

Address: Black Head Bazaar Market, Wylie Breckenridge Park. Black Head Rd, Black Head

Please note: Bungwahl, Green Point, Pacific Palms and Coomba Park Rural Fire Brigades had a joint Open Day at the Palm's Market on 30 August with good numbers of people making enquiries.

First climate risk assessment finds
1.5m Australians at risk from
sea level rise by 2050

By Jake Evans – ABC News, 15 September

The most comprehensive climate assessment ever undertaken in Australia has been released on Monday by the federal government.

The climate risk assessment warns of widespread impacts from sea level rise, an increase in heatwave deaths and major impacts to nature, even under a best-case scenario.

What's next?

The federal government will announce its 2035 climate target later this week.

One and a half million Australians are at risk from sea levels rising by 2050 unless climate change can be limited, Australia's first national climate risk assessment has warned.

It found under 1.5C of warming, sea levels would rise by 0.14m, but they would rise by 0.54m under a 3C scenario — with Queensland home to 18 of the 20 most-exposed regions.

The assessment, which is the single most-significant body of climate work by the Australian government, also warns that 597,000 people are living in areas that will become exposed to sea level rise by 2030.

The grim document has been released days ahead of the federal government committing to its emissions target for 2035, and a meeting at the United Nations where countries will update their commitments.

Climate Change Minister Chris Bowen said the assessment was an honest warning of the cost of failing to act.

"I think many Australians will find this report confronting ... I would say to people, let's be clear-eyed about the challenges, let's be realistic about the threats, but let's be optimistic for the future," Mr Bowen said.

"One thing that is very clear from this climate assessment is that our whole country has a lot at stake.

"The cost of inaction will always outweigh the cost of action."



Climate impacts coming, even if emissions fall

The National Climate Risk Assessment modelled impacts under three scenarios: 1.5C of warming, 2C of warming and 3C of warming.

The Climate Change Authority says based on current global commitments, the world is on track to see 2.9C of warming this century.

"Even if emissions fell immediately tomorrow, there would still be impacts of climate change on our country. The report makes that clear. So, yes, the world needs to keep working on emissions reduction. The world is," Mr Bowen said. "But countries are continuing the journey. There will be bumps and headwinds along the journey."

Mr Bowen confirmed he had received the Climate Change Authority's advice on Australia's 2035 target, and said he was confident it would be a target that could be achieved and that Australians could have "pride" in.

In a statement, the Climate Council described the risk assessment as a "horror story".

"These are the government's own numbers and they're terrifying. It's the kind of bedtime

Continued on page 22.

Lions Club of Forster Tuncurry
still helping those in need

By Margaret Kentwell - Lions Club of Forster Tuncurry

Recently a member within the Lions Club of Forster Tuncurry found Donna Douglas on Facebook (see link below) who is continuing her charitable works in helping those in need after the recent flooding in the Taree and Wingham areas.

Our Lions Club did a call-out to members to help with donations of goods for Donna to assist her clients and the response was massive.

President Peter Sloan is pictured before taking the loaded trailer before taking everything to Donna Douglas. He delivered the ute and trailer load of goods, which included items such as a queen bed, chest of drawers, outdoor chairs, DVD player and electrical kitchen goods, personal and household cleaning goods, towels, bed linen and blankets along with various clothing articles.

"Wow that's amazing, thank you so much! Your support has been absolutely incredible. I'm very humbled that the Lions Club of Forster Tuncurry are willing to support me in what I am doing. Thank you for all you are doing to help me to help others." Donna said to President Peter.



Above: Lions Club of Forster Tuncurry President Peter Sloan with Donna Douglas receiving our donations. Photo supplied.

Donna and her family have been quietly working within the Taree community for some years however the recent floods disaster has increased her workload with the many calls for help.

Congratulations to Donna on her charitable work and the Lions Club of Forster Tuncurry in being able to assist. Donna can be contacted directly on Facebook.

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

Donna's Facebook can be found at <https://www.facebook.com/groups/700732072655994>

Local business flood recovery

MidCoast Council - Business Buzz

A community's resilience reflected in local spending

In May, our region faced one of its most challenging moments with the devastating floods that swept through our communities. While the physical damage was significant, the impact on local businesses and spending patterns was also deeply felt. Thanks to Spendmapp by Geografia, a program that analyses EFTPOS and Credit Card spending, Council has been able to track and understand these changes in real time—and the story it tells is one of resilience, recovery, and community spirit.

Typically, May sees an average weekly expenditure of \$31.7million in total across our Local Government Area. However, during the week of the flood, spending dropped to \$22.5 million, nearly \$10 million below the usual weekly average.

- Wingham bore the brunt of the decline, with a drop in expenditure of approximately 53%
- Taree was also hard hit with a decrease of approximately 48%
- Gloucester experienced a drop in expenditure of approximately 34%

- Bulahdelah experienced a decrease of approximately 28%

While these figures reflect the immediate economic impact, they also highlight the responsible actions taken by visitors who heeded emergency warnings and avoided the area—helping to keep our residents safe during a critical time.

The good news? Our community bounced back with remarkable speed.

As floodwaters receded, residents, volunteers, and visitors rallied to support local businesses and flood-affected households.

This collective effort is clearly reflected in the data: In June, spending across the region not only recovered—it slightly exceeded the pre-flood average, reaching \$151 million. This steady increase shows strong support across all expenditure categories, from retail and hospitality to essential services.

There is no doubt that spending in some locations is still impacted, most significantly in locations such as Wingham and Gloucester (down 14% and 4% respectively on June averages) where roads and/or businesses remain closed.

However, to every resident who supported a local business, every volunteer who lent a hand, and every visitor who returned to our beautiful region with compassion and care—thank you. Your actions have helped restore livelihoods and rebuild hope. As we continue to move forward, let's keep this momentum going. Every dollar spent locally is a vote of confidence in our community's strength and future.

(See p19 for Rural Aid support welcomed and p14 for Brush Turkey Books in Wingham)



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Protecting Our Waterways: Why Erosion & Sediment Control matters across the MidCoast

MidCoast Council

When it rains (which seems to be more often than not lately), the water that runs off streets, paddocks, and construction sites doesn't just disappear — it flows into our creeks, rivers, and lakes. If that water carries soil, sediment and other pollution, it can cause lasting harm to these vital waterways.

Sediment pollution clouds the water, smothers fish breeding grounds, and chokes the delicate seagrass beds that help keep our waterways healthy. Excessive sediment can reduce water quality, harm oysters and fisheries, and impact the tourism and recreation that many locals rely on. The issue isn't just an environmental one — it's an economic and community concern.

Erosion and sediment control isn't complicated. On building sites, it means preventing any sediment from leaving the site. This can be done by installing proper barriers, stabilising exposed soil quickly, and ensuring sediment traps are maintained. For rural properties, it means keeping ground cover intact and preventing gully erosion. Everyone has a role to play — from homeowners to developers — in stopping sediment before it leaves the site.

The law is clear: under NSW environmental regulations, failing to put adequate erosion and sediment controls in place can lead to fines of up to **\$22,500 for individuals** and **\$45,000 for corporations**, per offence. MidCoast Council and the NSW EPA actively monitor worksites, and enforcement action is on the rise.

The reward for doing the right thing goes beyond avoiding penalties. The Manning River catchment is still recovering from recent floods, which have stressed the system and shifted large volumes of sediment. Any additional load now will slow that recovery and further degrade the system. Clearer waterways mean healthier fish stocks, cleaner swimming spots, and thriving oyster beds. Wallis Lake's reputation as one of Australia's cleanest estuaries is worth protecting — once damaged, recovery can take decades.

By working together, keeping soil on construction sites and taking erosion control seriously, we can safeguard our waterways for future generations. **For those in the building industry, the message is simple: control your sediment or risk paying the price — in fines, in reputation, and in the health of our waterways.**

We are holding a free Erosion & Sediment Control Training session on 22 September in Forster. Earn Continuing Professional Development (CPD) Points and learn how smart site practices can keep fines off your back.

Register today: www.eventbrite.com.au/e/get-your-site-right-erosion-and-sediment-control-workshop-tickets-1665714931199

(See advertisement below.)



Jan's achievements recognised

Office of MP Tanya Thompson

Member for Myall Lakes, Tanya Thompson, has congratulated Jan Long on receiving a NSW Seniors Local Achievement Award, recognising her contribution to supporting students and schools across the Great Lakes community.

Mrs Thompson hosted a special afternoon tea to thank and recognise local award recipients.

"For over 20 years, Jan has ensured students have access to chaplaincy and pastoral care services through her involvement with the Great Lakes Education Christian Care Association," Mrs Thompson said.

As a founder of GLECCA in 2005, Jan's leadership as Secretary and Public Officer until 2024 helped connect schools with chaplains, community organisations, and local supporters such as Club Forster. She has mentored chaplains, worked alongside school leaders,



Above: Seniors Local Achievement Award Winner, Jan Long with Tanya Thompson MP.

"Breast Friends" Mini Field

Great Lakes Breast Cancer Support Group

"Breast Friends" Great Lakes Breast Cancer Support Group would love you to join them for their annual "BCNA Mini Field of Women" (Breast Cancer Network Australia) to be held on Wednesday 1st October 2025 at 4pm in the Auditorium of Tuncurry Beach Bowling Club.

The event will commence at 4pm with an Afternoon Tea followed by a short ceremony to acknowledge our Fighters...Survivors...and pay respect to those that have passed. Entry will be a gold coin donation at the door. A Raffle will also be held on the day - \$2 a ticket or 3 for \$5 with all proceeds going to BCNA.

As this is a catered event we would appreciate attendees to please RSVP by the 22nd September 2025 for catering purposes.

Please forward your reply to greatlakesbf@gmail.com or contact Lorriane Milward on 0410 588 736 or Judy Smith on 0422 063 104.

We hope you can join us.

(See advertisement below.)



Body located in search for missing diver - Mid North Coast

NSW Police, 5 September 2025

A body has been located during the search for a diver last seen off the Mid North Coast on Wednesday morning.

Just after 10.50am on Wednesday 3 September 2025, emergency services were called to Myall Lakes National Park, Seal Rocks, following reports a spear fisherman had not returned from water.

Police were told the 32-year-old man had dived into the water near Skeleton Rock about 10.20am and failed to resurface.

Officers attached to Marine Area Command, with the assistance from Manning/Great Lakes Police District, Marine Rescue NSW,

Westpac Rescue Helicopter Service, NSW Ambulance, and Surf Life Saving, commenced a multi-agency search to locate the missing spearfisherman.

About 11.30am today (Friday 5 September), police divers located the body of a man nearby.

While yet to be formally identified, the body is believed to be that of the missing spear fisherman.

A report will be prepared for the Coroner.

Right: Volunteers aboard Port Stephens 31 during the search.

Image credit: Marine Rescue NSW.





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Authorised by Alison Penfold MP, 144 Victoria Street, Taree NSW 2430.

Proposed Great Koala National Park boundary stops Mid North Coast timber logging

By Sophia McCaughan and Brooke Chandler – ABC Mid North Coast, 7 Sept.

The NSW government has announced the proposed boundary of what could become the state's largest national park on the Mid North Coast.

It means an immediate halt to local timber logging will take effect from Monday but harvesting in plantations will continue.

What's next?

The Great Koala National Park is due to be formally gazetted in 2026.

The long-touted Great Koala National Park designed to protect thousands of native and threatened species on the state's mid north coast is one step closer.

NSW Environment Minister Penny Sharpe has today announced the proposed boundary of what could become the state's largest national park at 476,000 hectares.

It will run inland of Coffs Harbour, going south down to Kempsey and as far north as Grafton, and is home to more than 12,000 koalas as well as 100 threatened species, including greater gliders.

More than 175,000 hectares of state forest will be added to the existing reserves in the area.

"We also want this to become an iconic tourism destination that people locally and from overseas will want to visit," Ms Sharpe said.

The park was one of the commitments taken to the 2023 state election by Premier Chris Minns and Ms Sharpe said it could be formally gazetted next year.

"There's been a comprehensive assessment over the past two years looking at all the impacts," she said.

NSW National Parks Association Coffs Harbour branch president Grahame Douglas has welcomed progress to the national park and

said it would provide a significant boost to conservation efforts.

"To be able to actually protect our forests and protect our native wildlife, not only koalas, but greater gliders and many other threatened species," he said.

Timber industry affected

For the final stages of The Great Koala National Park to progress, Ms Sharpe said a temporary halt to timber logging within the proposed boundary would take effect from Monday, but harvesting in plantations would continue.

She said the moratorium would impact six out of about 25 local timber mills, approximately 300 workers, and may result in some permanent closures in the future.

"The importance is that we know there is an impact and for some people that will be really difficult," Ms Sharpe said.

"We've got a really comprehensive plan in place to work through that and we'll continue to do that."

The NSW Forestry Corporation said there would be no immediate standstills and staff would be prioritised for new roles in the NPWS.

NSW Nationals leader Dugald Saunders has criticised the moratorium and said it was the wrong move.

"You can still do a Great Koala National Park, you just need to make sure some of those high-quality production areas are maintained and you can still have the corridors necessary to protect our local fauna," he said.

"It's not about one thing or the other."

The state government said all affected businesses had been consulted and financial compensation would be available.

But Mr Saunders said the flow-on effects would be huge.



Above: The Great Koala National Park will connect existing national parks, help protect more than 12,000 koalas and provide habitat for more than 100 threatened species. (Koala: L. Patabendi)

"There'll be all of the downflow effects on haulage," he said.

"All of the truck drivers, all of the people who look after the truck drivers. All of the people and businesses who provide the certainty of the timber industry."

Aboriginal rangers to be employed

Dedicated Aboriginal rangers will be employed through Aboriginal community-controlled organisations to work on cultural heritage within the park.

The park is a significant cultural landscape for the Gumbaynggirr and Duguthuti peoples.

It will provide new opportunities for the Aboriginal community to continue to manage and care for their country.

NSW Nature Conservation Council chief executive Jacqui Mumford said prioritising First Nations knowledge and management was critical to protecting country.

The NSW government said an expected indirect economic surplus from visitation to The Great Koala National Park was estimated at more than \$160 million over the next two decades, generating 85,000 extra visitor nights per year.

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Our Local wildlife



By Kym Kilpatrick – FAWNA Hallidays Pt
Common Sydney Octopus

There is perhaps no more alien seeming creature resident in close proximity to us than the Common Sydney Octopus (Octopus tetricus). Where we have one heart and iron based red blood, they have three hearts and copper based blue-green blood. Where we have a centralised nervous system largely dominated by a single brain, octopuses (not octopi because of the Greek not Latin origin) have brains in each of their eight arms which houses some 350 million or three-fifths of their total neurons, plus a centralised brain and optic lobes in their head or mantle.

Common Sydney Octopuses are found all along the Eastern Seaboard from Victoria to Southern Queensland. Their primary habitat is thought to

be on intertidal rocky shores and reefs, but that may be predominantly during breeding season. They have also been found to frequent soft sediment habitats including seagrass meadows up to 60 metres depth.

Common Sydney Octopuses grow up to 80cm and weigh up to 2.6kg. Typically, they are mottled grey and brown, with orange to rusty-red on the underside of their tentacles, and a mottled warty and patchy skin texture. Their eyes are white and face downwards which also gives them their other nickname of the gloomy octopus. Their mantles or heads can reach a length of 20cm and their tentacles up to 2 metres with up to 260 suckers per tentacle.

Octopuses are smart, and the Common Sydney Octopus is no exception. In laboratory conditions they have been found to successfully navigate mazes and solve puzzles. In the wild

they are very successful in raiding crab and lobster pots. They are territorial architects in their environment, digging out and creating dens in which they wait out the day (they are nocturnal hunters) fortressing them with rocks and discarded shells they carry back. They have also been known to pick up and throw, with some accuracy and varying intensity, rocks and sand at predators and rival octopuses as well as part of their den maintenance.

They move both by creeping with their tentacles but also at speed via jet propulsion from their siphon, generating a jet of water or to move.



Above: Common Sydney Octopus. Photo by Peter Godfrey-Smith.

Their favourite prey are crabs, lobsters, molluscs and fish and they will use their tentacles to grab them and then their hard beaks, located in their mantles, to crush and

Continued on page 20.

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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.

Hallidays Point community rallies for upgrade

Office of MP Tanya Thompson

The call for a new playground and children's fitness park at Hallidays Point Public School was reinforced on 8 September, with local Member for Myall Lakes Tanya Thompson visiting the school to back the community's \$300,000 Clubgrants Category 3 Infrastructure funding application.

The project, driven by the school's P&C and supported by Active OOSH Hallidays Point, aims to deliver modern, inclusive play equipment and an outdoor fitness circuit to benefit both students and local families.

Mrs Thompson said the project would provide enormous benefits for the growing community of Hallidays Point.

"The school is a hub for local families, and this upgrade will support the wellbeing of children

not only during school hours, but also after school and during school holidays.

"I'm proud to stand with the community in supporting this important project."

Active OOSH Director Thomas De Courcy Dutton said, "We care for nearly 200 children through our OOSH program, and we see every day how important outdoor play is for their development."

With enrolments expected to exceed 400 students within the next ten years, the project has been designed to meet future demand and ensure Hallidays Point remains a family-friendly place to live and learn.

Right: Tanya Thompson MP with Hallidays Point Public School staff and students on their currently outdated playground equipment.



Summary - 3 September 2025 MidCoast Council meeting

Financial statements for 2024-25 year referred to NSW Audit Office

The draft financial statements for 2024-25 will be referred to the NSW Audit Office for an independent review as part of the annual financial process all Councils in the State are required to follow.

This ensures a robust, independent audit of our expenditure for the 2024-25 year.

The operating result for the year showed Council was in a \$39 million surplus (taking into account grants and funding arrangements), had \$4 million more in the bank than this time last year and has again reduced debt.

The financial statements highlight our ongoing challenge of a large backlog of asset renewals that we are not able to fund. This is in line with

the information in the Roads Strategy and the Financial Sustainability Action Plan.

Once audited the statements will then be placed on public exhibition for the information of the community.

Contract awarded for disaster repairs

Councillors resolved to appoint project managers for the reconstruction of essential road infrastructure, following the disaster declaration for the May 2025 flood event.

The flood event of May 2025 caused extensive damage to the road network, with the total cost of the impact continuing to rise as more information becomes available.

The current estimated total damage for transport infrastructure across all phases of recovery exceeds \$278 million.

This is well beyond what can be delivered with our resources, so additional project management resources have been engaged to focus on flood damage repairs to allow our teams to continue with the planned capital works programs.

The work will be funded through disaster recovery funding arrangements and will not impact Council's available funds for planned road works.

Emergency works – Wingham water supply

Work is underway on the replacement of the main water pipeline between Bootawa Dam

and Wingham, which was damaged during the May flood. This project will cost around \$6.5 million and is a critical project, given we are operating the water supply to Wingham using a temporary solution at this point in time.

Construction work is well underway, the drill rig launch pad works are completed and the drilling contractor is established on site. The ramming of the steel casing, which will house the pipeline, through the cobble stones has begun. The project is expected to be completed by the end of the year.

For full details of all reports please visit: <https://www.midcoast.nsw.gov.au/your-council/council-meetings/agendas-and-minutes>

The next Council meeting is on 24 September.

Forster Main Beach sea life mural

MidCoast Council

Works are underway on the beautiful sea life mural funded by MidCoast Arts Support Program.

The mural is a vibrant and culturally significant artwork that celebrates the rich marine life of the region while incorporating Indigenous storytelling and contemporary artistic elements.

Designed by local tattoo artist Geoff Deakin and Indigenous artist Jakaya Simon, the mural is shaping up to be a striking tribute to the ocean's beauty and its deep connection to the Worimi people.

Geoff Deakin is an established local artist who has completed other murals around Smiths Lake area and Jakaya Simon is an emerging Worimi female artist.

"The project supports the professional development of these two local artists providing them with a high-profile platform to showcase their talents," said Alex Mills, MidCoast Council's Manager Libraries, Community and Cultural Services.

The project aims to benefit local MidCoast residents, creating a vibrant and meaningful public artwork that enhances Forster Main Beach and also fosters pride in place.



Visitors and tourists will enjoy a visually engaging landmark that reflects the region's unique coastal identity and culture.

This project is funded by MidCoast Council's Arts Support Program.

The MidCoast Arts Support Program is now in its second year and aims to enhance

opportunities for artists and contribute to a thriving community.

For more information about the MidCoast Arts Support Program, head to <https://www.midcoast.nsw.gov.au/Community/Community-support-and-statistics/Grants-and-funding/MidCoast-Arts-Support-Program>.

Repairs to Bull Ring

MidCoast Council

The Forster Ocean Baths will be closed for an additional 2 days after its scheduled clean on Wednesday 17 September. This is to undertake the concrete repair and improvement works scheduled for last month but which had to be delayed due to the weather.

The works to be undertaken*

- Replacement of lost sea wall cap.

- Filling of large cracks in concrete path surrounding the pool. This is being undertaken to reduce the risk people tripping who are using the path.

- Smoothing of concrete path at ocean end of the pool. This is being undertaken in response to requests from users that the concrete was causing cuts to bare feet when walking on it.

*subject to weather conditions



75
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1-9 Manning Street, Tuncurry

02 6555 4099

myalllakes@parliament.nsw.gov.au

tanyathompson.com.au

TanyaThompsonForMyallLakes

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

Junior Writing Prize

Students across the region are being encouraged to turn their imaginations to the topic of water with the launch of a new creative writing competition from MidCoast Council.

The National Water Week Junior Writing Prize offers primary, secondary and homeschool students in the MidCoast the opportunity to explore the vital relationship between water and our world through the mediums of short story, poetry or creative non-fiction.

Visa gift cards will be awarded to 1st, 2nd and 3rd in the following three categories:

- Primary school (K-6)
- Junior High School (7-9)
- Senior High School (10-12)

A gift voucher to the Sitting Wombat book shop in Forster will also be awarded to one highly commended entry in each category.



The competition is open now and students have until Friday 3 October to submit their entries. The prize-winners will be announced on Wednesday 22 October 2025, during National Water Week (20-26 October).

To enter or find out more, visit <https://haveyoursay.midcoast.nsw.gov.au/water-wiser-hub/junior-writing-prize>

Library Holiday Program



Get ready for a jam-packed Spring Holiday Program full of creativity, adventure and fun! Activities include movie screenings, decorative plant pots, halloween craft, lego challenge and more.

Don't miss out, book early! Visit the website for details: <https://library.midcoast.nsw.gov.au/Home>

Tuncurry Water Playground

The Tuncurry Water Playground at Vincent Fazio Park, is an all-age, all-ability water splash pad with a water slide, water tower and active water play equipment. The playground is designed with no standing water to exclude the need for lifeguards.

The playground is open every day from 9am to 5pm and is free of charge to use.

Next to the Water Playground is the Tuncurry Skate Park - an ideal spot to relax and watch the kids ride. Tuncurry Skatepark is recognised for its transition areas, grind rails, banks, hips, spine, jumps and pits. This park has areas suited for beginners through to the more advanced users testing their skills.



Junior Learn-to-Sail

It's the sailing season and Coomba Aquatic Club has a learn-to-sail session for boys and girls under 16 on Tuesday 30 September from 9:30 to 12pm.

Youngsters get their first taste of sailing in Open Bic dinghies. Even first timers usually master the basics of tacking and turning in the nimble, lightweight craft under the one-on-one coaching from experienced instructors. There are also more advanced boats and instruction available for more experienced sailors.

To wrap up each session, participants and parents are welcome to enjoy the free sausage sizzle lunch.

Please note: All participants must wear: a floatation vest (your own or borrow a club vest), water shoes, a hat, and water-resistant sunscreen. A parent or guardian must remain on site to supervise their child.

There is also a Family Aquatic Day from 9:30am to 12pm on Sunday 5 October.

To learn more and for bookings, contact Craig on 0414 596 247. Donations appreciated.

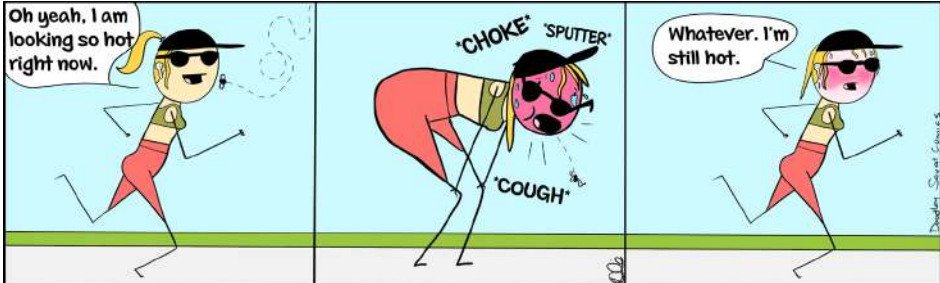


Puzzles Page

The Grin Bin



Doodley Squat



Swamp



Bushy Tales



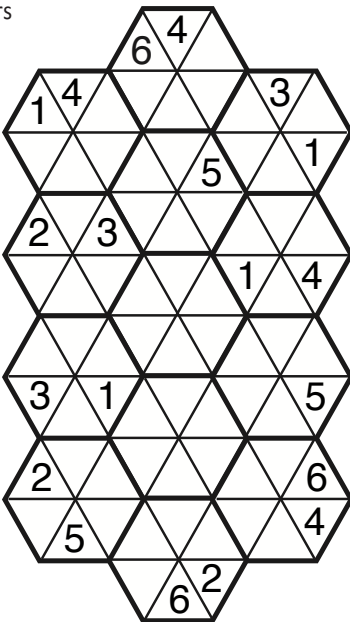
Sudoku

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

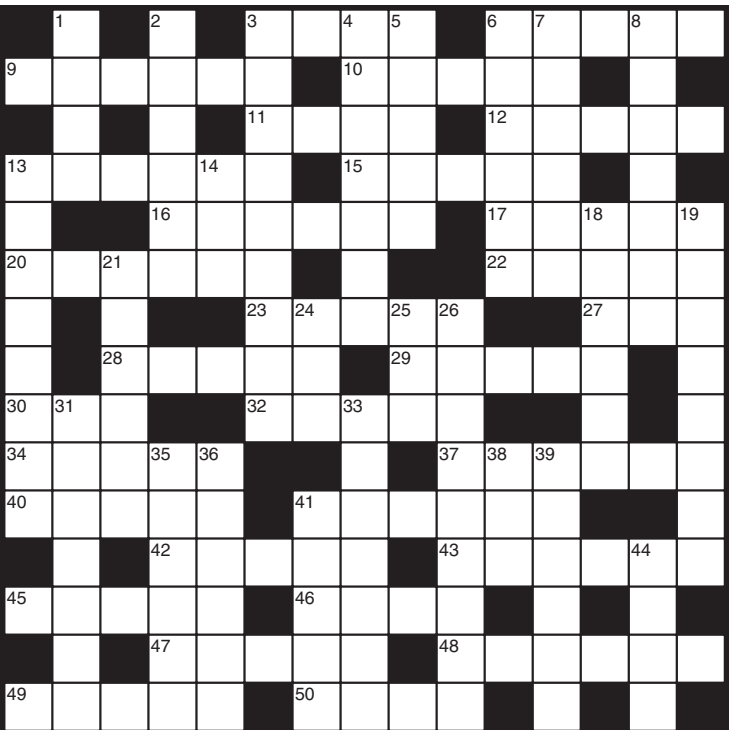
						2	3	
		4	2					7
3	2			7		4		1
				9			8	
6		3			4			
			6					
2						1		
	1				5		7	
9			3		6			5

Quick Workout

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



Crossword

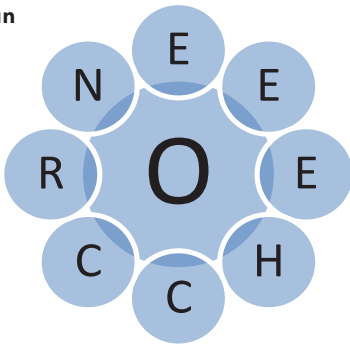


Focus

An All Australian Word Game

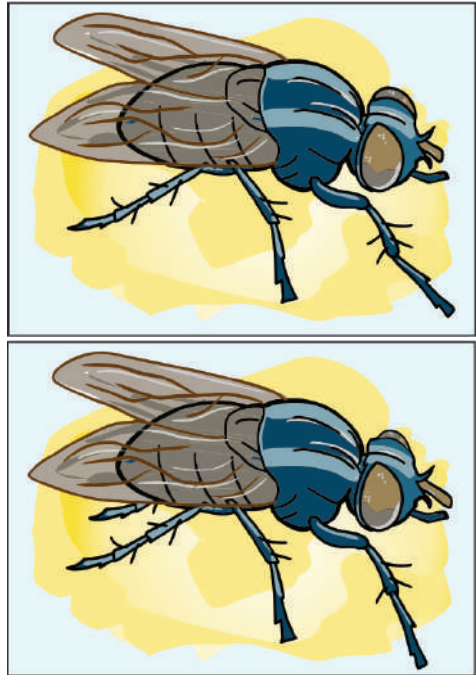
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S FOCUS
Good: 9 words
Very good: 15 words
Excellent: 23 words



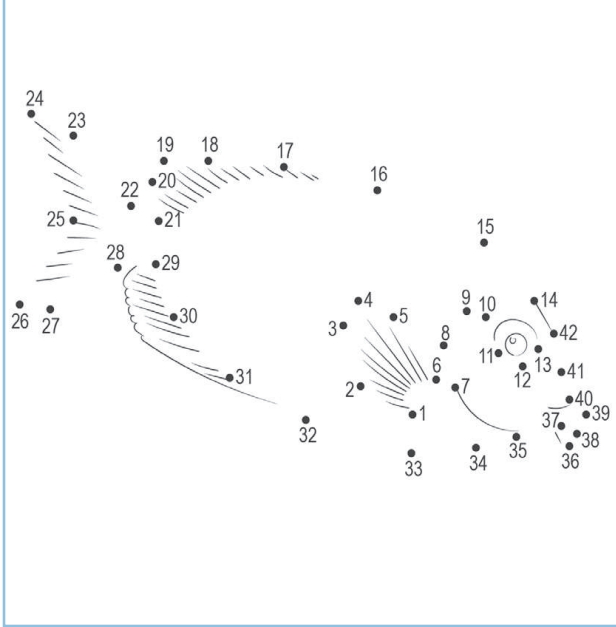
Reference: Macquarie Concise Dictionary
Focus No. 4045

Spot the 5 Differences



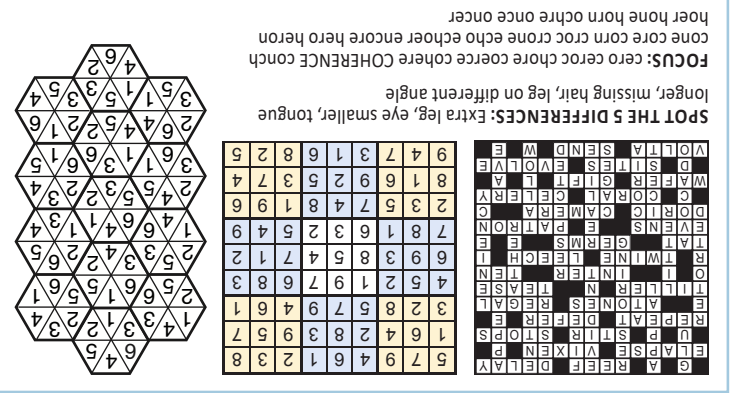
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



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YOUR FORTNIGHTLY TV GUIDE

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 1.55 Grand Designs Aust. 2.50 Brush With Fame. 3.20 Grand Designs. 4.10 Long Lost Family. 4.55 Antiques Roadshow. 5.55 Spicks And Specks. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Shaun Micallef's Eve Of Destruction. 9.10 Would I Lie To You? 9.40 Austin. 10.10 News. 10.25 The Business. 10.40 Planet America. 11.10 You Can't Ask That. 11.45 Grand Designs. 12.30 Long Lost Family. 1.20 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 SBS50. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 My Grandparents' War. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 James May: Our Man In India. 8.30 DNA Journey. 9.30 Code Of Silence. 10.20 SBS News. 10.50 COBRA. 11.40 Vigil. 12.40 Vigil. 1.45 World's Most Scenic Railway Journeys. 2.35 Hugh's Wild West. 3.40 Expeditions With Patrick McMillan. 4.10 J Schwanke's Life In Bloom. 4.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 My Kitchen Rules. 2.40 Motorbike Cops. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.30 Surveillance Oz: Dashcam. (PG) 11.00 Chicago Fire. (M) 12.00 Imposters. (M) 1.00 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Find My Country House Aust. 1.30 Find My Country House Aust. 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 Athletics. World Championships. Day 5. 11.30 Freddy And The Eighth. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Talkin' 'Bout Your Gen. 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 The Gilded Age. 9.30 Elsbeth. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 11.35 If You're Listening. 12.00 News. 1.00 Silent Witness. 2.00 Grand Designs Aust. 2.55 Brush With Fame. 3.25 Grand Designs. 4.15 Long Lost Family. 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 Long Lost Family. 12.15 Race. 3.20 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Ticketyboo. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 My Grandparents' War. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 9/11: One Day In America. 9.25 Snowpiercer. 10.20 SBS News. 10.30 Dopesick. 11.55 Blue Lights. 2.10 Hugh's Wild West. 3.20 Expeditions With Patrick McMillan. 4.20 J Schwanke's Life In Bloom. 4.50 Destination Flavour China BiteSize. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: A Stepmother's Secret. (2022) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 8.30 Clarkson's Who Wants To Be A Millionaire UK. (PG) 9.30 Why Bridges Collapse. (PG) 10.45 What The Killer Did Next. (M) 11.45 Kick Ons. 12.15 Life. (M) 1.15 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 9.00 Rugby League. NRL National Schoolboys Grand Final. Patrician Brothers Blacktown v Keebra Park State High School. 3.30 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Athletics. World Championships. Day 6. 11.30 Chicago Med. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Amazing Race Australia: Celebrity Edition. 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 The Office Australia. 9.00 Law & Order: SVU. 10.00 News. 10.25 Cheap Seats. 11.25 10 News+. 12.25 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 News. 10.00 Take 5. 10.30 The Pacific. 11.00 PNG: The Road To Independence. 12.00 News. 1.00 The Family Next Door. 1.55 Grand Designs Aust. 2.50 Brush With Fame. 3.20 Grand Designs. 4.10 Long Lost Family. 5.00 Antiques Roadshow. 6.00 Spicks And Specks. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.30 Professor T. (M) 9.20 Hard Quiz. (PG) 9.50 Shaun Micallef's Eve Of Destruction. (PG) 10.30 News. 10.45 Austin. 11.55 Silent Witness. 12.15 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 World's Most Scenic River Journeys. 3.00 Nula. 3.30 SBS50. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 My Grandparents' War. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 5 Amazing Railway Adventures. 8.25 Dictator: The Hitler Interviews. 9.20 Lost Treasures Of Egypt. 10.15 SBS News. 10.45 Athletics. World Championships. Day 7. Evening session. 11.20 Catch Me A Killer. 12.15 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Your Money & Your Life. 1.30 Border Security: Int. (PG) 2.00 Better Homes. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News @ 6.30. 7.00 Better Homes And Gardens. 7.30 Football. AFL. First preliminary final. Geelong v Hawthorn. 10.30 AFL. Post-Game Show. 11.15 GetOn Extra. 11.45 To Be Advised. 1.15 Rivers. (MA15+) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.15 Our State On A Plate. 1.45 My Way. 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 To Be Advised. 7.30 Athletics. World Championships. Day 7. 11.30 Transplant. (MA15+) 12.30 The Brighter Side. 1.00 The Assembly. (PG) 1.10 Attention? 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 8.00 The Brighter Side. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Talkin' 'Bout Your Gen. 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 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 The Brighter Side. 9.00 Have You Been Paying Attention? (PG) 10.30 Silent Witness. (M) 12.20 Rage New Music. 5.00 Rage.
SATURDAY	6.00 Race Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Beyond Paradise. 1.25 Professor T. (M) 2.15 I. Jack Wright. (M) 3.00 The Larkins. (PG) 3.45 Home Delivery. (PG) 4.30 Would I Lie To You? (PG) 5.00 Take 5. (PG) 5.30 Landline. 6.00 Australian Story. 6.30 Back Roads. 7.00 ABC News. 7.30 Beyond Paradise. (PG) 8.30 Midsomer Murders. (M) 10.00 The Family Next Door. (M) 10.55 I. Jack Wright. (MA15+) 11.45 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Sailing. SailGP. Round 9. Highlights. 3.00 1998 FIFA World Cup: La Coupe De La Gloire. 4.35 Dylan Alcott: Peter Bol And Joseph Deng. 5.00 Grand Tours Of Scotland's Rivers. 5.35 WW2 End Game. 6.30 News. 7.30 Swiss Alpine Rail Journeys. 8.30 A Royal Residence. 9.25 Searching For Italy. 10.15 Great Australian Walks. 11.10 Homeick. 2.30 Secret Nazi Bases. 4.10 J Schwanke's Life In Bloom. 4.40 Bamay. 5.15 France 24 Feature. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 9.00 Morning Show. 12.00 Horse Racing. Sydney Everest Carnival and Caulfield Underwood Stakes. 4.00 AFL Pre-Game. 4.30 Footbal. AFL. Second preliminary final. Collingwood v Brisbane Lions. 8.00 Seven News. 9.30 MOVIE: Free Guy. (2021) (M) Ryan Reynolds, Jodie Comer, Taika Waititi. 11.20 MOVIE: Back To The Future Part III. (1990) (PG) 2.00 Home Shopping. 4.00 Athletics. 5.00 Million Dollar Minute.	6.00 Morning Programs. 12.30 My Way. 12.40 Space Invaders. 1.40 The Block. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. NRL. First semi-final. Canberra Raiders v Cronulla Sharks. 9.45 NRL Finals Post-Match. 10.30 Athletics. World Championships. Day 8. 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 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 10.30 Amazing Race Australia: Celebrity Edition. 12.00 The Brighter Side. 12.30 Everyday Gourmet. 1.00 The Yes Experiment. 1.30 4x4 Adventures. 2.30 Dogs Behaving (Very) Badly Australia. 3.30 Pooches. Finals Post-Match. 9.40 Athletics. World Championships. Day 8. 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 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.
SUNDAY	6.00 Morning Programs. 10.00 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Parade. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 David Attenborough's Kingdom Of Plants. 3.35 Grand Designs NZ. 4.25 Bill Bailey's Wild West Australia. 5.10 Antiques Roadshow. 6.10 Britain's Great Cathedrals. 7.00 News. 7.30 The Assembly. 8.15 Mystery Road. Origin . 9.10 I. Jack Wright. 9.55 Whiteley. 11.25 Brush With Fame. 11.55 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 Gymnastics. FIG Artistic Gymnastics World Challenge Cup. Highlights. 4.00 Seven 7 Seven. 4.30 Going Places. 5.35 WW2 End Game. 6.30 News. 7.30 Princes In The Tower: A Damning Discovery. 8.50 Queens Of Combat. 9.55 Black Gold. 11.30 Stolen: Catching The Art Thieves. 12.35 Stolen: Catching The Art Thieves. 1.45 Stolen: Catching The Art Thieves. 2.50 Secret Nazi Bases. 4.30 Bamay. 5.00 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 News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 MOVIE: The Equalizer 2. (2018) (MA15+) Denzel Washington, Pedro Pascal, Ashton Sanders. 11.00 Ron Iddles: The Good Cop. (M) 12.00 Hooten & The Lady. (M) 1.00 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Hello SA. 6.30 Find My Country House Aust. 7.00 Weekend Today. 10.00 Wide World Of Sports. 11.00 NRL Sunday Footy Show. 1.00 TBA. 2.00 Sydney v GWS Giants. 3.00 TBA. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 The Voice. 8.40 7NEWS Spotlight. 9.40 24 Hours In Police Custody. 10.40 Crime Investigation Australia: Most Infamous. 12.00 Miniseries: The Victim. 1.15 Travel Oz. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 10.30 The Brighter Side. 11.00 Everyday Gourmet. 11.30 GCBC. 11.50 Amazing Race Australia: Celebrity Edition. 1.00 Location. Location. Location Australia. 2.00 Australia By Design: Architecture. 2.30 Basketball. NBL. Round 1. Melbourne United v New Zealand Breakers. 4.30 House Hunters Aust. 5.00 News. 6.00 10 News+. 7.00 Amazing Race Australia: Celebrity Edition. 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 Grand Designs Aust. 2.55 Brush With Fame. 3.25 Grand Designs. 4.15 Long Lost Family. 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 Grand Designs. 12.20 Long Lost Family. 1.05 Race. 3.20 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Australia Come Fly With Me. 3.00 Garage Dreams. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 My Grandparents' War. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Robson Green's Weekend Escapes. 8.35 Portillo In The Pyrenees. 9.30 Into South America With Nick Knowles. 10.20 SBS News. 10.50 Classified. 11.40 Enemy Of The People. 3.05 Expeditions With Patrick McMillan. 4.05 J Schwanke's Life In Bloom. 4.35 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 News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 MOVIE: The Equalizer 2. (2018) (MA15+) Denzel Washington, Pedro Pascal, Ashton Sanders. 11.00 Ron Iddles: The Good Cop. (M) 12.00 Hooten & The Lady. (M) 1.00 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 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) 8.40 100% Footy. (M) 9.40 9News Late. 10.10 To Be Advised. 12.00 Tipping Point. (PG) 1.00 Hello SA. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. (PG) 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 Lingo. 10.00 Judge Judy. 10.30 Amazing Race Australia: Celebrity Edition. 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 Amazing Race Australia: Celebrity Edition. 8.40 Have You Been Paying Attention? 9.40 Talkin' 'Bout Your Gen. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 I. Jack Wright. 1.55 Grand Designs Aust. 2.55 Brush With Fame. 3.25 Grand Designs. 4.10 Long Lost Family. 5.00 Antiques Roadshow. 6.00 Spicks And Specks. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Freddie Mercury: The Final Act. 9.30 News. 10.45 The Business. 11.00 Four Corners. 11.45 Media Watch. 12.05 Whitlam: The Power And The Passion. 1.05 Grand Designs. 1.55 Long Lost Family. 2.40 Rage. 3.20 Late Programs.	6.00 Morning Programs. 2.00 Australia Come Fly With Me. 3.00 Going Places. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.15 Walking Wartime England. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Railway Journeys UK. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 The Point. 11.30 Screw. 12.0 Expeditions With Patrick McMillan. 1.50 Expeditions With Patrick McMillan. 3.20 J Schwanke's Life In Bloom. 3.50 Music Of The Brain. 4.50 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 News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 MOVIE: The Equalizer 2. (2018) (MA15+) Denzel Washington, Pedro Pascal, Ashton Sanders. 11.00 Ron Iddles: The Good Cop. (M) 12.00 Hooten & The Lady. (M) 1.00 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 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) 8.40 100% Footy. (M) 9.40 9News Late. 10.10 To Be Advised. 12.00 Tipping Point. (PG) 1.00 Hello SA. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. (PG) 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 Amazing Race Australia: Celebrity Edition. 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 Talking 'Bout Your Gen. 8.30 Cheap Seats. 9.30 FBI: Most Wanted. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

September 17 - 23

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 1.55 Restoration Aust. 2.55 Brush With Fame. 3.25 Grand Designs. 4.15 Long Lost Family. 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 Mother And Son. 9.00 The Assembly. 9.45 Would I Lie To You? 10.15 News. 10.30 The Business. 10.45 Planet America. 11.20 You Can't Ask That. 11.50 Grand Designs. 12.35 Long Lost Family. 1.20 Rage. 3.25 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.15 Walking Wartime England. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The People Vs Robodebt. 8.30 Secrets Of Flying Scotsman. 9.30 Code Of Silence. 10.25 SBS News. 10.55 COBRA. 11.40 Freezing Bredmen. 1.25 The U.S. And The Holocaust. 3.35 J Schwanke's Life In Bloom. 4.05 Curious Travels. 4.35 Bamay. 5.00 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 News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 Home And Away. 8.30 The Front Bar. (M) 9.30 Off The Grid With Colin And Manu. (PG) 10.15 House Of Wellness. (PG) 11.15 Chicago Fire. (M) 12.15 Imposters. (M) 1.15 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30		



Spring Holiday Activities



Local Calendar

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

September

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

Sat 27 Sept - Tuncurry Market 8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

Sun 28 Sept - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

October



4/5 Oct - Great Lakes Orchid Club Spring Show
Saturday 4 October 9am to 3pm
Sunday 5 October 10am to 2pm
At Forster Public School, Head St, Forster

Sun 5 Oct - Black Head Bazaar Market
8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures.
www.facebook.com/blackheadbazaar

TUNCURRY MARKETS

John Wright Park
Saturday 27th Sep
8am - 1pm
Bookings Essential
Enquiries
0417 400 994



Devonshire Tea & Crafts

20th September
Forster Civic Centre
Lake Street Forster
9:30 - 12pm



Spring Holiday Beach Patrols



MidCoast Council

With the weather warming up and the NSW Spring School holidays here, beach patrols are back at our popular MidCoast beaches from Saturday 27 September to Sunday 12 October.

Australian Lifeguard Services (ALS) will be patrolling during weekdays from 9am to 5pm at Main and One Mile Beaches in Forster, and Boomerang and Elizabeth Beaches in Pacific Palms. Boomerang Beach will also have weekend patrols!

Local Surf Lifesaving Clubs will provide weekend and public holiday patrols at Black Head, Crowdy Head, Elizabeth, Forster Main, Old Bar and One Mile Beaches.

Find your nearest patrolled beach at beachsafe.org.au or check out the full list at <https://lifeguards.com.au/NSW/where-we-operate/>



Above: A huge congratulations to our MidCoast Council 'Lifeguard of the Year' Camden Ceccato. What an amazing 2024-2025 season you had representing Australian Lifeguard Service and in ensuring the safety of beachgoers in our community.

GARAGE SALE

Saturday 20th September
8am - 4pm

23 Wyuna Place
Forster
TV, Travel Gear, Power Tools, Pot Plants, plus more!

"Mayhem and Misadventure" musical melodrama

Manning Valley Choral Society

The Manning Valley Choral Society invites you to take a trip down memory lane to the fabulous 1960's with "Mayhem and Misadventure".

With Musical Director Roslyn Clinch, the Choral Society have created the rhythms and harmonies of twenty-five songs, including California Dreaming, Pretty Woman, Happy Together, I'm a Believer and a good dose of the Beatles. What is there not to like?

All accompanied by the brilliant Cameron Waugh making the music come alive. The songs are cleverly woven into a melodrama written by life member Geraldine Mullin.

The melodrama is set in a retirement resort for the over 50's with many interesting and eccentric characters. They are all part of amusing situations; 2 gossips, a nosy stickybeak, a bossy newcomer, a resident psychic and of course, a villain. Will two characters who have been unlucky in love find happiness in each other before the conclusion?

A fun filled afternoon is promised along with Merriment, Mishap, Misadventure, Mayhem, Mystery and Murder!

"Mayhem and Misadventure" will be performed on the weekend of 27th at the Manning Entertainment Centre and at Club Forster on the 28th September.

(See advertisement below.)



Above: Accompanist Cameron Waugh.

Below: (L-R) Michelle Pressley, Ellen Auriac, Creative Director & Script Writer Geraldine Mullin, Sue Cowper and Musical Director Roslyn Clinch.



MANNING VALLEY CHORAL SOCIETY presents

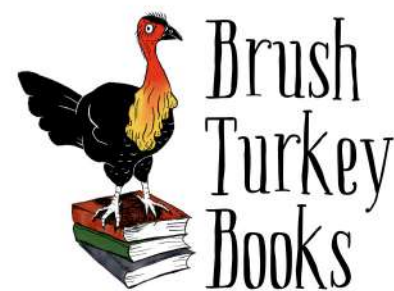
MAYHEM AND MISADVENTURE

A MUSICAL MELODRAMA FEATURING SONGS FROM THE 1960'S

Geraldine Mullin Writer
Roslyn Clinch Musical Director
Cameron Waugh Accompanist

\$25 Adults
\$20 Concession
Tickets available @ the door

Sat 27th Sept 2pm MEC Taree
Sun 28th Sept 2pm Club Forster

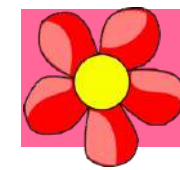


- new and used books
- new and used vinyl records
- board and card games

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Spring Holiday Activities



Community Expo Day Marine Rescue Forster-Tuncurry

By Diane Hallam - Marine Rescue Forster Tuncurry

The shores of Forster-Tuncurry are set to come alive on Wednesday 1st October with a vibrant and vital celebration of community safety, marine awareness and emergency services at the 'Water, Boat Safety, and Essential Emergency Services EXPO'.

Hosted by Marine Rescue Forster Tuncurry at their base on Dolphin Parade (Southern Breakwall), this FREE public event promises an engaging day of demonstrations, interactive exhibits, and expert insights from some of the region's most dedicated organisations.

From life-saving operations to wildlife rescue, the Expo brings together an impressive lineup of participants, including:

- Marine Rescue NSW Units from Forster-Tuncurry, Crowdy Harrington, and Port Macquarie
- Australian Border Force and MAC-Marine Area Command - Police NSW
- AMSA - Australian Maritime Safety Authority
- FAWNA Animal Rescue and ORRCA - Forster Dive
- POLAir - Police Helicopter Unit
- RFS - Tuncurry Rural Fire Service
- SES Unit from Forster-Tuncurry & Pacific Palms
- VRA Unit from Taree
- NSW Ambulance Paramedics and NSW Cancer Council



- NSW National Parks & Wildlife Service & NSW Maritime & Fisheries
- GLFM 101.5 Radio, broadcasting live from the event
- Surf Life Saving Australia Lower North Coast
- Local crafts from our popular Belles Handmade Craft Group and community volunteers
- Slushies, our sizzling BBQ van and Market coffee vendor

Also joining the festivities are Barrington Coast Tourism - MidCoast Council, showcasing the beauty and safety of our coastal region.

Whether you're a boating enthusiast, a curious local, or simply passionate about community wellbeing, this Expo offers a rare chance to connect with the heroes who keep our waters and towns safe.

Enquiries:
pr.forstertuncurry@marinerescuensw.com.au
(See advertisement below.)

MARINE RESCUE FORSTER TUNCURRY
is proud to be hosting the

Water, Boat and Essential Emergency Services Expo

Join us at the **Forster Tuncurry Marine Rescue Base** Dolphin Drive Forster

Wednesday October 1 2025
9am - 2pm

11am - Official Opening and Blessing of Emergency Services

• **Safety Demonstrations** • **Tours of the Base** • **Colouring Competitions**
• **Plus many more activities**

• **Hot Food, Cold Drinks, Coffee and Slushies available on the day** •

Your chance to see how emergency services operate

Participating services include:

Two Art Exhibitions for the Price of One!!

By Liz Ho - Forster Gallery

For the first time Forster Gallery will be mounting two exhibitions at the one time: our second Young Artists' Exhibition as well as MidCoast Council's Koala Art & Writing competition. What a bargain! Especially when you consider we don't charge an entry fee!!

Eight high schools in the MidCoast area submitted 181 artworks for the Young Artists' Exhibition while the Koala Art and Writing competition is being run in conjunction with MidCoast Council's Koala Care team to spread the word about Koala native habitat endangerment. The Koala Competition will have entries from primary school children as well as community artists.

"We have such talented young artists in our local area," said Toni de Bruin, Exhibition Co-ordinator of The Young Artists' Exhibition "and we are excited to be representing our wonderful students once again".

The eight participating schools are: Alesco Senior College Tuncurry, Bulahdelah Central School, Chatham High School Taree, Great Lakes College Forster Campus, Great Lakes College Senior Campus, Great Lakes College Tuncurry Campus, MidCoast Christian College Taree, and Wingham High School.

The President of Forster Gallery, Christine Rands, encourages you all to come along: "Our gallery is a very vibrant space after the recent

renovations, and our membership is growing quickly." She continues "Ingenia Lifestyle Kokomo is sponsoring \$1,800 worth of prizes across nine categories, as well as paying the entry fee for each submitted artwork, a very generous contribution to our artists of the future." Forster Gallery is the only gallery to run this exhibition, offering the two-for-one experience and the chance to see the high-quality works of local primary and high school students as well as community artists – their amazing work will stir your emotions.

Forster Gallery's 2025 Young Artists' Exhibition and MidCoast Council's Koala Art & Writing Competition will be showing from 20 September until 19 October 2025. The Gallery will be open seven days each week from 10am to 4pm, entry is free, and artworks are for sale.

You will find the Gallery at 34 Lake Street Forster. <http://www.forstergallery.com.au/> www.forstergallery.com.au

(See advertisement below.)

FORSTER GALLERY

Great Lakes

Sponsored by
 Ingenia Lifestyle | **KOKOMO**

2025 Young Artists' Exhibition

Forster Gallery
20 September – 19 October 2025
Open 7 days 10am – 4pm, entry free and artworks for sale

Participating schools

Alesco Senior College Tuncurry	Great Lakes College Senior Campus
Bulahdelah Central School	Great Lakes College Tuncurry Campus
Chatham High School Taree	Midcoast Christian College Taree
Great Lakes College Forster Campus	Wingham High School

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



Little Street Baths needing repairs

The entire Little Street Boat Ramp parking area and the approach to it from the pedestrian refuge on Little Street is nothing short of disgraceful. The track from the pedestrian refuge is an accident waiting to happen, just a slab of concrete and a sloping gravel descent. Along with the termite damage to the structural pylons on the public walkway and the collapsing steps into the baths the whole precinct, which is a much-loved and

widely used public facility, is an absolute eyesore, certainly not fit for a tourist attraction advertisement.

How can Council possibly imagine that two trestles over an ever-increasing gaping hole in the concrete steps into the Little Street Baths at Ehlefeldt Reserve is a safety measure. It is an absolutely unacceptable solution to what can only be considered a public safety concern.

Patsi Sladen - Forster

Statement from MidCoast Council

Council recognises that the Little Street baths in Forster is an important recreational facility for the community and visitors to our region. We have continued to invest in this facility over the years to ensure that it is fit for purpose.

Maintenance works have been undertaken in recent weeks in the gardens, along the boardwalk and the walkway around the baths

Local approach to cat containment

The NSW government is currently considering long-overdue changes to the 27-year-old Companion Animals Act. This is a critical opportunity to address the soaring number of pet cats and the lack of regulations surrounding their management, particularly in regions like the Midcoast where they are permitted to roam freely.

Under the current legislation, if you complain to your local council about a roaming cat hunting, defecating, or disturbing your property, you’ll be told it’s legal. The state government prevents councils from introducing more effective rules to protect both pets and wildlife. This stands in stark contrast to Victoria and the ACT, where local governments have successfully implemented cat containment policies, and in the ACT, it is mandated territory-wide.

The devastating impact of roaming cats on native wildlife is well-documented. On average, a single pet cat kills more than three animals every week, totalling 186 animals per year—110 of which are native species. Collectively, roaming pet cats are responsible for the deaths of 546 million animals annually in Australia.

Many cat owners believe their pets don’t kill wildlife, but studies using tracking collars and scat analysis reveal that cats rarely bring their kills home, returning with only 15% of the animals they hunt. Owning a cat comes with the responsibility to ensure they aren’t disturbing neighbours or killing native wildlife.

Dementia Action Week

Dear Editor,

Dementia doesn’t just impact the person living with the condition and their immediate carers; it also impacts their family, friends and wider social network.

With an estimated 433,300 Australians living with dementia and 1.7 million people involved in their care, chances are you know someone who is impacted by dementia.

People living with dementia tell us that friends and family often drop away, not knowing how to interact with them once they have a diagnosis.

That’s why this Dementia Action Week (15 – 21 September) we are challenging everyone in the community to reach out and reconnect to someone impacted by dementia because nobody can do it alone.

For some practical ideas about how to reconnect, visit dementia.org.au/dementiaactionweek

For support any time, please contact the National Dementia Helpline on 1800 100 500, 24 hours a day, seven days a week.

Merran Kelsall AO and Ann Pietsch - Chair Dementia Australia



www.moir.com.au

Murdoch succession plan to see Lachlan retain control of Australia & UK Governments

The Shovel

POLITICAL SATIRE: After months of speculation Rupert Murdoch has confirmed his succession plan, announcing that his son Lachlan will inherit control of News Corp, Fox, and the governments of Australia and the United Kingdom.

A spokesperson for the family said it was important to keep the empire in safe hands.

“Rupert may be stepping back from day-to-day operations but it’s reassuring to know that the elected leaders of two major democracies will continue to report directly to a Murdoch.”

Australian Prime Minister Anthony Albanese welcomed the stability. “Changing media ownership is one thing but changing government ownership could be very disruptive. Having a clear line of reporting is important,” he said.



Liberal MPs were also positive about the change, with many saying they looked forward to receiving their weekly instructions, albeit from a different Murdoch. “It’ll be business as usual. Continuity is key,” one Liberal MP said.

Lachlan, who spent time in Australia when he was younger, said he was looking forward to reacquainting himself with that part of the company.

Screen Reviews

TV Show Review by Leon Batman - Tuncurry

The Terror - Stan. Season 1 released 2018

This period horror drama is certainly worth watching so long as you don’t have a weak stomach, it is gruesome at times. The series is a fictional account of the doomed voyage of two British Navy ships that are trying to find the northwest passage around Arctic north of Canada and their entrapment in the frozen arctic winter. Add to this their encounter with the Inuit mythology monster the Tuunbaq which resents their intrusion into its lands.



Countdown - Prime. Released 2025 Season 1, 9 Episodes, more episodes coming.

After a Department of Homeland Security Officer is murdered an elite band of law enforcement officers from various agencies is bought together in a covert operation to track down the killer. Through their investigations they uncover an even bigger plot larger than anyone considered that could destroy a major city. Countdown is well worth watching and each episode leaves you anxiously waiting for the next to see what happens.

Ridley Road - SBS. Released 2021, 4 Episodes

It’s 1962 in London and there is a rising neo-Nazi movement in Britain. To combat this movement the 62 Group was formed, the group are predominantly Jewish and series revolves around a young female hairdresser from Manchester looking for her lost lover as she infiltrates the Neo-Nazi group working undercover for the 62 Group.

Whilst this is very entertaining show it is also very disturbing with what was happening at the time as the Jewish community are forced to take to the streets to fight the racism in East London.



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Forster Hospital



Great Lakes Museum

Forster Hospital 1950-1960

As the population of Forster-Tuncurry increased, so did the need for community hospital accommodation and treatment. In those days there was no bridge between the towns (opened in July 1959) and the ferry (punt) service ceased operating at midnight. Emergency travel from Forster to Taree between midnight and 6am meant a long and arduous road journey south, around

Wallis Lake, through Bungwahl and Wattley Hill, and on to Taree. The Bulahdelah-Taree road did not become part of the Pacific Highway until 1952. It took some years for the Pacific Highway and Taree-Tuncurry road to be upgraded and sealed.

The Forster Progress Association had been in recess during the Second World War and was reformed at a public meeting held on 15th May 1951. It was becoming obvious that a hospital for Forster was imperative for the welfare of its citizens, and among several important agendas set by the re-formed Progress Association was the provision of a cottage hospital. Numerous efforts made through political and other channels for a public hospital were without success. The Progress Association decided to form a Sub-Committee to specifically concentrate on pursuing such a service and was later renamed the Hospital Auxiliary. When the Committee was unable to gain any Health Department agreements regarding

public hospital services, it was decided to make the effort to provide a small community hospital for the area. The Sub-Committee, with a small band of ladies at the forefront, began the onerous task of raising enough funds to enable a small community (cottage) hospital to be acquired. A house owned by Mr Muller situated on the corner of Cross and Strand Street (now Townsend Street) was purchased and with the assistance of working bees and local service clubs, the house was converted into a small 5-bed hospital (extended to a 7-bed in 1966.) Sister Ina Hollis agreed to take over management of the hospital and Valerie Dittlow, a nurse was also employed.

The Cape Hawke Community Hospital was officially opened by local member Mr R L Fitzgerald, MLA on the 26th April 1957.

The Great Lakes Museum is at 1 Capel St, Tuncurry. It is open Tuesday, Wednesday, Friday 10am - 1pm & Sunday 1pm - 3pm.

Book Review



Book Review by John King - Pacific Palms Librarian

My Family and Other Animals

It is one hundred years since Gerald Durrell was born and so it seemed appropriate to review his book My Family and Other Animals. Set in Corfu in the period 1933-39, it is a fascinating account of his early enthusiasm towards the zoologist he became.

As he says, it was to be a book about the insects and animals that he collected and studied, but somehow the family intruded and he never managed to exclude them.

It really is a most extraordinary family (his father died in the year he was born). How his mother, whose interests were cooking and gardening, stayed sane is beyond belief. Gerald, ten at the time they arrived, populated the house with all sorts of insects and animals much to the anger and grief of his siblings. Eldest brother, Larry, a short pugnacious twenty-three year old telling everyone else

what to do, perhaps suffered the most. He smoked and at dinner's end incautiously opened a matchbox left on the hall table. It contained a scorpion covered with her babies. The ensuing pandemonium set all the dogs barking.

On another occasion, Larry left his room window open. Gerry's two pet magpies decided he must have been hiding something of interest. They tore his typing apart, pulled out the typewriter ribbon, and liberally distributed green and red ink on the desk, on his work, and around the room. Of course, it was Larry who, without warning his mother invited a group of artists, writers, etc to stay. The house was too small, so he persuaded his mother that they move to a bigger house!

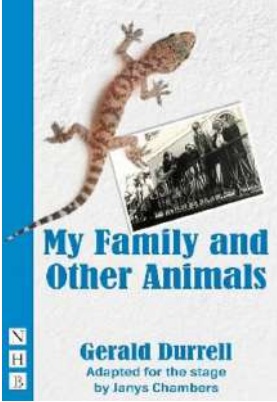
Second son, Leslie was only interested in guns and game shooting coming back from Albania with an enormous boar and several brace of wild-fowl and hares for his mother to deal with.

His sister Margo was mostly concerned about her looks and fashion. Caught up in the adoring crowd visiting Saint Spiridion, she kissed his feet in the belief that it would cure her acne. She caught flu. The local doctor remonstrated "Po, Po, Pol! Do not ever do anything as silly as that again or I shall not come."

On their return to England in 1939, the Swiss frontier official noted on their passport under Description of Passengers "One Travelling Circus and Staff".

A menagerie indeed.

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.



Common Sydney Octopus

Continued from page 7.

tear. They have excellent eye-sight but primarily use their ability to detect chemical signatures from prey as well as potential predators via both specialised olfactory organs located in their mantles, but also chemosensory cells within each sucker on their tentacles allowing them to 'smell' by touch.

Like all octopus they can change the colour and texture of their skin. They use large papillae to change skin texture and through a process of contracting or expanding specialised skin cells called chromatophores, change their skin colour. Changing their skin colour is not only for camouflage defence, but also a process of social communication with other octopuses.

Common Sydney Octopuses do not live long, up to 11 months. They breed between May and August with the males using a special mating arm to insert sperm into the female's mantle. Common Sydney Octopuses are devoted mothers. She will lay up to 100,000 eggs on top of rocky crevices and protect them, without eating or sleeping, including wafting water over them to keep them clean and oxygenated, until they hatch into tiny plankton, after which she dies.

Local Identity: Nadine McCristal-Cavenagh

Interview by Vanda Gooley

Nadine McCristal-Cavenagh, 55, known affectionately as Nadine the Cake Queen (NTCQ), is a celebrated cake artist based in Smiths Lake on the Barrington Coast. A fully qualified pastry and dessert chef with a lifelong passion for creating, baking and decorating, Nadine has been delighting the region with her stunning specialty cakes and desserts for the past 10 years.

As the eldest of three children, Nadine grew up with twin siblings, Brent and Melina. Her father, Rex, was instrumental in developing the Australian Stock Exchange online trading system, while her mother, Prue, worked for Rene Rivkin Stockbroking and was the beloved CEO of the family. Prue's love of crafts, baking and trying new recipes deeply influenced Nadine.

Growing up in North Wahroonga, after moving from South Maroubra on her 4th birthday, Nadine and her siblings would ride their bikes, play with friends, explore the bush collecting coloured clays, seeds and grass and be out all-day having fun before their dad would stand on the back deck and call out "Cooee" when it was time to come home. Nadine would "cook" with their collection on the stove top and "bake" pies in the wooden oven, to give to the neighbourhood children, until her Mum came racing out of the house like a crazy lady saying not to eat them. Mum said she always knew that 'I would do something with food, but she wasn't quite sure what that would be.'

Her early baking spark ignited when, in Year 5 at Wahroonga Bush School, she entered a cake competition with a 3D duck cake from the Women's Weekly Birthday Cake Book. It was so well made she was disqualified—judges assumed an adult had done it. She didn't decorate another cake until Year 7 at Ku-ring-Gai High School, when her mum asked if she wanted to decorate a Pink Panther cake. Following the icing instructions and piping stars, Nadine fell in love with cake decorating. That moment sparked a journey of discovery into the world of cakes, design, and edible creativity.

jobs in 4 years to seek experience, culminating in working with acclaimed Pastrychef, Lorraine Godsmark (mentor and friend) at Rockpool (a famous Sydney restaurant). Once qualified, it was a choice between a life of competitions for awards or a rewarding career creating for real celebrations. Nadine chose a life of connection over competition.

Nadine decided to travel the world. After travelling around Europe, she worked in London at Harvey Nichols 5th Floor Restaurant with a surprising amount of ex-Rockpool employees! She was required to make five different desserts each shift for 200 people and was not allowed to make the same dessert twice in a week. After more travels, she moved to Vancouver, Canada where she worked at True Confections, learning how a large-scale wholesale business works. She then travelled throughout North America and down to South America before returning home.

Back in Australia, Nadine and friend, Vicky Harris (whom she had met at Rockpool) opened Twocan Restaurant in Manly. They worked 120 hours a week each to get the restaurant going. Eventually, it took off and they were in the Good Food Guide and received rave reviews from newspapers, locally and in the New York Times! One dessert was said to be the 'Best in Sydney' by a local journalist.

Nadine's next business was 'Indulge in Desserts' in Dee Why. It was mainly a wholesale business supplying restaurants and cafes and also retail cakes for all occasions and catering. 'My favourite part was meeting with chefs to design a Dessert Menu. We would create the menu with components from my list. I would make everything, deliver and the desserts would be assembled at the restaurants to order.'

Nadine met her husband, Chris, who worked for Online Sports Marketing upstairs in the building Twocan was in. He would come down and buy 6 coffees a day. Nadine cheekily told him that he drank way too much coffee and should try herbal tea instead! They went out with friends for dinner and been together ever since.

Nadine and Chris married in 2004. Nadine created their wedding cake, with help from her sister, mum and grandma, which was 120 individual Milk Chocolate Hazelnut Frou Frou Cakes on a tiered stand with a fruit cake on top with handmade figurines. Lorraine Godsmark created a Dessert Table. 'Our wedding was definitely about the sweet side of life!'

They have two boys, Joel and Dylan. They celebrate their birthday week (in August) as "The Festival of Cake!" NTCQ was created to fund whatever their boys would need throughout their school lives and has become a joyful venture.

Chris, Joel, and Dylan help with prep, cleaning, laundry, events, and meals. "Running a home business is definitely a family affair," Nadine says. Chris also runs Net Zero Carbon and Energy, a sustainability-focused company helping homes and businesses reduce energy use. Their home doubles as a Net Zero showcase, with NTCQ providing a real-life case study in energy-efficient business operations and how to build a net zero energy home.

The family relocated to Pacific Palms in 2010, after years of dreaming about escaping Sydney. They moved around, before eventually buying their home in Smiths Lake. Nadine joined the Pacific Palms Playgroup and baked each week to try new recipes and the group started to order. When Carlie Orlandi opened Single Fin Coffee in Seal Rocks, she asked Nadine to supply cakes. That was the moment Nadine the Cake Queen was officially born. A commercial kitchen was built in their home, and the business has grown steadily ever since.

In 2016, Sue Williams invited Nadine to join The Great Lakes Food Trail NSW, which connects local producers with the community through events, farm visits and now the REAL FOOD Market, which is on the 1st Saturday of each month at the Pacific Palms Community Centre. The REAL FOOD Market brings producers to the people with nutrient dense, delicious produce for us all to enjoy.

Ken and Cathy Oldfield from Country Palings Petals and Pots Cafe found Nadine at the first Food Trail. 'We have been a match made in Heaven until their recent permanent closure. Nothing will replace this part of my business. For the past 9 years, they have been a joy to collaborate with.'

Nadine currently supplies the Good Food Store in Smiths Lake with a range of savoury and sweet treats for all specialty diets and lifestyle choices (gluten/dairy/refined sugar/egg free and vegan). This is a growing part of NTCQ, as everyone deserves delicious delights!

'I look back now at my life and have come full circle from running a home cake business, travelling the world, working in incredible restaurants, running my own restaurant and dessert business to running a luxury niche cake and dessert business from home. Home is where the Heart is!'

In addition to her cake career, Nadine loves Energy Medicine. She studied to be an Acu-Energetics Practitioner before meeting Kate Darnell 10 years ago and became a Sacred Soul Practitioner. They have a new project coming soon called "JOY: Reclaiming the Joy of You", which is designed to help people reconnect with their inner happiness for a more fulfilling life. 'A passion close to my Heart'.

Nadine was pleasantly surprised to win the 2023 Wedding Cake Designer Award for Mid North Coast and Northern Rivers from Wedding Industry Awards. It was the biggest wedding cake year she'd had, with most of her cakes created for the wedding venue at Palms Pavilion at Tiona. Bridal couples nominated their Top 5 vendors for awards. 'My longtime friends and family said it was a Lifetime Achievement Award'. Nadine's cake consultation system was developed to assist clients in ordering special occasion cakes, as Nadine believes collaboration is key. Honesty and flexibility are the sweetest ingredients in each consultation, ensuring an enjoyable process from start to finish.

Despite Nadine's many achievements, she said bringing up two boys, with Chris and their team of incredible support people, to be beautiful, caring, resilient young men with aspirations and dreams and the life skills to execute them, is her greatest achievement.

Nadine quietly supports her community by donating cakes, time, energy and money to local charities and events. 'It's a joy to give back and be part of something greater. Our community is amazing!'

Asked what Nadine loves about The Mid North Coast, she is quick to praise the lifestyle. 'When Chris and I decided to move to Pacific Palms in 2010, dad said it would be the best move we'd ever make. During Covid we sat on our



Above: Photo of Nadine The Cake Queen by Larissa Cluff Creative.

veranda in the sun, looked at each other and said, "Moving here WAS the best move we've ever made!" We have found most things the boys have required growing up, a wonderful community and place to raise the boys, amazing beaches and bush areas, fabulous friends and we are lucky to run our businesses from home.'

From world-class kitchens to a beautiful lakeside life, Nadine has embraced it all with love, creativity, and heart. "The Mid North Coast is a place where you can truly be yourself, connect with like-minded people, and evolve. If I can run a luxury cake business from Smiths Lake, anyone can do anything. Believe in yourself—and shine your light!"

Vicky Harris – friend and ex colleague said the following...

"I have known Nadine since 1990 when we started working at Rockpool Restaurant. Nadine was a pastry apprentice at the same time. After finishing at Rockpool, we both ended up in London.

Back in Australia I started my first head chef job at a Restaurant in Manly and Nadine came and did pastries for me. After 2.5 years Nadine and I went into partnership with Twocan restaurant (1995). We did this for 5 years but we ended up closing as I was finding it difficult to juggle a child and night time work.

Nadine then went on to open her own successful dessert business. We have remained close friends even though we both have now left Sydney.

Nadine is a very caring friend. She has a great sense of humour and we had many crazy fun moments together in hospitality. She's much more sensible than I am but always came along for the ride.

As business partners we complimented each other well. Nadine is a perfectionist, so as well as doing the pastry chef role, she took over managing the books. I managed the staffing and people.

We employed so many staff from all over the world and because we were young, we socialised with them too, so again many crazy stories and situations."

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SUN DAY Raffles

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First climate risk assessment finds 1.5m Australians at risk from sea level rise by 2050

Continued from page 2.

reading that should keep ministers up at night. But doing too little is an active choice, and we can choose a better future by cutting climate pollution harder and faster now," Chief Executive Amanda McKenzie said.

3C scenario brings rise in heatwave deaths, loss of nature, \$40b disaster bill

While the National Climate Risk Assessment provides a national picture of Australia's potential future, it has also detailed potential impacts at a local level.

The assessment shows Northern Australia will be particularly prone to hazards, with more pressure on population health, critical infrastructure and natural species.

But everywhere can be expected to feel the impacts.

Heatwave deaths in Sydney, for example, would rise by more than 400% cent under a 3C scenario, and would still double under 1.5C scenario.

In Melbourne, deaths from heatwaves would rise by 259% under 3C, and 60% under 1.5C. Nationally, the cost of disaster recovery can also be expected to increase dramatically to more than \$40 billion a year by 2050, and would be worse under a 3C scenario.

There would also be a \$611 billion hit to property values by that time.

The country also faces severe risks to water security, with projected widespread declines in rainfall

Half of plant species in habitats to change

Forty to 70% of species will be "forced to move, adapt to the new conditions or die out" under



a 3C scenario, with half of plant life in any location becoming different species to what was in environments in 1990.

Eucalypt forests will come under threat and there would be an almost certain risk of "catastrophic consequences" for coral reefs.

"The future may no longer support systems such as alpine ecosystems, tall open forests and ancient Gondwanan rainforest," the report also warns.

And in a warning as South Australia suffers through an algal bloom, the risk assessment also warns that marine life has "no room to move" in the Southern Ocean, and would need to adapt or die out.

But alongside the risk assessment, the government has also released an adaptation plan developed in response to it that lays the foundations for how Australia can reduce the worst impacts of climate change.

The plan prioritises actions to support "disproportionately vulnerable" Australians, federal responsibility and directing resources to the highest-risk issues.

It includes developing plans to make insurance affected by climate change sustainable, developing climate resilience as a part of the National Construction Code, and "climate-adapted services" for people with disabilities and chronic illness, among a host of other possible measures.

Bulls too strong for Dolphins in Southern MNC Grand Final



By Chris Simon – Forster Tuncurry Dolphins

Perfect rugby weather greeted a bumper crowd at the Aub Ferris Oval in Nابیac, setting the stage for what promised to be a blockbuster Southern Mid North Coast Rugby Grand Final on 6 September. From the opening whistle, the pace was frantic, with possession swinging both ways and the scoreboard ticking over through traded penalty goals.

Forster enjoyed the better of the early possession, but time and again the Dolphins were denied by a resolute Bulls defensive line that absorbed pressure and turned away multiple attacking raids. The Dolphins' task became even harder with two major blows in quick succession — star No. 8 Sean Hassett, widely regarded as one of the zone's best, suffered a broken foot in a seemingly innocuous tackle, while speedster Callum Crawford-Walker was sidelined soon after with a serious knee injury.

Despite those setbacks, the Dolphins hung in the contest, keeping within touching distance as the half-time break approached. But the cracks inevitably showed. The Bulls struck early in the second half with close-range tries, seizing control and building a commanding lead.

The Dolphins, to their credit, never stopped throwing punches and fought right to the final whistle, inevitably suffering a 46-28 defeat.

It marked a second consecutive Grand final defeat for the Dolphins, but there was still plenty to celebrate from their season. The squad fielded 11 new faces compared to last year's decider, while three players under the age of 18 made their mark at senior level.

With another pre-season together, a core group of developing players, and the chance to strengthen their roster further, the Dolphins look well-placed to come back stronger in 2026.

Wallis Spirit Paddlers reach for new heights

By Rebecca Collins – Wallis Spirit Dragons

Three local paddlers from Wallis Spirit Dragon Boat Club, Elaine Norbury, Karen Permezel, and Beck Collins, recently took on an exciting challenge, travelling to Camden Haven to trial for the Northern Region Team. For Karen and Elaine, it was their first taste of higher-level competition. Karen, who only started paddling six months ago, jumped right in, showing that with determination and team spirit, even newcomers can rise to the challenge.

Dragon boating is a team sport that combines fitness, endurance, and teamwork on the water. It's a fun way to get active and offers pathways from friendly local races all the way to representing NSW or even Australia.

The NSW Region v Region Regatta will be held at the Sydney International Regatta Centre, Penrith, on Saturday 11 October 2025. Paddlers from across the state will go head to head across a mix of race distances and formats, making it a thrilling test of strength, endurance, and teamwork.

The Northern Region team stretches from Coomba Park to Ballina. In the weeks ahead, the three Wallis Spirit paddlers, who were selected for the Northern Region Team, will train with teammates from across the region to prepare for this competitive regatta.

Give Dragon Boating a go

Dragon boating isn't just about racing. It's a full-body workout that boosts fitness,



Above: (L-R) Karen Permezel, Beck Collins and Elaine Norbury were selected for the Northern Region Team and will compete in the NSW Region v Region Regatta in Penrith on 11 October.

builds teamwork, and gives a real sense of community. Whether you're chasing the thrill of competition or simply want a fun way to stay active, there's a pathway for everyone.

Wallis Spirit Dragon Boat Club invites locals to give it a go. Our next free Learn 2 Paddle Program will run in October, and we'd love to see more people discover the joy of paddling.

For more information: Contact Elaine C. on 0419 680 987 or email wsdragonboats@gmail.com

Cape Hawke Surf Club Open Morning

An Open Morning was held at the Cape Hawke Surf Club at One Mile Beach on Sunday 14 September. Locals were invited to meet their local volunteer surf life saving team, watch surf skill demonstrations, try out surf boat rowing and register for Nippers. Photos by Mary Yule.



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Big crowds and glorious sunshine for Gold Cup Day

By Geordie Yule – Forster Fortnightly

After a day of gale force winds and rain, the sun came out for a perfect day at the races on Friday 12 September.

“It all came together,” said a relieved Mick Summers, President of the Tuncurry Forster Jockey Club during the Gold Cup Day. “It’s great to see the sun coming out today after experiencing a few washouts.”

“The track is great and the jockeys are very happy. We are lucky to have a track that can handle a few days of rain and still be race ready like today.”

Mick said it was one of the largest crowds they had ever had and were almost pre-booked to capacity with many visitors making the trip up from Sydney. Attendees on the day included Ambassadors Dean Ritchie, Mark Waugh and Laurie Daley, along with Noel Cleal.

It was a high-quality field with \$100,000 prize money on offer, attracting jockeys from far and wide. The winner of the Gold Cup ‘Lugh’, trained by Ciaran Maher, will be off to Randwick on Melbourne Cup day to compete in the \$3m Big Dance.

“A big thanks to all our dedicated volunteers and committee team who make this all happen,” said Mick.



Above: Best dressed men go through their paces.
Left: Ariane Ceccato (Best Dressed) with President Mick Summers.

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BOYS LIGHT UP

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