

**Coomba Park wins
Tidy Town Award
See page 8**

**Local Identity
Amy Canfield p23**



**Star Pet
Mango p21**



Forster Fortnightly

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

FREE

Wednesday 29 October 2025

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.133

Coomba Half Court Opening

By Mary Yule – Forster Fortnightly

The official opening of a new half netball and basketball court on Coomba's foreshore was celebrated with a Community Family Day on Sunday 19 October. A good gathering of locals, kids and special guests came together for a fun day of live music, easy netball and basketball competitions, speeches, a BBQ and a raffle with prizes.

What is particularly remarkable about this project is that it was built with funds raised by the community themselves, coordinated by the Coomba & District Progress Association.

With help from MidCoast Council, local tradies and businesses, the community of Coomba has successfully built another great asset that the local kids are now using every day. (Last March the Coomba Tidal Pool Committee and community officially reopened the refurbished and landscaped tidal pool which is located just down the road from the half court.)

Steve Martin, from the Association, said the half court project started when local musician Frank Nelson approached the Association to help get a flat surface built for music performances on the foreshore.

"We saw a need for a half court [for the kids] so we took all our combined plans to Council for a flat surface with a double use."

Matthew Bowden, President of the Association, said, "Council said they didn't have any money to put into it for another 10 years and it wasn't in their budget, so Steve asked 'What if we built it, if we've raised the funds? They said sure, if you raise it.'"

Steve said, "Council was very good. We worked mainly with Neil Ames. They secured a block of land for us, fast tracked all the approvals and gave us two thousand dollars worth of road base."

From there, Steve said the Association set a goal for the funds they needed, sought some tradies and took on the big job of organising fundraisers and seeking donations.

Steve said there were some hurdles along the way. The budget blew out because of a change of site and there were major delays with the weather conditions.

"We had relentless rain and floods, and all that sort of stuff."



Photo taken seconds after a green ribbon was cut by Tanya Thompson MP at the Official Half Court Opening on 19 October by Mary Yule.

Despite these setbacks, the Association and community of Coomba have managed to get their half court built in under two years since approaching Council - which is impressive.

Gillian Tofferi, Secretary of the Association, said the cost blew out by \$2,000 which they managed to cover. "The total cost was approximately \$12,500 which is not bad for a small community to raise!"

Gillian said the Association has worked with Council over the years and have established a good mutual respect for what they are trying to achieve.

"Council agreed there was a need for a court but couldn't fund it. And now we've made it - and we can see the need being met with kids using it every day of the week. We've actually handed it back to the Council. Like, when does that happen?"

Tanya Thompson MP was at the opening and said, "Steve had a conversation with me about what it meant for the community to have something else for the kids to come down and play on. I just chipped in a two thousand dollar donation toward the project at the end. Thanks goes to the community. They're the ones that

rallied together and did all the heavy lifting. It's a fantastic effort by all involved and it's exciting to see it all come together today."

Steve added that the Association's next goal is to build a safe boat ramp with a pontoon next to it. The existing boat ramp is located on the same foreshore as the half court and tidal pool.

"The angle at present is very dangerous and very slippery. A pontoon is needed next to it so people can safely walk alongside the boats when using the ramp," said Steve.

Continued on page 4.

Join us this Christmas Day for a lakeside feast!

XMAS LUNCH

**3-COURSE
CHRISTMAS LUNCH
\$130 PER PERSON**

Plus Special Kids Menu
for \$30 per child

**SEAFOOD PLATTER
\$230 (FOR 2)**

Oysters | Balmain bug | Battered flathead | Butterflied prawns
½ Lobster mornay | Salt & pepper squid | Scallops
Truffle shoestring fries



BOOK NOW!

LAKES & OCEAN HOTEL

10 Little St, Forster | lakesandoceanhotel.com.au

We welcome your stories, photos & letters

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

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



Back: Jim Doyle, Aaron Wernicke, Daniel Coombs.
Front: Lynette Hester, Tamara Clarke, Ruth Cotterill at the Tuncurry Community Branch 4th Anniversary. See p10.

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

Forster Fortnightly publishing dates

Edition 134: Wed 12 Nov (deadline Wed 5 Nov)

Edition 135: Wed 26 Nov (deadline Wed 19 Nov)

Edition 136: Wed 10 Dec (deadline Wed 3 Dec)

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

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

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

Hang-glider incident at Pacific Palms

By Mary Yule - Forster Fortnightly

NSW Police have located a body during the search for a hang glider pilot missing at Pacific Palms.

While yet to be formally identified, the body is believed to be that of the missing pilot who was last seen launching off Lindeman's Point near Elizabeth Beach around 4pm on Sunday 26 October.

From Sunday 26 October a multi-agency search commenced with assistance from Marina Area Command, Surf Lifesaving NSW, Marine Rescue NSW, Fire and Rescue NSW, Rural Fire Service, NSW Ambulance and Toll Ambulance Rescue.

David Coyle, Great Lakes Police District Inspector, stated that the missing 59 year old pilot was a local and very experienced. The incident was reported by a second pilot.

"That second pilot crashed into the water, but he was able to release himself from his harness and made it to shore, where he raised emergency services," Coyle stated.

Forster Tuncurry Marine Rescue assisted the search with their vessel Forster 30 on Sunday 26 October, until it was stood down at 8:30pm that evening. On Monday 27 October, they continued to search in waters south of Forster for 6 hours until offshore conditions deteriorated around 3pm.



Above: Surf Life Saving (SLS) members join the search. Photo credit: SLS social media.

Joining the search were members of Surf Life Saving Lower North Coast Branch with RWCS, IRBs and UAVs. On Monday 27 October they stated, "Teams are preparing this evening for day 3 tomorrow. We thank all agencies and volunteers involved for their professionalism, coordination, and ongoing commitment to the search."

NSW Police resumed the search on Tuesday 28 October and at 9.20am that morning, the body of a man was located by police divers in the waters off Elizabeth Beach.

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

Pet of the Fortnight

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

Hi Everyone,
My name is Cheeky (for very obvious reasons).

I love attention and sitting on a lap is the best way to get that. I can sit there for hours getting pats which possibly upsets my carer's own cats.

But as I am only here at the weekends, they don't seem to mind toooooo much. They even let me share her bed.

I am litter trained, flea and worm treated, vaccinated, microchipped and desexed and I think I am about 6 months old.

If you wish you can come and check me out at Windan Sea vet on MacIntosh Street



Forster. At only \$150 with all my vet work done I am a real bargain.

There is also a litter of fluffy kittens at Midcoast Vet in Tuncurry which are only about 8 weeks old and very cute, but not ready for adoption just yet.

AWL rehoming number is R251000222



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

Dolphin calf rescued

By Emma Siossian, Claire Simmonds and Marina Trajkovich - ABC Mid North Coast

A dolphin calf has been successfully freed after becoming tangled in a fishing line off New South Wales. The delicate, weeks-long rescue operation involved crews from the Sea World Foundation, ORRCA marine animal rescue and the Forster Dive Centre.

The calf, estimated to be about 10 months old, was first spotted by residents at Forster, swimming next to its mother in a local waterway in late September.

Organisation for the Rescue and Research of Cetaceans in Australia (ORRCA) vice president Jessica Fox said drone vision later showed



Above: Sea World Rescuers leapt to catch a dolphin calf and carefully removed fishing line from its body in the Forster Channel. Photo supplied by ORRCA/Sea World Foundation.

Continued on page 22.

Remembrance Day 2025

Forster Tuncurry RSL sub-Branch

The Forster Tuncurry RSL sub-Branch will be conducting a Remembrance Day Service at the Lone Pine Memorial Park, Tuncurry commencing at 10.15 am on Tuesday 11th November 2025.

Members of the Public are invited to attend and if you wish to lay a tribute could you please advise the sub-Branch Secretary on 6591 6519 or email forster-tuncurrysb@rslnsw.org.au by Monday the 3rd of November.

These plans could change at short notice due to weather conditions.



Right: Lone Pine Memorial - Tuncurry

Tanya's Community Update

Standing Up for Our Region



It's been another busy fortnight representing our incredible Myall Lakes community — both in Parliament and right across the electorate.

In Sydney, I've continued to push for the issues that matter most to us here at home. I've called on the Government to deliver vital support for small businesses still recovering from the devastating floods, and I've again raised the need for road funding to fix the dangerous Fairford Intersection and The Lakes Way — a long-overdue priority for local motorists.

I also sought an update from the Minister for Regional Health on progress for the Forster Urgent Care Centre, ensuring that our community continues to get the healthcare access it deserves, close to home.

Back in the electorate, it's been wonderful to celebrate two remarkable milestones — 100 years of dedication and service with the Black Head Surf Life Saving Club, and the official opening of the Wallaby Joe Rural Fire Brigade Station upgrades in Wingham. Both events were powerful reminders of the strength of our volunteer spirit and the deep sense of community that defines Myall Lakes.

It's an honour to keep standing up for you — in Parliament and on the ground.

Please reach out at any time if I can help you with any State Government issue.

Tanya Thompson MP

Tanya THOMPSON MP
Member for Myall Lakes

As your local State MP
I'M HERE TO ASSIST YOU WITH:

- ✓ Health
- ✓ Roads and transport
- ✓ Community services
- ✓ Social services

- ✓ Community infrastructure
- ✓ Affordable housing
- ✓ Schools and education
- ✓ Congratulatory messages

If you need help or want to raise a local issue, please get in touch, I'm here to listen and take your voice to Parliament.



1-9 Manning Street, Tuncurry



myalllakes@parliament.nsw.gov.au



02 6555 4099



tanyathompson.com.au



[TanyaThompsonForMyallLakes](https://www.facebook.com/TanyaThompsonForMyallLakes)

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

Great advertising value!

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



www.forsterfortnightly.com.au

Ring Geordie 0403 586 342

Where to pick up your Forster Fortnightly

Rainbow Flat

Access Fuels Service Stn

Hallidays Point

Foodworks Hallidays Point
Tallwoods Country Club

Tuncurry

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

Forster

Beach Burns
Tulls News

Forster Information Centre
Pearl Energy Service Stn
Pearl Energy South Forster
Farmers Patch
Great Lakes Aquatic Centre
Ampol Station
Tradies Takeaway
Coles Service Stn
Coles
Woolworths
Stockland Customer Desk
Forster Keys Mini Mart
Tobwabba Medical Service
Club Forster
Lifeline Forster
Lakes & Oceans Tavern

Pacific Palms

Pacific Palms Supamart

Charlotte Bay

Foodworks Charlotte Bay

Smiths Lake

Pacific Palms Bowling Club
Good Food Store
Smiths Friendly Grocer

Coomba Park

Pollards General store
Coomba Aquatic Centre

Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store

Coomba Half Court Opening



Above: Coomba & District Progress Association Committee members (L-R) Christine Mabey, Councillor Janeece Irving, Gillian Tofferi, Tanya Thompson MP, Steve Martin and Matthew Bowden. Absent: Anthony Cusack, Kate Lacey and David Calgario. Photo by Mary Yule.

Continued from page 1.

Gillian said, "A special THANK YOU to all those people who have tirelessly helped us achieve this half court for the community. Our final celebration was on Sunday 19th whereby once again our hardy helpers made the day another success. We had a raffle with a beautiful painting donated by Anne Pollard at our silent auction won by Scott Wilkinson, an amazing firepit made by the Men's Shed bid by Rod Nightingale and various other prizes including Coomba Hair Studio voucher, Vic Mabey Breadboards, tool bags, basketballs/netballs, and vouchers from K Mart and Woolworths, all supporting our cause."

"Our Sponsors included Frank Nelson, Coomba Hair Studio, Pollards General Store, Richard Powell - Mid Coast Whitegoods, The Foreshore Group, The Pool Committee, Community minded helpers, Band members who donated

their talents and time: Smiley and Frank, Keith, Paul, Mark, The Howlers, Luke Wakefield Band and Craig Hainz."

"Local Business and Trades including Ed Riley Earth Moving, Jake Tyrell Concrete Pump, Shark Credit discounted concrete, Integral Concrete Express Timber solutions, Dorvik Steel Supplies Tuncurry, Coastal Realty Troy Perrim, John (the legend) Spurr, Tanya Thompson MP, The Brunch Cafe, Coomba Men's Shed, Anne Pollard, Vic Mabey's amazing breadboards, Mid Coast Liquid Waste."

"And the countless hours of assistance from volunteers including Deb, Lachlan, Lynda, Missy Rae, Mandy and Paul, Kirsty and Eric, Nuran and Andy and of course the Coomba & District Progress Association 2023-25 with Steve Martin who put it all together."

"You are all AMAZING!" said Gillian.

See p8 for Coomba's Tidy Town Awards.

Hotter summer predicted



By Tyne Logan - ABC News (Edited)

Australia is likely to face a hotter-than-normal summer, according to the Bureau of Meteorology's (BOM) weather modelling, as parts of Australia experience record-level October heat.

The long-range forecast, which now goes up to the end of February, is the first glimpse of what the season is shaping up to look like.

It is still early days but at this stage the forecast is tipping warmer-than-normal temperatures for most of Australia, except for coastal parts of New South Wales.

It is the nights that are looking the most dramatic, with the initial forecast showing a greater than 80% chance of minimum temperatures being "unusually high".

"Because we are seeing increased chances of it being unusually warm for both overnight and daytime temperatures, that there's an increased chance of extreme heat," BOM senior climatologist Felicity Gamble said.

Meanwhile, November rainfall is likely to be above average for much of northern and

eastern Australia. But by the time the forecast gets to summer, the only places leaning toward wetter-than-normal conditions are far north Queensland and Western Australia's Wheatbelt.

For everywhere else, there is still a wide "spread" in what the model is showing for rain, according to Ms Gamble. This can mean there is as much of a chance of it being unusually dry as it is average, or usually wet in some areas. In other words, they do not know yet.

This is not particularly surprising given the "tug of war" happening between climate drivers at the moment. On the one hand, record warm oceans around Australia, combined with a couple of major rain-bearing climate drivers to the west and east, would typically push toward a wetter spring and summer. But on the other hand, they are up against a rare, sudden stratospheric warming event high above Antarctica, which heavily favours dry and warm conditions for southern Australia.

"So it will be interesting to see which one ends up dominating during the summer months," Ms Gamble said.

A new chapter by the lake

New facilities opening soon!



Artist impression of clubhouse



Over 50s Lakefront Living

Set on the peaceful shores of Wallis Lake, Lakeside Forster Village offers a lifestyle built around comfort, connection and peace of mind.

Enjoy modern, low-maintenance homes in a welcoming over 50s community - with the freedom of no stamp duty, no council rates and no exit fees.

With exciting new facilities opening soon, including a waterfront clubhouse, now's the perfect time to discover Lakeside Forster.

Stage 2 now selling – book your display home tour today!



Lakeside Forster VILLAGE

lakesideforster.com.au | 0403 556 076

13 Tea Tree Rd, Forster 2428



Bannister In Home Care

a better way



Do you need a little help to remain independent at home?

Do you have a Home Care Package?

We can help you get the best value out of your Home Care Package.

Bannister In Home Care is an approved provider of Home Care Packages. We are specialists in Aged Care offering highly professional care services in the comfort and familiarity of your own home.

We focus on supporting you to remain independent and improve your wellbeing, self-confidence and ability to connect to your family, friends and community.

Our Services

- **Personal Care:** Help with showering, dressing, hygiene & grooming.
- **Companionship:** Regular visits, social support, transport to appointments or shopping with support.
- **Domestic Assistance:** General cleaning, laundry, bed linen & ironing.
- **Meal Preparation:** Support to select, prepare and enjoy meals.
- **Rehabilitation:** Support after surgery or recovering from illness.
- **Respite:** Support for the carer, who needs a well-earned break to rejuvenate and maintain wellness.
- **Home Maintenance:** Yard, minor modifications, spring clean.

Servicing the Mid Coast NSW

Call us today on 02 9056 5145

Visit our website: bannisterinhomecare.com.au

'Out and About'



The Black Head Surf Club celebrated a Century of Surf Life Saving from 17 - 19 October 2025. Photos by Matilda Yule.



Items of interest - 22 October 2025 Council meeting

Mayoral Minute

The Mayor proposed three motions to be put forward at the Annual Local Government Conference. They related to betterment funding, cost shifting and increased funding and training for Environmental Health Officers. The Mayor received unanimous support from Councillors.

maintenance – stabilisation followed by bitumen sealing of six segments, heavy patching in selected areas of two segments and pothole patching of various older road segments.



Manning River Estuary Coastal Management Program – progress report

The Manning Estuary CMP is a 10-year program of works to address current and emerging risks to the Manning River. During the first two years of the plan two actions have been completed with 26 actions commenced that are progressing, and four have not yet commenced.

The cost of the CMP is \$10.95 million which includes \$5.98 million in funding from the NSW Coast and Estuary Grant program and Council's contribution of \$3.9m.

Bight Bridge update

A review into the Bight Bridge based on all available information has resulted in an estimation of a March 2029 completion date. This is for a full replacement. For a partial replacement it brings the estimated completion date back to March 2028.

Council is actively trying to find ways to quicken up the process and have called for a proposal to be brought to Council to shorten the design and procurement timeframe.

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 Wednesday 19 November.

2025 events and festivals sponsorship – round two

More than \$63,000 will be divided between 18 successful applicants in round two of the events and festivals sponsorship program.

Council staff have also worked closely with organisers of the Barrington Coast Beach 5s. The inaugural event will be held on Saturday 6 December at Main Beach Forster and is an all ages on-sand event, based on modified rugby league and union competition.

Lansdowne road works summary and condition assessment

The works undertaken on this important 23-kilometre local connection includes a full reconstruction of eight segments, major

Do your mates & family a favour – have a free 5 minute health check!



By Mark Davies - Rotary Club of Lower Mid Coast

For who? Men (and ladies).

For what? Take advantage of a free health check-up of your blood pressure, cholesterol and blood sugar levels by a Registered Nurse.

When and where? Tuesday the 11th and Wednesday the 12th of November between 9:30am and 4:15pm in the carpark at Tuncurry Beach Bowling Club (TBBC).

Volunteers from The Rotary Club of Lower Mid Coast and The Man Walk (Forster - Tuncurry) will greet and sign people in.

Organised by who? The Mens Health Educational Rural Van (MHERV) is sponsored by the NSW Government, Electrody and Rotary Clubs of NSW including The Rotary Club of Lower Mid Coast (Forster-Tuncurry). We are very grateful to the TBBC (Terry Green) who are providing the Nurse's accommodation free of charge.

The MHERV custom-built caravan, with a dedicated Registered Nurse, travels the state of New South Wales offering free health screenings to regional and rural men, who are notorious for being completely in the dark about the state of their health.

Since 2017, MHERV has been visiting regional areas of NSW seeking out the menfolk who haven't seen the inside of a doctor's rooms for years. These are the blokes who drop dead in a paddock or in the surf...because nobody saw it coming...

- 41,000 Australian men die of preventable diseases each year.
- 20,500 have been tested by the MHERV project since 2017.
- 8,100 were found to be in need of treatment.
- 615 were in immediate danger of a stroke or heart attack.

(See advertisement below)



KANGAROO ISLAND & BEST OF ADELAIDE

ALL INCLUSIVE COACH TOUR WITH QANTAS FLIGHTS

25 to 29 May 2026

INCLUDES

- 3 Nights Kangaroo Island
- 1 Night Adelaide
- Tours, Entries & Experiences
- Breakfast & Dinner Daily
- Qantas Flights Ex Newcastle
- 5 Star Coach Transport
- Airport Transfers

DEPARTS: Pacific Palms, Forster, Tuncurry, Hallidays Point



smart people
TRAVEL WISE

BOOK TODAY WWW.TRAVELWISE.NET.AU CALL 6552 9114



PRETTY WOMAN THE MUSICAL

21 to 22 Jan 2026

Theatre Royal - Sydney



INCLUDES

- Theatre A Reserve Seats
- Parkroyal Accommodation
- Dinner & Buffet Breakfast
- Edogawa Gardens Lunch
- 5 Star Coach Transport

COACH DEPARTS

Port Macquarie, Camden Haven, Taree, Forster, Tea Gardens
Port Stephens

smart people
TRAVEL WISE

BOOK TODAY WWW.TRAVELWISE.NET.AU CALL 6552 9114

Glaica House Flora Parade Tuncurry



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

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



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



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

02 6554 5521

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

'mherv' ... is coming to Tuncurry

MEN'S FREE HEALTH CHECKS

Date:
Tues 11th Nov - 9:30am – 4:15pm
Wed 12th Nov - 9:30am – 4:15pm

Location:
Tuncurry Beach Bowling Club
21 Parkes Street

Proudly Sponsored in Tuncurry by:
Tuncurry Beach Bowling Club
The Man Walk – Forster/Tuncurry

Men, Blokes, Guys, and Ladies too ...
... do your family and your mates a favour:

Come and check out 'mherv' for a FREE 10min, health check-up

Blood Pressure | Cholesterol | Blood Sugar Levels

The "men's health education rural van" ... working to save lives

Coomba wins Tidy Town Awards Overall Award for population

By Mary Yule – Forster Fortnightly

Matt Bowden and Gillian Tofferi from the Coomba & District Progress Association went to the “Keep Australia Beautiful” Award Presentation night in Parkes on 11 October and came home with 8 awards for Coomba in the Tidy Towns Category.

Gillian said, “We were up against some really big towns and yet, the tenacity of Coomba and its residents has shown by coming out on top.”

“These people in Coomba have been doing these amazing things for years, like Sarah Jane who runs the recycling hub. This is just what happens out here. We thought they should be recognised so we entered them in the competition. The judge came out to check and basically said yes, they should be recognised.”

Gillian provided the following list of award acknowledgements:

- **Winner - Coomba Masterclass run by Kirsty Duncan in the Liveable Towns category** whereby a variety of skills are learned monthly such as nail manicure/pedicure, risotto and arancini making, bush foods growing and harvesting, massage, writing and editing and so much more. Our village is full of talented people sharing their skills.

- **Winner - Welcome to Coomba QR code in the Community Spirit and Inclusion** - which shares a variety of information for those moving into Coomba. Information such as what to do in an emergency, where to get a meal, the brunch cafe menu, Coomba & District Progress information and membership forms, The Coomba Aquatic Club information and so much more.

- **Winner - Coomba & District Progress Associations new Half Court at the Foreshore in the Liveable Towns Category.** If you can't get authorities to build it, build it yourself! With assistance from the community and generous business donations along with dedicated volunteers, there is now a great flat, non-flooding surface down at the park where kids can practice their skills. It's also a fabulous surface to set up for our festivals.



Above: Matt Bowden and Gillian Tofferi from the Coomba & District Progress Association being presented with The Overall Tidy Town Award Category A for Coomba Park. Photo supplied.

- **Winner - Recycling Hub in the Circular Economy category run by Sarah Jane Huntley** who collects all sorts of items that DO NOT go into the Yellow Recycling bin (but can be recycled). These include milk bottle tops, blister

packs from pills, facial product containers and coffee bags. It is so worthwhile to drop these items off at the hall when you go for Brunch on a Sunday.

- **Winner - Butt Bins - Litter Prevention category** - cigarette butts go into this bin and are saved from entering our beautiful waterways and harming fish. When full, they can be emptied into the rubbish bin.
- **Highly Commended - Brunch Cafe/Recycling Hub for sustainability** - The Brunch Cafe recycles just about everything. Food scraps are taken home in recycled bread bags for chooks. Coffee grounds are taken home and put onto the garden adding precious nitrogen, phosphorus, potassium, magnesium and calcium. Egg shells add calcium to the soil when dried and ground. Using these items minimises the wastage and we were recognised for that.
- **Highly Commended - Brunch Cafe for waste avoidance.** See above. Brunch Cafe also buys in bulk where possible thus avoiding packaging.
- **And just an added bonus we were a WINNER in the Overall Category A for Population under 1500.** We were up against Forbes, Singleton and Orange in the end so we should all be proud of our achievements when up against the big guns who are sponsored, when we sponsor ourselves!

Look after your child’s teeth with NSW health

NSW Health

NSW Health is encouraging families in regional and rural areas of New South Wales to make sure they are taking advantage of the Child Dental Benefits Schedule (CDBS).

The CDBS, which started in 2014, is a national program that provides eligible children with a capped benefit for basic dental services.

Up to \$1,132 in benefits over two calendar years can be accessed per child, covering most general dental services.

A child may be eligible for this benefit if they have a Medicare card, are aged 0 to 17 years, and they are part of a family that receives Family Tax Benefit Part A or the child receives an Australian Government payment.

The CDBS can be used at most private dentists, public dental clinics, NSW Health school-based dental services, and some Aboriginal community-based health organisations.

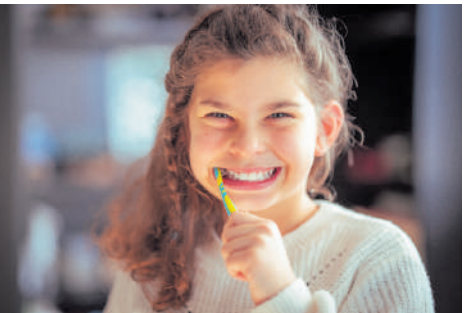
Looking after your child's teeth through regular dental check-ups is important for your child's

wellbeing, and is always a priority for NSW Health.

So even if a child is not eligible for CDBS, uses up their full CDBS amount or needs treatment that isn't covered by the schedule, there are still no costs for care at NSW public dental clinics.

Parents and guardians can visit health.nsw.gov.au/cdbs for more information and to check if your child is eligible.

(See advertisement below)



Above: Eligible families can access up to \$1,132 per child in dental care under the Child Dental Benefits Schedule.

Cape Hawke SLSC rallies



Above: (L-R) Hayden Saad, Zach Forrester and Levi Dodds. Photo supplied.

By Karen Rands – Cape Hawke Surf Club

Community spirit was on full display Sunday evening as members of the Cape Hawke Surf Life Saving Club came together for a heartfelt cause, raising funds and awareness for Motor Neuron Disease (MND).

Some of our enthusiastic club cadets took the lead on the BBQ, serving up food with smiles and showing the true essence of club pride and teamwork.

Thanks to the generosity of attendees, donations flowed in to support those living with MND and to help fund vital research into finding a cure.

“It's moments like these that remind us of what community is all about – our youth stepping up, our members giving back, and everyone working together to make a difference,” a club spokesperson said.

Well done to the entire team and thank you to all who contributed.

Manning - Great Lakes Police District Update

Chief Inspector Timothy Bayly - OIC Forster Police Station

Dear Readers,

Due to a number of recent serious injury and motor vehicle traffic crashes across the Police District, my focus in this article (after a lengthy layoff due leave!) will be road safety.

Serious injury and fatal motor vehicle crashes greatly impact not only those involved, but their families and friends, other community members and first responders/emergency services who attend crash scenes.

A significant portion of the duties of local police (particularly General Duties and Traffic and Highway Patrol officers) is focused on efforts to reduce road trauma.

Below is some information and road safety tips from Transport for NSW:

Driving too fast is the single biggest contributor to death and injury on NSW roads.

Each year, speeding contributes to about 42% of road fatalities and 25% of serious injuries. Almost 128 lives are lost and 1050 people are seriously injured each year.

The faster you go the more:

- time you need to react and avoid a crash
- stopping distance is needed
- severe impact of a crash
- chance of death or serious injury.

Stopping distances

- The faster you go, the longer it takes to stop. A typical stopping distance when travelling at 30km/h on a reasonable road surface is 19 metres. At 40km/h, the stopping distance increases to 27 metres.

- Even a small difference in your speed can greatly affect the likelihood of death or serious injury.

- If you're driving at 50km/h, it will take you about 37 metres to stop. At 60km/h, that distance jumps to 56 metres.

- If a car hits a pedestrian at 50km/h the impact is twice as likely to cause death than if the car had been travelling at 40km/h.

Other factors that affect stopping distances include:

- distraction, fatigue or dim lighting, as drivers take longer to react
- wet roads or worn tyres, which can lengthen braking distances.
- poorly maintained brakes.

To reduce the risk of a crash, you should stay under the speed limit and drive to the conditions. Slow down in wet weather or when road conditions or visibility are poor.

Speeding and fatalities

- In a crash between a car and a pedestrian, there's a 90% chance a pedestrian will survive if the car was travelling at 30km/h. There's a 60% chance if the car was travelling at 40km/h, and a 10% chance at 50km/h.

- In a side-impact crash with another vehicle, there's a 90% chance that a driver or passenger will survive at 50km/h. There's a 60% chance at 60km/h, and a 20% chance at 70km/h.

- In a head-on crash between two vehicles, there's a 95% chance that a driver or passenger will survive at 60km/h. There's a 90% chance at 70km/h, and a 20% chance at 90km/h.

Fatigue

Research shows that driving while fatigued can be as dangerous as drink driving. But unlike drink driving, there are no laws regulating driver fatigue for light vehicles.

Fatigue-related crashes can happen on any trip, no matter how long or short or what time of



day. Think about how tired you are before you drive, recognise the early warning signs when driving, and know what to do to avoid driving tired.

Mobile phones and driving

Driving is a complex task. Anything that takes your mind or eyes off the road, or your hands off the wheel impacts the safety of everyone on the road.

Being distracted increases your chances of having a crash. It slows down your reaction time and puts you in danger of failing to see pedestrians, bicycle riders or other road users and hazards such as traffic lights and stop signs.

Please remember, to reduce your chance of experiencing road trauma:

- Don't drive at inappropriate or excessive speed.
- Don't drive under the influence of alcohol or drugs.
- Don't drive whilst fatigued.
- Don't drive 'distracted' – by mobile phone or any other electronic device.
- Don't drive without an appropriate restraint (seatbelt) or helmet (if riding a motorcycle or a local Beam (purple) e-scooter).

Remember to be kind to each other and don't forget to say "G'day!" to your local police!



Regular dental check-ups are important for your child’s health

If your child is aged under 18, and eligible for Medicare, they may get free dental care through the Child Dental Benefits Schedule (CDBS) at both private and public dental clinics.



Find out if your child is eligible for free dental care at: www.health.nsw.gov.au/cdbs



Pacific Palms Bowling Club

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

Monday Monday Curry Night \$20 	Tuesday Happy Hour 3pm to 5pm Members Swipe Draw at 5:30pm Bingo From 10:30am Pizza's L \$20 / S \$15 \$15 Seniors Lunch + Drink	Wednesday Raffles from 6pm Club Super Draw from 6pm 220gr Porterhouse w/Chips & Salad \$25	Thursday Mufti Bowls & Raffle from 12:30pm Happy Hour 3pm to 5pm Ribs Night \$25	Friday Raffles from 6pm Super 100 Draw after Raffles Tradies Lunch + Beer \$20 Fresh Fish Friday Night \$34 Live Music Every Friday 8pm
Saturday Fishing Club Raffle starts at 3pm & 4pm Happy Hour 3pm to 5pm Kids Meals \$5 (16y) with Meal Purchase	Sunday Chook Run Bowls from 10:30am Kids Meals \$5 (16y) with Meal Purchase	  Open 7 Days 11:00 till Late Lunch 12pm & Dinner 5:30pm Courtesy Bus from 4pm 8 Paradise Drive, Smiths Lake Ph: 6554 4333 www.pacificpalmsbowlingclub.com.au Follow us on Facebook, Instagram and Twitter.		



Award Winning "Perfect Plate"

Thai-Infused Sesame Crusted Salmon



Sunday "Chill Around the Green" is back



Forster Neighbourhood "Club Sing"

By Felicity Carter – Forster Neighbourhood Centre

They say singing soothes the soul but on Sunday 19 October, it was more a case of raising the roof!

Forster Neighbourhood Centre's (FNC) 2nd Pub/Club Sing fund raiser, held at the Pacific Palms Recreation Club (the Recky) on Sunday afternoon attracted almost 200 aspiring and accomplished singers to come together and learn a "secret song", releasing all those feel-good endorphins and creating only smiling faces because of how fabulous we sounded.

Leaders Sandra Kwa and Tash Rusterholz taught a fantastic mash-up of "I Will Survive" and "Those Were the Days" with lyrics and arrangements subtly changed by Sandra to reflect the incredible work FNC does to support the well-being of all Great Lakes residents.

Tickler of the ivories, Annabelle Lewis, wearing her floral crown, played like a demon while guitarists Larry Belton, Matt Bannerman and Ian Sercombe (also the didj player)



Above: (L-R) Back row: Michelle Robinson, Corinne Stephenson, Graham Gardner, Larry Belton, Felicity Carter, Matt Bannerman, Ian Sercombe. Front row: Lisa Hinton, Tash Rusterholz, Sandra Kwa and Annabel Lewis. Photos by Matilda and Mary Yule.



shredded with the best of them. Consummate bass singer and more-than-a-roadie, Rob Butler ensured the musicians were happy while sound-man and erstwhile photographer Ben Butler was everywhere, ensuring the best sound balance possible. FNC would especially like to acknowledge the Recky for hosting the afternoon and thank Madeline Troth, Marketing and Events Manager, for all her hard work.

FNC Manager, Corinne Stephenson encouraged singers to contribute to the "One Cup of Coffee at a Time" campaign so that FNC can continue to support the well-being of the Great Lakes community, 5 days a week.

Look out for FNC Sing in March 2026!

Forster Gallery Raffle Winner



By Liz Ho – Forster Gallery

Forster Gallery's Vice President, Pat Mackaway (on the right) presents Pina Gibbs from Wallabi Point with her luxurious Pamper Hamper donated by Ingenia Lifestyle on 23 October. Pina was delighted with her prize, especially when she thought she had won a bottle of wine, saying this is the first time she has won anything!

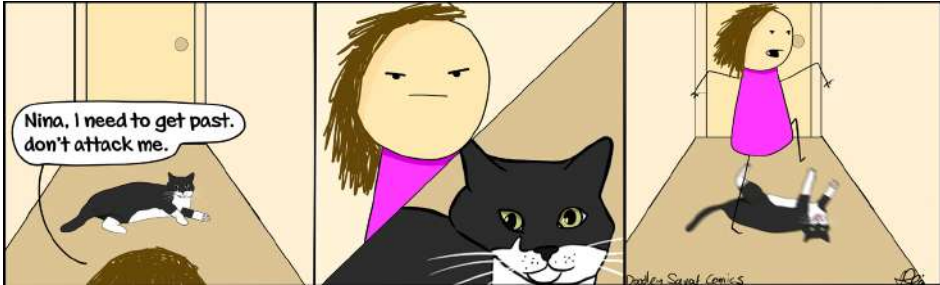
We encourage you to support our local advertisers who help make this paper FREE to pick up.

Puzzles Page

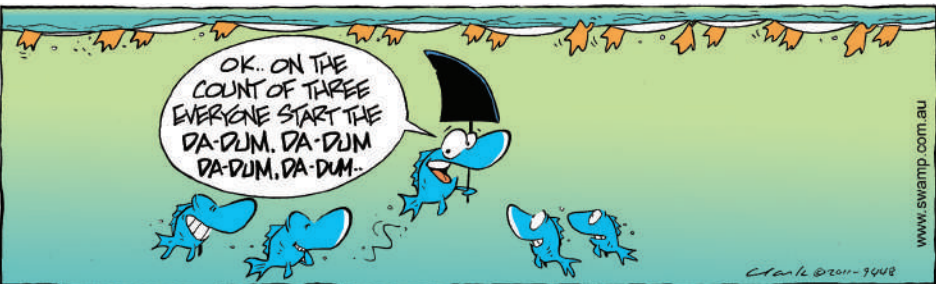
The Grin Bin



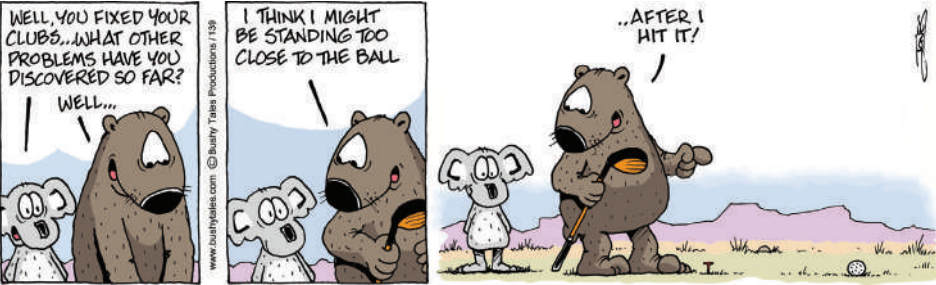
Doodley Squat



Swamp



Bushy Tales



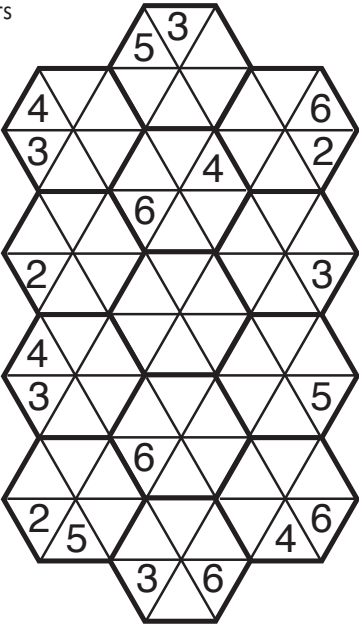
Sudoku

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

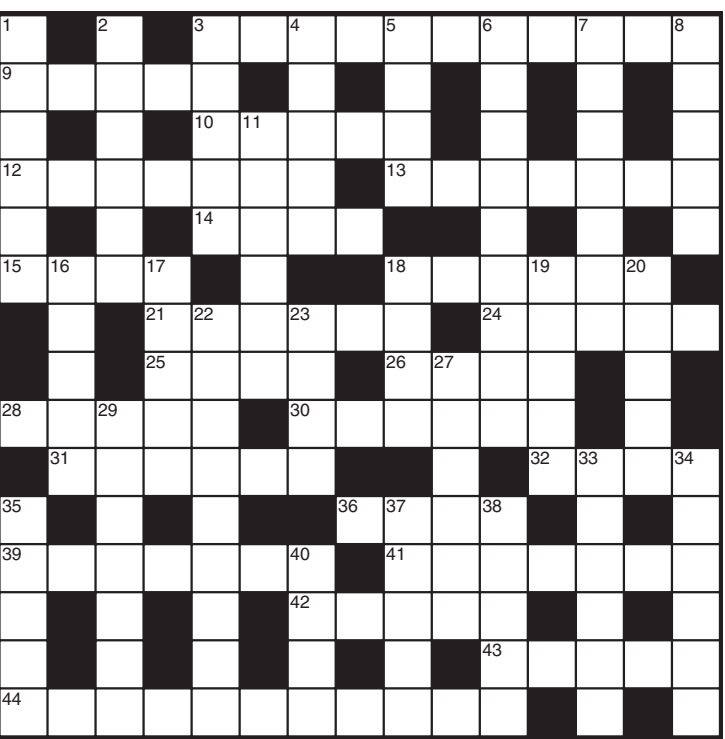
	6		2		1			
			6			9		
7							5	2
2		7			3		4	
8		4	5					
		5			9			3
				7			6	
	1						8	4

Quick Workout

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



Crossword



- ACROSS
- 3 Destroy totally
 - 9 Of a duke
 - 10 Business transactions
 - 12 Feign
 - 13 Aimed
 - 14 Remainder
 - 15 Plant's support
 - 18 Hunting dog
 - 21 Imperative
 - 24 Mistake
 - 25 Utters
 - 26 Girl's name
 - 28 Yielded
 - 30 Buccaneer
 - 31 Alter somewhat
 - 32 Drunkards
 - 36 Speaker's platform
 - 39 Land transfer contract
 - 41 Game of chance
 - 42 Sheeplike
- DOWN
- 1 Takes as one's own
 - 2 Give consent
 - 3 Tree
 - 4 Ugly amphibians
 - 5 Utter gratingly
 - 6 Compelling attention
 - 7 One more
 - 8 Dodge
 - 11 Exerted power
 - 16 Tribal symbol
 - 17 Meditated
 - 18 Heavenly body
 - 19 Woody plants
 - 20 Automaton
 - 22 Emitting rays
 - 23 Catch sight of
 - 27 Country
- 43 Stock farm
- 44 Appointment
- 29 Gives to charity
- 33 Vast seas
- 34 Mowing implement
- 35 Bitterly pungent
- 37 Fact of being elsewhere
- 38 Uncompromising
- 40 Duty list

What's On club forster

19 STRAND ST FORSTER NSW
WWW.CLUBFORSTER.COM.AU/SHOWS

January 2026

OFF TO A CRACKIN' START!

Brand spankin' Rockin' by the beach Festival

TICKETS ON SALE NOW!

21-23 November 2025

Hey cool cats and kittens! Get ready to shake, rattle, and roll at the all-new Rockin' by the Beach Festival.

SHOW'n SHINE is BACK!!! FRESH NEW ENTERTAINMENT: ★

Coop DeVille

DANCE CLASSES, ROCKIN' NEW STALLS & MORE...

HEAD TO OUR WEBSITE FOR TICKET SALES AND THE EVENT PROGRAM!!

Keep your peepers on the Club Forster website for the lowdown to drop!

club forster www.clubforster.com.au

club forster Christmas Luncheon

THURSDAY DECEMBER 25 11AM ARRIVAL 12PM LUNCH

WITH A SPECIAL VISIT FROM Santa!

Join us in 242ate to enjoy a festive family atmosphere over 3 delicious courses:

ENTRÉE	MAIN	DESSERT
Smoked Chicken Salad	Traditional Hot Christmas Lunch	Mixed Dessert Table

ADULT \$135 PER TICKET

CHILD U12 \$50 PER TICKET

TICKETS ON SALE NOW - BOOKINGS ESSENTIAL. VISIT CLUBFORSTER.COM.AU OR SEE RECEPTION

TERMS & CONDITIONS APPLY. SEE WEBSITE FOR DETAILS.

THIRSTY MERC

club forster PROUDLY PRESENTS

THURSDAY 01 JANUARY 2026

BOOK TICKETS NOW!

WWW.CLUBFORSTER.COM.AU/SHOWS

A NIGHT OF 100% PURE GOLD

ARJ BARKER

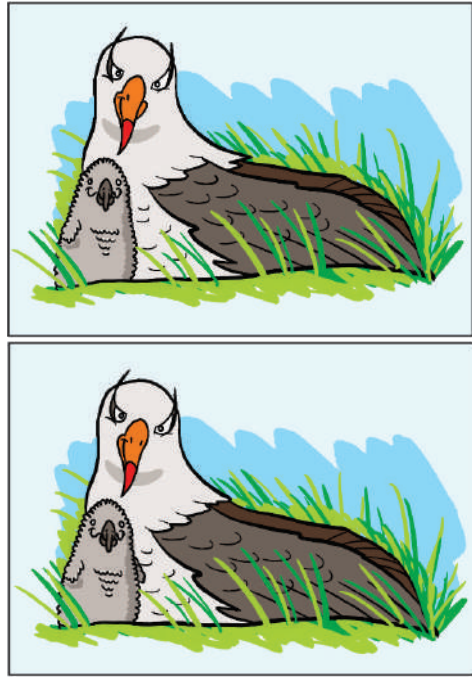
The Classics

FRIDAY 02 JANUARY 2026

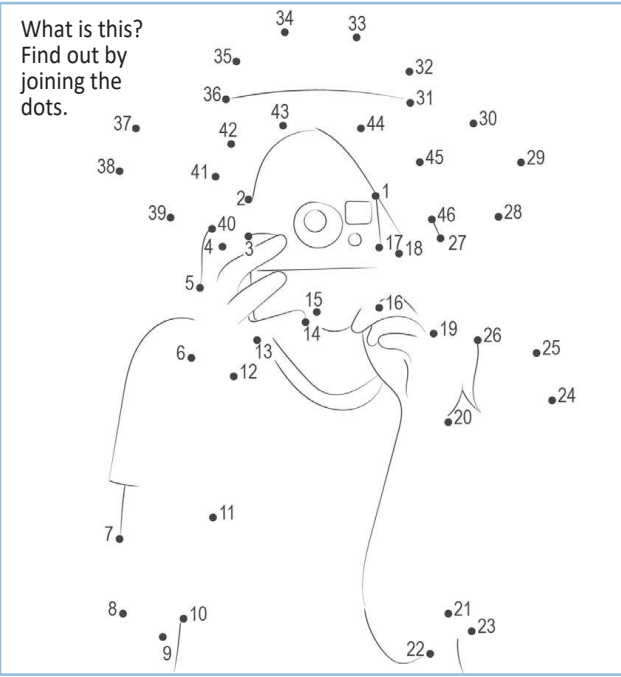
Tickets on sale NOW!

WWW.CLUBFORSTER.COM.AU/SHOWS

Spot the 5 Differences

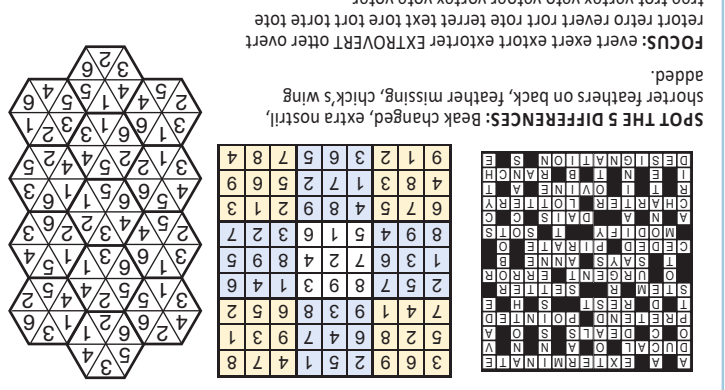


Join the Dots



Solutions

Puzzles and pagination supplied by Auspax Media



YOUR FORTNIGHTLY TV GUIDE October 29 - November 4

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 2.55 Home Delivery. 3.25 Grand Designs. 4.10 Long Lost Family. 4.55 Antiques Roadshow. 5.55 QI. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Mother And Son. 9.00 The Assembly. 9.45 Guy Montgomery's Guy Mot Spelling Bee (NZ) 10.30 If You're Listening. 10.55 News. 11.10 The Business. 11.25 Planet America. 11.55 You Can't Ask That. 12.30 Parliament. 1.30 Grand Designs. 2.15 Rage. 3.15 Late Programs.	6.00 Morning Programs. 2.00 Tell Me What You Really Think. 3.00 Bollywed. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 I Am The River. The River Is Me. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Idea Of Australia. 8.30 Great British Train Journeys From Above. 9.30 After The Sky Fell On Lockerbie. 10.25 SBS News. 10.55 I Am Scrooge. 11.00 This Town. 12.55 This Town. 2.05 Peter O'Toole: Along Sky Roads To Aqaba. 3.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 RFDS. (M) 8.30 Off The Grid With Colin And Manu. (M) 9.30 House Of Wellness. (PG) 10.30 Chicago Fire. (M) 11.30 The Amazing Race. 1.00 Imposters. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 The Golden Bachelor. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Budget Battlers. 8.40 Love Island Australia. 9.50 9News Late. 10.20 Confessions Of A Teenage Fraudster. 11.20 Resident Alien. 12.10 Tipping Point. 1.05 Let's Eat With George. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 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 The Celebrity Traitors UK. 8.55 Is Australia Ready For War? 9.55 The Gilded Age. 10.55 News. 11.20 10 News+. 12.10 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
THURSDAY	6.00 Morning Programs. 11.30 Mother And Son. 12.00 News. 1.00 Silent Witness. 2.00 Parliament. 2.55 Home Delivery. 3.25 Grand Designs. 4.10 Long Lost Family. 5.00 Antiques Roadshow. 5.55 QI. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Grand Designs Aust. 9.00 Long Lost Family. 9.45 Mystery Road. Origin. 10.35 News. 10.50 The Business. 11.10 Grand Designs. 12.00 Parliament. 1.00 Long Lost Family. 1.50 Rage. 3.10 Parkinson In Australia. 3.40 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Idea Of Australia. 3.05 Bollywed. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Eternal Sky. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Eva Longoria: Searching For Spain. 8.25 From That Small Island: The Irish Story. 9.25 Blue Lights. 10.30 SBS News. 11.00 Davos 1917. 11.55 The Shelter. 2.20 Dance In Focus: Still Life. 2.45 Best Australian Dance Short Films 2021. 3.45 Growing A Greener World. 4.45 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 Jim Jefferies And Friends. (MA15+) 9.30 First Dates UK. (PG) 10.30 Australia's Most Dangerous Prisoners. (MA15+) 11.30 Gatecrashers. 12.30 Life. 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Budget Battlers. 1.00 Great Australian Detour. 1.30 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 RBT. 8.30 Love Island Australia. (M) 9.50 9News Late. 10.20 Confessions Of A Teenage Fraudster. 11.20 Chicago Med. 12.10 Tipping Point. 1.05 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Dog House. 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 Celebrity Traitors UK. 9.50 Law & Order: SVU. 10.50 News. 11.15 Cheap Seats. 12.15 Rage. 3.40 Parkinson In Australia. 4.00 Gardening Aust. 5.30 7.30.
FRIDAY	6.00 News. 9.00 News. 10.00 Knowing The Score. 11.00 The Following Events Are Based On A Pack Of Lies. 12.00 News. 1.00 Mystery Road: Origin. 1.50 Grand Designs Aust. 2.50 Home Delivery. 3.20 Grand Designs. 4.10 Long Lost Family. 4.55 Antiques Roadshow. 5.55 QI. (PG) 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Gardening Aust. 8.30 Professor T. (M) 9.20 Hard Quiz. (PG) 9.50 Mother And Son. (PG) 10.20 The Assembly. 11.05 News. 11.20 Silent Witness. (M) 12.20 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 No Maori Allowed. 3.00 Nula. 3.30 Living Black: 50 Years Of SBS Indigenous. 3.35 The Cook Up. 4.05 Scotland's Riverwoods. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Gunpowder Plot: Countdown To Treason. 9.15 Lost Treasures Of Egypt. 10.10 SBS News. 10.40 Sil. 11.40 Rogue Heroes. 2.00 Making Sense Of Cancer With Hannah Fry. 3.05 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Better Homes. 8.30 MOVIE: The Bourne Ultimatum. (2007) (M) 10.50 Motorway Patrol. (PG) 11.20 GetOn Extra. 11.50 Border Security. 12.20 Healthy, Wealthy & Wise. 1.20 In Plain Sight. 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 MOVIE: The Clue To Love. (2021) 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 David Attenborough's Asia. (PG) 8.30 MOVIE: The Meg. (2018) (M) 10.40 Race To The Melbourne Cup Carnival. (PG) 11.40 Law & Order: Organized Crime. 12.35 Experiment. 2.00 Charming China. 2.30 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Taskmaster Australia. 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 Dog House. 8.30 House Hunters Aust. 9.00 House Hunters Aust. 10.30 Spicks And Specs. 11.25 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.25 Beyond Paradise. 1.25 Professor T. 2.15 All Creatures Great And Small. 3.00 Last Night Of The Proms. 4.45 The Assembly. 5.30 Landline. 5.55 Australian Story. 6.25 I Was Actually There. (PG) 7.00 ABC News. 7.30 Beyond Paradise. (PG) 8.30 Return To Paradise. (PG) 9.30 Mystery Road: Origin. (M) 10.20 The Following Events Are Based On A Pack Of Lies. (MA15+) 11.20 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 3.00 Soccer. Australian Championship. Round 4. Sydney Olympic FC v South Melbourne FC. 5.30 Plat Du Tour. 5.35 Hitler's A Current Affair. 6.30 News. 7.30 Royal Homes. 8.25 A Year At Kilmore Abbey. 9.25 Japan: World's Most Punctual Train. 10.20 The Hospital: In The Deep End. 11.25 Homicide. 2.55 Growing A Greener World. 4.00 Growing A Greener World. 4.30 Bamay. 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Golden Eagle Day and Brisbane Broncos Derby Race Day. 5.00 News. 5.30 A Current Affair. 6.30 News. 7.00 Healthy, Wealthy & Wise. (PG) 8.00 MOVIE: A Few Good Men. (1992) (M) 11.00 MOVIE: The Kingdom. (2007) (MA15+) 1.00 In Plain Sight. (M) 2.00 Shopping. 4.00 Tipping Point. 3.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Getaway. 6.30 ACA. 7.00 Weekend Today. 10.00 Today Extra: Saturday. 11.30 Horse Racing. Melbourne Cup Carnival. Victoria Derby Day. 6.00 NBN News. 7.00 A Current Affair. 8.30 MOVIE: Speed. (1994) (M) 9.55 MOVIE: The Mod Squad. (1999) (M) 11.50 Next Stop. (PG) 12.20 Australia's Top Ten Of Everything. (M) 1.20 Rugby League. Ashes Tour. Second Test. England v Australia. 3.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands. (PG)	6.00 Morning Programs. 10.30 GCBC. 11.00 Talkin' 'Bout Your Gen. 12.00 Dogs Behaving (Very) Badly Australia. 1.00 Silvia's Italian Masterclass. 1.30 The Yes Experiment. 2.00 Charming China. 2.30 Buy To Build. 3.00 Australia By Design: Innovations. 3.30 Well Traveller. 4.00 Cook With Luke. 4.30 My Market Kitchen. 5.00 News. 6.30 Dog House Aust. 7.30 Selling Houses Aust. 8.30 Ambulance UK. 9.30 Gogglebox Aust. 10.30 The Gilded Age. 11.30 FBI: Most Wanted. 12.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 1.30 Gardening Aust. 2.30 Miriam & Alan: Lost In Scotland And Beyond. 3.15 Long Lost Family. 4.10 The Role Of A Lifetime. 5.00 Antiques Roadshow. 6.00 Grand Designs Aust. 7.00 News. 7.30 Spicks And Specs. 8.00 Portrait Artist Of The Year. 8.55 The Following Events Are Based On A Pack Of Lies. 9.55 Mother And Son. 10.25 Take 5. 10.50 MOVIE: My Brother Jack - Part 2. (2001) 12.25 Brush With Fame. 12.55 Rage. 3.00 Ask The Doctor. 3.30 The Art Of... 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Motor Racing. Hi-Tec Oils Super Series. Round 6. Day 2. 5.00 Plat Du Tour. 5.05 Going Places. 5.35 Hitler's American Battleground. 6.30 News. 7.30 JFK: One Day In America. 8.30 King And Conqueror. 9.20 Dan Snow's Greatest Discoveries. 10.15 The Wonders Of Europe. 11.20 Tutankhamun: The Last Exhibition. 12.45 Europe's Greatest Train Journeys. 3.45 Growing A Greener World. 4.45 Destination Flavour. 4.55 Late Programs.	6.00 Morning Programs. 1.00 Football. AFL Women's. Round 12. Collingwood v Brisbane Lions. 3.00 TBA. 4.10 Motorbike Gods. 4.30 Border Security. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 The Voice. 9.00 AC/DC: The World's Greatest Rock Band. 10.00 24 Hours In Police Custody. 11.00 Crime Investigation Australia: Most Infamous. 12.15 The Long Song. 1.30 Harry's Practice. 2.00 Shopping. 4.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Rugby League. Women's Pacific Championships. Pacific Cup. Round 3. New Zealand Kiwi Ferns v Australia. 3.30 Rugby League. Men's Pacific Championship. Pacific Cup. Round 3. New Zealand Kiwi Ferns v Tonga XIII. 6.00 NBN News. 7.00 The Golden Bachelor. 8.35 60 Minutes. 9.35 9News Late. 10.05 Social Media Murders: The Murder Of Oily Stephens. 11.05 Mobsters. 12.00 World's Most Dangerous Prisoners. 1.00 Drive: Driving Value. 1.30 TV Shop. 4.00 Late Programs.	6.00 Morning Programs. 9.00 Australia By Design: Architecture. 9.30 The Chef's Garden. 10.00 Frugal Foodie. 10.30 10 Minute Kitchen. 11.00 4x4 Adventures. 12.00 The Dog Academy. 1.00 Wheel Of Fortune. 1.30 Lingo. 2.30 Basketball. NBL. Round 7. South East Melbourne Phoenix v Perth Wildcats. 4.30 Deal Or No Deal. 5.00 News. 6.00 10 News+. 7.00 Gogglebox Aust. 8.30 Ghosts Australia. 9.30 Ghosts Australia. 9.30 Matlock. 11.30 10 News+. 12.30 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Parliament. 3.00 Home Delivery. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 Antiques Roadshow. 6.00 QI. 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 I Was Actually There. 10.40 News. 10.55 The Business. 11.10 Creative Types. 11.40 End Game With Tony Armstrong. 12.30 Parliament. 1.30 Grand Designs. 2.15 Long Lost Family. 3.05 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 The Airport: Back In The Skies. 2.55 Bollywed. 3.25 Plat Du Tour. 3.35 The Cook Up. 4.05 Wild Slovakia With Nigel Marven. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Big Fat Quiz: Best Bits: Ultimate Jokes. 8.30 King And Conqueror. 9.30 Sydney's Super Tunnel. 10.30 SBS News. 11.00 Conviction: The Case Of Stephen Lawrence. 11.55 The Man Who Died. 1.45 The Man Who Died. 2.35 Curious Traveller. 4.10 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 8.30 The Rookie. (M) 10.00 Alert: Missing Persons Unit. (M) 11.05 S.W.A.T. (M) 12.00 Girlfriends' Guide To Divorce. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Golden Bachelor. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Golden Bachelor. (PG) 8.40 TBA. 9.40 Race To The Melbourne Cup Carnival. (PG) 10.40 9News Late. 11.10 The Equalizer. 12.00 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 GCBC. 6.30 My Market Kitchen. 7.00 Neighbours. 7.30 Everyday Gourmet. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 Gogglebox Aust. 12.00 Farm To Fork. 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 TBA. 8.30 Sam Pang Tonight. (M) 9.30 Talkin' 'Bout Your Gen. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Parliament. 3.00 Home Delivery. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 Antiques Roadshow. 6.00 QI. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 I Was Actually There. 8.35 End Game With Tony Armstrong. 9.25 The Art Of. 9.55 The Assembly. 10.40 Media Watch. 10.55 News. 11.10 The Business. 11.25 Four Corners. 12.10 Keating: The Interviews. 1.10 Parliament. 2.10 Grand Designs. 3.00 Late Programs.	6.00 Morning Programs. 1.55 The Australian Wars. 3.00 Bollywed. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 New England's Wildlife Wonders. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Railway Journeys UK. 8.30 Tell Me What You Really Think. 9.25 The Cancer Killers. 10.30 SBS News. 11.00 The Point. 12.00 Safe Home. 1.00 The Unusual Suspects. 2.00 London: 2,000 Years Of History. 2.50 Curious Traveller. 4.25 Bamay. 4.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 Horse Racing. The Big Dance On Cup Day and Melbourne Cup Race Day. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 8.30 The Rookie. (M) 10.00 Alert: Missing Persons Unit. (M) 11.05 S.W.A.T. (M) 12.00 Girlfriends' Guide To Divorce. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 10.00 Horse Racing. Melbourne Cup Carnival. Melbourne Cup Day. 5.30 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Taronga: Who's Who In The Zoo. (PG) 8.30 Bump. (MA15+) 9.50 9News Late. 10.20 Wild Cards. (M) 11.20 Black Widow: The Killing Of David Jackson. (M) 12.10 Tipping Point. (PG) 1.00 Cross Court. 1.30 TV Shop. 2.30 Skippy. 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. 7.30 Farm To Fork. 8.00 Bold. 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 Farm To Fork. 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 Big Brother. 8.40 Sam Pang Tonight. 9.40 Talkin' 'Bout Your Gen. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.

November 5 - 11					
ABCTV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Home Delivery. 3.30 Grand Designs Revisited. 4.15 Long Lost Family. 5.00 Antiques Roadshow. 6.00 QI. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Crime Night! 9.00 Spicks And Specs. 9.30 Guy Montgomery's Guy Mont Spelling Bee (NZ) 10.15 If You're Listening. 10.35 News. 10.50 The Business. 11.05 Planet America. 11.40 You Can't Ask That. 12.10 Parliament. 1.30 Grand Designs Revisited. 2.00 Late Programs.	6.00 Morning Programs. 2.00 Tell Me What You Really Think. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Incredible Canals. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Idea Of Australia. 8.30 JFK: The Home Movie That Changed The World. 9.30 No Hamburg, No Beatoes. 10.30 SBS News. 11.01 I Am Scrooge. 12.00 This Town. 12.55 London: 2,000 Years Of History. 3.05 Curious Traveller. 4.35 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 RFDS. (M) 8.30 Off The Grid With Colin And Manu. (M) 9.30 House Of Wellness. (PG) 10.30 Chicago Fire. (M) 11.30 The Amazing Race. 1.00 Imposters. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Great Australian Detour. 1.30 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 Budget Battlers. 8.40 Australian Crime Stories: The Investigators. 9.50 The Grand Tour. 11.05 9News Late. 11.35 Resident Alien. 12.25 Tipping Point. 1.15 My Way. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 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 Farm To Fork. 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 The Celebrity Traitors UK. 8.50 Jamie's Air-Fryer Meals. 9.50 The Gilded Age. 11.10 News. 11.35 10 News+. 12.35 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.	WEDNESDAY
6.00 Morning Programs. 11.25 Crime Night! 12.00 News. 1.00 Silent Witness. 2.00 Parliament. 3.00 Home Delivery. 3.25 Grand Designs Revisited. 4.15 Long Lost Family. 5.00 Antiques Roadshow. 6.00 QI. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Crime Night! 9.00 Spicks And Specs. 9.30 Guy Montgomery's Guy Mont Spelling Bee (NZ) 10.15 If You're Listening. 10.35 News. 10.50 The Business. 11.05 Parliament. 1.10 Grand Designs Revisited. 1.15 Parliament. 1.00 Long Lost Family. 1.45 Range. 3.40 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Idea Of Australia. 3.00 Going Places. 3.30 The Cook Up. 4.00 The Mystery Of The Nazca Lines. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Eva Longoria: Searching For Spain. 8.25 From That Small Island: The Irish And The Royal Family. 9.25 SBS News. 11.00 Davos 1917. 11.55 The Shelter. 2.15 London: 2,000 Years Of History. 3.05 Birdsville Or Bust: Untold Australia. 4.05 Curious Traveller. 4.35 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Home And Away. 8.30 The Jeffery Munn Show. 9.30 SBS News. 11.00 Davos 1917. 11.55 The Shelter. 2.15 London: 2,000 Years Of History. 3.05 Birdsville Or Bust: Untold Australia. 4.05 Curious Traveller. 4.35 Bamay. 5.00 Late Programs.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Our State On A Plate. 12.30 Horse Racing. Melbourne Cup Carnival. Oaks Day. 6.00 NBN News. 7.00 A Current Affair. 7.30 RBT. (M) 8.30 RPA: Farmer Mark. (PG) 9.30 A+E After Dark. (M) 10.30 9News Late. 11.00 Chicago Med. (M) 11.50 Tipping Point. (PG) 12.40 Australia's Top Ten Of Everything. (M) 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. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Dog House. 11.30 Judge Judy. 12.00 Farm To Fork. 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 The Celebrity Traitors UK. 8.55 Gogglebox Aust. 10.25 News. 10.50 Cheap Seats. 11.45 10 News+. 12.40 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.	THURSDAY
6.00 News. 9.00 News. 10.00 Portrait Artist Of The Year. 11.00 The Following Events Are Based On A Pack Of Lies. 12.00 News. 1.00 The New Reader. 1.55 Grand Designs Aust. 2.50 Home Delivery. 3.25 Grand Designs Revisited. 4.10 Long Lost Family. 5.00 Antiques Roadshow. 6.00 QI. (PG) 6.30 Hard Quiz. (PG) 7.00 News. 7.35 Gardening Aust. 8.35 Maigret. (M) 9.30 Hard Quiz. (PG) 10.00 Crime Night! 10.30 Spicks And Specs. 11.00 News. 11.15 Silent Witness. (M) 12.15 Range New Music. 5.00 Range.	6.00 Morning Programs. 2.00 The Cancer Killers. 3.00 Nula. 3.30 Living Back: 50 Years Of SBS Indigenous. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Michael Palin In Nigeria. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Why Cities Flood. 8.30 Nick Knowles Into Death Valley. 9.25 Ancient Builders Of The Amazon. 10.25 SBS News. 10.55 Sisi. 11.55 Royal Heroes. 1.00 Rogue Heroes. 2.05 London: 2,000 Years Of History. 3.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Better Homes. 8.30 MOVIE: The Bourne Legacy. (2012) (M) 11.55 GetOn Extra. 11.45 Motorway Patrol. (PG) 12.15 Healthy, Wealthy & Wise. (PG) 1.00 Plain Sight. 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 MOVIE: Cooking Up Love. (2021) 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 David Attenborough's Asia. (PG) 8.40 MOVIE: The Dry. (2020) (MA15+) 11.00 Law & Order: Organized Crime. (MA15+) 11.50 Tipping Point. (PG) 12.40 Pointless. (PG) 1.30 TV Shop. 4.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.20 Taskmaster Australia. 11.30 Judge Judy. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 News Hunters Aust. 4.30 Bold. 5.00 News. 6.00 10 News+. 7.00 Deal Or No Deal. 7.30 The Dog House UK. 8.30 House Hunters Aust. 9.30 The Graham Norton Show. 10.30 News. 10.55 10 News+. 11.55 Stephen Colbert. 1.00 Shopping.	FRIDAY
6.00 Range Charts. 7.00 Wknd Brekky. 9.00 Range. 12.00 News. 1.30 Beyond Paradise. 1.30 Maigret. 2.20 All Creatures Great And Small. 3.10 Last Night Of The Proms. 3.10 Spicks And Specs. 3.25 Lineup. 5.55 Last Night Of The Proms. 6.00 ABC News. 7.30 Beyond Paradise. (PG) 8.30 Return To Paradise. (M) 9.25 The Following Events Are Based On A Pack Of Lies. (MA15+) 10.30 Neighbours Does Hard Quiz. (PG) 11.00 Range. (MA15+) 5.00 Range. (PG)	6.00 Morning Programs. 3.00 Soccer. Australian Championship. Round 5. South Melbourne FC v Broadmeadow Magic FC. 5.30 The Irish Civil War. 6.30 News. 7.30 Royal Heroes. 8.25 A Year At Klynmore Abbey. 9.25 Japan: World's Most Punctual Train. 10.20 The Hospital: In The Deep End. 11.25 Homicide. 2.50 Curious Traveller. 4.25 Bamay. 4.55 Destination Flavour Bitesize. 5.00 NHK World English News Program. 5.15 France 24 Feature. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Five Diamonds Ladies Day and Charity Race Day. 5.00 News. 5.30 Border Security. 6.30 The Royal Coat of Arms. 7.00 Seven News. 7.00 Healthy, Wealthy & Wise. (PG) 8.00 MOVIE: Independence Day. (1996) (M) Will Smith, Bill Pullman, Jeff Goldblum. 11.00 MOVIE: 65. (2023) (M) 1.00 In Plain Sight. (M) 2.00 Home Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Getaway. 6.30 ACA. 7.00 Weekend Today. 10.00 Today Extra: Saturday. 12.00 Horse Racing. Melbourne Cup Carnival. Stakes Day. 6.00 NBN News. 7.00 A Current Affair. 7.30 MOVIE: Speed 2: Cruise Control. (1997) (M) 9.55 MOVIE: Exit Wounds. (2001) (MA15+) 11.50 News Top. 12.30 Australia's Top Ten Of Everything. (PG) 1.30 Rugby League. Ashes Tour. Third Test. England v Australia. 3.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands. (PG)	6.00 Morning Programs. 10.30 GBCB. 11.00 Talkin' 'Bout Your Gen. 12.00 Dogs Behaving (Very) Badly Australia. 1.00 Silvia's Italian Masterclass. 1.30 The Yes Experiment. 2.00 Farming Clinic. 2.30 Buy To Build. 3.00 Australia By Design: Innovations. 3.30 Well Traveler. 4.00 Cook With Luke. 4.30 TBA. 5.00 News. 6.30 Dog House Aust. 7.30 Selling Houses Aust. 8.30 Ambulance UK. 9.45 Gogglebox Aust. 11.15 The Gilded Age. 12.30 FBI: Most Wanted. 1.30 Shopping. 5.00 Hour Of Power.	SATURDAY
6.00 Morning Programs. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Miriam & Alan: Lost In Scotland And Beyond... 3.15 Long Lost Family. 4.10 The Role Of A Lifetime. 5.00 Antiques Roadshow. 6.00 Grand Designs Aust. 7.00 News. 7.30 Spicks And Specs. 8.00 Portrait Artist Of The Year. 8.50 The Forsytes. 9.45 MOVIE: Priscilla Queen Beatty. (1991) 11.25 Brush With Fame. 11.50 Range. 2.55 Range Closer. 3.30 Ask The Doctor. 3.30 The Art Of... 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Motorcycle Racing. Australian Superbike Championship. Round 8. 4.00 Gold Stars: The Story Of FIFA World Cups. 5.00 Freedom Is A Verb. 5.30 The Irish Civil War. 6.30 News. 7.30 JFK: One Day In America. 8.25 The Castle: Rebuilding History. 9.45 Watergate High Crimes In The White House. 11.25 Ancient Superstitions. 12.25 MOVIE: The Endangered Generation? (2022) 2.00 Sue Perkins: Along The US-Mexico Border. 4.15 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 House Of Wellness. 1.00 Motorbike Clips. 1.30 Cricket. Women's Big Bash League. Match 1. Brisbane Heat v Melbourne Renegades. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 My Kitchen Rules. (PG) 8.30 The Girl Who Caught A Killer. 11.20 Crime Investigation Australia: Most Infamous. 12.00 MOVIE: Secrets By The Shore. (2022) 2.30 Shopping. 3.00 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.30 Rugby League. Women's Pacific Championships. Final. 3.30 Rugby League. Men's Pacific Championship. Final. 6.00 NBN News. 7.00 The Golden Bachelor. 8.20 60 Minutes. 9.20 9News Late. 9.50 Social Media Murders. 10.50 Mobsters. 11.45 World's Most Dangerous Prisoners. 12.35 World's Greatest Journeys. 1.30 TV Shop. 4.00 Believer's Voice. 4.30 The Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Jamie Oliver: Fast & Simple. 11.30 Judge Judy. 12.00 Farm To Fork. 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 Big Brother. 8.40 Sam Pang Tonight. 9.40 Talkin' 'Bout Your Gen. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	SUNDAY
6.00 Morning Programs. 1.00 Landline. 2.00 Restoration Aust. 2.55 Home Delivery. 3.25 Grand Designs Revisited. 4.15 Long Lost Family. 5.00 Antiques Roadshow. 6.00 QI. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Crime Night! 9.00 Spicks And Specs. 9.30 Guy Montgomery's Guy Mont Spelling Bee (NZ) 10.15 If You're Listening. 10.35 News. 10.50 The Business. 11.05 Parliament. 1.10 Grand Designs Revisited. 1.15 Parliament. 1.00 Long Lost Family. 1.45 Range. 3.40 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 The Airport: Back In The Skies. 3.00 Going Places. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Michael Palin In Nigeria. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Bill Bailey's Vietnam Adventure. 8.30 American Place: JFK Jr. 9.20 Jimmy Carr's Literally Just Told You. 11.55 SBS News. 12.05 Conviction: The Case Of Stephen Lawrence. 11.40 The Man Who Died. 1.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 9.00 The Rookie. (M) 10.00 Alert: Missing Persons Unit. (M) 11.00 S.W.A.T. (M) 12.00 Girlfriends' Guide To Divorce. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Golden Bachelor. 1.20 9News. He Said She Said. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Golden Bachelor. (PG) 9.00 TBA. 10.00 9News Late. (PG) 10.30 The Equalizer. 11.20 Transplant. 12.10 Tipping Point. 1.05 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Jamie Oliver: Fast & Simple. 11.30 Judge Judy. 12.00 Farm To Fork. 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 Big Brother. 8.40 Cheap Seats. 9.40 FBI: Most Wanted. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	MONDAY
6.00 Morning Programs. 1.00 The Forsytes. 2.00 Restoration Aust. 3.00 Home Delivery. 3.30 Grand Designs. 4.15 Long Lost Family. 5.00 Antiques Roadshow. 6.00 QI. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 I Was Actually There. 8.30 The Piano UK. 9.20 The Night Show. 6.00 QI. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Crime Night! 9.00 Spicks And Specs. 9.30 Guy Montgomery's Guy Mont Spelling Bee (NZ) 10.15 If You're Listening. 10.35 News. 10.50 The Business. 11.05 Parliament. 1.10 Grand Designs Revisited. 1.15 Parliament. 1.00 Long Lost Family. 1.45 Range. 3.40 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 1.55 The Australian Wars. 3.00 Going Places. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Michael Palin In Nigeria. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Railway Journeys UK. 8.00 Railway Journeys UK. 8.30 Who Do You Think You Are? 9.35 The Cancer Killers. 10.40 SBS News. 11.10 The Point. 12.10 Carmen Culiers. 2.15 Looking For Rembrandt. 3.25 Curious Traveller. 3.55 Curious Traveller. 4.25 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club. 8.30 Murder In Mind. 9.30 The House Of Secrets. With Ron Kiddies. 10.30 Grosse Pointe Garden Society. 11.30 Lopez vs. Lopez. 12.00 MOVIE: Secrets Of A Marine's Wife. (2021) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 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 7.30 Taronga: Who's Who In The Zoo. 8.30 Bump. 9.50 9News Late. 10.20 Wild Cards. 11.20 Around The World With 30 Kilos. 12.10 Tipping Point. 1.00 Find My Country House Aust. 1.30 TV Shop. 2.30 Skippy. 3.00 TV Shop. 4.00 Believer's Voice. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Ent. Tonight. 10.30 Jamie Oliver: Fast & Simple. 11.30 Judge Judy. 12.00 Farm To Fork. 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 Big Brother. 8.40 Cheap Seats. 9.40 FBI: Most Wanted. 10.40 News. 11.05 10 News+. 12.05 Stephen Colbert. 1.00 Shopping. 4.30 CBS Morning.	TUESDAY

Local Calendar

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

October



Every Sat & Sun until 7 Dec - Abstract Art Exhibition 10am - 4pm and when flags are flying at Forster Gallery, 34 Lake St Forster.

Sat 1 Nov - Real Food Market 8am - 11am Pacific Palms Community Centre. Come meet your local farmers. Enquiries: Sue Williams 0438 433 063.

Sun 2 Nov - Black Head Bazaar Market 8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures. www.facebook.com/blackheadbazaar

Sun 2 Nov - Hallidays Point Car Boot Sale 7am to 12pm Hallidays Point Shopping Village Enquiries: 0403 042 088

Sun 9 Nov - Forster Town Market 8am to 1pm, Town Park, Oyster Pde Forster. Search Forster Town Park Market on Facebook.

Sat 15 Nov - Forster Farmers Market 8am to 12pm Forster Info Centre, Little St. Enquiries: Linda 0421 347 273

GREAT LAKES
Palliative Care Support

1st November 2025
8am to 12 noon
1/5 Rodmay St Tuncurry

Proceeds used to support
Palliative Care patients,
their families and carers in
our local community

Garage Sale

Books, Home Wares, Clothing,
Eric a brac, Plants

We invite you to participate in
Holy Petals
- a community event with a difference!

Where: 4 St Albans Place, Forster.
When: Saturday 29th November 10am-3pm

- Floral displays celebrating a Christian Christmas theme
- A display of quilts and wedding dresses
- Morning and afternoon teas - as well as lunch
- Stalls selling plants, craft, cooking
- Mini concert
- Children's activities/workshops
- A Fashion Parade

Would you like to run a stall, free of charge!!!

Take part in the floral arranging Competition - *no entry fee* and visitors vote for their favourite arrangement by placing coins in a tin. *You receive the proceeds!*
All you have to do is notify Judy Hall on 0400 890 728 or Ann Sansom on 0428 581 758 of your intention to participate before 31 October.

What's on around town & beyond!

Author Talk
Debbie Swibel
- 'Suicide: Hope Beyond The Darkness'



Above: Author Debbie Swibel.

MidCoast Council Libraries

I invite you to join me, Debbie Swibel (Suicidologist, Author, and Founder of Mental Health Management), for the launch of my new book, Suicide: Hope Beyond the Darkness. I shall be sharing personal stories alongside professional insights, with the aim of guiding readers through struggle and toward strength.

With suicide currently the third leading cause of death among 15-29 year olds worldwide and research showing one in six people between 16 and 85 years have experienced suicidal thoughts or behaviours in their life, we need to bring suicide into the light to help with understanding and prevention. This is more than an author talk, it is my personal, courageous invitation to open a vital, life-affirming conversation. This event is free of charge and is intended as a safe space to talk openly, listen deeply, and foster the understanding that is essential for prevention and healing. Please feel welcome to bring your friends and family—we encourage everyone to be part of the community committed to bringing hope beyond the darkness.

Saturday 1st November 11am - 12pm Forster Library. Bookings essential at: <https://library.midcoast.nsw.gov.au/Home>

FAMILY | HEALTH | MUSIC | BIBLE

faith FM radio
POSITIVELY DIFFERENT

88.0
FORSTER-TUNCURRY

Back by popular demand!



By Elizabeth Ho – Forster Gallery

Forster Gallery's Abstract Art Show was so popular last year that we have decided to hold it again.

This year, our members have contributed over 100 art works that, we hope, demonstrates how abstract art can blow your mind by challenging the way you see the world. You might find yourself thinking about shapes, colours and textures in a whole new way. You might see patterns and stories in the artwork the artists themselves never imagined!

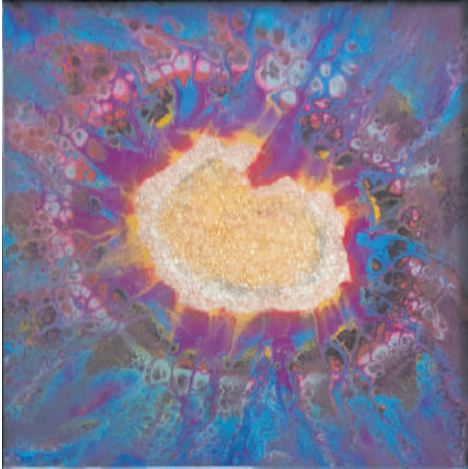
During this exhibition our feature wall will showcase the work of Roz Baker. Roz describes her work as "a quirky mix of contemporary abstract with a mixed media flavour, incorporating resin into some of my pieces". Using mandalas and stencils over colourful backgrounds on some paintings, Roz adds a touch of boho to her work.

Known to many locals as a writer who now paints, copies of Roz's historical novel Seed of Hope is on sale at the gallery.

Be warned! Viewing abstract art may spark your own creativity, whether you are a



Above: Artist and writer Roz Baker.



practising artist or not. You might find yourself wanting to try your hand at creating your own 'masterpiece' and Forster Gallery has a selection of classes and workshops where you can learn skills and techniques and just have a go! You will find further information on our website www.forstergallery.org

The Abstract Art exhibition runs Saturday 26 October to Sunday 7 December, with the gallery open from 10am – 4pm Friday to Sunday or when the flags are flying. Entry is free and the artworks are for sale. The gallery is wheel-chair friendly with a convenient drop-off zone, an accessible rest room, and off-street parking to ensure a welcoming experience for all.

Located just minutes from the heart of town, Forster Gallery is a must-visit destination for anyone seeking inspiration, connection or simply a quiet moment among beautiful works of art. Find us on Facebook and Instagram where we invite you to leave a review.

Forster Gallery - 34 Lake St
www.forstergallery.org

Forster Gallery and Great Lakes Art Society
proudly presents

Abstract Art
25 October - 7 December 2025
All works for sale

FORSTER GALLERY - 34 Lake St, Forster - Free entry
Open Saturday and Sunday, 10am - 4pm and when the flags are flying
www.forstergallery.org

What's on around town & beyond!

Make your
move



MidCoast Libraries

Join Forster's new Saturday Chess Club - where minds meet, strategies spark, and everyone's welcome. Starting this Saturday 1 November from 10:30am to 1:30pm at the Forster Civic Centre (picture below).

From curious beginners to seasoned players, pull up a chair, sharpen your game, and be part of the fun.



Sinfonia Mid North Coast

Your local Orchestra, Sinfonia MNC, will be performing Music for Shakespeare at: **Tuncurry Memorial Hall, 2pm Saturday 29th November.** A beautiful program of orchestral music paying tribute to the Elizabethan Age and the works of William Shakespeare.

Forster Tuncurry is home to Leigh Vaughan OAM, who plays the cello in these performances with the more than 40 strong Orchestra, and she brings her extensive musical experience to the group.

Elizabeth Berry, chair of the board of Sinfonia, says "Sinfonia was formed in 1999, to broaden community cultural life and to perform live music. Within our Orchestra team we are blessed to have musicians like Leigh, who was the founding chair and member of the board of Sinfonia for over 20 years."

"The program features the much-loved Ancient Airs and Dances by Ottorino Respighi, Mendelssohn's Fantasia from A Midsummer Night's Dream, Otto Nicolai's Overture from the Merry Wives of Windsor, and the outstanding music for the ballet Romeo and Juliet by Sergei Prokofiev."

Sinfonia's Musical Director, Iain Pole, says "When rehearsing for a major performance, the individual members of our orchestra spend many hours in preparation and learning their parts."

For this program, Iain has written an arrangement of Taylor Swift's Love Story, which is sure to resonate with younger members of the audience.

Each year, Sinfonia supports a musician under the age of 25 with a scholarship to further their career. This year the scholarship-holder is Cameron Waugh, who plays piano, keyboard and percussion. He will also make his

Music for Shakespeare



Sinfonia with Musical Director & Conductor Iain Pole.

conducting debut when he leads the orchestra in Ronald Binge's The Elizabethan Serenade.

Sinfonia aims to support all its musicians, whether they are new to their instruments or highly experienced. Ed Cachia, a bass guitarist, came to Sinfonia to start his journey playing the double bass, on an instrument loaned to him by the orchestra. Ed says "The Double Bass is a driving force in the Orchestra, and I enjoy being part of the fullness of sound the Orchestra produces."

Also new to the Orchestra, is Winston Giang, who began his violin studies in 2014 growing up in Sydney and Armidale. Winston is a junior doctor at the Manning Base Hospital and says of Sinfonia "They are a lovely, welcoming and supportive group."

"Also I really like Iain's arrangement of the song Love Story which blends a modern sound into a classical style."

Bookings & Arrival

For further information and bookings for Music for Shakespeare see our advertisement below and scan the code, or go to: www.trybooking.com/eventlist/sinfoniamncc

To our valued Tuncurry friends: **Please be aware that Tuncurry Hall does have seating limitations. We highly recommend that you:**

- (a) Purchase a ticket online AND
 - (b) Arrive with time to spare (please do not count on getting a parking spot nearby).
- Unfortunately, seats cannot be held for late arrivals with pre-purchase seating.

FORSTER-TUNCURRY LAKESIDE Festival

3 EVENTS OVER 3 DAYS
31 Oct Comedy Night
1 Nov Music Festival
2 Nov Recovery Sessions

WIN ME
TICKETS ARE \$35

SCAN HERE TO BUY

Additional tickets to the draw are \$5 each.
Must be at the Festival when the winner is drawn to collect their prize.

PROUDLY SPONSORED BY TANYA THOMPSON MP

Sinfonia MNC

Your local community orchestra

Music for Shakespeare

Camden Haven Anglican Church,
Laurieton - Sunday 16th Nov at 2PM

Tuncurry Memorial Hall
Saturday 29th Nov at 2PM

Manning Valley Anglican College,
Cundletown (Taree)
Sunday 30th Nov at 2PM

Adults: \$20
Children (U16): Free

Tickets at the door, or
Book online at:

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

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

Merger of Councils

Remember the good old days of the former stand-alone Great Lakes Council before the much unwanted merger with Greater Taree and Gloucester Councils. Notwithstanding the then State Government held a number of supposedly ‘feel-good’ Community Consultative Meetings to discuss the merger, it was a preordained conclusion the merger was a done deal. Sneaky gutter politics at its best!

I continue to be reminded of those good old pre-merger days every time I drive past the former Great Lakes Council building in Breesse Pde, Forster which has apparently been sold but remains unoccupied. And now, for some inexplicable reason the new owners have decided to fence off the deserted building and

its increasingly unkempt grounds with two metre high cyclone fencing topped with barbed wire, giving the precinct the unmistakable distinct look of an abandoned low-level prison.

The Councillors and senior bureaucrats in the MidCoast Council Ivory Tower some 36 kms away at South Taree need to be reminded that Forster-Tuncurry is not simply a name on a Google Map but a place where 20,554 people, (ABS 2021 Census), call home and who expect and deserve much better.

By Steven Maher - Forster

Editor’s note: MidCoast Council was formed when Gloucester Shire, Great Lakes and City of Greater Taree Councils merged on 12 May 2016.

Epstein connection disqualifies Prince Andrew from royal titles, qualifies him for US Presidency

The Chaser

Political Satire: Former Duke of York and ex-sweater Prince Andrew has been sensationally stripped of his royal titles due to allegations surrounding his friendship with notorious paedophile Jeffrey Epstein, but has also dramatically boosted his chances of becoming the next President of the United States.

“Sure, it was disappointing to lose the ‘Duke of York’ title,” Andrew said, “but it turns out in one of the former colonies, America, I can finally be King!”

Tabloids have declared that Andrew’s connection to Epstein is undoubtedly been the worst thing to befall the Royal Family since

Prince Harry married someone who was on the TV show *Suits*. While US President Donald Trump’s own ties to the convicted sex offender are considered to be the most damaging scandal to hit his administration since mid-last week.



Great Lakes Band performing at Club Forster on 26 October. Photo by Matilda Yule.

Trades & Services/Public Notices

Precise Paint & Repair

35 Years Local Experience

- Residential Exterior & Interior Painting
- Drywall & Plaster Repair



Call us on 0477 916 167

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

CALL GEORDIE YULE
0403 586 342

BD APPLIANCE REPAIRS

SPEEDY SERVICE

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



Call Dave 0422 787 552

NEED A HANDYMAN?

- Garden maintenance
- Gutters cleaned
- Rubbish removed & more

No job too big or small.
Excellent pensioner discounts!
35 Years Local Experience
Call me on 0477 916 167



Dulux
ACCREDITED PAINTER

ON TIME PAINTING

.COM.AU

Local & Professional

QUICK OBLIGATION FREE QUOTES

0449 612 132

LICENSED, INSURED & TRUSTWORTHY

Licence # 319841C

Gutter Snipes

SOLAR PANELS, ROOF GUTTERS & DOWNPIPES CLEANING

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



CARPENTER

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

30 years experience - Licensed - 290817C

Call Peter 0468 946 196

Australia Day

Citizen of the year Awards



Hallidays Point Community

Who makes a difference for us ?

- Local Citizen of the Year
Local community member who has significantly contributed to building a stronger more secure community, enhancing community cooperation and cohesion.

- Local Young Citizen of the Year
Aged under 21 on the 26th of January 2026
A local youth demonstrating community leadership, sporting or educational achievement.

Nominations are now open & Close on 31st Dec

Please send your detailed nomination by email to:

secretary@hallidayspointnitions.org.au

Awards are presented at the Lions Australia Day Breakfast on Black Head Beach

Book Review



Book Review by John King - Pacific Palms Librarian

The Listeners

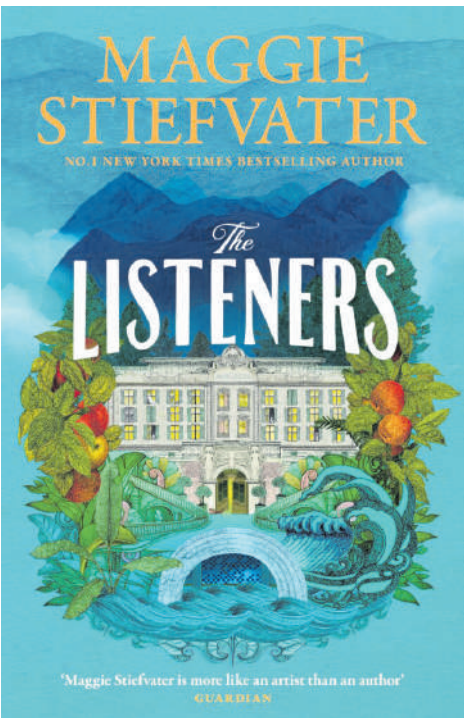
“It was a *no* with some real heft, a *no* that you could put ham and cheese on. The room went silent to appreciate its substantiality.”
Maggie Stiefvater’s book *The Listeners* is about a seriously up-market hotel and spa in the US Appalachians that is taken over by the Government in 1942 to house interned enemy diplomatic personnel. Its Hotel Manager June Hudson has the full and total loyalty of the staff; she stands up for them. Many are social dropouts that she has taken on. Hoss she is called.

The difference between wealth and luxury? Wealth is just security. Luxury is when someone anticipates your wishes even before you perhaps know them yourself which is what this hotel and spa is all about. This is just one of the insights in the book.

The characters are extraordinary. The Germans, Italians, and Japanese might be allies at a national level. A personal level is entirely different. How does this exclusive hotel keep them occupied, and not at each other’s throats. Moreover, how does one keep staff loyal when husbands, sons, and daughters are dying and have died at Pearl Harbor, at sea, and on land, yet they are required to serve these people? The State Department representative and the FBI think they run the hotel; they don’t and have to come to terms with that.

There are four spa houses from the exotic to the rustic. One is dangerous. June is the only one left who can manage the water that flows around and through the hotel. It absorbs feelings for good and bad.

Finally the diplomats and their staff are repatriated, but not all, and ‘the listeners’ emerge.



Though this is a book of fiction, much of what June and her hotel encountered is real.

A good read.

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

Screen Reviews



TV Show Review by Leon Batman - Tuncurry



Lucifer - Netflix, 2016, 6 Seasons

Morning Star Lucifer, the servant of Hell has had enough and decides earth is a better place for his talents and opens a night club in LA. He is mesmerised by an LA detective, Chloe Decker, who seems to be the only person who isn’t entranced by his spell. An interesting comedy/drama/sci-fi series which gets better with each episode.

Mindhunter - Netflix, 2017, 2 Seasons

Based on the true crime book *Mindhunter*, this psychological crime thriller series follows the early days of criminal psychology and criminal profiling in the FBI as agents in Behavioural Science Unit use their new found knowledge of finding out how a criminal mind works to solve cases. An extremely interesting show to watch.



The Shamrock Spitfire - Prime, 2024, movie



Irishman Brendan Finucane is growing up in Ireland during the Irish Civil War. After being taken to an airshow and having a 10 minute flight all Brendan wants to do is be a pilot. When his family moves to England and after finishing school he applies to join the RAF. Despite a bumpy start Brendan, known as Paddy to his colleagues, becomes a Fighter Pilot in the new Spitfires in WWII. He becomes one of the most successful Fighter pilots in RAF history. This movie is a very realistic account of the life of Paddy Finucane and is certainly worth watching.

SPECIALIST PHYSIOTHERAPY



Mathew Smith

OPTIMISE YOUR RECOVERY
WITH EXPERT HANDS ON ASSESSMENT

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

BOOK ONLINE OR CALL NOW

0480 581 487



<https://specialistphysiotherapy.co>

Great Lakes FUNERALS

greatlakesfunerals.com.au

Personalised Burial, Cremation and Memorial Services

6519 4713

85 The Lakes Way, Forster

Community News

www.forsterfortnightly.com.au

Page 20

Weekly Diary

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

Mondays

Alcoholics Anonymous

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

Al-Anon Family Groups

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

Boomerang Bags Forster Tuncurry

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

Club Forster Travel Club

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

Family History Advisory Group Volunteers

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

Forster Hospital Pink Ladies

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

Forster Tuncurry Lions Club

Meetings held 3rd Monday each month.
Club Forster 6:30 for 7pm Dinner.
Contact President **Peter Sloan 0419 125 152**

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park

exercise at Coomba Park Aquatic Club
Dec to Mar 8-9am Mon, Weds & Fri
Contact Lindy 0415 392 554

1st Forster Tuncurry Scout Group Cub Section

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

Forster Tuncurry Seniors

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

Girl Guides Forster Tuncurry

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

Great Lakes Evening VIEW Club

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

Great Lakes Ladies Probus Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglforster@gmail.com

Manning Great Lakes Parkinson's Support Group,

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

Mixed Social Tennis

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

Mid North Coast Bootscoters

Beginner lessons 6 - 7pm every Monday at
Club Forster. Check our Facebook for venue
changes or call Lorraine 0400 708 511.

Quota Club of Forster Tuncurry

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

Tennis Forster

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

The Man Walk

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

Tuesdays

Alcoholics Anonymous

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

Club Forster Social Dance Club

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

Coomba Park Tennis Club

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

Forster Shores Combined Probus Meeting

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

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

1st Forster Tuncurry Scout Group Venturer Section,

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

Great Lakes Prostate Cancer Support Group.

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

Hallidays Point Combined Probus Meeting

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

Hallidays Point Surfing Mums

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

Pacific Palms Probus Club

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

Pickleball Tuncurry

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

Rotary Club of Lower Midcoast

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

The Coomba Mens Shed

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

Wallis Lake Dining Group

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

Wallis Lake Tourers Travel Club Inc.

Meet 10am 2nd Tuesday of the month
Tuncurry Beach Bowling Club
Enquiries Gail 0421 965 885

Wednesdays

Alcoholics Anonymous

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

Alcoholics Anonymous

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

Club Forster Table Tennis

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

Dementia Information drop in at Forster Library

4th Wed of the month 9.30 -
11.30am. Speak with local Dementia Alliance
representative on local services.

Forster Digital Photographic Club (FDPC)

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

Forster Tuncurry Evening View Club

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

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park

exercise at Coomba Park Aquatic Club
Dec to Mar 8-9am Mon, Weds & Fri
Contact Lindy 0415 392 554

Great Lakes Breast Cancer Support Group

Meet on the first Wednesday of the month at
the Tuncurry Beach Bowling Club at 4pm.
Contact Lorraine 0410 588 736

Great Lakes Historic Automobile Club

First Wednesday monthly (not January)
at Tuncurry Beach Bowling Club
Talk to Laurie Curtin 0402 315 215

Great Lakes Knit and Spin

Every Wednesday 10am – 12pm,
Forster Civic Centre, Wallamba room. Enquiries
Kayleen 0416 184 684.

Great Lakes Suicide Prevention Network

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

Green Bikes Community Workshop

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

Hallidays Point Men's Shed

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

One Mile Beach Dunecare

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

Seaside Heritage Quilters

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

Social Tenpin Bowling

Forster Entertainment centre
Wednesdays 10am
Contact Jamie 0431766582

The Sunrise Club

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

Twin Towns Tennis Club

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

Westpac Rescue Helicopter Service

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

Women's Shed Forster & Tuncurry

Meet fortnightly every month 11:30am in
Wallambi Room at Forster Library.
Enquiries Cheryl 0448 237 918.

Thursdays

Al-Anon Family Groups

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

Codependents Anonymous

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

Coomba Mens Shed

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

Forster District Combined Probus Club

1st Friday of every month (except
January) Club Forster. Contact **Jacqui Costello
0410 662 671**

Community News

www.forsterfortnightly.com.au

Page 21

Saturdays

Alcoholics Anonymous

9.30am, Steps and Traditions
Girl Guides Hall - Opp Council Playing Fields
Lake St, Forster 1300 222 222

Club Forster Table Tennis

Each week new players welcomed.
12:45 - 3pm. Contact Harold 5591 7133 or
Bruce 0414 532 496

Dragon Boating

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

Forster Country Women's Association

CWA are serving Devonshire teas, 3rd Saturday
of month 9:3am - 11:30pm, Coolongolook Rm,
Forster Civic Centre. Enquiries: 0411 028 857

Forster parkrun community 5km run/walk

Pebbley Beach Playground off Head St
7:45am for 8am start every Saturday
facebook.com/Forsterparkrun

Great Lakes Orchid Society Meeting

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

Green Bikes Community Workshop

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



Above: Volunteers Cath Atkinson and Debbie Nicholas at the Tuncurry Community Brunch.



Above: Backrow (L-R) volunteers Heidi Watts and Kellie Harris. Front row Cheryl and John English at the Forster Community Kitchen.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Community Meals & Pantry



Above: Volunteers Cath Atkinson and Debbie Nicholas at the Tuncurry Community Brunch.

Tuncurry Community Brunch

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

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

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

"Bring what you can – take what you need."

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



Above: Backrow (L-R) volunteers Heidi Watts and Kellie Harris. Front row Cheryl and John English at the Forster Community Kitchen.

Forster Community Lunches

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

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

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

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

Tuncurry Community Morning Tea & Lunch

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

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

11am - Produce Market, \$5 bag of staples &
meal ingredients are available.
11:30am to 1pm - Lunch served

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

Star Pet



Name: Mango
Age: 12 years old
Breed: Mixed breed with some Staffy and Lab in there.
Likes: Playing on One Mile Beach with his best friend Pepe, swimming, all sorts of food, cuddles, belly rubs, lazing in front of the fire in wintertime, watching dolphins
Dislikes: When the humans don't share their food and when his favourite humans go away.
Claim to Fame: Mango has travelled around Australia with his humans and makes friends with everyone.

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



MANNING ST MEDICAL

Veterans: Unlock Your Benefits with Dedicated Local Support!

Come & meet Nigel our dedicated fellow Veteran and Registered Nurse.

This is your chance to:

- Gain clarity on your Coordinated Veterans Care (CVC) plan.
- Discover potential access to equipment and care benefits you might be unaware of.
- Receive personalised guidance on navigating the support services available to you.

We are the only practice in the local area providing this essential service, demonstrating our strong commitment to our veterans. If you hold a Gold Card or an eligible White Card, this invaluable opportunity is for you at no cost. Don't leave potential benefits on the table! Nigel is available every Wednesday to provide free, private appointments where you can discuss your needs in a comfortable and confidential setting.

Call us today on 6555 0115 to schedule your no-obligation chat with Nigel. Your well-being is our priority!

**Phone Us**
(02) 6555 0115

**76-78 Manning St**
Tuncurry NSW 2428

Dolphin calf rescued



Above: Locals notified marine animal rescue organisation ORRCA in late September after noticing the calf. Photo by Sharyn Coffee, ORRCA.

Continued from page 2.

fishing line entangled around the tail of the calf.

"It had fishing line wrapped around its tail, which collected debris ... and as the days and weeks went on more debris was getting caught up in it and the dolphin was becoming slower," she said.

Ms Fox said ORRCA and other organisations kept a lookout for the calf, which has a distinctive dorsal fin.

A Gold Coast-based Sea World Foundation team travelled to Forster over the October long weekend to try to free the dolphin but despite multiple searches, the mammal could not be found.

On Saturday, October 11 the calf and its mother were seen again, and the Sea World rescuers quickly returned to Forster, this time successfully reaching the young dolphin.

Sea World Foundation head veterinarian Claire Madden said the team secured the animal alongside the rescue boat.

"The trailing edge of the fishing line floating behind had been caught up in seagrasses and sea algae that was acting [like] a bit of an anchor and weight, which was causing the fishing line to dig deeper into the tail of the little one," she said.

"It was a sad sight to see the injuries that a single strand of fishing line had caused to this individual, but it was the best feeling in the world to know we had removed it and given this little one a second chance at life."

Dr Madden said there was good blood supply to the wound area, indicating the dolphin had a chance of healing and recovering well.

"I administered some medication before letting the dolphin swim off to reunite with Mum, who hung around for the duration of the operation," she said.

Dr Madden said the incident highlighted the need for people to dispose of rubbish and fishing gear responsibly.

"Unfortunately, the ocean is a big place, and too often we get calls that animals need intervention and need help, but we simply can't find them, and it's one of the most devastating parts of the job," she said.

Ms Fox said the mum and calf were expected to successfully reintegrate with other dolphins.

"It's from one of the local pods of bottlenose dolphins and we are hoping to continue monitoring this dolphin as the weeks and months and years go by," she said.

Coffs Coast Wildlife Sanctuary managing director Tiga Cross, who also runs fishing line waste removal project Seal the Loop, said about 1,500 marine animals were entangled in fishing line each year.

**ORRCA 24 Hour Rescue Hotline
(02) 9415 3333**

Our Local wildlife



By Kym Kilpatrick

Weebill

Implied in the name, Australia's smallest bird is the Weebill (*Smicromis brevirostris*). With an adult size of 8 to 9 centimetres, wingspan of 15 centimetres and weight of 6 grams, it is tiny. As well as tiny, their colouring is fairly inconspicuous, with yellowish-grey on their fronts and olive to brownish grey on their backs. They have brown tail feathers with a black bar and white spot on the tips

except for their two longer central tail feathers. Adults have pale yellow eyes and a faint cream eyebrow. Their bills are short, stubby and grey (which helps distinguish them from the similar thornbills). Their legs and feet are grey. Males and females are similar whilst juveniles have slightly brighter yellow bills and greyer eyes.

What weebills may lack in colour and size however, they make up for in song. Their song is a loud, musical, rolling repeated four note call variously described as sounding like 'wee willy weetee' or 'I'm a wee-bill' with the last two notes higher and more drawn out (a quick internet search will find various recordings).

Weebills are insectivores, and found in forested areas with good understories. They mostly forage in trees in pairs, or sometimes with groups of other small birds such as thornbills, silvereyes and pardalotes. They flutter in outer branches in the canopy and midstory gleaning insects such as beetles and flies, larvae, spiders, psyllids and lerps. As such they are important tree hygienists, critical for keeping trees and forests healthy.

Weebills are also master nest-builders, although usually it is the female who is the primary nest-builder. The nests are dome-shaped pendants made from fine pliable grass and plant fibers and suspended from slender branches concealed in dense foliage. Entrances are via narrow spout-like openings towards the top of the pendant dome. Spider cobwebs, animal hair and insect cocoons are

used as binding agents and as camouflage whilst inside nests are lined with feathers and other soft vegetable materials.

Nests-building typically starts in July and, depending on weather conditions, can extend into May. In our area, breeding usually occurs from October onwards. Males will court females by ruffling their cheek and head feathers with outstretched wings and both birds will display to each other at the nest site with tail-fanning, wing quivering and slight bowing.

Two to three matt cream but brown speckled eggs are laid and it is the female that takes on incubation duties whilst the male will bring her food, displaying and singing to her above the nest to alert her. These songs are often the only bird song during the heat of the middle of the day.

The eggs hatch after 12 days and the chicks will fledge after another 10 days. Both parents are involved in care and feeding once hatched and in good years more than one brood will be raised.

Weebills tend to be sedentary and territorial birds and their numbers appear to be stable. They are occasionally vulnerable to brood parasites such as the bronze cuckoo who will remove the weebill's eggs and replace them with her own. Of course, they are also vulnerable to habitat disruption, including introduced weed species, the loss of midstory vegetation, and bushfires.



Above: Photo of Weebill by Mick Roderick.

Dogs being used to detect invasive weeds



MidCoast Council

Dogs are not just our best friends but also one of our most able tools – and K9s are now being used in an innovative weed detection program by MidCoast Council.

The dogs are currently on the scent of the invasive Chinese Violet in the Forster area, supporting Council's biosecurity team to identify the weed in Council reserves, private property and National Parks in Forster, Tuncurry and Seal Rocks.

"Chinese Violet is a new priority weed that is at risk of taking hold in our coastal areas

unless immediate action is taken. We are working hard to get on top of it, and the dogs are making the detection so much easier," Gerard Tuckerman, Council's Manager of Natural Systems, explained.

"This is the first time this invasive plant has turned up in Forster, Tuncurry, and Seal Rocks. We are working to remove the invasive plants, and the detection dogs are helping identify new plants and small plants."

Chinese Violet smothers and outcompetes native plants, reduces food and shelter for native animals, competes with crops and can smother garden plants and lawns.

"A K9s scent can be anywhere from 10,000 to 100,000 times stronger than that of a human, and with specialist training they are able to seek out weeds and seedlings, that are incredibly hard to detect to the human eye, which is amazing." Mr Tuckerman said.

MidCoast Council has several of these specialist hounds on loan from Indago Environmental for a few weeks to make a real difference to tackling Chinese Violet.

Any Chinese Violet that is found must be controlled with the overall aim of eradicating the weed from NSW.

Find out more about how we manage priority weeds in our region www.midcoast.nsw.gov.au/weeds

Local Identity – Amy Canfield

Interview by Vanda Gooley - Forster

I met Amy when she was adding the finishing touches to the amazing mural at 'Dorsal by the Sea.' Amy Canfield is a talented, passionate muralist. She has been painting for as long as she can remember and art has always been a significant part of her life. She is the creator of Art Amie Murals.

Amy loves the play on the word 'amie,' which means 'friend' in French. That's where ArtAMIE came from – it loosely translates to 'art friend,' Amy wants her work to be something that connects with people and brings a sense of joy and friendship to their spaces. 'I wholehearted believe it is my duty to infuse the world with happiness and colour through my artwork.'

Amy is originally from Northampton, England and moved to Australia about 10 years ago to explore and see the sights. Somewhere along the way, she met and married a country boy, Zach, and eventually moved to the Mid North Coast to be closer to his family. They've just bought their first home in Taree West and are loving putting down roots there.

Art has always been more than just work for Amy – "it's part of who I am. I live and breathe it." Zach jokes that marrying an artist was both the first and the last time he'll take that particular leap of faith!



They don't have children yet, though as she approaches her 30th birthday, it's something she's started to think about – along with how she'll keep creating murals and staying true to that side of herself while juggling motherhood. For now, their toy poodle is very much the baby of their family.

Amy grew up in very a close Christian, large, extended, down-to-earth family. "My dad is a bit of a jack-of-all-trades – officially a plumber, but his real bread and butter has always been making double-glazed windows. He's one of the hardest-working men I've ever known – there was always a side hustle happening, whether it was delivering Chinese takeaway, selling baby clothes, or BMX parts."

Amy's mum, "is the warmest, kindest woman I've ever met. Being so far away from her now, I've come to appreciate even more just how much she did for us growing up. She made our childhood magical with trips to the zoo, the seaside, ice skating shows, and musicals." Amy said every summer holiday, the craft supplies would come out, and they'd spend days making things together.

Amy has one brother, Lloyd, who's six years younger than her. Growing up, he was the classic annoying little brother. Now he's all grown up, very handsome, and working as an official Chelsea reporter for The Sun newspaper back in the UK. "We're very close now and I'm so proud of him."

Amy said her childhood home was full of love, creativity, and plenty of adventures. "Unfortunately, there was also something very difficult I went through when I was very young – I was a victim of abuse by the man my Nan had married. It was something I didn't fully understand at the time, but I had this instinct that something wasn't right." When it all came to light, my family did everything they could to

protect and support me. My Nan left him straight away, and we became so close after that. Losing her while I was here in Australia was heartbreaking."

"One thing I've always been proud of is finding my voice." Speaking up helped Amy, her family and other child victims. "Which gives me a strange kind of peace about what happened."

Amy has special memories of family Christmases. She said, even though they didn't have a lot of money, her parents always made sure they had everything they could have wished for. For Amy, Christmas was all about snuggling up in her Christmas jumpers, watching the Christmas specials of Doctor Who, and eating all the treats that only appeared that time of year. They'd start on them as early as seven in the morning without a hint of guilt!

Amy started school at Boothville Primary then went to Bishop Stophord Secondary School in Kettering. After that, she completed a Foundation Diploma in Art and Design at Northampton University graduating with a distinction. At the time, she wanted to get out into the world and experience life while still keeping art close to her heart.

Back in the UK, Amy worked as a waitress at the Cobblers football ground, pulled pints at a pub, worked at Marks & Spencer's, spent time at a BMW garage, and even in a charity shop. When she first moved to Australia, she nannied, then managed a Subway in Moree, before moving into work that was closer to her creative side – at a framing shop and then an art gallery.

Eventually, Amy found her way back to her passion – creating art. "Becoming a full-time mural artist has felt like coming home to my true self, and every step along the way has helped me build the skills and confidence I bring to my work today."

Amy was recently privately commissioned to paint a huge mural on a pool wall at One Mile Beach. It's about 20 metres long and 1.4 metres high – and it combines elements of realism with bold pops of colour in a pop-art style

Amy has also been working on a mural for the Wingham Advancement Group, which is a beautiful homage to the history of Wingham. "It's been such an honour to help tell the story of the area through my art." Alongside that, she's designing a concept for a new company in Taree that supports children and adults with learning and speech difficulties, which is something really close to her heart.

When Amy isn't out on-site painting, she's designing, brainstorming, or connecting with new clients – "I don't think I ever really stop. But for me, that constant flow of creativity doesn't feel like work. It's my passion, and it drives everything I do."

When Amy gets a chance, she's been enjoying spending time in the garden of their new home. "There's something so grounding about planting, pottering, and just watching things grow." She also loves baking and cooking, and walking their toy poodle. "I always stop to chat with other dog walkers – especially older people – because they have the most fascinating stories and so much life experience to share."

Amy loves spending time with her husband. Enjoying simple things like going out for dinner. Together they have done a lot of travelling. But while they focus on building their home and setting down roots, the suitcases are staying packed.

"Over the years, I've been fortunate to have my art recognised in different ways. When I was younger, I won the Hobbycraft Art Competition and took home numerous prizes at local shows, which really encouraged me to keep creating. My biggest win to date was the Moree Portrait

Prize back in 2017, which was such an exciting moment and a real confidence boost."

As for Amy's murals, she hasn't picked up any formal awards as yet. However, every time she sees people stopping to take photos with one of her murals or hear how a piece has brought joy to someone's space, "that feels like the biggest achievement of all."

One of Amy's biggest achievements is the 20-metre by 4-metre mural she painted for a McDonald's drive-through. It was in the middle of an Australian summer, so she was out doors in 40-degree heat, working with heavy machinery and a spray gun, mask on, day in and day out. Amy completed the entire wall on her own in just under two and a half months. "It was physically and mentally exhausting – but will always hold a special place in my heart as a reminder of what hard work and determination can achieve."

One of Amy's big challenges was figuring out how to even start this vocation. There aren't many formal pathways or study options for mural artists, so in the beginning, she felt a bit lost. Then someone reached out offering a mural mentorship. "That course taught me so much – but the real learning started when I went out into the world on my own and had to figure things out through trial and error."

Pricing her work was another big hurdle. She undervalued herself and her art, charging very little and leaving Amy exhausted, drained, and broke. Amy's husband who recognised her unique skills suggesting she start charging like a tradesperson would. Creating a mural is hard, physical work that takes years of practice, planning, and execution.

Because being a muralist can be quite solitary, Amy really enjoys opportunities that allow her to connect with people. She enjoys chatting with neighbours, stopping to talk to other dog walkers, or even spending 20 minutes in the street just having a yarn with someone new. It's those small connections that make this place feel like home, and I feel so grateful to be part of such a warm and welcoming community. Amy also loves face painting at the Flametree Markets. Over time



Above: Amy Canfield is a talented, passionate muralist.

the regular stallholders have become familiar faces, which makes it feel like a little family.

A few people have inspired Amy. Professionally, her mentor PJ, who runs Mural Nomad, has been a huge inspiration. She's a woman thriving in the art business world. Watching how she balances her creativity with running a successful business has taught Amy so much.

Another artist is Drapl, a mural artist based in Brisbane. "The skill, the precision, the way he brings walls to life is something I deeply admire and aspire to."

Amy said, "There's so much to love about the Mid North Coast; the beaches, the bush, the slower pace of life. There's this strong sense of community here; people look out for one another, and it feels like everyone is connected in some way. I also love how accessible everything is. Being so close to the highway means it's easy to travel up and down the coast, so I get to experience and work in so many of the towns that make this region unique."

"Also knowing that my murals don't just brighten up walls but also become part of that community fabric – little landmarks where people stop, take photos, and share memories. Living and working here has made me feel so grounded and grateful. It's the kind of place that makes you proud to call it home."

"If you believe you can, you will" is a motto I live by because so much of my journey as an artist – and as a person – has come down to believing in myself, even when things felt uncertain

Close friend and artist, Gillian Jackson said...

"Amy and I met 2 years ago when I was searching for a local artist to paint a mural for me. The project was to paint a bright, colourful mural including images of local frogs and insects as well as tropical flowers. Amy was super excited and turned our photos into an amazing mural for the 8.5m x 3m studio wall. A fantastic friendship grew over time as she visited us and painted. At all times Amy was a total professional. The project was completed over a 3-month period during which time Amy worked on other projects. The final result is a true testament to her talent as an amazing muralist. The images and her attention to the details was inspirational.

Her ability to understand the needs of her clients and interpret their visions into incredible murals is amazing. Amy is always open to new ideas and seamlessly manages to turn simple ideas into works of art. Amy has also mastered digital technologies and utilizes them to enhance her design process.

It is with great honour that my family and I call Amy and her husband, our close friends."



Newcastle welcomes first year-round international flights

By Jake Nelson – Australian Aviation, 21 October 2025

Newcastle Airport has celebrated its first permanent international route with the launch of Jetstar's service to Bali.

Flight JQ88 took off from Newcastle shortly before 10am on Tuesday aboard the A321neo LR VH-OFL, having landed as JQ89 from Denpasar just after 7:30am. Flights will operate three times per week, bringing more than 70,000 seats per year between Bali and the NSW Hunter region.

"We're thrilled to see our first Newcastle to Bali service take off today, giving travellers in the Hunter region a direct, low-fares link to one of Australia's favourite holiday destinations," said Jetstar CEO Stephanie Tully.

"This route means more convenience and more choice for our customers, and it's another step in our mission to help Aussies takeoff more.

"We want to thank Newcastle Airport and the NSW Government for their support in making this new international connection a reality."

The launch of the Bali route follows the opening last month of Newcastle's new international terminal, which expands the airport to eight gates including its first aerobridge and is expected to more than double its capacity.



Above: Jetstar A321neo VH-OFL takes off from Newcastle to Bali. Photo credit: The Ground Crew.

The airport has launched or announced new routes to Perth and to Hobart over the past few months, which CEO Linc Horton says are "all performing above expectations".

"We know airlines are watching how the Hunter responds, and we expect that strong demand for this service will lead to more flights

and new international routes being added in the future," he said.

"This new route offers our passengers the opportunity to begin their holiday sooner, with the added comfort and efficiency of flying from their local airport.

"This new international service represents a significant moment for both Jetstar and Newcastle Airport, as the airline that launched its first commercial flight from Newcastle in 2004 now leads the region into its international future."

Andrew Warrender, Newcastle Airport's executive general manager for airlines and governance, said the Bali service is "game changing" for the Hunter region.

"It means people don't have to go to Sydney to connect to the world. It means they save all that time and money. They can enjoy it on their holidays or going to do business in other parts of the world," he said.

"Bali is a great first route. It connects us to places that we've never been connected to before. I think we're up to a huge number of one-stop destinations now from Newcastle."

The NSW government last year signed a memorandum of understanding with Newcastle Airport for two years of funding from the state's Aviation Attraction Fund after the commencement of new routes, to entice carriers to launch services.

The airport previously signaled it could host daily international flights, including to New Zealand and Singapore, once the upgrades were complete.

Early tourist fishing trips & lake excursions

Great Lakes Museum

Since the 1920's, Wallis Lake and the nearby ocean at Forster/Tuncurry were well known for the abundance of fish and were advertised as a 'fishermen's paradise'.

William Belton started working at a local sawmill, later taking up fishing. William ran the ferry for a while but went back to fishing for a living. As early as 1926-1927, he started taking tourist parties on fishing trips around the lake, which he continued to do until he retired.

Carl Emmerson worked the cream-boat run collecting cream from dairies around the Wallis Lake, for the Butter Factory at Tuncurry. He also ferried children to the Charlotte Bay School

and delivered groceries to the farms. Carl commenced his fishing trip business around 1929.

The tourist population increased and by the 1930's, the more motorised travellers were beginning to visit the area directly from Sydney. Local tourist facilities were given a boost in 1930 when electricity became available. The Cape Hawke District Rural Co-operative had installed a plant generator at the Tuncurry Butter Factory and was able to supply the area with electricity until 1950. By 1945 additional shops had been built in Forster/Tuncurry and with recreational fishing being one of the main activities of the visiting tourists, boat-hire and lake and ocean fishing tour operators continued to do a roaring trade.



Early fishing trips in Forster Tuncurry.

passenger ferry was discontinued in late 1949, the Alma G II remained in Forster as an excursion launch with 'Gregory's Excursion.'

(As a matter of interest-in 1948, the Alma G was sold and used on the regular ferry service from Cronulla to Audley in the Royal National Park NSW. It was named the Tom Thumb and was still in service in 1984.)

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

Volunteers are welcome. Morning tea and lunches are available on request, for group bookings phone 6554 6275.

The increased number of tourists coming to our area made way for further business opportunities. The Alma G was the first 'passenger only' ferry boat to ply between Tuncurry and Forster. She was built in 1946 by Alf Jahnsen and Leo Royan for Wylie Gregory and was named after Wylie's wife, Alma Gregory. With the sale of the Alma G pending, the Alma G 11, also built by Alf Jahnsen, was launched in 1947. Although the private

We have a boat to suit your needs and a wide range of chandlery to complement it

Your complete boating needs under the one roof



It's another Graham Barclay Marine day

Boating Accessories - Water Skis - Fishing Supplies & Tackle

www.barclaymarine.com.au P: 02 6554 5866 129 The Lakes Way, Forster

Silver & Bronze at Hunter Stroke Olympics



Above: Ready to board the bus after an action-packed competitive day at the Hunter Stroke Olympics held in Raymond Terrace. (L-R) Janette Daniel, Phil Christie, Helen Christie, Dennis Lawerson, Lesley Watkin, Cheryl Baxter, Phil Baxter and Ann Morris. Photo supplied.

By Lesley Watkin - Great Lakes and Manning Stroke Recover Club

The Hunter Stroke Olympics (HSO) is held every October, and all Stroke Recovery Clubs in the New England Area are invited to attend. This year we had 7 clubs with up to 10 stroke survivors from each club able to attend. Each stroke survivor is required to select a game to participate in for the morning and a different game after lunch. Carers and volunteers have a Carer/Putting Competition.

We were fortunate this year with Phil Baxter winning silver in the Carer/Putting competition and Phil Christie winning bronze in Euchre. Congratulations to you both and to our other members that gave it their all.

The Great Lakes and Manning Stroke Recover Club was once again able to attend the Hunter Stroke Olympics (HSO) thanks to the support of the community with donations and support of our raffles. Club Forster with their in-kind support and their Clubs Grants funding project funded us this year, along with many local not for profit organisations and charities.

Our Stroke Recovery Club is a self-help club registered with the Stroke Recovery Association of NSW which looks after our governance. The clubs have been founded to provide support for Stroke Survivors, their Carers and family living in our community.

Webber Palmer Memorial Cup



Above: (L-R) Chris Garraway, Chris Glasson, Craig Stewart, Harry Overton and Greg Matthews.

By David Blanchard - Forster Mens Vets Golf

On the 20th October we had 84 players compete at the Tuncurry course for the annual Webber Palmer Memorial Cup, played in a 4 man Ambrose format. The winners collected the trophy with a great score of nett 55.25 and were presented with great prizes by our sponsor for the day, Chris Garraway from Evermore Solaris Retirement Living.

Member Terry Dunn spoke passionately about the Webber Palmer connection, who were great contributors to the Vets operation in the past.

The weather gods were with us for the day and we must pay tribute to Course Superintendent

Mark Spraggs and his team for bringing the course back to full playability following the recent wet weather we all experienced.

Once again we were treated to a magnificent BBQ lunch after the game, prepared by our hardworking catering volunteers with special thanks to our Treasurer Kerry Matheson.

The day welcomed new members Bruce Hamilton and Mark Maxwell. The attraction of the Men's Vets Golf is constant with new members joining all the time and we welcome anyone wishing to join. Please contact the Forster Clubhouse accordingly (conditions apply).

Coach of the Year: Narelle Sinclair

By Michelle Richardson - Great Lakes Pearl Dragons

The Great Lakes Pearl Dragons are delighted to announce that their very own Coach, Narelle Sinclair, has been nominated as the DBNSW Coach of the Year for the 2024/25 season. This prestigious recognition was formally celebrated when Narelle was presented (in absence) with the trophy on Sunday, 12th October at the Sydney Series 1 Regatta held at Sydney International Regatta Centre.

Narelle was both stunned and deeply humbled to receive this honour. In her acceptance, she remarked, "I feel embarrassed to have only my name on this award, as it is truly a Club award to all the Pearlers' coaches, who have gone above and beyond to teach, mentor, and share (their) knowledge and experience to encourage the very best for all members." Her words reflect the collaborative spirit and dedication at the heart of the Club's success.

Narelle's coaching success in her dragon boating journey began in October 2022. By late 2023, she had embarked on her coaching training with the Great Lakes Pearl Dragons, achieving her Level 1 qualification in January 2024. From that point forward, her boundless enthusiasm and encouragement energised the entire Club. Members found inspiration in her leadership; some who had never previously attended a gym began new fitness routines, while others set fresh goals each month to improve their fitness levels.

Under Narelle's guidance, the Club set ambitious new benchmarks, including coaching a team for the Lunar New Year, competing in



the State Championships, and, subsequently, the AusChamps (National Championships). Even when results did not always translate into medals, the Club's progress was evident in its improving statistics, with members becoming better, fitter, and stronger as a team.

Every member of the Great Lakes Pearl Dragons is deeply appreciative of the time Narelle has dedicated to the Club, often at the expense of time with her family. Her commitment has played a crucial role in shaping the Club into a more competitive and united crew, for which they are eternally grateful.



FORSTER TUNCURRY SPORTS PODIATRY

Is foot pain, knee pain or hip pain slowing you down?

CALL Forster-Tuncurry Sports Podiatry Biomechanics & Lower Limb Experts

From heel pain and plantar fasciitis to knee, hip and back pain (relating to the lower limb).

We assess, treat, and correct the root of the problem.

- Biomechanical & Gait Analysis
- Custom Orthotics & Footwear Guidance
- Shockwave, Dry Needling, Prolotherapy
- Children, Adult and Sports Conditions

Don't just mask symptoms discover the cause and step into lasting relief.

Visit us at 111 Macintosh Street, Forster Call (02) 6555 4062

Book online at ftspodiatry.com.au

Pink Up Forster Tuncurry Golf Day raises over \$10,000



Above: Team Evermore at the Pink Up Forster Tuncurry Golf Day. Photos by Georgie Yule.

By Jessica Grey - Forster Tuncurry Business Chamber

What an incredible day for the Evermore/Pink Up Forster Tuncurry Golf Day on Sunday 26 October! The sun was shining, the greens were perfect, and the sea of pink across the course was simply spectacular.

A huge congratulations to Coasting Home for taking out Best Dressed and to First National Real Estate for narrowly beating major sponsors Lifestyle in a nail-biting battle for top spot.

The laughter, generosity and genuine community spirit were overflowing — together we raised over \$10,000 for the McGrath Foundation to support care for all cancers.

A heartfelt thank-you to our wonderful sponsors Evermore, GWM, Insure More, Colourworks, Lakes & Oceans Hotel, MidCoast Council, Barrington Coast and Saxby's. Your fundraiser games added extra sparkle and joy to an unforgettable day. This event truly captured what our Community Partnership is all about — connection, kindness, and making a difference together.

Right: The First National Real Estate Team won in a nail-biting battle for top spot.

(L-R) Broc Buderus, Chris Zamora, Natalie Mcquillan and Matt Mcquillan with presenter Chris Garraway.



There was a sea of pink across the course. Photo supplied.



Strongest contingent ever at Fernleigh 15



Above: Dave Isbel was 5th in his competitive age group with an impressive time of 64 minutes for the 15km race.

By David Hughes - Forster Runners

The Fernleigh 15 km running race took place on the 19th of October and attracted nearly 1500 runners from far and wide.

The attraction of this race is its location. It meanders along an old disused railway line then passes through Newcastle and Lake Macquarie. It has sufficient undulation to make it an interesting track with most of the 89 metres of elevation within the first five km. The skies were blue and the sun was shining with warmish temperatures (for runners) around 18 degrees. The humidity was high, however most of the track was covered in shade thanks to overhanging foliage and a slight 6kph zephyr of a breeze from the northeast. It's a point to point event from Adamstown to Belmont and included an iconic tunnel at the 1500 metre mark. The first male and female to reach the tunnel received a cash bonus.

It was an extremely well run event with adequate drink stations and the volunteers were once again deserving of praise for their contribution.

Local running group Forster Runners sent its strongest contingent since inception with 19 runners completing the 15 km course.

The most notable age group results (top 5) were: Mark Fletcher 1st in 58 minutes, Liam Fletcher 2nd in 58 minutes, Lindy Mcdonell 2nd in 72 minutes, Hayley Moody 3rd in 66 minutes, Dave Isbel 5th in 64 minutes and Rob Freijs 5th in 117 minutes.

For full race results go to <https://www.multiposportaustralia.com.au>



Above: 19 Forster Runners completed the 15 km course in Newcastle.

Forster Runners

The Forster Runners group is going from strength to strength and has a healthy membership of over 220 members. It is a very friendly group that embraces and welcomes

Left: Gerard Tuckerman coming into the finishing chute. Photos supplied.

new runners and walkers regardless of ability. The group gathers at Beach Bums at Main Beach on a Tuesday (5:50 am), Thursday (5:50 am) and Saturday (6:00am) mornings for training...followed of course by coffee etc (isn't that the only reason we run?) For more information email 1956huggy@gmail.com (David Hughes)



October Competition: Weather surprises!

By Dave Nash - Club Forster Bluewater Fishing Club.

The forecast was for some fairly unsettled conditions offshore over the weekend of the 18th and 19th October, but even after the storm on the Friday evening, it ended up being better than predicted! Numbers were down due to the forecast as well as a few members away. Whilst no stonkers (big ones) were landed, the catch from those that ventured out indicates there are still plenty of beautiful pan sized fish around.

4 boats signed in over Saturday and Sunday, with most venturing out on the Sunday. 8 members participated with a total of 52 fish caught, measuring a total of nearly 22 metres.

Anthony 'Mulloway Whisperer' Flicker rocked again with a good Mulloway for the third month in a row! His 880mm Mulloway landed him winner for both the 'Longest Other Species' category as well as the 'Mystery Fish' for the month! Bill Greene again captured a good feed of flathead as well as a full bag of Snapper. Ever consistent Martyn Barry got the best Snapper of the day (605 mm) with his grandson Matthew Judd running up (530 mm) as well as securing longest Flathead (565 mm) and best Teraglin (535 mm). (Looking forward to you whooping your Grandad soon Matthew!)



Above: Matthew Judd with Grandad Martyn Barry and some great catches.

However, the winner on the day was Lex Court with a total 345.38 points from 16 fish measuring just over 7 metres overall.

For those interested in joining the Club Forster Blue Water Fishing Club, please see the club website (clubforsterbluewaterfishingclub.org) or contact Barry Wrench on 0428 557 090.

All fish that are caught are of DPI regulations as per club By-laws. Fish are either eaten by our members that catch them or given away to their friends and family. There is also a bag limit as to how many fish of each species can be caught. The club competitions also incorporate the option to practice catch and release.

Wallis Spirit Dragons take on Sydney!

By Rebecca Collins – Wallis Spirit Dragons

What a weekend for our Wallis Spirit Dragons, who travelled from Coomba Park to the Sydney International Regatta Centre in Penrith! On Saturday, 11th October, Karen Permezel, Elaine Norbury, and Beck Collins proudly represented our club at the Region v Region Regatta. After weeks of training, they tested their skills against paddlers from across the state in the 200m, 500m, 1km, and 2km races, giving it their absolute all. Congratulations to the Northern Region team for finishing 4th overall, a true testament to the region's dedication and team spirit.

Sunday, 12th October, saw the first round of the DBNSW Regatta Series, and the windy conditions added an extra challenge. Eric and Annette Hayes joined Karen, Elaine, and Beck to compete in their first Sydney Regatta as part of the Regional Waratahs Team, along with over 70 paddlers and more than 800 athletes. They certainly gave the Sydney clubs a run for their money!

When the wind picked up, racing was cut short, but not before some standout performances. Eric and Annette powered through, with Eric's mixed team making the finals. Karen and Beck

also reached the finals, finishing an impressive 3rd place. And Elaine... she stayed the driest of all, with her events cancelled due to the wild conditions.

Despite the blustery weather, it was an incredible weekend full of energy, laughs, and memorable racing. The Waratahs team, with paddlers from 11 regional clubs, brought a rainbow of colour and spirit to the water. We couldn't be prouder of our Wallis Spirit Dragons, well done, team!

Want to give dragon boating a go? Join one of our Sunday paddling sessions at Coomba Aquatic Club! Check out the Wallis Spirit Dragons Facebook page or email wsdragonboats@gmail.com to find out more.



Above: (L-R) Karen Permezel, Beck Collins and Elaine Norbury represented their club at the Region v Region Regatta in Penrith. Photos supplied.



All Abilities Kids Tri from 2024. See advertisement on the right.

Biomedical Sports Podiatry

Dr. Haralumboss (Harry) Stivactas
Podiatric Biomechanical Practitioner

Services
Gait Analysis
Biomedical Assessment
Orthotic Therapy
Dry Needling
Prolotherapy
Neural Therapy
Foot Mobilisation

Treated Conditions
Lower Limb pain
Knee Pain
Heel Pain
Ankle Pain
Growing Pain
Hip Pain
Toe Walking
Pigeon Toed
Knocked Knees
Bow Legs



☎ 0466 - 691 - 935

✉ info@biomedicalsportspodiatry.com

🌐 www.biomedicalsportspodiatry.com

Shop 62, 12-16 Wallis Street
Forster, NSW 2428

Forster Triathlon Club
ALL ABILITIES
KIDS TRI

\$10 ENTRY
FEE

9TH NOVEMBER 2025

GREAT LAKES AQUATIC & LEISURE CENTRE
LAKE STREET OVAL, FORSTER

8:30 AM SIGN UP & BIKE DROP
9:00 AM START IN YEAR GROUPS

COURSE: POOL SWIM, CYCLE ON PATH/ROAD,
RUN ON FIELD

BRING: SWIMMERS, GOGGLES, TOWEL, BIKE,
HELMET, SHOES, SHIRT

VISIT OUR FACEBOOK PAGE FOR MORE DETAILS:
[FACEBOOK.COM/ALLABILITIESKIDSRACE](https://facebook.com/allabilitieskidsrace)

ENQUIRIES 0437 655 458



PRIZES
FOR
DECORATED
BIKES



Tuncurry’s Rex Johnston OAM honoured among world’s best with Induction into World Bowls Hall of Fame



Above: Rex Johnston currently works as the Tuncurry Beach Bowling Club Bowl's Officer. Photo by Mary Yule.

Tuncurry Beach Bowling Club

Tuncurry Beach Bowling Club is proud to celebrate the remarkable achievement of Rex Johnston OAM, the Club’s Bowls Officer, who has been inducted into the World Bowls Hall of Fame, recognising his outstanding contribution to the sport at both national and international levels.

The World Bowls Hall of Fame honours the sport’s most exceptional players and contributors, past and present, whose achievements have helped shape and elevate the game globally. This inaugural induction will be celebrated at a special ceremony attended by Bowls Malaysia’s royal patron, the Sultan of Terengganu Sultan Mizan Zainal Abidin, during the World Cup in Kuala Lumpur, Malaysia, from 4–8 November 2025.

World Bowls President Brett O’Riley described the milestone as a landmark moment in recognising the athletes who have inspired generations of bowlers:

“This first induction of our Hall of Fame is a landmark moment as we embrace the players who have shaped our sport and inspired us, many still actively contributing across a gamut of roles. I look forward to an amazing induction ceremony in Kuala Lumpur and to future inductions of other legends of our sport.”

Rex Johnston OAM’s induction is a proud moment for the entire community. In his current role as Bowls Officer at Tuncurry Beach Bowling Club, Rex continues to dedicate his time, knowledge, and leadership to the sport — mentoring players, coordinating competitions, and nurturing the next generation of bowlers. His exceptional playing career, combined with decades of service as a coach and administrator, has left an enduring legacy on the game both locally and nationally.

Throughout his distinguished career, Rex represented Australia at multiple World Championships and Commonwealth Games, earning two Commonwealth Games medals, one gold and one silver, along with one gold and one silver competing in World Bowls. He also claimed numerous national titles and is widely regarded as one of Australia’s finest bowlers. His commitment to excellence, integrity, and the development of others has made him a respected figure across the entire bowls community.

“We are immensely proud of Rex and this well-deserved honour,” said David Marsh, Group CEO of St Johns Park Bowling Club Group, incorporating Tuncurry Beach Bowling Club. “His contribution to our Club and to the sport of bowls has been truly extraordinary. To see him recognised on the world stage is a fitting tribute to a lifetime of passion, dedication, and achievement.”



Above: Rex Johnston with several of his Gold and Silver Commonwealth Games, World Bowls and Asia Pacific medals. Photo from 2004.

The Club extends its warmest congratulations to Rex Johnston OAM on this prestigious recognition and thanks him for his continued commitment to Tuncurry Beach Bowling Club

Bowls Australia

"Rex Johnston is one of the nation’s most decorated bowlers and enjoyed an illustrious international playing career from 1988 to 2004, where he pulled on the green and gold uniform on more than 300 occasions.

Johnston is the only Australian bowler to have represented his country at four consecutive Commonwealth Games, from 1990 to 2002."

Below: Kevin Kerkow and Rex Johnston (on the right) in action at Tweed Heads during the 2000 Australia v South Africa test series.



Tropo Jack's

SUNDAY 02 NOVEMBER

SARAYLN COWPER

as seen on
TEAM RONAN, THE VOICE 2025!

LIVE FROM 12PM – 1PM

followed by

STONE WOOD SUNDAY SESSIONS
From 1pm – 4pm

RECOVERY COCKTAIL \$14

TROPPO BURGER COMBO \$25
includes beer, wine or soft drink

Tuncurry Beach Bowling Club practices the Responsible Service of Alcohol

EUROGLIDERS

GRACE KNIGHT & BERNIE LYNCH

will take you back to re-live the hits of the '80s with songs like:

HEAVEN (MUST BE THERE) WE WILL TOGETHER
CAN'T WAIT TO SEE YOU ABSOLUTELY
& THE CITY OF SOUL!

SATURDAY 15 NOVEMBER

Doors Open 7.30pm for a 8pm show

Tickets \$40 per person

Book at Reception or online at Sticky Tickets

ROSS WILSON & THE PEACENIKS

NOW LISTEN. WE'RE STEPPIN' OUT!

50 YEARS OF HITS TOUR

SUNDAY 7 DECEMBER

Doors Open 3.30pm for a 4pm show

Tickets \$45 per person

Tickets available NOW at reception