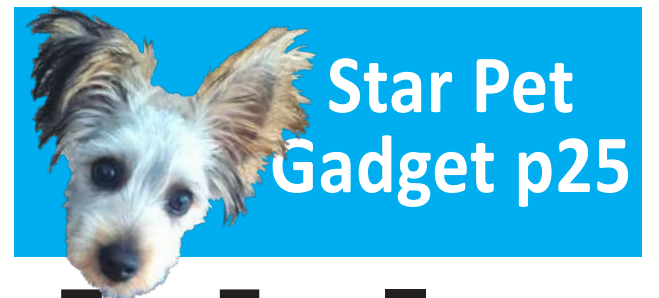


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Ann-Catrin Kekkonen



Star Pet
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Forster Fortnightly

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Wednesday 4 March 2026

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

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Announcement of Urgent Care Centre plans for Forster Tuncurry to come

The State's Health Minister Ryan Park has confirmed in budget estimates on Monday 2 February 2026 that Forster-Tuncurry will get an out-of-hours urgent care clinic. The announcement comes after a line of questions by Nationals MLC, Sarah Mitchell about the plans for services to be established in the region (see transcript below). Attending the hearing was Emma Skulander, Acting Chief Executive of Health Infrastructure for NSW Health, and Tracey McCosker, Chief Executive of Hunter New England Local Health District.

Ms Mitchell: [Regarding] the Lower Mid North Coast Health Service project, so there's the Manning Base Hospital in Taree, but I particularly want to ask about the Foster Tuncurry Health Facility project. I know that there have been meetings with Tanya Thompson as the Local Member and some of the community there about, I believe it's a \$20 million allocation to effectively set up an urgent care clinic to operate in Forster. Going forward, to be frank, Minister, there has been radio silence on that for quite a period of time. Is there any update that you can give the community in relation to particularly what will be available at Forster?

Mr Ryan: Okay, let me just have a quick look. I've talked to Tanya [Thompson] about this issue broadly, Manning, etc. I think, and Emma jump in just after if I've missed anything here, but in July last year, we've developed a proposal of the district for an urgent care service. [Urgent Care Services have been introduced in NSW to help reduce pressure on emergency departments.] An allocation of funds from the \$180 million would contribute to the fit out of the space. The district at the moment is evaluating potential locations, and if Emma's got an update on that, I'll throw to her. Commencement of the urgent care service is subject to allocation of workforce availability, obviously, and the urgent care service model is proposed to operate out of business hours with a more efficient mix of staff.

Ms Mitchell: Do you know when Minister? That's great, that's all the right words, but when is the action going to actually happen?

Ms Emma Skulander: I'm expecting that the district [Hunter New England Local Health District] will be able to make an announcement around that in coming months. They're certainly actively working on establishing that centre, the location of it, the staffing model and everything else. I think we're just a little bit premature to be able to provide some of that detail today, but certainly it is not very far away.

Mr Park: I'm happy to take it on notice, but only that I don't want the [Budget Hearing] Committee to think that we're skirting around it. This is an issue that Tanya has raised with me, rightly so, as a local MP on a number of times. One of the challenges around the Forster allocation was, it wasn't in the previous budget, any budget, as a result of the last Coalition government, but we are trying to go as quickly as we can. They're legitimate things that she raises and I'll get back to the Committee ASAP about it. But I have spoken to her.

Ms Mitchell: Thank you, Minister.

See p6 'Call for NSW Health Minister to return to Taree and fast track Manning Base Hospital'.

Bright beginnings!



Above: Kindergarten students from Pacific Palms Public School holding their new handmade library bags, kindly donated by volunteer members from Boomerang Bags Forster-Tuncurry. Photo supplied. Read more on page 12. See pages 13 -15 for a 2026 Kindergarten Feature from the Great Lakes Learning Community (GLLC).



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- 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 142: Wed 18 March (deadline Wed 11 March)

Edition 143: Wed 1 April (deadline Wed 25 March)

Edition 144: Wed 15 April (deadline Wed 8 April)

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

Construction of MidCoast Regional Organics Facility in Tuncurry



By Mary Yule – Forster Fortnightly

MidCoast Council is planning a major new organics processing facility in Tuncurry to meet the NSW Government's mandate that requires all councils to provide food organics and garden organics (FOGO) collection services by 2030. The aim of the mandate is to reduce carbon emissions, reduce landfill by separating food and garden organics from household bins, and to produce valuable end products including compost, energy production and animal feed.

In December 2024, MidCoast Council stated "The Tuncurry facility, to be designed, built, and operated by NALG Envirotech in partnership with global waste technology leader Kanadevia Inova (HZI), will be one of the first in Australasia to utilise hybrid organic waste technology. This innovative facility will process up to 95,000 tonnes of organic waste annually in its first stage, scheduled to be operational by 2027. The facility will generate renewable energy equivalent to powering 1,300 homes, reduce greenhouse gas emissions, and earn valuable carbon credits."

The new facility is to be established on a vacant land lot at 48 Midge Orchid Road, Darawank (Lot 5 DP 1089990), opposite Tuncurry Waste Management Centre which

is owned and operated by MidCoast Council. The development will include earthworks, construction and fit-out of buildings and composting tunnels, installation of water and air management systems including biogas capture for on-site electricity generation, staff amenities, landscaping and services installation.

The use of the site as an organic processing facility has the potential to generate noise, traffic, offensive odour, air emissions, and stormwater discharge. These matters will be assessed and included as part of the submission.

Have your say

An exhibition process allows any individual or organisation to have their say about the proposed development. The application, environmental impact statement, and accompanying documents are on exhibition from Friday 20 February 2026 until Thursday 19 March 2026.

To have your say on this project, you must lodge a submission online through the NSW Planning Portal before the close of exhibition at: <https://www.planningportal.nsw.gov.au/major-projects/projects/midcoast-regional-organics-facility>



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Magnolia's Spirit quilt story

At the upcoming Nabiac Show, a special quilt will be on display that took two years to lovingly create by Forster resident Jan Lee. The quilt was made for her granddaughter Magnolia as a family keepsake. Each of 20 squares depicts an Australian animal or natural feature and tells a story of their family.

These are Jan's words for her granddaughter...

This quilt was stitched for you, Magnolia Kennedy Lee, over two joyful years of thought, creative joy and much love.

It began as a simple idea — a patchwork of colour and carefully chosen fabrics, with a little plan in my mind. But as the stitches grew, so did the story. Like all living things, it developed into something bigger than I first imagined. Each piece began to carry its own meaning and before long, this quilt became more than fabric and thread. Every animal was chosen with care. I stitched not only the creatures themselves, but also what they eat, where they belong, and sometimes their babies resting close beside them. I chose what I believe are the most important parts of nature in your world — the animals, the land, along with the small details that make life whole.

You have always shown such kindness and care toward animals. You notice them, you understand them and protect them. That gentleness is one of your greatest strengths. Spirit animals hold a special place in our family. When they appear in life, they bring comfort and calm — a quiet reminder that we are guided and never alone. I hope when you see them stitched here, you feel that same sense of peace.

Because life is about connection — about family, nurturing and knowing where we come from. This quilt tells the story of our family — our connections to Aboriginal and non-Aboriginal families, and the important stories they hold. It honours the richness of Aboriginal history and the deep understanding of Country that has been shared with us. Having two

Aboriginal sons in our family has brought us more learning, depth, and love than we could ever have imagined. We are forever grateful for the knowledge, culture, and quality of connection added to our lives.

You also love to create. Sharing craft together has been one of my greatest joys. I see your creative spirit shining and I believe this quilt will speak to that part of you for many years to come. One day, I hope you pass it on to your own children, sharing the stories sewn into it — stories of family, culture, spirit animals, creativity and belonging. In that way, your story will continue, just as Aboriginal history is passed down through generations — through storytelling, connection, and care.

This quilt carries my love in every stitch. May it always remind you of who you are, where you come from, and how deeply you are loved.

Platypus

This square (insert top right) represents the platypus and the beautiful story of two worlds coming together. In Aboriginal storytelling, the platypus was created when the water rat and the duck fell in love, and although they came from different places — land and water — they chose to unite despite others questioning how they could belong together. From this union came the platypus, an animal that carries features of both parents, symbolising harmony, courage, and the strength found in difference.

The platypus lives both in water and on land, feeding on insects, larvae, worms, and small freshwater creatures, using its highly sensitive bill to search along riverbeds. Platypus do not have teeth; instead, they store small pieces of gravel in their cheeks and use them to grind and break up their food before swallowing. For our family, the story of the platypus holds special meaning, representing Aboriginal and non-Aboriginal people coming together in love when your Dad came into our lives. It reminds us that different backgrounds can unite to create something strong, unique, and deeply connected to Country and to each other. In local Aboriginal language areas relevant to your



Forster resident Jan Lee spent two years creating a family keepsake quilt for her granddaughter. It will be on display at the Nabiac Show.

quilt story, the platypus is called: Mallangong in Worimi/Gathang – (Forster), Dharabuwarra in Ngiyampaa/Wangaaypuwan – (Hay) and Dulayin in Wurundjeri/Woi wurrung Country

– (Melbourne).

See p21 for more on the Nabiac Show, Saturday 7 March.

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Forster

Beach Burns
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Pollards General store
Coomba Aquatic Centre

Bungwahl

Bungwahl Fuel & Liquor

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Seal Rocks General Store

Community invited to help shape future of Manning Entertainment Centre

MidCoast Council
MidCoast Council is inviting the community to a public meeting at the Manning Entertainment Centre to share what’s underway to improve the use of the much-loved venue — and to gather ideas on other options and innovations to increase the Centre’s financial sustainability.

The MEC plays an important role in the cultural life of the MidCoast, hosting live performances, community events, presentations and celebrations throughout the year.

The meeting is being held following a Council resolution late last year asking for staff to hold a meeting for the community to ‘look into options and new innovations to increase financial sustainability’ at the MEC.

At the meeting Council staff will outline the work being progressed to improve the Centre’s performance and use, and provide an opportunity for the community to share thoughts on additional opportunities to support the venue into the future.

The meeting will be held at the MEC from 6pm-7.30pm on Tuesday 24 March. For those interested in having a look through the facility beforehand, doors will be open from 5.30pm.

Council encourages people to attend and share ideas - whether they’re regular patrons, event organisers, artists, community groups, businesses, or locals who simply want to see the Centre thrive.





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NSW Government announces extra public holiday this year



NSW Government, 15 February 2026
The NSW Government will ensure Anzac Day is appropriately commemorated in New South Wales, announcing an additional public holiday on the Monday following Anzac Day this year and in 2027.

Under the Public Holidays Act 2010, Anzac Day is fixed to 25 April each year regardless of the day on which it falls. In 2026, Anzac Day will fall on a Saturday, and in 2027 it will fall on a Sunday.

This will not change, however there will be an additional public holiday this year and in 2027.

25 April will always remain the day of national commemoration. Dawn Services, marches and community ceremonies held on that day will continue to be the central foccs of remembrance across NSW.

Anzac Day is not simply a date on the calendar it is a living tradition observed in towns, suburbs and cities right across our state.

Each year, thousands of families rise before dawn, gather at local memorials, march alongside veterans and reflect on the service and sacrifice that shaped our nation.

The additional holiday on Monday does not replace Anzac Day. Rather it reinforces its importance and significance as well as making it consistent with other major public holidays.

Unlike New Year’s Day, Christmas Day and Boxing Day, there are currently no additional public holiday arrangements in place in NSW when Anzac Day falls on a weekend, which occurs on average twice every seven years.

NSW has fewer public holidays than all other mainland states and territories.

Prior to the addition of the Anzac Day holiday, NSW had 11 public holidays in 2026, compared with 15 in South Australia and the Northern Territory and 14 in Queensland, Victoria and the Australian Capital Territory and on par with Tasmania’s 11 public holidays this year.

The experience of the additional public holidays will form part of a NSW Government review of the state’s public holidays to commence in 2027, that will consider:

- the current number of state-wide public holidays in NSW
- whether NSW should have an additional public holiday
- whether there should be a permanent change to Anzac Day public holiday arrangements when Anzac Day falls on a weekend

The review will be informed by community, business, veteran groups and other stakeholder feedback, as well as the economic and social impacts of the additional public holiday in 2026 and 2027.

MidCoast Council calls for fairer Flood Recovery Funding



Above: MidCoast Council General Manager Adrian Panuccio addressed the committee (on far right). Photo credit: NSW Legislative Assembly.

By Mary Yule – Forster Fortnightly

MidCoast Council is urging the NSW Government to provide more consistent and equitable disaster funding following the devastating East Coast floods of May 2025.

The call came as the Joint Select Committee on the NSW Reconstruction Authority visited Taree on 16–17 February 2026 to hear directly from councils, organisations, and residents about the response to the Mid North Coast floods. Public hearings were held at Club Taree to examine what worked well, what didn’t, and how recovery efforts could be improved.

MidCoast Council General Manager Adrian Panuccio delivered a strong address to the Committee, highlighting the financial pressures faced by the council.

“I do question the value of the various recovery committees,” Mr Panuccio said. “They’ll say ‘we’ve got all these recovery committees, we’re going to have all these action plans, we’re going

to get stuff done’ — but nothing’s going to get done unless there’s funding!”

The hearing revealed the significant cost of recovery. As of 1 February 2026, MidCoast Council had spent \$43 million on emergency repairs, while the state government had reimbursed just \$6.1 million.

Mr Panuccio called for greater consistency in funding, particularly for water and sewer infrastructure, which the state government has deemed “non-essential” infrastructure, leaving them potentially ineligible for emergency funding.

During the floods, the main pipe supplying Wingham was destroyed, forcing the council to spend millions on emergency repairs.

“I don’t know what’s more essential than water, other than air!” he said. “I’d call for consistency because some other councils have been covered for water and sewer works in the past.”

In total, MidCoast Council has spent \$7.8 million restoring water and sewerage infrastructure.

The Committee’s inquiry continued with a third public hearing on 20 February at Parliament House in Sydney, where representatives from councils, government agencies, and the NSW Reconstruction Authority discussed responses to the May 2025 event and other declared disasters, including ex-Tropical Cyclone Alfred (2025), the 2024 Far West NSW electricity outages, and the 2022 Central West floods.

Committee members include Clayton Barr MP (Chair), Liza Butler MP (Deputy Chair), and MPs and MLCs representing various NSW regions.

Organisations providing evidence included MidCoast Council, Kempsey Shire Council, Port Macquarie Hastings Council, Hunter Joint Organisation, Liffeline Mid Coast NSW, City of Newcastle, City of Wollongong, Byron Shire Council, Local Government NSW, Uniting Church NSW & ACT, NSW Department of Communities and Justice, Service NSW and NSW Reconstruction Authority.

The Committee is due to table its final report to Parliament in May 2026.



Joint Select Committee on the NSW Reconstruction Authority visited Taree on 16–17 February 2026.

Need help with equipment for your local sporting club?



Australian Sports Foundation Grants

The Active Kids Grant program is generously funded by The Dickinson Foundation. It aims to improve the physical and mental health of children and young Australians by encouraging and/or increasing participation through the provision of equipment or uniforms to eligible community organisations.

The 2026 Active Kids Grant round focuses on volunteer-run community clubs and organisations with members aged 20 or younger.

Grants will be awarded in the form of playing or training equipment supplied by HART Sport and on-field kit supplied by ISC Sport. There are no cash grants available in the 2026 Active Kids Grant round.

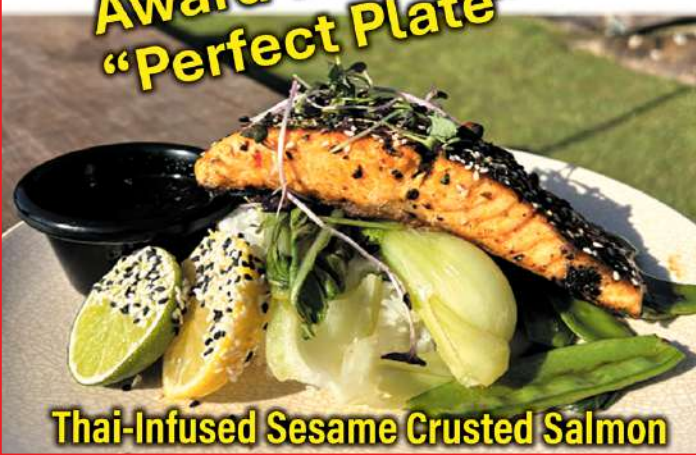
Alison Penfold, MP for Lyne said, “I strongly encourage clubs to apply and make the most of this opportunity.”

Applications open Monday 2 March and close Friday 27 March 2026

Find more information and to apply, visit: <https://asf.smartygrants.com.au/ActiveKids2026>

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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	 Slam Tango Fri 6th March	 Rueben Carr Duo Fri 13th March	
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Community News

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Page 6

Body located in search for missing man

By Mary Yule – Forster Fortnightly

A body has been recovered following a multi-day search for a man reported missing near Forster.

Emergency services were called to the Forster–Tuncurry Bridge about 4.45pm on Sunday, February 22, 2026, after reports an elderly man had gone under the water and failed to resurface.

Officers from the Manning Great Lakes Police District responded to the scene, assisted by volunteers from Surf Life Saving Australia and Marine Rescue NSW. An extensive search operation was launched, continuing over several days across coastal and offshore waters.

Marine Rescue NSW Inspector John Murray said a volunteer crew was deployed aboard Marine Rescue vessel Forster 30 (pictured above) to assist Water Police with the coordinated effort.

“Forster 30 conducted a parallel line search with Water Police offshore between the northern breakwall and extending north along Nine Mile Beach,” Inspector Murray said. The operation was supported by volunteer radio operators based at Marine Rescue Forster Tuncurry, maintaining communications throughout the search.

At about 12.45pm on Wednesday, February 25, officers attached to the Marine Area Command recovered the body of a man from the water near the Forster Breakwall.

While the body is yet to be formally identified, police believe it to be that of the missing 81-year-old man. A report will be prepared for the Coroner.



Call for NSW Health Minister to return to Taree and fast track Manning Base Hospital

By Mary Yule – Forster Fortnightly

Tanya Thompson MP for Myall Lakes was joined by Sarah Mitchell, Shadow Minister for Health, Regional Health and Mental Health outside the Manning Base Hospital in Taree on 25 February 2026, to send a clear message to the NSW Government – “Deliver our health upgrades!”

“Why are the people of Maning Great Lakes still waiting for their new hospital redevelopment? Projects get fast tracked in Sydney while regional communities are told to wait. We are not second-class citizens.”

“We deserve good health care. Our community deserves a Manning Base Hospital

redevelopment that meets the real and growing needs of our region - not a “rescoped” watered down version, and not something pushed further down the track.”

“This is not good enough for the people in the Manning Great Lakes region. This hospital services 100,000 people. We’re waiting on beds. We’re waiting on services. We have no cardiac services. Our communities have waited long enough. Time to fast-track this hospital.”

Ms Thompson and Ms Mitchell reiterated the promise NSW Health Minister Ryan Park made to Eddie Wood, President of the Manning Great Lakes Community Health Action Group, that he would come back and visit Taree.



Above: Sarah Mitchell, Shadow Minister for Health, joined Tanya Thompson MP for Myall Lakes outside the Manning Base Hospital in Taree on 25 February 2026. Image credit: Tanya Thompson Office.

“Come up to this region Mr Park and get it done,” said Ms Mitchell and Ms Thompson.

Back in 2023, Mr Park was the Shadow Minister in opposition before the last State Election. He requested a meeting in Taree with Eddie Wood and members of the Health Action Group.

Eddie recalled, “There was about 30 of us at the meeting on 22 February 2023 including local doctors, nurses and allied staff. We told Mr Park about the terrible state of the hospital from the doctors and nurses’ point of view. Dr Sesh Narasimhan spoke as a Cardiologist and begged Mr Park to come back. Mr Park looked at us all and promised that he would visit us again to address the needs of the hospital if he was elected.”

“So, we say to Ryan Park - come back to Taree ASAP. Our region has been forgotten!”



Health Minister Ryan Park talking to medical staff outside Manning Base Hospital Taree in 2023 when he was Shadow Minister. Photo by Dr Jason Bendall.

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Tanya's
Community Update

Supporting
Local Women in
Business

It was a pleasure to help launch the new Barrington Coast Women in Business network.



More than 100 local women came together to share their stories, build connections and support one another. It was a strong reminder of the talent, hard work and leadership we have here across the Great Lakes. To find out more go to <https://www.barringtoncoastwib.com.au>

Starting or running a business takes courage. For many women, that commitment sits alongside raising families, caring for parents and giving back to the community.

When women back themselves and support one another, they create local jobs, support other small businesses and open new opportunities for others. That flow-on effect strengthens our towns, supports local families and helps young people see a future for themselves close to home in our region.

I look forward to seeing more women step forward, grow their businesses and create new opportunities across the Great Lakes.

Myall Lakes Seniors Concert 2026

Our Myall Lakes Seniors Concert returns in March.

Concerts will be held at Club Forster on Monday 9 March and Club Taree on Tuesday 10 March, with two shows each day at 10:30am and 2pm.

Entry is by gold coin donation. Tickets are limited and can be pre-ordered and collected from Club Forster and Club Taree.

For enquiries, please contact my office.

Tanya Thompson MP – Member for Myall Lakes

Forster Jumping Fleas on tour



Above: 18 members from the Forster Jumping Fleas Ukulele Group attended the 17th Anniversary of the Blue Mountains Ukulele Festival.

By Roberta Pearce – Forster Jumping Fleas

An intrepid group of 18 members from the Forster Jumping Fleas Ukulele Group made the arduous journey up to the Blue Mountains to attend the 17th Anniversary of the Blue Mountains Ukulele Festival from 13 -15 February.

Prior to Covid, it was (and probably still is) the biggest Ukulele Festival in the Southern Hemisphere!

We've not always been lucky with the weather though and the weekend in Mid February was

no different, sadly. Rain and wild wind was the forecast for both Saturday and Sunday, and the temperatures got down to 13 degrees which was a tad chilly for us Mid North Coasters.

We had a few 'newbies' joining us at the Uke Festival too - those who'd attended gigs 'at home' but not 'played away' And they just had so much fun. They've already booked again for next year, as have most of us.

We had a great song selection (including Blue Bayou by Linda Rondstadt and How Do You Do it by Gerry & the Pacemakers) and received

many compliments on our performance and song choices. Bring on 2027 - it will be our 10th Anniversary since starting to perform at the Blue Mountains with our first performance back in 2017.

We originally started with just 7 members on stage with a guest bass player - and now have our own bass player and have had as many as 25 performing on the main stage. Well done Forster Jumping Fleas.

NSW Volunteer of the Year Awards are open

The Centre for Volunteering

The NSW Volunteer of the Year Awards are an annual program aimed at recognising the incredible dedication, effort and community service of our state's volunteers, volunteer leaders and volunteer teams.

There are 7 categories for the Awards. These include Young Volunteer of the Year, Adult Volunteer of the Year, Senior Volunteer of the Year, Volunteer Team of the Year, Emergency Volunteer of the Year, Volunteer Leader of the

Year and Not-for-Profit Voluntary Governance Award.

Tanya Thompson MP said, "I encourage everyone across the Manning and Great Lakes to take a few moments to nominate a volunteer or volunteer team who makes a real and inspiring difference."

Nominations are open until Friday 29 May 2026. For more information and to nominate: <https://www.volunteering.com.au/awards/about-the-awards/>

Right: Kristine Simeon from Black Head won the 2025 Mid North Coast Senior Volunteer of the Year Award for supporting people in need to navigate the court and justice system in the Forster and Tuncurry region.



Items of interest - 25 February MidCoast Council meeting

Development activity

For the period between 1 October and 31 December, MidCoast Council assessed more applications than any other regional Council.

The average assessment time across all NSW Councils was 83 days with MidCoast Council recording an average of 80 days.

There were also 66 fast track development applications with an average determination period of just nine days.

Alcohol prohibited areas exemption for Tastefest 2026

Councillors approved an exemption to the alcohol prohibited area in Queen Elizabeth Park between 10am and 8pm on Saturday 2 May to allow Tastefest to go ahead.

Solar panels for Manning Aquatic Leisure Centre and Great Lakes Aquatic Centre

Solar panels for the Manning Aquatic Leisure Centre and the Great Lakes Aquatic Centre are a step closer after Councillors awarded the contract for the work to Solar Professionals.

The installation of the solar panels is expected to support Council's priority of financial sustainability by offsetting costs associated to the facilities. The projected 25 year lifetime cost savings are in the order of \$3.1 million for the Manning Aquatic Centre and \$1.9 million for the Great Lakes Centre.

Forster's Pelican Boardwalk extension

The tender for the construction of an extension to the Forster's Pelican Boardwalk extension was awarded to GPM Marine Constructions.

The extension of the boardwalk will see an 80 metre stretch added to the end of the current boardwalk towards the wharf located at the end of Memorial Drive. It is expected that construction will be complete by 30 June 2026.

Draft Southern Estuaries Coastal Management program – public exhibition

The draft Southern Estuaries Coastal



An extra 80 metre stretch is to be added on the eastern end of the current 120 metre boardwalk. Photo by Mary Yule.

Management Program will be placed on public exhibition for community comment.

Coastal Management Plans identify management issues and propose actions to address those issues in a strategic and integrated way. This CMP addresses estuarine areas for the Wallis, Smiths and Myall Lakes, Black Head Lagoon, Khappinghat and Kore Kore Creek, North Arm Cove and Karuah River catchments.

Extensive consultation has been undertaken to inform the draft. A total of 448 surveys filled in indicated that all actions had at least 84 percent support. The document will now go on public exhibition for community feedback.

Youth Week funding

Four organisations will share in almost \$9,000 for Youth Week Funding. Homebase Youth Services and Bucketts Way and Manning Valley Neighbourhood Groups as well as Bulahdelah Chamber of Commerce will receive funding from Council to go toward their celebrations.

Closure of the temporary Glen Court Access, Black Head

The temporary Glen Court access road was constructed in 1994 to provide interim access from Blackhead Road to the emerging 63 lot residential subdivision. This arrangement was always intended to operate until the Seabreeze Parade was delivered, enabling estate traffic to connect through Seabreeze Parade and High St.

The temporary access will now be closed and the land will be returned to the developer who must now complete footpath connections, kerb and gutter works as well as dedicating a portion of the closed lot to Council as a public reserve.

Financial sustainability review action plan – six month update

A report was presented on the actions undertaken in accordance with the adopted financial sustainability review action plan. This plan was adopted in May 2024 following an independent financial sustainability review that was undertaken by the AEC Group in 2023.

Council adopted actions in the 2025-2029 Delivery Program to improve financial sustainability and to continue to address asset management challenges. The priorities were improving the road network, improving council's financial sustainability and improving customer experience.

Delivery program progress report 1 July – 31 December 2025

Councillors noted the Delivery Program progress report which provided a summary of the progress toward implementing the strategies in the Delivery Program 2025-2029 and the actions in the Operational Plan 2025-2026.

The majority of performance measures and major project activities are either completed or on track to achieve the annual target.

There were some delays in the water supply and treatment projects due to resources being redirected to prioritise the delivery of the Manning River Water Main Crossing project following the May 2025 floods.

The next Council meeting is at 1pm on 25 March.

For full details of all reports please visit: <https://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes>

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Alison.Penfold.MP@aph.gov.au

alisonpenfold.com.au

AlisonPenfoldMPforLyne

alison_penfold_for_lyne

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

OPEN DAY

Saturday
14 March
10am–1pm

Lakeside Forster VILLAGE

OVER 50s LIFESTYLE LIVING



Artist impression of new clubhouse.

Join us at our Open Day as we open the doors to our brand-new lakefront clubhouse for the very first time.

Tour the display homes, meet our friendly team and enjoy light refreshments - all in a relaxed lakeside setting just minutes from the heart of Forster.

\$20,000 Rebate

for Open Day Purchasers

Attend our Open Day and receive a \$20,000 rebate at settlement when you purchase a new home and settle by 30 June 2026*.

*T&C apply. See website for details.

Places are limited. RSVP today at lakesideforster.com.au

FORSTER FORTNIGHTLY

4 March 2026

Community News

www.forsterfortnightly.com.au

Page 11

Advertorial

Building connection at Lakeside Forster



Artist impression.

Lakeside Forster Village.

A new chapter is unfolding on the shores of Wallis Lake, with the completion of a brand-new lakefront clubhouse at Lakeside Forster Village.

The thoughtfully designed clubhouse, located within the over 50s lifestyle community has been created as a welcoming space that prioritises connection, wellbeing and an active lifestyle.

The light-filled clubhouse includes an alfresco terrace overlooking Wallis Lake, flexible multi-purpose rooms for hobbies and social activities, and a dedicated library space. A pickleball court is also planned, adding another active recreation option for residents.

The opening marks a significant milestone in the continued development of Lakeside Forster Village, which offers modern, low-maintenance homes designed for independent over 50s seeking a relaxed coastal lifestyle.

Lakeside Forster Sales Manager Melissa Hancock said the clubhouse had been carefully

designed to support healthy ageing through connection and shared experiences.

“Research consistently shows that social connection plays a vital role in healthy aging,” Ms Hancock said.

“This clubhouse has been designed as more than just a building — it’s a place where neighbours can come together, build friendships and feel part of a genuine community. Whether it’s joining a craft group, enjoying the alfresco space, playing games or simply spending time with others, these everyday interactions make a real difference.”

To celebrate the completion of the new clubhouse, Lakeside Forster Village will host a community Open Day on Saturday 14 March from 10am to 1pm.

The event will mark the official opening of the clubhouse and provide members of the public with the opportunity to experience the new facilities for the first time. Visitors will be able to explore the clubhouse, tour display homes and learn more about the lifestyle on offer within the growing lakeside community.

Expressions of Interest Open for 2025–26 Volunteer Grants in Lyne

Office of Alison Penfold MP

The Federal Member for Lyne, Alison Penfold, is encouraging local not-for-profit organisations to apply for funding under the Australian Government’s 2025–26 Volunteer Grants Program, with Expressions of Interest now open.

Volunteer Grants of between \$1,000 and \$5,000 are available to eligible community organisations that rely on volunteers. The program is designed to strengthen local volunteering by helping organisations remove barriers to participation and better support the people who give their time to serve our community.

“Volunteers are the backbone of our region,” Ms Penfold said.

“From sporting clubs and service organisations to emergency response groups and community associations, volunteers keep Lyne connected and functioning. These grants – albeit small in amount – do provide practical support to ensure they have the tools they need.”

Funding can be used for items and services that directly support volunteers and volunteering activities, including:

- Communication equipment such as laptops, tablets, and radios
- IT software and technology upgrades
- Volunteer insurance
- Training and support materials
- Equipment to assist specific volunteer cohorts, including young people, seniors, First Nations volunteers, veterans, and people with disability

Eligible organisations must be not-for-profit and demonstrate that they rely on volunteers to deliver their services.

Expressions of Interest must be submitted to Ms Penfold’s office by 5:00PM, Wednesday 1 April. The Expression of Interest form is available via Ms Penfold’s website under the ‘How I Can Help’ tab.

“Lyne has a proud culture of volunteerism,” Ms Penfold said.

“I encourage all eligible organisations to put forward an Expression of Interest so we can ensure our local groups receive their fair share of the funding available to the Lyne electorate.”

For further information, organisations can contact Ms Penfold’s electorate office.



Above: The Forster-Tuncurry Girl Guides were one of many organisations to receive funding last year.

Nations volunteers, veterans, and people with disability

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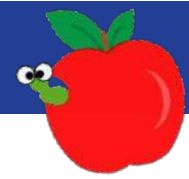
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Kindy classes for 2026

Tell Me A Story competition is back for 2026



Tell Me A Story

When Bungwahl School student, Chillie Bailey-Benson sat down to write a story for last year's 'Tell Me A Story' competition, she thought through her many ideas for stories that "pop into my head" while watching TV, from reading books and also, of her love for all animals. This led to her thinking of how it would be great to be able to talk with them. And so, her story, titled "Whispers Of The Wild" became her 'Highly Commended' winning entry, now published in the 2025 competition book, together with illustrations by Chillie herself and classmate, Willow Douse, who enjoyed the story.

Now, you can read "Whispers of the Wild" too and look forward to more from this creative young writer. (See story on right.)

The Tell Me A Story writing and illustrating competition for 2026 begins in term 2, for local schools.

Check the website at:
www.tmas@tellmeastory.org.au



Above: (L-R) Willow Douse and Chillie Bailey-Benson with their illustrations in the 2025 Tell Me A Storybook.

"Whispers Of The Wild"

by Chillie Bailey-Benson

I roamed the humongous forest as usual, birds chirping, kookaburras laughing and the rustling of leaves filled my ears. The sweet honey scent of the bottlebrush made my stomach growl. I sat on the mossy ground and ate my apple whilst reading my book about talking animals, called Whispers of the Wild. I wished that I could talk to animals, just like in my book. I finished with my red apple and chucked the core at a nearby tree. It bounced and hit a poor little bird.

"OW! These humans keep hitting us with food!" Complained the little bird.

"More for me then!" Teased the bird's sibling. I turned around in a flash! "Who said that!" My voice was shaky.

I hoped I was just hearing things and someone else wasn't here with me. The mother bird said, "You can hear us?"

"Hear who?" I replied in a curious voice.

I looked around and saw three little birds looking straight at me. Their big black eyes and beautiful feathers made me gasp. "My wish came true!" I yelled!

The birds looked at me like I was some sort of freak. I jumped up and ran through the forest, my arms out next to me just like I was a bird. They all followed me, including some other animals such as more birds, bunnies, and deer.

I fell to the floor laughing, then I heard my mum call out to me. "Evelyn! Time for dinner!" "COMING!" I yelled out.

"Don't worry guys, I'll be back tomorrow" I said softly to the animals, out of breath.

I walked back to my bike and the animals were following me, like I was their leader or something? "What are you doing?" I asked.

"We are going to follow you just to make sure that you get home safely" The mother bird said calmly.

"Alright," I replied.

"EVELYN, NOW!" screamed my mother.

"Sorry guys, I really have to go. I don't mind if you follow me just DON'T let my mum see you!" I demanded.

I started walking back to my bike but then all of a sudden I felt myself falling. My heart was pumping faster than ever and then... THUMP! I fell straight on my back, my bike next to me and my leg was caught underneath the wheel. Animals crowded over the top of me trying to see if I was alright. I felt dizzy, then everything went black...

I woke up to my mum towering over me. "YOU'RE AWAKE!" My mum screamed happily in delight.

I looked out the window and saw the animals all watching me closely, just in case anything happened. I was surprised at how much they actually cared about me.

I made up an excuse for my mum to leave the room. I said "Mum, could you please get me some water?"

And of course, she got me my water. I quickly opened the window and let them in. "Are you okay?"

"Did you hurt yourself?"

"Please be alright!"

I immediately got smothered with questions, it was almost too much for me to handle. "Don't worry, I'm fine! I just got a little startled." I answered.

Then my mum came back in, I quickly got them out the window then pretended that I was just getting some fresh air. The lovely smells of eucalyptus helped my blocked nose. "Here's your water, honey," my mother said in a sweet voice.

I was actually pretty thirsty.

The next day I ran down, so excited to see the animals! But when I got down there none had talked to me, they didn't even notice me. When they did they just flew away like normal birds. Same with the bunnies and deer! I had lost my power to talk to them. No more friends, no more powers, no more anything! I was devastated! All I did was just walk back home. Then I heard something. It was my mum calling out to me, even though I was inside the house? Then I looked up and I was in the forest! "EVELYN! HURRY UP!" my mother yelled.

I guess I was just really into my book and didn't even notice she was calling out. I ran up and luckily this time there was no hole, nothing at all. Just grass with little ants passing by. I had finally got home and my mother was VERY relieved! And that night I had the best sleep ever!

Bright beginnings for 2026 Kindy classes

By Mary Yule – Forster Fortnightly

"A huge thank you to the Boomerang Bag ladies of Forster-Tuncurry, who made and donated library bags to every kindergarten student. They are very excited to borrow books, in a eco friendly way!", said Alexis Scott from Pacific Palms Public School.

"We don't do it for thanks but it's just so heartwarming when we get feedback, said Coordinator Leonie Dowell. "Every year we supply just under 200 Library bags for the new Kindies at four local schools – Forster, Tuncurry, Pacific Palms and Coolongolook."

Leonie Dowell started up the Boomerang Bags Forster Tuncurry group as a community service 8 years ago with the purpose of making reusable fashionable bags to give away to community groups or sell to raise funds. She said they have been very busy since in the first week of February when they started back this year.

"An Occupational Therapist from the Oncology Unit at Manning Base Hospital got in touch with us and we have made 45 bags for people requiring chemo sessions."

"We have donated \$250 from the sale of bags to the Great Lakes Band and they were so pleased. It helps them purchase songs to play. We are now making 35 bags for band members to hold their music."

"We also gave \$500 to the RDA, and the President was blown away."

"We have been on a roll this year. We are a little group but we can do a lot. We try to keep the money we make from sales as donations in the Forster Tuncurry area. We try to help any groups in town we can think of."

Leonie said they recently received a large amount of donated nice fabric to



Above: Pacific Palms Kindies with their new library bags for borrowing books. Photo supplied.

make the bags but said they also purchase their own fabric so they can get hold of interesting patterns.

She said it is wonderful that their group is still going strong with 21 members as some of Boomerang Bags groups can end up folding.

"We seem to be well accepted by the community."

Boomerang Bags can be purchased at Watson's Pharmacy Forster, Raw Wharf St, Great Lakes

Left: Volunteer members of Boomerang Bags Forster-Tuncurry at their recent Christmas party. Coordinator Leonie Dowell is in the middle (orange top).

Pharmacy Tuncurry, Tuncurry Post Office, Tuncurry Pharmacy, Forster Information Centre, Farmers Patch, Wharf St Gourmet Butcher and Paradise Marina and Forster Information Centre.

If interested in joining the group, contact Coordinator Leonie Dowell on 0430 623 332 or email leonie.dowell@gmail.com

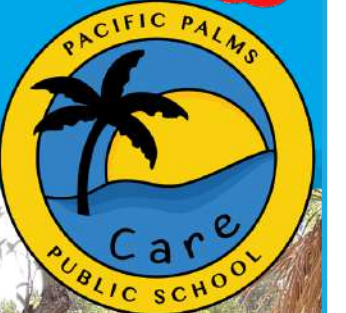
Boomerang Bags Forster-Tuncurry meet on alternate Mondays from 9:30am to 12:30pm at the Tuncurry Memorial Hall during school terms. All equipment is provided and there is no need to bring anything. More details can be found at their Facebook page 'Boomerang Bags Forster-Tuncurry'.



Kindy classes for 2026



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Pacific Palms Public School's Kindy Class with teachers Jessie Meehan and Alexis Scott

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Warmer, drier autumn forecast for much of Australia

Australian Bureau of Meteorology

Australia is set for a warmer and drier than average autumn, with the Australian Bureau of Meteorology warning that much of the southern half of the country is likely to experience below average rainfall and unusually high temperatures from March to May.

In its long-range outlook issued on 19 February, the Bureau said autumn rainfall is likely to be below average across most of southern Australia, with a 60 to 80% chance of drier conditions. The highest risk is forecast for April, when below average rainfall is expected to extend across most of the country.

Parts of eastern Victoria, New South Wales, southern Queensland, south-west Western Australia and northern Tasmania face an increased chance — greater than 40% — of unusually low rainfall.

In contrast, northern Australia has roughly equal chances of above, below or near average rainfall over autumn. For March specifically, rainfall is likely to be above average across parts of Cape York Peninsula and the northern and central Northern Territory, while parts of eastern Australia and far south-west Western Australia are likely to be drier than average.

Temperatures are forecast to be well above normal nationwide. Maximum temperatures are very likely — with more than an 80% — to exceed the autumn average across most of Australia. Much of the southern two-thirds of the country faces a greater than 50% chance of unusually high daytime temperatures, rising



Photo by Patricia Macvean.

above 70% in north-eastern Tasmania, north-eastern New South Wales and western parts of Western Australia.

Overnight temperatures are also tipped to remain elevated, with minimum temperatures likely to very likely to be above average across most of the country.

The Bureau's outlook is based on its ACCESS-S long-range forecasting model, which draws on millions of atmospheric and ocean observations. Sea surface temperatures in January were among the warmest on record, ranking sixth warmest in the Australian region and fourth globally. Waters south of the continent and off the New South Wales coast remain up to 2°C above average.

Forecasters say warmer oceans can add moisture and energy to weather systems, potentially increasing the severity of storms and heavy rainfall events.

Meanwhile, the 2025–26 La Niña continues to weaken, with further decline likely in coming weeks. The Indian Ocean Dipole remains neutral and is expected to stay that way through autumn.

Thinking about volunteering with NSW Rural Fire Service?

By Mary Yule — Forster Fortnightly

Captain Mick Reeves said his Tuncurry Fire Brigade have had a particularly busy year so far. In late January to early February, their volunteer fire crews were part of a coordinated effort to control a major fire near Nerong that burnt over 600 hectares. The fire is still being monitored with small pockets reigniting from within the peat.

On 24 and 25 February, the crew worked on containing a bush fire near Elliot's Road at Nabiac.

Captain Reeves said they are now doing a recruitment drive for more volunteers. They ask for interested people to message them through Facebook and book a time for a chat during their regular station times on Tuesdays from 5:00pm and Saturdays from 8:00am at their station on Grey Gum Road.

Diamond Beach Fire Brigade were also part of the combined effort to contain major fires at Nerong and the more recent fire at Nabiac. Captain Shane Atwood said they are always actively looking for more recruits as they have an aging membership and try to encourage younger folk to attend call outs and training.

"There's not just firefighting but a whole range of things you can do such as operational work in the office or ambulance assistance. We also



Above: Diamond Beach RFS at the Hallidays Point Skatepark opening. Photo by Mary Yule.

work closely SES, Fire & Rescue, VRA Rescue NSW and other local organisations" said Captain Shane Atwood.

"We regularly attend the Black Head Bazaar with our fire truck and people can always come up to receive recruitment information from us."

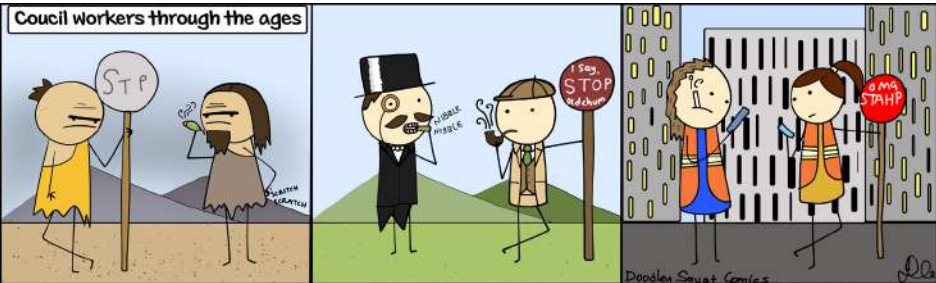
If that sounds like you, please come visit the Diamond Beach Fire Station at 40 Anniversary Drive Diamond Beach on a Thursday morning or give Membership Coordinator Geoff Kempe a call on 02 6559 3640 and leave a message.

There's a role for everyone — from active firefighting to communications, logistics, catering and community engagement.

The Grin Bin

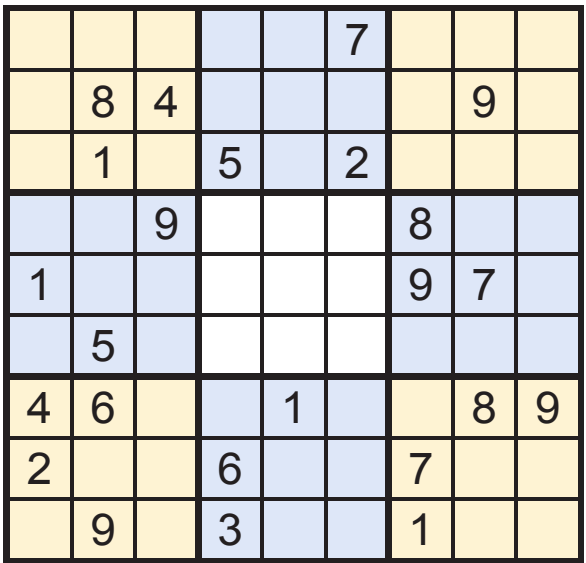


Doodley Squat



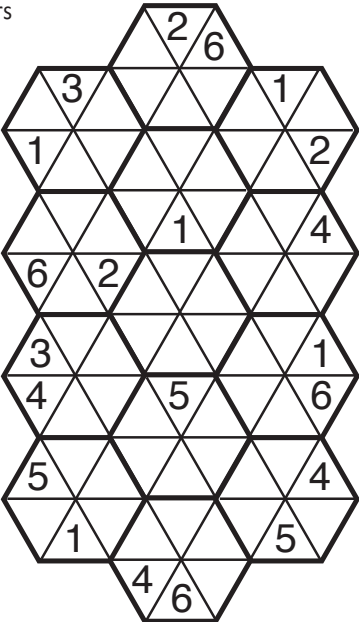
Sudoku

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

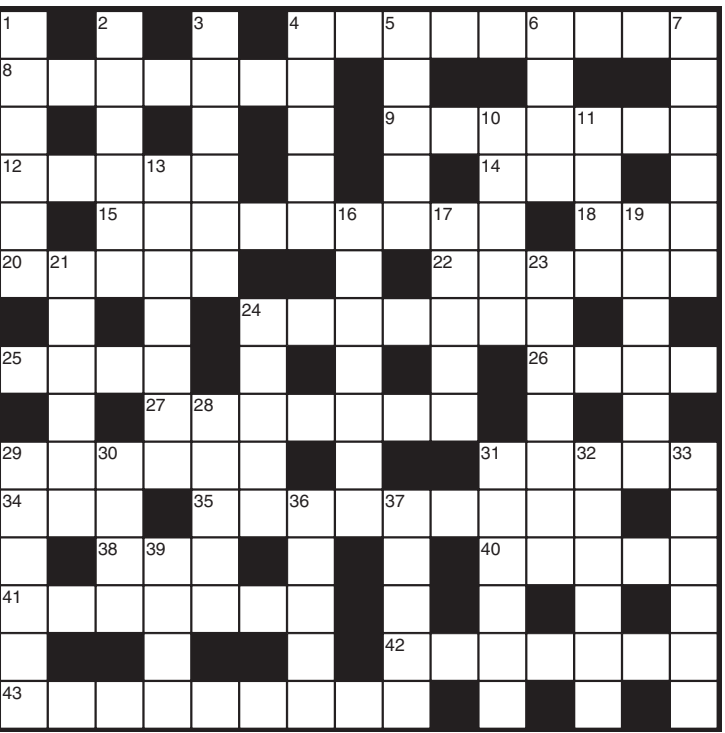


Quick Workout

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

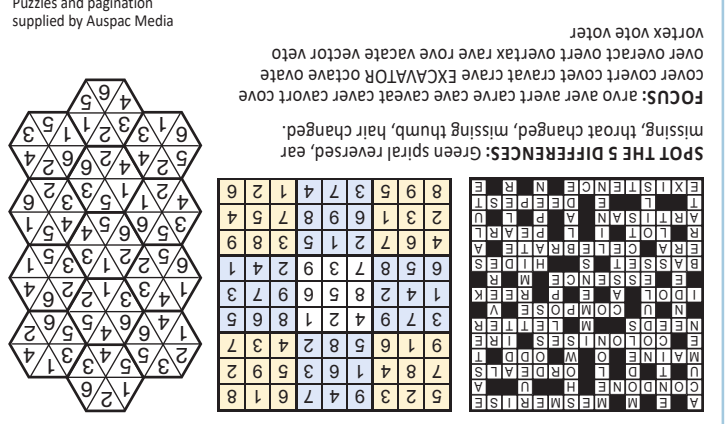


Crossword



- ACROSS**
- 4 Hypnotise
 - 8 Pardon an offence
 - 9 Severe trials
 - 12 American state
 - 14 Strange
 - 15 Establishes a colony
 - 18 Anger
 - 20 Requires
 - 22 Missive
 - 24 Write music
 - 25 Worshipped image
 - 26 Emit fumes
 - 27 Perfume
 - 29 Breed of hound
 - 31 Conceals
 - 34 Period of time
 - 35 Proclaim
 - 38 Fate
 - 40 Concretion of nacre
 - 41 Skilled worker
- DOWN**
- 1 Mental acuteness
 - 2 Tempt
 - 3 Mannequins
 - 4 Gourd
 - 5 Exhibits
 - 6 Regretted
 - 7 Festive season
 - 10 Prescribed amounts
 - 11 Mine entrance
 - 13 Small rounded lumps
 - 16 Huge
 - 17 Run away to marry
 - 19 Venerate
 - 21 Make beloved
 - 23 White ant
 - 24 Social class
 - 28 Cults
- 42** Farthest down
43 Being
- 29** Scold
30 Preservative
31 Occur
32 Merchant
33 Acknowledge rank
36 Flaxen cloth
37 Dashing fellow
39 Lubricants

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Get Ready NSW



*Shown here are Fire, Flood and Storm Warnings. Other warning symbols include Heat, Tsunami, Cyclone, and Other.

YOUR FORTNIGHTLY TV GUIDE

March 4 - 10

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Grand Designs Transformations. 4.00 MOVIE: Murdoch Mysteries: Under The Dragon's Tail. (2005) 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Tonight At The Museum. 8.30 The Weekly. 9.00 Dog Park. 9.30 Q! 10.00 Planet America. 10.35 News. 10.50 The Business. 11.05 Live At The Wireless. 11.50 MOVIE: Murdoch Mysteries: Under The Dragon's Tail. (2005) 1.20 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.05 The Wonders Of Europe. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Social Schism. 8.30 Lost Grail With Alice Roberts. 9.25 Prisoner 951. 10.30 SBS News. 11.00 Face To Face. 12.00 Darkness: Those Who Kill. 12.55 Darkness: Those Who Kill. 1.50 Divided We Stand. 3.40 Mastermind Aust. 4.45 Destination Flavour Bitesize. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Australia: Now And Then. (M) 10.30 Marching In. (M) 12.00 On The Inside: Collingwood's 2025 Season. 1.00 The Act. 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 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 Married At First Sight. (M) 9.00 Naked City: HITMEN. (MA15+) 10.00 9News Late. 10.30 The Killer Interview With Piers Morgan. (M) 11.30 A Remarkable Place To Die. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 11.45 My Market Kitchen. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Australian Survivor: Redemption. 9.00 Gogglebox Aust. 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. 12.30 Shopping.
THURSDAY	6.00 Morning Programs. 11.00 Creative Types. 11.30 Q! 12.00 News. 1.00 Bergerac. 2.00 Parliament. 3.00 Grand Designs Transformations. 4.00 Sister Boniface Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Creative Types. 9.00 Master Dogs. 11.00 News. 11.15 The Business. 11.30 Sister Boniface Mysteries. 12.15 Long Lost Family. 1.05 Parliament. 2.05 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Ancient Egypt: Top 7 Pyramids. 3.00 Going Places. 3.30 The Cook Up. 4.05 The Wonders Of Europe. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Toronto Airport Uncovered. 8.30 The Hospital: In The Deep End. 9.35 A Spy Among Friends. 10.40 SBS News. 11.10 In Memoriam. 12.00 The Hollow. 2.05 Silent Road. 4.00 Mastermind Aust. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Catch Phrase. 2.00 Bridge Of Lies: Celebrity Specials. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News. 7.00 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Football. AFL. Opening Round. Sydney v Carlton. 10.30 AFL Post-Game Show. 11.00 Kick Ons. 11.30 Australian Idol. (PG) 12.50 Dare Me. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 Married At First Sight. 1.30 Explore TV. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 1. Melbourne Storm v Parramatta Eels. 9.55 NRL. Thursday Night Footy Post-Match. 10.40 9News Late. 11.10 The Equalizer. 12.05 Tipping Point. 1.00 Surfing Aust. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Soccer. AFC 2026 Women's Asian Cup. group stage. Australia v IR Iran. 10.30 10's Late News. 11.30 10 News+. 12.00 Stephen Colbert. (PG) 1.00 Shopping.
FRIDAY	6.00 News Breakfast. 9.00 News. 10.00 Australia's Wild Odyssey. 11.00 Antiques Roadshow. 12.00 News. 1.00 Master Dogs. 2.00 Dog Park. 2.30 In Limbo. 2.55 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.35 Gardening Aust. 8.35 Professor T. (PG) 9.25 Tonight At The Museum. (PG) 9.55 The Weekly. 10.25 Dog Park. (M) 10.55 News. 11.00 Murdoch Mysteries. (M) 12.00 Smother. 1.45 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 1.55 The Hospital: In The Deep End. 3.00 Nula. 3.30 The Cook Up. 4.05 Marseille: Birth Of A Megapolis. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Going Places. 8.30 Fukushima: Days That Shocked The World. 9.25 Fly With Me. 10.40 SBS News. 11.10 Sisi. 12.15 Babylon Berlin. (PG) 9.55 The Immortal: Gangs Of Madrid. 3.50 Mastermind Aust. 4.20 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Killer Condo. (2022) 3.00 Unfiltered: Cricket. (PG) 3.30 Women's Test Cricket: Pre-Game. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.00 MOVIE: Mamma Mia! (2008) (PG) Amanda Seyfried, Meryl Streep, Colin Firth. 10.20 MOVIE: Anna. (2019) (MA15+) 12.50 Dare Me. (MA15+) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Romantic Rewrite. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Round 1. Brisbane Broncos v Penrith Panthers. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Sicario. (2015) (MA15+) 1.00 Next Stop. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Australian Survivor: Redemption. 11.30 Motor Racing. Formula 1. Australian Grand Prix. Day 1. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Jamie Oliver: Eat Yourself Healthy. 8.30 Love It Or List It Australia. 9.40 10's Late News. 10.40 10 News+. 11.00 Stephen Colbert. (PG) 12.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 In The Room. 1.25 Professor T. 2.15 The Piano. 3.15 Extraordinary Escapes. 4.00 The ABC Of. 4.30 Todd Sampson's Why? 5.00 Nick Cave And Warren Ellis At Hanging Rock. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Blue Murder Motel. (PG) 8.20 Top End Bub. (PG) 8.50 Death In Paradise. (M) 9.50 This England. (M) 10.35 Rage. (MA15+) 5.00 Rage.	6.00 Morning Programs. 2.00 Sailing. SailGP Sydney. Round 3. Highlights. 3.00 Stories From The Cities. 3.30 Going Places. 4.30 Light Years: Olive Cotton. 5.30 Emilio Schindler: Woman In The Shadow. 6.30 News. 7.30 Neil And Martin's Bon Voyage. 8.25 Travels With Agatha Christie And Sir David Suchet. 9.20 Shaun Micallef's Origin Odyssey. 10.25 Cycling. UCI World Tour. Strade Bianche Women. 12.20 Cycling. UCI World Tour. Strade Bianche Men. 3.15 Late Programs.	6.00 Morning Programs. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 Better Homes. 8.00 Cricket. Women's Test. Australia v India. Day 2. Late afternoon session. 9.00 Women's Test Cricket: Dinner Break. 9.20 Cricket. Women's Test. Australia v India. Day 2. Evening session. 12.00 Motor Racing. Supercars Championship. Round 2. Melbourne Supersprint. Day 1. Highlights. 1.00 Devils. 2.00 Shopping. 4.00 Tales Of Aluna. 5.00 Million Dollar Minute.	6.00 Morning Programs. 12.30 Paralympic Winter Games Milano Cortina 2026 Opening Ceremony. From Verona Arena. Italy. Replay. 3.00 Explore TV. 3.30 Epic Builds. 4.30 Getaway. 5.00 News. 5.30 Surfcast: 40 Years. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: Father Of The Bride. (1991) 10.40 MOVIE: Moonstruck. (1987) 12.35 Epic Builds. 1.30 Open For Inspection. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Tough Tested. 7.00 Reel Action. 7.30 Escape Fishing. 8.00 I Fish. 8.30 Camper Deals. 9.00 All 4 Adventure. 10.00 Motor Racing. Formula 1. Australian Grand Prix. Day 2. 5.30 News. 6.30 The Dog House Australia. (PG) 7.30 Love It Or List It Australia. An intervention is necessary for a couple. 9.50 Gogglebox Australia. Opinionated viewers discuss TV shows. 11.00 Matlock. (PG) 12.00 Home Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 9.00 Insiders. 10.00 Officers. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Master Dogs. 3.30 The Piano UK. 4.30 Creative Types. 5.00 Back Roads. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Master Dogs. 8.30 Dog Park. 9.00 This England. 10.05 Blue Murder Motel. 10.55 Top End Bub. 11.20 MOVIE: Partisan. (2015) 1.00 Rage. 3.00 Gardening Aust. 4.00 Dream Gardens. 4.30 A Bite To Eat. 5.00 Insiders.	6.00 Morning Programs. 4.00 PBS News Compass Points. 4.30 WorldWatch. 4.55 The Point: Road To Referendum History Bites. 5.00 Rehabilitating. 5.20 The Granny Grommets. 5.30 Women Of WWII: The Untold Stories. 6.30 News. 7.30 Pompeii: Life In The City With Dan Snow. 9.15 Ancient Empires. 10.55 Roberta Flack. 12.25 Jackie And Lee: A Tale Of Two Sisters. 12.00 Cycling. UCI World Tour. Paris-Nice Race. Stage 1. 3.20 Mastermind Aust. 4.20 Bamay. 4.50 Late Programs.	6.00 Morning Programs. 2.30 Jabba's Movies. 3.00 Surf Patrol. 3.30 Better Homes And Gardens Summer. 4.30 Border Security. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 The 1% Club UK. 8.00 Billy Joel Live At Madison Square Garden. 10.00 The Hunters. 11.30 Border Security: Int. 12.00 Motor Racing. Supercars Championship. Round 2. Melbourne Supersprint. Day 2. Highlights. 12.30 Dr Harry's: Animal Encounters. 1.30 Travel Oz. 2.00 Shopping. 3.30 Late Programs.	6.00 Morning Programs. 1.00 Paralympic Winter Games Milano Cortina 2026. Day 1. 2.00 David Attenborough's Dynasties II. 3.00 Rugby League. NRL. Round 1. Dolphins v South Sydney Rabbitohs. 6.00 NBN News. 7.00 Married At First Sight. 8.45 60 Minutes. 9.45 9News Late. 10.15 Hunting Buddy: Chase For The Devil. 11.15 The First 48. 12.05 Wild Cards. 1.00 Ready Vet Go: The Vet Paramedics. 1.30 TV Shop. 4.00 Skippy. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Mass. 6.30 Key Of David. (PG) 7.00 Joseph Prince. 7.30 My Market Kitchen. 8.00 Farm To Fork. 8.30 Motor Racing. Formula 1. Australian Grand Prix. Day 3. 5.00 News. 6.30 10 News+. 7.00 Soccer. AFC 2026 Women's Asian Cup. group stage. Australia v Korea Republic. From Accor Stadium, Sydney. 10.30 Gold Wars Downunder. (M) 11.30 MOVIE: The Hunt. (2022) (M) 1.45 10 News+. 2.10 Law & Order: SVU. (M) 3.00 Home Shopping.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Spicks And Specks. 2.30 Brush With Fame. 3.00 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.00 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 ABC National Forum. 9.35 Media Watch. 9.50 Planet America. 10.20 Foreign Correspondent. 10.55 News. 11.10 The Business. 11.25 The Weekly. 11.55 Murdoch Mysteries. 12.40 Long Lost Family. 1.30 Rage. 4.00 Gardening Aust. 5.00 Late Programs.	6.00 Morning Programs. 1.00 PBS News Compass Points. 1.30 WorldWatch. 2.00 Irish Road Trip With Miriam Margolyes. 3.00 Going Places. 3.30 The Cook Up. 4.05 Vietnam: The Birth Of A Nation. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Inside The Tower Of London. 8.30 8 Out Of 10 Cats. 9.25 Buzzcocks. 10.05 SBS News. 10.35 Other People's Movies. 11.30 The Old Man. 12.40 Kate And Larapinta. 1.10 Cycling. UCI World Tour. Paris-Nice Race. Stage 2. 3.15 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 The Agenda Setters: Rugby League. 10.10 The Agenda Setters. 11.10 TBA. 12.10 Conviction. (MA15+) 1.10 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Paralympic Winter Games Milano Cortina 2026. Day 3. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 100% Footy. (M) 10.00 9News Late. 10.30 Outback Opal Hunters. (M) 11.30 Sight Unseen. (M) 12.30 Footy Classified. (M) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Australian Survivor: Redemption. (PG) 9.00 NCIS. (M) 9.40 NCIS. 10.40 10 News+. 11.30 Stephen Colbert. 12.30 Shopping.
TUESDAY	6.00 Morning Programs. 1.00 Death In Paradise. 2.00 Parliament. 3.00 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 9.35 Todd Sampson's Why? 9.00 If You're Listening: Black Swans. 9.35 Creative Types. 10.05 Compass. 10.35 News. 10.50 The Business. 11.05 ABC National Forum. 12.05 Media Watch. 12.25 Murdoch Mysteries. 1.15 Late Programs.	6.00 Morning Programs. 2.00 Irish Road Trip With Miriam Margolyes. 3.00 Trail Towns. 3.35 The Cook Up. 4.05 Vietnam: The Birth Of A Nation. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Inside The Tower Of London. 8.30 8 Out Of 10 Cats. 9.25 Buzzcocks. 10.05 SBS News. 10.35 Other People's Movies. 11.30 The Old Man. 12.40 Kate And Larapinta. 1.10 Cycling. UCI World Tour. Paris-Nice Race. Stage 3. 3.15 Safe Home. 4.40 Destination Flavour Bitesize. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 The Agenda Setters: Rugby League. 10.10 The Agenda Setters. 12.10 Dirty John. (MA15+) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Paralympic Winter Games Milano Cortina 2026. Day 3. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.00 The Hunting Wives. 10.10 9News Late. 10.40 Wild Cards. 11.35 Next Stop. 12.05 Tipping Point. 1.00 Destination WA. 1.30 TV Shop. 2.30 Our State On A Plate. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Australian Survivor: Redemption. (PG) 9.00 NCIS. (M) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. (PG) 12.30 Shopping.

March 11 - 17

	ABC TV	SBS	SEVEN	NBN	TEN	
	6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Tonight At The Museum. 8.30 The Weekly. 9.00 Dog Park. 9.30 Q! 10.00 Planet America. 10.35 News. 10.50 The Business. 11.05 You Can't Ask That. 11.40 Murdoch Mysteries. 12.25 Lost Family. 11.5 Parliament. 2.15 Rage. 4.0 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.05 Vietnam: The Birth Of A Nation. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Sandi Toksvig's Great Riviera Rail Trip. 8.25 Lost Grail With Alice Roberts. 9.25 Prisoner 951. 10.25 SBS News. 10.55 Face To Face. 11.50 Darkness: Those Who Kill. 12.45 MOVIE: Cold Water. (2023) 1.10 Cycling. UCI World Tour. Paris-Nice Race. Stage 4. 3.15 Mastermind Aust. 4.15 Bamay. 4.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 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 Australian Idol. (PG) 9.10 The Front Bar. (M) 10.10 Australia: Now And Then. (M) 11.10 Unfiltered. (M) 11.40 The Agenda Setters. 12.40 No Holds Barred: GWS Giants. (M) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Paralympic Winter Games Milano Cortina 2026. Day 4. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.00 Naked City: HITMEN. 10.00 9News Late. 10.30 Freddy And The Eighth. 11.30 A Remarkable Place To Die. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Lingo. 8.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 11.40 My Market Kitchen. 12.00 Farm To Fork. 12.30 Family Feed. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Australian Survivor: Redemption. 9.00 Elsbeth. 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. (PG) 12.00 Shopping.	WEDNESDAY
	6.00 Morning Programs. 10.55 Creative Types. 11.30 Q! 12.00 News. 1.00 Bergerac. 2.00 Parliament. 2.55 Fake Or Fortune? 3.55 Sister Boniface Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Creative Types. 9.00 Monster Doctors. 10.00 The Business. 11.00 11.05 The Business. 11.20 Sister Boniface Mysteries. 12.05 Long Lost Family. 12.55 Parliament. 1.55 Rage. 4.00 Gardening Aust. 4.55 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 MOVIE: Los Hermanos: The Brothers. (2021) 3.30 The Cook Up. 4.05 Vietnam: The Birth Of A Nation. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Toronto Airport Uncovered. 8.30 The Hospital: In The Deep End. 9.35 A Spy Among Friends. 10.30 The Hollow. 11.00 Memorabilia. 12.00 The Hollow. 10.5 Dirty Bird. 11.0 Cycling. UCI World Tour. Paris-Nice Race. Stage 5. 3.15 Silent Road. 4.10 Bamay. 4.40 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Catch Phrase. 2.00 Bridge Of Lies: Celebrity Specials. 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 Highway Patrol. (PG) 8.00 Motorway Patrol. (M) 8.30 MOVIE: Bridget Jones's Diary. (2001) 9.30 TBA. 12.10 Damnation. 11.0 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.30 Paralympic Winter Games Milano Cortina 2026. Day 5. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 2. Brisbane Broncos v Parramatta Eels. 9.55 NRL. Thursday Night Footy Post-Match. 10.40 9News Late. 11.00 The Equalizer. 12.05 Tipping Point. 1.00 Hello Sa. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 8.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 12.00 Farm To Fork. 12.30 Family Feed. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Gogglebox Aust. 8.30 The Graham Norton Show. (PG) 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. (PG) 12.00 Shopping.	THURSDAY
	6.00 News Breakfast. 9.00 News. 10.00 Compass. 10.30 Stuff The British Lie. 11.00 Roadshow. 12.00 News. 1.00 Master Doctors. 2.30 In Limbo. 3.00 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Gardening Aust. 8.30 Professor T. (M) 9.20 Tonight At The Museum. (PG) 9.50 The Weekly. (PG) 10.20 Dog Park. (M) 10.50 News. 11.05 Smoother. (M) 12.50 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 The Hospital: In The Deep End. 3.00 Nula. 3.30 The Scalpel. 4.00 The Cook Up. 4.30 Jeopardy! 4.55 Letters And Numbers. 5.25 Mastermind Aust. 6.30 News. 7.30 Going Places. 8.30 Fukushima: A Nuclear Nightmare. 10.05 Rock Legends. 10.35 SBS News. 11.05 Sisi. 12.05 How Sports Changed The World. 1.10 Cycling. UCI World Tour. Paris-Nice Race. Stage 6. 3.15 Mastermind Aust. 4.15 Bamay. 4.45 Destination Flavour. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Dying To Be Perfect. (2020) 2.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Better Homes And Gardens. 8.00 MOVIE: Mamma Mia! Here We Go Again. (2018) (PG) Lily James, Amanda Seyfried, Meryl Streep. 10.20 MOVIE: Nobody. (2021) (MA15+) 12.20 Damnation. (MA15+) 12.0 Travel Oz. (PG) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Morning Programs. 1.00 Explore TV. 1.30 Paralympic Winter Games Milano Cortina 2026. Day 6. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Round 2. Sydney Roosters v South Sydney Rabbitohs. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Sicario: Day Of The Soldado. (2018) (M) Next Stop. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 8.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 12.00 Farm To Fork. 12.30 Family Feed. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Jamie Oliver: Eat Yourself Healthy. 8.30 Love It Or List It Australia. 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. 12.00 Shopping.	FRIDAY
	9.00 Rage. 10.30 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Bio Murder Motel. 1.15 Professor T. 2.05 The Piano. 3.05 The Piano. 4.25 Todd Sampson's Why? 5.00 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.25 Hard Quiz. (PG) 7.00 ABC News. 7.30 Hard Quiz. (PG) 8.00 ABC News. 8.30 8.20 Top End Bub. (PG) 8.45 Death In Paradise. (PG) 9.45 This England. (MA15+) 10.50 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Cycling. UCI World Tour. Strade Bianche Women. Highlights. 3.00 Stories From The Cities. 3.30 Going Places. 4.30 Grand Tours Of Scotland's Rivers. 5.30 Liberation Diaries. 6.30 News. 7.30 Jewels Of The Mediterranean. 8.25 Travels With Agatha Christie And Sir David Schacht. 9.20 Shogun. 10.30 The Real Downton Abbey. 11.25 Cycling. UCI World Tour. Paris-Nice Race. Stage 7. 1.25 Stormy. 3.25 Mastermind Aust. 3.55 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Horse Racing. Chandon Ladies Day And Caulfield Victorian Owners and Breeders Day. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 Better Homes And Gardens. 8.00 MOVIE: Men In Black. (1997) (M) 9.00 MOVIE: Men In Black II. (2002) (PG) 11.45 Highway Cops. (PG) 12.15 Devils. (MA15+) 11.5 Travel Oz. (PG) 2.00 Shopping. 4.00 Tales Of Aluna. 5.00 Million Dollar Minute.	6.00 Morning Programs. 1.00 Great Australian Detour. 1.30 Paralympic Winter Games Milano Cortina 2026. Day 7. 3.00 Explore TV. 3.30 Epic Builds. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: Father Of The Bride Part II. (1995) 10.35 MOVIE: When Did We Fall In Love? 12.25 Epic Builds. 1.20 Open For Inspection. 1.50 Innovation Nation. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 8.00 Fish. 8.30 Camper Deals. 9.00 All 4 Adventure. 10.00 Australian Survivor: Redemption. 12.40 My Market Kitchen. 1.00 Silvia's Italian Masterclass. 1.30 What's Up Down Under. 2.00 Farm To Fork. 2.30 Ultimate Classroom. 3.00 Deal Or No Deal. 3.30 Millionaire Hot Seat. 4.00 Lingo. 4.30 Bold. 5.00 Millionaire Hot Seat. 5.30 Soccer. 6.00 Women's Asian Cup. 7.30 Gogglebox Aust. 11.30 Matlock. 12.30 Elsbeth. 1.30 Shopping. 5.00 Hour Of Power.	SATURDAY
	6.00 Morning Programs. 10.00 Officers. 10.30 World This Week. 11.00 Compass. 1.10 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening. 1.50 1.50 Sister Boniface Mysteries. 2.30 The Piano. UK. 4.30 Creative Types. 5.00 Back Roads. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 The Piano. 8.20 Can You Keep A Secret? 8.50 Fares. 9.40 Bio Murder Motel. 10.25 Top End Bub. 10.55 MOVIE: Judy And Punch. (2019) 12.35 Rage. 3.00 Gardening Aust. 4.00 Dream Gardens. 4.30 A Bite To Eat. 5.00 Insiders.	6.00 Morning Programs. 1.00 Cycling. ProVelo Super League. Round 5. Grafton To Inverell. 4.00 Cycling. UCI World Tour. Strade Bianche Women. Highlights. 5.00 Grand Tours Of Scotland's Rivers. 5.35 Manhanet Project In Colour. 6.30 News. 7.30 Pompeii: Life In The City With Dan Snow. 9.15 Leonardo Da Vinci. 10.20 Lost Treasures Of Egypt. 11.15 MOVIE: Julia. (2021) 1.10 Cycling. UCI World Tour. Paris-Nice Race. Stage 8. 3.00 Freedom Is A Verb. 3.20 Mastermind Aust. 4.20 Bamay. 4.50 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 Beach Cops. 3.00 Survival Skills. 4.00 Border Security. 4.30 Better Homes And Gardens. 5.00 Summer. 5.00 5.00 Weekend. 6.00 News. 7.00 Australian Idol. (PG) 8.45 Britain's Got Talent. (PG) 10.10 The Hunters. (M) 11.40 24 Hours In Police Custody. (M) 12.40 The Age Of Elizabeth. (PG) 2.30 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 Paralympic Winter Games Milano Cortina 2026. Day 8. 2.00 David Attenborough's Dynasties II. 3.00 Rugby League. 4.00 Round 2. 4.00 NBN News. 5.00 Married At First Sight. 8.45 60 Minutes. 9.45 9News Late. 10.15 Hunting Buddy. Chase For The Devil. 11.15 The 13th Deadly. 12.05 A Killer Makes A Call. 1.00 Ready Yet Go: The Vet Paramedics. 1.30 TV Shop. 4.00 Skippy. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Australia By Design: Architecture. 8.30 My Market Kitchen. 9.00 Freshly Picked. 9.30 Travel Oz. 10.00 Farm To Fork. 10.30 Australian Survivor: Redemption. 1.00 Dogs Behaving (Very) Badly Australia. 2.00 Deal Or No Deal. 2.30 Millionaire Hot Seat. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 10 News+. 7.00 Australian Survivor: Redemption. 8.30 NCIS: Sydney. 9.30 Law & Order: SVU. 10.30 NCIS: Origins. 11.30 News+. 12.00 Shopping.	SUNDAY
	6.00 Morning Programs. 1.00 Landline. 2.00 Spicks And Specks. 2.30 Brush With Fame. 2.55 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Planet America. 10.05 Foreign Correspondent. 10.40 News. 10.55 The Business. 11.10 The Weekly. 11.40 Murdoch Mysteries. 12.30 Long Lost Family. 1.15 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 1.00 PBS News Compass Points. 1.30 WorldWatch. 2.00 Love In The Walls. 3.10 Freedom Is A Verb. 3.30 The Cook Up. 4.05 Ancient Builders Of The Amazon. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Inside The Tower Of London. 8.30 8 Out Of 10 Cats. 9.25 Buzzcocks. 10.00 SBS News. 10.40 Other People's Money. 11.35 Blood The Old Man. 1.30 The Old Man. 2.25 Blood The Movie. Inside The Nazi Economy. 3.20 Late Programs.	6.00 Sunrise. 9.00 Oscars Red Carpet. 10.00 The Oscars. 1.30 Border Security: Int. (PG) 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 Seven News. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 The Oscars. (PG) From the Dolby Theatre in Los Angeles. 12.40 The Agenda Setters: Rugby League. 1.40 The Agenda Setters. 3.00 Home Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.30 Paralympic Winter Games Milano Cortina 2026. Day 9. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.00 100% Footy. 10.00 9News Late. 10.30 Paralympic Winter Games Milano Cortina 2026 Closing Ceremony. From Stadio Olimpico del Ghiaccio, Cortina d'Ampezzo, Italy. Replay. 1.00 Hello Sa. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Late Programs.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 8.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 12.00 GCBC. 12.30 Family Feed. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Australian Survivor: Redemption. (PG) 8.40 NCIS. (M) 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. (PG) 12.00 Shopping.	MONDAY
	6.00 Morning Programs. 1.00 Death In Paradise. 2.00 Spicks And Specks. 2.30 Brush With Fame. 3.00 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Todd Sampson's Why? 9.00 If You're Listening: Black Swans. 9.35 Creative Types. 10.05 Compass. 10.35 News. 10.50 The Business. 11.05 Four Corners. 11.50 Media Watch. 12.10 Murdoch Mysteries. 1.00 Late Programs.	6.00 Morning Programs. 2.00 The Song Cycle. 3.30 The Cook Up. 4.00 Brendan Gleeson's Farewell To Hughes. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Inside The Tower Of London. 8.30 8 Out Of 10 Cats. 9.25 Buzzcocks. 10.00 SBS News. 10.40 Other People's Money. 11.35 Blood The Old Man. 1.30 The Old Man. 2.25 Blood The Movie. Inside The Nazi Economy. 3.20 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 Seven News. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 The Oscars. (PG) From the Dolby Theatre in Los Angeles. 12.40 The Agenda Setters: Rugby League. 1.40 The Agenda Setters. 3.00 Home Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 Married At First Sight. 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 Married At First Sight. 9.00 The Hunting Wives. 10.00 9News Late. 10.30 The Killer Interview With Piers Morgan. 11.30 Next Stop. 12.00 Tipping Point. 1.00 Destination WA. 1.30 TV Shop. 2.30 Our State On A Plate. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 11.40 Farm To Fork. 12.00 GCBC. 12.30 Family Feed. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Australian Survivor: Redemption. (PG) 8.40 NCIS. (M) 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. (PG) 12.00 Shopping.	TUESDAY

What's on around town & beyond!

Local Calendar

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

March

Sat 7 March - Real Food Market
8am - 11am Pacific Palms Community Centre.
Enquiries: Sue Williams 0438 433 063.

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

Sat 21 March - Forster Farmers Market
8am to 12pm in the grounds next door to Forster Court House on Little St.
Enquiries: Linda 0421 347 273



Sat 28 March - Tuncurry Market (see above)
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

Sun 29 March - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

April



Above: Diamond Beach RFS regularly attends Black Head Bazaar Market. See p16 for more.

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

Sun 5 March - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088

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FORSTER-TUNCURRY

Coomba Park gears up for its annual Art & Craft Exhibition



Above is Tony Borg, a new exhibitor, with his painting of the Forster Tuncurry bridge

By Jenny Cotterill – Coomba Art & Craft Exhibition

Coomba Park is looking forward to the 4th Art and Craft Exhibition, to be held from Wednesday 18 March to Saturday 21 March at Coomba Aquatic Club. Entry to the exhibition is free.



Above: Some of Hannie Clarke's porcelain pots that will be on display.

This year's exhibition will feature twenty-four talented exhibitors, including several first-time participants, promising some exciting new surprises for visitors. Many of our regular artists will also return to show their latest works, including paintings, wildlife photography, embroidery, jewellery and much more.

Over the past year, numerous artists have refined their skills or explored entirely new techniques. Local potter Hannie Clarke, well known from previous exhibitions for her range of mugs, dishes and large decorative bowls, has recently ventured into a fresh creative area - Watercolour on Porcelain. This technique involves the use of metal salts such as chlorides, sulphates, or nitrates applied to porcelain which then produce vivid colours when fired in a kiln.

Working with metal salts requires great care – gloves, masks and proper ventilation

are essential, but the results are stunning, enhanced by the semi-transparency of porcelain.

Also participating this year, the Coomba Men's Shed will be displaying some of their impressive, handcrafted pieces, adding even more variety to the exhibition.

Most items on display will be available for purchase, making this a wonderful opportunity to find something special for yourself or a thoughtful gift for someone else.

Don't miss the Coomba Park Art and Craft Exhibition – a celebration of creativity, skill and community spirit!

Art & Craft Exhibition at Coomba Aquatic Club Coomba Road

Opening Wednesday 18 March 5 pm
Complimentary glass of wine
Bistro takeaway available

Thursday, 19 March 2-6 pm

Friday, 20 March 2-8pm
Family BBQ at Aquatic Club

Saturday, 21 March 11 am to 8 pm
BBQ food available

Kahi Simon Suicide Prevention Fundraiser supports Forster



Above: Last year the 2025 Kahi Simon Fund event raised \$80,000 that directly benefitted communities in the Great Lakes and Charlestown.

Forster Neighbourhood Centre

Kelly Kay, founder of the Kahi Simon Fund is hosting an annual fundraising event to support Suicide Prevention and Mental Health initiatives in both Charlestown (Newcastle) and Forster.

The Kahi Simon Fund is a community led initiative partnering with the Lake Macquarie & Newcastle Suicide Prevention Network, created in honour of Kahi Simon, with a mission to raise awareness around mental health and suicide

prevention. The fund works to highlight gaps within the mental health system and supports the creation of safe, welcoming spaces where the individuals can access real support.

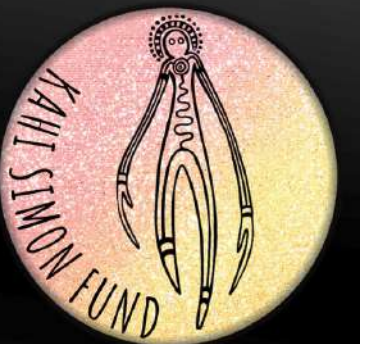
Through advocacy, community connection and fundraising, the Kahi Simon Fund helped establish the Evolve Mental Health & Wellbeing Hub in Charlestown - a safe, supportive space offering connection, early intervention, and access to support. The fund remains dedicated

Suicide Prevention Fundraiser

6-11pm on Saturday 30 May
NEX (Newcastle Exhibition & Convention Centre)

Join us for a special Fundraiser Evening supporting the Kahi Simon Fund - a night of connection, purpose, and community.

The evening will feature guest speakers, live and silent auctions, raffles, and music, all coming together to raise awareness and support for mental health and suicide prevention in Forster.



Tickets can be purchased through Humantix at: <https://events.humanitix.com/kahi-simon-suicide-prevention-fundraiser>

to reducing the stigma, promoting early support and ensuring no one feels alone in their struggle.

In July last year, the Kahi Simon Fund worked with the Great Lakes Suicide Prevention Network to host a community conversation about how we can work together to establish an Evolve Hub in Forster. Since that meeting, a Collaboration Agreement is in place between the Evolve Mental Health and Wellbeing Hub in Charlestown and Forster Neighbourhood Centre to create a safe, welcoming space that supports the wellbeing of all Great Lakes residents, within the existing central community hub at Lake Street, Forster. The Evolve model provides inclusive, non-judgmental support to individuals or families to get better access to mental health professionals, therapy options and suicide prevention services.

Forster Neighbourhood Centre is working in partnership with the Kahi Simon Fund to build team capacity, conduct training on the Evolve model and prepare the central hub to model best practice as a safe place to access support for anyone who feels they need it.

The Kahi Simon Suicide Prevention Fundraiser is on Saturday 30 May 2026 at NEX in Newcastle West (Newcastle Exhibition & Convention Centre). Last year, the event raised \$80,000, however, the venue has now doubled its capacity and can cater for more numbers. We are appealing to the Great Lakes community to support this important event, knowing that the funds are being used to directly benefit our community.

Tickets can be purchased through Humantix at: <https://events.humanitix.com/kahi-simon-suicide-prevention-fundraiser>.

Show Time again at NABIAC Showgrounds - Sat 7 March



Wallamba & District Agricultural & Horticultural Assoc. Inc.

The Wallamba & District Agricultural & Horticultural Assoc. Inc. Show will be celebrating its 113th Show Day on Saturday 7 March - so come and join in the fun and help us celebrate!

The Show opens at 8am with Horse, Cattle and Poultry Judging in the Ring & Poultry Pavilion, talented Arts & Craft Exhibitions in the Hall & Library and a wide variety of interesting Produce on display in the Produce Shed.

There will be entertainment throughout the day for the kids with Peppa-rifics' shows, Ole McDonalds Farm baby animals, Quenorie's Magic, Face Painting Fairies, Mr & Mrs Wow's Stilt Walking and the Reptile Display.

There are even the old-fashioned egg and spoon, sack races, wheelbarrow races and three-legged races to compete in - kids and adults if they are game.



Plus, Carnival Rides, the big Tug O War Competition, Doggy High Jump and the Schools' Scarecrows Competition.

Watch the Woodchoppers build up a sweat and the amazing Old Machinery displays. Witness the beautiful Show Dogs and Mini Mower Races.

You won't go hungry with lots of food and trade stalls to check out.

Finish the day watching the fabulous Rooftop Express Horse and Bison Show at 6.30pm.

Then enjoy our great Ka Boom Fireworks display at 8pm to totally round off the day! Adults \$15. Kids \$5. Family \$30 (2 adults/3 kids). Pensioner Concession (MUST show Pension card) \$5.

Contact Lyn on 6559 1811 or Karen on 0403 012 309

For the Program of Events or Schedules please visit www.nabiac.com/show

Conversations on writing with Annie Seaton, Laurelle Cousins & Rhonda Forrest

MidCoast Libraries

Join the conversation as rural-Australian authors Annie, Laurelle and Rhonda compare notes on influences, writing tips and the publishing industry. Don't miss this unique opportunity to hear from three well-loved authors together, in person.

11:00am to 12:00pm on Thursday 19 March
Bookings essential at: <https://library.midcoast.nsw.gov.au/Whats-on>

Annie Seaton

Ruby award-winning and best-selling Australian author, Annie Seaton, lives near the beach on the mid-north coast of New South Wales. Her career and studies spanned the education sector, working as an academic research librarian, a high school principal, and a university tutor until she took early retirement and fulfilled her lifelong dream of a full-time writing career fifteen years ago.

Her one-hundredth book was published this year. She has won many awards, culminating in the prestigious RUBY award in 2023 for best long contemporary novel for Larapinta. In 2016 (Kakadu Sunset) and 2025 (From Across the Sea) were finalists for the RUBY award.

Laurelle Cousins

Laurelle Cousins is a wool classer who lives the country life, with all its unique vibes, sounds and smells—some of which are more tolerable than others. She loves writing characters with strength and sass, her heroes and heroines always getting their happy ever after, but only after she's put them through the wringer to get there.

Her novels are set in rural, country settings with small towns and lovable busy bodies, with danger and suspense, and a misbehaving animal (or two) colouring their pages.

Rhonda Forrest

Rhonda Forrest is an Australian author of contemporary fiction and historical romance,

writing stories that explore relationships, family life, and social issues within richly detailed Australian settings.

After bringing up three daughters and traversing several careers, Rhonda went on to become a high school teacher of creative writing, English, and history. She lives with her husband between



Tamborine Mountain and a century-old cottage overlooking the waters of the Whitsundays.

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SCARECROW COMPETITION - STALLS - FOOD & DRINK VENUES - BAR

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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

ACCC says fine to Coles for misleading consumers should be reduced from \$150 million to just \$200 million

The Shovel

SATIRE: The Australian Competition & Consumer Commission (ACCC) has announced that the penalty it will be seeking for Coles misleading consumers is 'Down Down' from \$150 million to just \$200 million.

It justified labelling the fine a 'reduction', saying it increased the \$150 million fine amount to \$250 million last week, before 'dropping' it to \$200 million five minutes later.

In a statement this morning, read out in an excruciatingly upbeat voice, the consumer watchdog said this offer was not to be missed.

"Prices dropped! For a limited time, save 20% on your fine for unashamedly ripping off the Australian public!" read the statement.

"Misleading consumers by briefly increasing prices, then reducing them in order to promote



them as a saving? Was \$150 million, now just \$200 million!!"

The ACCC put the \$200 million fine into perspective, saying it would be almost enough to buy a trolley full of groceries.

Screen Reviews



TV Show Reviews by Leon Batman - Forster

Reviews of 3 shows on free to air tv - SBS On Demand

Trespasses - SBS On Demand. Miniseries 4 Episodes. Released November 2025

This Northern Irish drama set in the 1970s during The Troubles shows the very worst in both sides of the conflict when a young catholic schoolteacher has an affair with a middle-aged Protestant lawyer in a forbidden relationship, not only because of religion but also as the lawyer is married. This gritty drama is well worth watching and stars Gillian Anderson of X Files fame.



Anatomy of a Fall - SBS On Demand. Movie 2h 30m. Released 2023

A French legal drama in English and French with subtitles, as a writer trying to prove her innocence in her husband's death. To complicate things, they have a blind child who is a witness.

The storyline is excellent with changeovers between the English's and French languages very smooth done, making it easy to follow the storyline. A really good film on the free to air channel.



Nurse Jackie - SBS On Demand. Released in 2009, 7 Seasons

A medical drama/dark comedy starring Eddie Falco of Sopranos fame as Jackie Peyton who is a sassy wise cracking medical emergency nurse balancing work in a fast-paced emergency ward and her family by using painkillers for her back injury. Another great show on free to air tv and well worth binging.



www.moir.com.au

Book Review



Book Review by John King - Pacific Palms Librarian

(Be)Wilder

(Be)Wilder by Darryl Jones, subtitled Journeys in Nature, sets out his personal experiences of people and communities reconciling their lives with nature around them. As Professor of Ecology at Griffith University in Queensland, his field trips include his students and their experiences. His special interest is birds.

The book starts with his driving through fire-devastated rainforest. Rainforests don't burn, do they? Yes, they do – a sign of what global warming does. We need to be serious about what is happening, he says, but also take heart from wilderness.

He recounts the rejuvenating effect of watching birds. The guy says "Look, I'm no farkin greenie, but ... ". Should wild birds be fed? It depends.....

Jones recounts his experience of the high Arctic, 68 degrees north. Why do birds migrate there? How can any survive there? Timing is everything. Arctic warming is unravelling the ecological threads as changes occur faster than species can adapt.

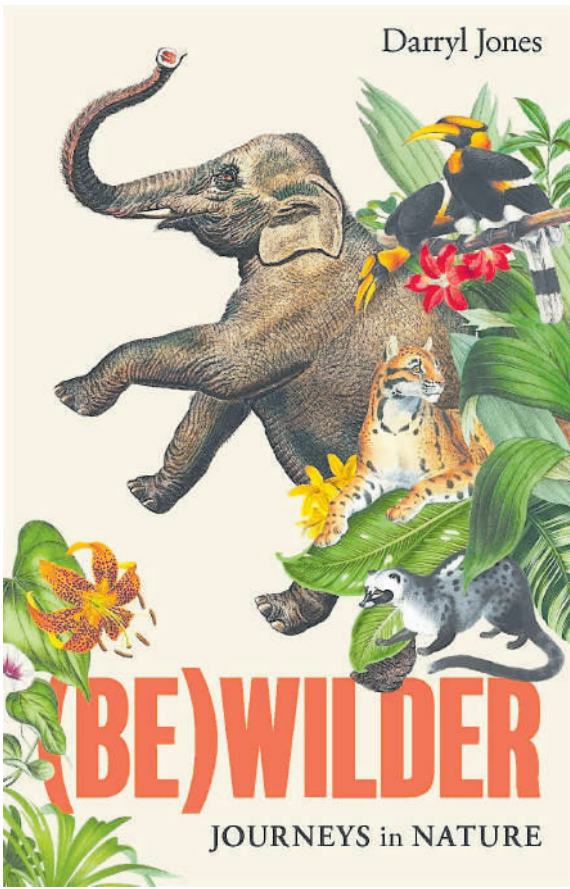
He takes his students into the wilds of Borneo. And learns a lesson - from the elephants.

Bearded pigs are the indigenous people's primary source of protein in Borneo but their numbers are dwindling. Why? Palm oil.

He returns to Brisbane. Wildlife roadkill is a major concern. What to do? Experiment. See if the doubters are right. They are proved wrong: the measures are a success faster than expected, and come with some surprises.

Kenya is special. Curiously, the creation of National Parks adversely affects the Maasai who, being cattle farmers, find themselves deprived of their traditional migration routes. Their solution is to establish their own nature reserves. While these do not have the diversity in the National Parks, they show the animals in their natural habitat and provide jobs and income for families. Conservation has a new meaning here: that for the Maasai's traditional way of life.

Back in Australia in the foothills of the Snowy Mountains, Jones finds a family intent on



regenerating the land, ignoring the advice of the young agronomist to nuke the weeds and sedges down on the creek and make a million with superfine wool merinos. Instead they raise sheep for meat and let the weeds grow, much to the disgust of traditional neighbours. They found eight years later that the traditional grasses had taken over.

Let Darryl Jones have the last say: "Our rise to global dominance is likely to be temporary unless we learn to take our respectful place among the creatures we share this planet with."

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

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All in good condition.
Phone John 0434 836 752.

SOLD

Bungwahl Sale Record!

1443 Wattle Hill Road, Bungwahl, has set a new benchmark for high-end coastal rural living. An exceptional home with so much to offer in the most private of locations.

It takes a team to achieve a result such as this. A big thank you to Troy Perrin and the awesome staff at Coastal Realty.

Considering selling? It would be my pleasure to assist.
Call James Murphy 0433 289 062

FORSTER LOCAL ABORIGINAL LAND COUNCIL (FLALC)

Notice of Annual General Meeting of the Forster LALC

DATE: 27th March 2026
TIME: 10.30am
VENUE: 10 Breckenridge Street Forster NSW 2428

The meeting will be the Forster LALC Annual General Meeting for the Financial Year ending 30 June 2025.

AGENDA

1. The receipt of an Annual Report of the activities of the Council, and
2. The receipt of the audited financial statements for the previous year, and
4. Roads to Home Subdivision Program.
3. The conduct of any other business placed on the agenda before the commencement of the meeting.

All inquiries about this meeting should be directed to the Chief Executive Officer (CEO) of the Forster LALC during business hours.

Authorised: Natalie Ridgeway, Chairperson Forster LALC

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Weekly Diary

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

Mondays

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

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

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

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

Forster Family History Research Service
Available Mon, Wed & Fri 2 - 4pm and Tues &
Thurs 10am - 12pm at Forster Library.
Email: library@midcoast.nsw.gov.au

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 Rhys 0402 636 895

Mid North Coast Bootscooters
Beginner lessons 6 - 7pm every Monday at
Tuncurry Memorial Hall. Check our Facebook
for updates 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.
Enquiries: Jenny 0412 609 181

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 154 616

**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
Thank you to everyone who has supported the
Group this year. Our next meeting will be 4th
Feb. 2026. 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
Kayeleen 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.
(Now in recess until Wed 3 February 2026)

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 11:30am in Wallambi Room
at Forster Library. Closed during school
holidays. 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
9.45am First Thursday of every month (except
January) Club Forster. Contact Jacqui Costello
0410 662 671

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

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

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

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

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

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

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

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

Mens Social Tennis
Thursday 9 - 11am at Tuncurry Sporties courts,
Beach St. Contact Rhys 0402 636 895

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

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

Fridays

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

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

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

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

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

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

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

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

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

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

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

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

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 - 11:30am, Coolongolook Rm,
Forster Civic Centre. Enquiries: 0411 028 857

Forster parkrun community 5km run/walk
Pebbly 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

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

National Parks Association
Saturday walks in national reserves and parks
between Kempsey and Buladelah.
Contact Brett on 0428 961 470

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

Pickleball Tuncurry
5pm at tennis courts behind Sporties.
Enquiries: Sonia Rockley 0427 309 032

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

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

Sundays

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

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

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

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



The ‘Weekly Diary’ 2 is FREE to promote community group info that changes monthly.

March

Manning Great Lakes Birdwatchers
Thursday 5th March - Coomba Park.
Saturday 21st March - Diamond Beach and
Black Head.
Enquiries ph. 0431 878 395

Community Meals & Pantry

Forster Community Lunches
**The Forster Community Kitchen is serving
lunches to the community Monday to
Thursday 12 - 1pm.**
All are welcome. Lunches are served in the
CATHOLIC CHURCH HALL located behind the
Catholic Parish at 33 Lake Street, Forster.

People can also bring a bag and choose which
food items they would like to take home from
the produce tables.
*Enquiries: Volunteer Coordinator Meg Norling
on 0409 840 054 or the CatholicCare Office on
6539 5900.*

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*



Volunteers 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 for \$5
per person (2 per household) 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: Forster Tuncurry Church of Christ on
0407 483 070 or email ftcoc@live.com.au*

Graffiti Buster Hotline



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

Star Pet

Name: Gadget

Age: 5 months

Breed:
Australian
Silky Terrier

Likes:
Investigation
in the garden
and collecting
anything
possible
that can be
chewed, even
curry seeds of
the tree. Just
getting used to
the beach.

**Claim to
Fame:** Gadget
lives up to his
name. He’s
always
inspecting things.
For a small puppy
he’s fiercely loyal
and loves his
family.

Loves checking out
the groceries to
see if there any
toys. A wonderful,
playful, cute,
funny and
sometimes
naughty puppy.

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

Pet of the Fortnight

**Great Lakes & Manning
Branch of AWL NSW**

Enthusiastic Atlas

Atlas is a beautiful 3 year old male Dalmatian who has a live life to the fullest attitude.

A charming and enthusiastic companion who’s ready to become an integral part of a loving family. Atlas is a friendly and outgoing dog who leaves a trail of adoring fans wherever he goes.

Realizing his full potential will require dad or mom to have breed experience and a willingness to further his training, but with love and patience, he promises to be a loyal and rewarding partner.

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Please phone our Dog Welfare Officer on 0456 935 423.

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4 SOUTH STREET, TUNCURRY

Early tennis courts

Great Lakes Museum

Tennis in Australia started in the 1870's and was a very popular sport in the early days of the Great Lakes, and quite a few families had their own tennis courts. Nowadays most of those courts no longer exist and it's interesting to see where they used to be and what we have now.

Tuncurry Tennis Club had concrete courts in Taree Street, built in 1925 by Harry Wright who also built the club house. The umpire stands were donated by the Burley Family. The guesthouse next door, owned by the McBride Family, provided hot water for the tennis players as power was not connected. The guesthouse used to be the Burnside Hospital. The Avery family owned a guesthouse and concrete tennis court between Manning and Wallis Street. Stan Woodward had an ant-bed court opposite Averys between Short and Manning Street.

In Forster there was a concrete tennis court near Hadley and Lake Street owned by the Hadley family. The streets next to this site are now called Tennis and Court Streets. The Haden family in North Street, across from the ocean baths, owned a guesthouse "Norfolk" with a tennis court out back. Miss Gwen Haden was

in charge of Nabiac Hospital and her sister Miss Margaret Haden was a schoolteacher at Forster. The Ehlefeldt family, who had the first picture theatre in the School of Arts, also had a general store in Little Street Forster. Their tennis court was on the corner of Bruce and Short Street, while the family residence called "Camelot" was in Little Street. Jack Breckenridge had an ant-bed court in Head Street. The Schribner Family lived there later, and by then the court had lights. The Schribners also built Tudor House. Dr Sanders bought the house, opened his surgery and resided there for many years. Ron and Audrey Aiken had a court at their home in Minor Road. The players from the Taree Street courts used their court for competition days. Mr and Mrs Thomas Buckle resided on the corner of Wallis and Little Street also had a court at their residence. Fred Williams parents had an ant-bed court* in Little Street Forster and competition tennis was played there. Water for the court had to be carried from the lake as there wasn't any water supply at the time.

With more and more privately owned clubs disappearing the push was for more communal courts and clubs to operate them. In the middle of the 1950's, a group of residents formed a trust and received a parcel of land from the



Lands Department-- this was the start of the Forster Tennis Club. They built two concrete courts with lights, a croquet court and a football field.

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

*Ant Bed Tennis Courts are historic, durable, and natural playing surfaces made from

Work at Little Street Baths

MidCoast Council

Maintenance works have starting at the Little Street bathing area to replace the timber decking and handrails.

Left: Some of the old timber decking at the Little Street Baths in Forster has been replaced with a durable fibre-reinforced product. Photo by Mary Yule.

The works will take approximately 2 weeks to complete between 17th Feb to 6th March, weather permitting. The baths will remain open while work is underway.

Little Street Baths is a popular swimming area located just 500m from Forster CBD. The swimming enclosure is situated in Breckenridge Channel opposite Miles Island, within Wallis Lake.



Pacific Cape Lodge Kularoo Drive Forster



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

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

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

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

Lion King & Vivid Sydney

26TH- 28TH MAY

Tour Includes:

- Return air-conditioned coach travel
- Coach lunch provided
- Vivid dinner cruise
- 2 nights' accommodation at Parkroyal Darling Harbour
- Daily buffet breakfast
- Ticket to The Lion King at Capitol Theatre
- Pick up Forster & Tuncurry Taree Service Centre & Nabitac

\$1350 PER PERSON, TWIN SHARE!

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Local Identity: Ann-Catrin Kekkonen

interview by Vanda Gooley - Forster

Ann-Catrin Birgitte Kristina Kekkonen, 62, is a striking statuesque, Scandinavian world class athlete who is known fondly as "The Viking." She has excelled in swimming, volleyball, kayaking and dragon boating, achieving prestigious titles, multiple medals and even making it to the 2000 Olympics. Her competitions have taken her around the globe, but she and her partner have chosen Hallidays Point as their home to retire.

Ann's father, Arvo Kekkonen, came from Ingmanland (outside St Petersburg) to Finland through the second world war. He later fled Finland with his parents and arrived in Gothenburg (west coast of Sweden). Arvo was in the army and later joined the police force. Ann's mother, Alina, is an artist. She was initially a kindergarten teacher. In 1972, she went on to study Fine Art and Art History at Gothenburg College and later became a university lecturer. Alina exhibited her work including a bronze head for the Ingmanland's organisation. Ann has fond memories of the kitchen table being Alina's workspace constantly laden in oil, canvases, acrylics and clay.

Ann's parents bought a shop where they sold Alina's artwork, crafts, gifts and haberdashery. They operated the shop until Ann's dad died at age 62. Alina continued to trade for a while afterwards. She still paints at 88 and recently had two exhibitions.

Arvo was a volleyball player, in one of the first teams in Sweden where volleyball was becoming increasingly popular. Arvo continued his athleticism during his time in the army but stopped once he met and married Alina. Ann has a younger brother, Ulf, (deceased 2022), a younger sister Lise-Lotte and an older brother, Christer.



Ann remembers at only 3 years; her father would playfully throw the children in the lake, close to home, so they quickly learnt to swim. Her athleticism became apparent very early through her swimming. She competed successfully in championships in butterfly and freestyle for 10 years. She even selected a university next to a pool so she could train.

Ann attended school in Gothenburg until year 12 and went on to complete an economics degree. She started playing volleyball in Sweden as a junior and also competed in track and field in the throwing events. She went to a training camp in Portugal in track and field along with top athletes. She played with a volleyball team called BMÅ. After that she went to the YMCA Gothenburg – an elite series team. She trained hard and eventually made the top team. They competed around Europe and got 'some' sponsorship, however, the team had mainly to fund themselves. While training and competing, Ann worked for an insurance company. She also worked in an amusement park making waffles.

Ann initially arrived in Australia on holiday with a girlfriend in 1986. Through volleyball, she met and married a Greek Australian in 1987 in a simple ceremony in an Australian registry office. They later travelled to Greece for a 'Big Fat Greek Wedding,' with 300 guests and three priests.

By this time Ann was excelling in volleyball and both she and her husband were offered contracts in Sweden to play for the Hylte Volleyball Club, which was one of the top clubs in Sweden. They moved to Sweden in 1991. From 1993 – 1997, Ann's previous volleyball team YMCA Gothenburg team and the male team from the Hylte Volley club organised a trip competing in Australia. It was unusual for teams to play international at that time and the players had to fund themselves with very little sponsorship. Ann and her husband travelled back and forth from Sweden to Australia.

Despite Ann and her husband basing themselves in Sweden, enjoying volleyball, good jobs and a supportive family, Ann's husband decided he wanted to play professional volleyball in Greece. Ann was devastated but reluctantly conceded and travelled to Greece believing they'd start a family. However, the manager of her husband's team asked Ann to try out for volleyball and immediately signed her up.

Ann was offered a professional contract playing in the top division whereas her husband was playing in the third division. She was earning lots more money than him which became a huge issue for him.

Ann played for two years but her husband was getting restless and he returned to Australia. After another two years she returned to Australia and managed The Australian Record Club in Homebush (a mail order music club). She was also playing beach volleyball. At that time, she learned of his infidelity. The marriage ended in divorce in 1998.

Ann continued to compete in professional volleyball and trained in athletics in Greece, in order to stay fit and stable and balanced. She was asked to compete in shot put to gain points for her Greek club. Ann obliged unknowingly that the competition was for the Greek National Championships in Karaiskakis Stadium, about 15 minutes from Athens city centre. She was shocked to see the other contenders who were competing for the 2004 Olympics. These girls were big and strong, while Ann was tall and lean. Despite her efforts, she came last but gained points for her club!

After her divorce Ann trained incredibly hard in Greece. She was the fittest she'd ever been. During pre-season, she was training three times a day – track running at the Karaiskakis stadium, swimming, mountain running (in the mountains of Athens) and twice a day with indoor volleyball training. She said she ate, trained, slept, ate, trained and slept, but she loved it and it was very healing.

Ann played for another two years professionally in Greece for Aioisostis. She then returned to Australia with her beach volleyball partner intending to train for the 2000 Olympics. They toured Australia playing beach volleyball to gain points towards being candidates. Unfortunately, Ann's partner opted to compete with a higher-ranking player. Ann eventually found another partner; they performed really well but didn't have the same ranking as others. Nevertheless, Ann was offered the opportunity to trial for the Australian Olympic team in beach volleyball as it was an introductory sport in 2000 so instead of two teams, Australia was allowed three teams and Ann was in the third team. Unfortunately, Ann suffered an injury tearing her anterior cruciate ligament (ACL) while playing in Greece. She received no payment or compensation from her team. She went home to Gothenburg to recover but felt devastated and disillusioned after all her hard work and decided to return to Australia to have a clean break and start her life again. Ann sat in the audience watching her fellow team members playing knowing she could have been there with them.

Natalie Cook and Kerri Potthurst took the gold for Australia at the 2000 Olympics.



In 2002 Ann met Michael Marketo (ex-Balmain Tigers NRL player). They met while Ann was managing and teaching swimming at Cabarita pool – Concord. Some of the Balmain Tigers would come to the pool to train. Michael was the quiet one. Ann went on a blind date with him in Cronulla, which he had set up. She said they immediately connected, the chemistry was right. They have been together ever since – 23 years.

Back in Australia with her new partner, she ran the City to Surf, and felt a terrible pain in her groin. At only 41, after a series of scans she was told the cartilage in her left hip had worn away. She settled for a temporary solution of resurfacing the hip joint – Volleyball had taken its toll. Being an athlete, Ann knew she had to do some sort of sport. Around this time, she and Michael were walking around Drummoyne one day, when there was an open day to try out for Dragon Boating. She thought she'd give it a try and her fitness, strength and skills were quickly spotted. She trained with her crew, The Sydney Dragon Sports Association (DSA) on Parramatta River and two weeks later was invited to compete in a regatta in Penrith. Unsure of what to do, she was told to 'just follow the paddler in front of you.' Her crew performed really well and Ann was soon addicted. They trained seven days a week. Ann paddled for seven years. A crew of 10 were very driven and they qualified to compete at the IDBF 8th Club Crew World Championships in Hong Kong 2012. They won gold in 200m Masters Mixed and silver medals in 500m Masters Mixed race. Ann loved the whole adventure. Her final race was in Ravenna Italy 2014 – her surgeon ordered that she needed to rest and have a hip replacement on her return.

Ann and Michael had previously met Les Westerveller, an owner of a gym, when they'd lived in Concorde. He invited them to train with him and when Ann had her surgery, he helped her with her rehabilitation and introduced her to kayaking. Once again, she was hooked and would kayak on the weekends on Parramatta River, under the Harbour Bridge around Fort Denison. She entered three kayaking races on the Harbour. Bridge to Manly was one of the races, although she didn't win, she absolutely loved the whole experience. She continued to paddle when she moved to Hallidays Point and through a newfound friend Greta, pursued kayaking with her husband Gerard Crowe (also NRL Tigers player and friend to Michael). She also paddles with another new friend friend she competed against in Dragon Boating, Judi Jater. Judi's crew contested Ann's crew in the gold and silver race in Hong Kong and later raced in Italy.

Michael wanted to find a place that he and Ann could retire to later in their life. In 2019 when Covid arrived, they had planned to go to Sweden but had to cancel their trip. They decided to escape somewhere north for a few days and arrived in Palmyra B&B near Hallidays Point. They travelled from Newcastle to Port Macquarie looking for where they might settle. They were always drawn back to Hallidays Point and found the locals incredible friendly, 'I loved the energy here.' They fell in love with the area. They bought their home and retired and have made many special connections with the community.

Ann has achieved many accolades in her life but said her greatest one of all was playing professional volleyball, 'It's been a highlight in my life.' She also experienced many challenges; the breakup with her husband and her brother dying during Covid and not being able to be with him to say goodbye. Also, the death of her father who she was very close to.

Ann's biggest inspirations have been her family, partner and friends - who have always supported her.

Asked what motto she lives by, she said 'SISU' – a unique Finnish concept embodying extraordinary determination, resilience, courage and perseverance in face of adversity. To push through challenges and maintain a strong will, even when circumstances are difficult. She said the players would say this to each other before a game. Ann also believes in kindness, growth and gratitude, and to never stop learning.

Ann totally loves Australia and the Australian way of life. She said, 'Australia is beautiful, the quietness and relaxed environment. The only noise is nature. The lifestyle and the spirit of this community is so embracing. People just reach out and are there for you.'

Friend, Greta Crowe said this about Ann...

"I've known 'the Viking' for three years now. Until I met her and realised it was my friend Ann-Catrin people were talking about, she was a bit of a mystery to me.

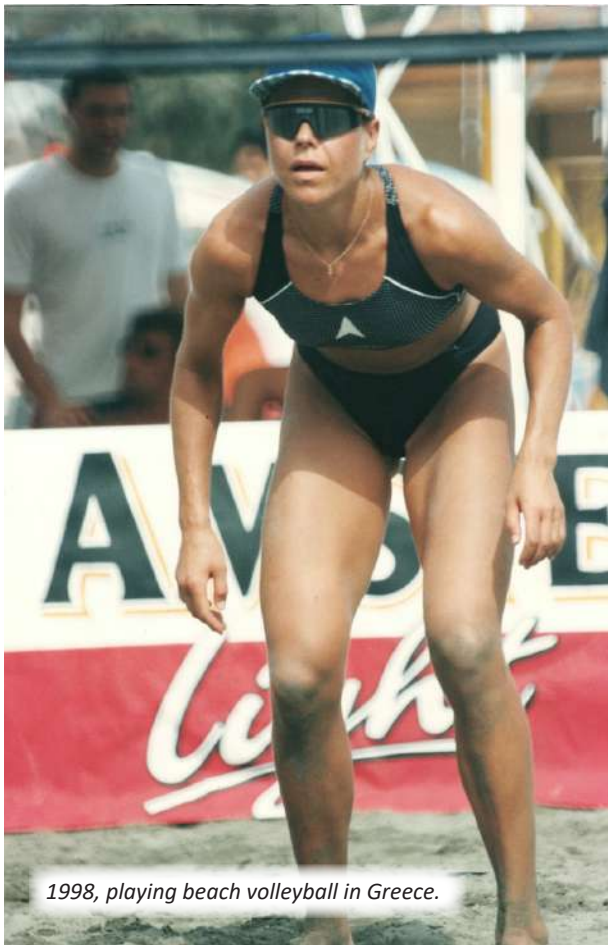
I had heard she had played beach volleyball professionally in Europe and had been asked to represent Australia in the Olympics, however injury cut short her career.

Then she became a dragon boat racer and had competed overseas.

Finally, I met this tall, strong, good looking Swedish woman who was so generous and thoughtful and would give anything a go.

We did some glass mosaics together and the second piece she ever made won first prize in the 2025 Bulahdelah Show.

She is my great friend and if I was ever in a spot of bother, she would have my back no matter what. I feel very proud to be her friend."



Recycling habits improving on the MidCoast



MidCoast Council

Each year MidCoast Council conducts a visual inspection of a select number of recycling bins across the LGA.

This project is intended to provide residents directly with education about how they are doing with sorting their recycling.

This year 726 bins across Tea Gardens, Forster, Tuncurry, Harrington and Taree. After a bin is inspected a tag is placed on the bin rating the residents recycling efforts from 1 to 5 stars.

Council is pleased to announce that Taree residents were the standout recyclers, with over 60% of recycling bins rated a perfect 5 stars.

Common mistakes that were observed during the inspection program included the following items that do not belong in the yellow lidded bin:

- Soft Plastics
- Garden pots
- Buckets, toys and clothing
- Coffee cups and long life milk containers

Batteries and gas canisters were also highlighted as an issue as they pose a significant fire hazard and jeopardise waste collections teams’ safety.

These items must be taken to our community recycling centres or other safe battery collection points.

Want to learn more about recycling? Head to our re-imagine waste hub at: <https://haveyoursay.midcoast.nsw.gov.au/reimaginewaste>





RIGHT THING. RIGHT BIN.

Just like you wouldn't put diesel in a petrol car, recycling only works when you put the right thing in the right bin.

By sending your household waste to the correct final destination, all our recyclables are put to good use and less waste is buried in our landfills.

WHAT GOES WHERE? Scan the QR code to find out or visit www.midcoast.nsw.gov.au/right-bin



MIDCOAST
council

Your work in progress

I’m a drowning prevention researcher – my kid’s school swimming carnival shocked me



By Amy Peden – The Conversation, 24 February 2026

It is swimming carnival season in Australia. This typically means children from about Year 2 and up are asked to swim a distance of 50 metres or one length of an Olympic-size pool – if they say they can.

As a parent of primary school kids, I recently went to my child’s carnival to show my support.

As a drowning prevention researcher, I was already well aware of the dire state of children’s swimming abilities – and so wasn’t expecting all children to be able to compete. But I was shocked to see numerous rescues during the day. This is where children are unable to finish events and need help to get out of the pool.

What is going on?

A drop in swimming ability

We know swimming ability is declining in Australia.

One in four schools no longer holds a swimming carnival at all, citing low swimming skills at the main reason. When they run carnivals, teachers estimate 50% of eligible children do not participate.

In a 2025 report, surveyed teachers told Royal Life Saving Australia almost half of Year 6 students cannot swim 50m and tread water for two minutes – the minimum water safety requirements for their age.

Parents reported 46% of children aged 11–12 (years 5 and 6) can’t swim 50m. An estimated 46% of children aged 7–14 do not have the minimum safety skills set for children aged 6.

Teacher survey responses identified about 31% of schools no longer offer swimming skills programs due to cost, resourcing and time. Parents report similar barriers to enrolling their children in private swimming lessons.

All Australians at the age of 12 years should be able to:

- 1 Understand and respect safety rules for a range of aquatic environments
- 2 Enter and exit the water for a range of environment
- 3 Float, scull (fluttering hand movement in figure of eight to keep you upright in water) or tread water for 2 minutes and signal for help
- 4 Swim continuously for 50 metres
- 5 Surface dive, swim underwater and search to recover an object from deep water
- 6 Respond to an emergency and perform a primary assessment
- 7 Rescue a person using a non-swimming rescue technique with non-rigid aids
- 8 Perform a survival sequence wearing light clothing

Table: The Conversation Source: Royal Life Saving Australia

Are parents overestimating ability?

But the rescues at our school carnival led me to wonder whether there was something else at play.

At my child’s school, parents were asked to assess their child’s swimming ability on the carnival permission note. The information was used for lane allocation with weaker swimmers to race in outer lanes, closer to lifeguards.

So perhaps some parents were overly optimistic about how well their child can swim. Research shows parents often overestimate their child’s swimming ability and therefore underestimate their drowning risk.

But in defence of parents, children rarely have the opportunity to swim 50m, non-stop. Lessons are often held in smaller, learn-to-swim pools or those that are only 25m in length.

For residents in country areas with seasonal pools (like my home town), their outdoor 50m pools are also closed for half the year.

Continued focus on sustainable tourism



MidCoast Council

Supporting the growth of eco certified businesses will continue to be a focus for MidCoast Council as they celebrate the first anniversary of ECO Destination Certification for the Barrington Coast, as awarded by Ecotourism Australia.

Over the past year, MidCoast Council has sponsored three local businesses to achieve ECO Certification — The Steps Barrington and Barrington Bike Park, Waukivory Estate and Forster Dive Centre — who join Myall River Camp and Wandha Myall Lakes as the region’s 5 Eco Certified businesses.

Council’s Mayor Claire Pontin said, "The anniversary recognises both achievement and continued momentum, with Council working closely with industry, operators and community to protect the region’s natural and cultural assets while enhancing experiences for locals and visitors alike."

MidCoast Council will invite expressions of interest later in the year from tourism operators seeking to undertake the Strive 4 Sustainability or Eco Certification program for their business. Sign up to the Tourism Talk newsletter to stay informed on the latest updates. <https://www.midcoast.nsw.gov.au/Business/Business-Buzz>.

Our Local wildlife



By Kym Kilpatrick – FAWNA Hallidays Point

The endangered Sooty Oystercatcher

One of the rarer, more striking shorebirds found along our coastline is The Sooty Oystercatcher (*Haematopus fuliginosus*). It has a vivid red bill, bright red eyes circled with crimson rings, pink legs, and, as the name suggests, sooty black plumage. It measures between 42 and 52cms with females typically bigger and heavier than males. They weigh up to 980 grams. Males have shorter and thicker bills than females. Immature birds have grey-brown legs, brown eyes and a browner cast to their plumage whilst newly hatched chicks are buff and grey to camouflage into their environments. It is not until they reach sexual maturity in their second year that they develop their deep red bills, eyes and eye rings.

Sooty Oystercatchers thrive on rocky coastal shores and headlands where they prey on mussels, limpets and other hard shelled invertebrates clinging to rocks. They are highly skilled at locating prey in crevices and can be observed methodically working across rock shelves in the intertidal zones usually in the two-hour periods before and after low tide. There does appear to be a difference in prey preference between the sexes with females seemingly targeting more soft-bodied creatures which they are able to swallow whole such as fish, crabs, and worm-like creatures. They will also take blue-bottle jellyfish while males preferred hard-shelled prey such as mussels. Both sexes will use their powerful bills to precisely hammer prey shellfish against stones or to stab or wedge them open.

Although occasionally found in small flocks outside the breeding season of August to January, they are monogamous, site loyal and fiercely territorial. They may remain in, and defend, the same territory for years. Courting involves a 'piping' display of thrusting the neck forwards, bill downwards, and running side by side, here and there, whilst uttering long piping trills.

Nests are basic, most usually in a rock crevice or a scrape in the sand above the high-tide mark. Sometimes however, extra pebbles, shells or seaweed are used to disguise the site. Occasionally nesting is on a high rock shelf or island. Eggs are buff to beige coloured with dark brown and lavender splotches, well camouflaged to blend in with the surroundings. Two to three are laid and both parents take turns in incubating.

Eggs hatch between 25 to 27 days and chicks are precocial, that is mobile and able to feed independently, although still protected and supervised by their parents. At an alarm call from a parent, they will squat and freeze in place or run to an object for cover. Parent birds meanwhile may feign injury or mock-death to draw predators away.

Despite their adaptability to harsh coastal environments, Sooty Oystercatchers in NSW are a declared Endangered Species. They face several threats including foxes, cats and rats preying on eggs and chicks plus human activities



Photo of Sooty Oystercatcher by Debbie Claassen.

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Local Land Services can support you with improving productivity, controlling pests, boosting biodiversity and much more.

Explore our events and services near you.







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Checking in on MidCoast Cultural Plan

MidCoast Council

Are you a creative on the MidCoast or passionate about arts and culture? MidCoast Council wants to check in with you on the progress of our Cultural Plan.

Back in 2020, over 900 people helped us put together our first MidCoast Cultural Plan 2036.

Since then, the creative community and Council have worked together to achieve some amazing outcomes identified in the Plan, such as:

- establishing the MidCoast Arts Support Program, directly investing \$15,000 annually in local arts and creative industries
- employing a MidCoast Cultural Development Officer to foster the local arts ecosystem
- partnering with Coastline Bank Foundation to help schools and educational organisations in the region access cultural experiences (performances, exhibitions, excursions)
- launching the Beryl Jane Flett Studio at the Manning Entertainment Centre
- developing an annual Indigenous Art scholarship for NAIDOC week
- delivering annual professional development workshops for the creative industries
- securing \$50,000 annual philanthropic investment in the Manning Regional Art Gallery
- streamlining and simplifying application processes for public art approvals.

"The Plan runs until 2036, and we know things can change quickly. We want to check whether the Plan is still on track to achieve the community's vision for our cultural future,"



said Alex Mills, Council's Manager of Libraries, Community and Cultural Services.

The Cultural Plan has four focus areas:

- connect our landscapes and places
- celebrate both First Nations and cultural diversity
- support our creatives and industry, and
- enhance our infrastructure and spaces.

We want to hear from the MidCoast arts and creative sector whether you think the Cultural Plan is on the right track.

Head to our website now to complete a short survey online: <https://haveyoursay.midcoast.nsw.gov.au/check-midcoast-cultural-plan-2036>

You can also come along for a chat with us at:

- Tea Gardens Library Wednesday 4 March 10am – 1pm
- Manning Regional Art Gallery Tuesday 10 March 9am - 1pm

Minimum age for e-bike riders looms

Wheels – Australia's Car Magazine, 23 February

Proposal follows rising safety concerns, with decision due by June and European standards slated for 2029.

The NSW Government has announced plans to introduce a minimum age for e-bike riders, citing growing safety concerns and a rise in incidents involving young people.

The Minns Labor Government confirmed last week it is considering setting the minimum age between 12 and 16. A final decision, including rules around carrying passengers, is expected by June following further advice and consultation.

Astor Legal principal lawyer Avinash Singh said the proposal follows a series of dangerous riding incidents and an increase in public complaints.

"There have been a number of cases involving youths riding e-bikes in a dangerous manner," Singh said. "There has also been a significant rise in complaints from members of the public, as well as serious injuries and, in some cases, fatalities involving young riders."

Singh said introducing a minimum age would likely improve safety for both riders and other road users. "Young people using e-bikes have, at times, put themselves and others at risk," he said.



The Government has also flagged plans to align NSW with European safety standards for e-bikes. From March 1, 2029, only e-bikes that comply with EU regulations – which are designed to ensure the bikes operate more like conventional bicycles than motorcycles – will be permitted for sale and use in the state.

Questions remain about how an age restriction would be enforced. Singh said police would likely stop riders and request identification, although many younger teenagers do not carry formal ID. One option could involve introducing a licensing or registration system for e-bike riders.

However, Singh cautioned that raising the minimum age could have unintended consequences, particularly in regional areas where young people rely on e-bikes for transport to school, sport and part-time work. Any restriction, he said, would need to balance improved safety outcomes with the mobility needs of families outside metropolitan centres.

Incredible three days of swimming racing!

By Mel Westaway – Forster Aquatic Swim Club

Our team of 8 swimmers from the Forster Aquatic Swim Club competed in the 3-day Veriu NSW Country Championships at Sydney Olympic Aquatic Park Centre from 20 to 22 February with some remarkable results. Ky Westaway, Lucas Lenkic, Dane Clayton, Sebastian House, Toby Westaway, Liam Lenkic, Max Underwood and Murphy Ralston achieved an amazing 16 Personal Best Swims (PB) from 22 swims, earned 3 Silver Medals and had 9 top 10 finishes. A total of 1191 competitors entered in these championships.

From first-time Country competitors to experienced racers, every Forster Club swimmer showed resilience, determination and camaraderie. The growth across the weekend was outstanding, and the way our swimmers supported each other on pool deck was just as impressive as the results. We are so proud of this team and everything they achieved.

A huge thank you to Pete Sanders and Adel Gregory for their coaching, guidance and support throughout the championships.

Day 1 Results

We had three swimmers in action on Day 1, and it was all about the 50m butterfly.

- Liam (13 Boys) – smashed out a new PB!
- Sebastian (11 Boys) – a strong, solid swim, finishing close to his PB.
- Lucas (10 Boys) – raced hard in a tough field and gave it his all!

After a big day in the pool, the team enjoyed a great dinner at Top Ryde, followed by some well-earned fun at Timezone; plenty of laughs and team bonding to finish the night!

A fantastic start to the championships.

Day 2 Results

All of our members were in the pool racing today.

Sebastian H (11 Boys): 100m Butterfly PB, 50m Breaststroke – PB, 50m Freestyle – swam to time

Ky W (9 Boys): First time competing at this level. A great, solid swim in the 50m Freestyle.



Toby W (12 Boys): 100m Backstroke, 5th 50m Freestyle PB, 9th – 13–14 Boys 200m Freestyle Relay PB, 13–14 Boys 200m Medley Relay PB

Liam L (13 Boys): 9th – 13–14 Boys 200m Freestyle Relay PB, 13–14 Boys 200m Medley Relay PB

Lucas L (10 Boys): 17th – 50m Freestyle PB, Murphy R (14 Boys), 50m Freestyle – PB, 9th – 13–14 Boys 200m Freestyle Relay PB, 13–14 Boys 200m Medley Relay PB

Max U (14 Boys): 50m



Above: The Forster Country Team looking fantastic in their brand-new FASC Representative Polos! (L-R) Back row: Murphy Ralston, Max Underwood, Toby Westaway and Head Coach Pete Sanders. Middle Row: Coach Adele Gregory, Sebastian House, Liam Lenkic and Lucas Lenkic. Front Row: Ky Westaway and Dane Clayton.

Freestyle PB, 9th – 13–14 Boys 200m Freestyle Relay PB, 13–14 Boys 200m Medley Relay PB

Dane C (11 Boys): 50m Breaststroke PB

Day 3 Results

What a fantastic way to finish a huge weekend of racing!

Sebastian H (11 Boys): 7th – 50m Backstroke PB, 4th – Boys 9–12 Medley Relay PB, 7th

– Boys 9–12 Freestyle Relay PB

Toby W (12 Boys): 2nd – 50m Backstroke PB, 7th – 100m Freestyle PB, 4th – Boys 9–12 Medley Relay PB, 7th – Boys 9–12 Freestyle Relay PB

Dane C & Lucas L: 4th – Boys 9–12 Medley Relay PB, 7th – Boys 9–12 Freestyle Relay PB

Bi Centenary Cup Golf Day



Above: Winners of the Bi Centenary Cup (L-R) Leigh Botteral and Paul Nicholas.

By Warren Warner - Club Forster Social Golf Club

The Club Forster Social Golf Club held its Bi Centenary Cup Day on 15 February at the Forster Course. It was a 4 ball aggregate Stableford 2 player game starting on a cool morning that warmed up.

Results

Mens: 1st Paul Nicholas & Leigh Botteral 70, 2nd Pete Wilson & Allan Brinkley 69

Ladies/mixed: 1st Grant Mathews & Maree Fieldhouse 62, 2nd Linda Barr & Robyn Rogers 61.

Nearest to pin 2nd shot

Hole 4: Allan Brinkley, Martin Pottinger, Robyn Rogers.

Hole 6: Pete Wilson, Martin Pottinger, Di Wilson.

Hole 11: Grant Mathews, Warren Warner, Di Wilson.

Hole 14: Darryl Fahey, Gary Cook, Di Wilson.

Next Game

The next game is on 15 March at Tallwoods . Hit off 8am for 8.30am.

For all enquiries contact Ken Woods on 0401 767 257.



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Stella performances and fun season for Forster Tri Club



Above: Triathlon clubs from all over NSW converge on Main Beach Forster for the 2026 NSW Club Champs. Photo by Mary Yule.

By Aaron Eichner – Forster Tri Club
State Champ Title

Sonia Kennedy won her age group at the NSW Standard Distance State Champs in Stockton, Newcastle on 2 February which awarded her 50-54 State Champ Title. A standard distance consists of a 1/5km swim, 40km bike leg and a 10km run. She will compete in Queensland in a couple of weeks to hopefully secure a spot on the Australian Age Group Team for the Standard Distance to be held in Spain later in the year.

Darcy Every and Aaron Eichner in the individual race and Team Westaway (Angus, Mel and Toby Westaway) and Team Forster's Elite Mum's (Sam Hoey, Kirby Eichner and Hayley Moody) in the Team divisions. The results of the club spoke for themselves with strong individual performances and dominance in the teams events. Team Westaway took out the Mixed Teams race with the fastest time of all teams, while Forster's Elite Mum's took out the Womens Team with the second fastest time overall, beating all the boys and all other mixed and womens teams.

Beach Forster for the annual Tri Club Champs. While most people race individually, the prizes are for the club that gains the most points, so it's a real team effort. Race divisions depend on club membership numbers and while the Forster Triathlon Club finished 10th in Division 4, there was a number of stella performances in what turned out to be a nice but hot morning.

Representing the Forster Triathlon Club on Saturday 21 February in the Standard Distance race was Tristan Marshall, Damien Hiles, Dean Slight and Aaron Eichner. In the shorter race (750m, 20km, 5km) we had Ashley Birks and Sonia Kennedy. Everyone managed to finish their race to earn points for the club.

The club also had a number of juniors take part in the kid's races. Madi Every, Alex Eichner and McKenna Eichner did the club proud with their efforts.

With some good banter, podium time and laughs afterwards



Above: Forster Tri Club's Tristan Marshal, Damien Hiles and Aaron Eichner before the NSW Club Champs. Photo by Mary Yule.

Sonia's training has been going well and said, "I was very happy with my first race back after a shoulder injury last year resulted in me missing the 70.3 World Champs in Spain."

it was a great weekend and a good trial run for the NSW Club Champs which followed just a few weeks later.

South West Rocks Triathlon

The annual Trial Bay Triathlon at South West Rocks was held on Sunday the 8th of February in near perfect weather conditions.

A number of athletes from the Forster Triathlon Club took part with Rod Every, Louise Every,

NSW Tri Club Championships

Every year all the triathlon clubs from NSW converge on Main



Above: Sonia Kennedy is the 50-54 year old State Champ after her race in Newcastle. Photos supplied.



Above: Team Forster's Elite Mum's (L-R) Hayley Moody, Sam Hoey and Kirby Eichner had the fastest time overall at South West Rocks.

Left: (L-R) McKenna Eichner, Evan Milligan and Alex Eichner after their Junior Race.



Above: Stephen Pek (originally from Pacific Palms) was back home to compete in the NSW Club Champs. Photo by Mary Yule.

Locals perform well at 'Swim' & 'Run Forster' events



Above: Forster Turtle swimmers at the 2km Ocean Swim event on Main Beach Forster (L-R) Sam Hoey (first female), Anne Curtis, Lee King and Lyn Graham.

By Dave Hughes - Forster Runners

What a great sporting weekend Forster Tuncurry has just witnessed.

Saturday was dominated by the NSW Triathlon Club Champs event with clubs from all over NSW competing (see report opposite page).

Sunday commenced with the 1km and 2km Ocean swimming events

Five swimmers from the Forster Turtles ocean swim club competed in the 2km Swim Forster event at Main Beach on 22 February. The best local performance from the morning came from Sam Hoey who was 1st female and a credible 6th overall in a stunning time of 32:35. Lee King came first in her age group, while Ian Mackay, Lyn Graham and Anne Curtis also finished strongly in their age groups. (Visitor Austin Bennie won the male category in 29m 2s.)

Local runner Amanda Montesin showed her versatility by coming third overall and first in her age group in the 1km Ocean Swim. (Visitors Lachlan Apps was the first male in 15m 20s and Sarah Mitchell the first female in 16m 45s.)

The running events commenced under very hot conditions

The temperatures and humidity were a challenge to the 204 participants with the 9:15am start for the 10km and the 5km afterwards. Runners usually are up "with the sparrows" before the sun rises. The weather was definitely a factor in some of the results. It was not a day for PBs (personal best records).



Forster Runners L-R) Hayley Moody (second female) and Dave Isbel (first in age group) during the 10km.

the second place to finish.

The 5km runners certainly endured the hottest part of the day and credit was well earned by the victors (first male Joey Lum 17m 36s and first female Tegan McCallum 21m 31s.)

It was an excellent "day out" for local running group "Forster Runners" with all 6 participants either placing or winning their age group.

10km results

Jake Myers - 1st male 32m 23s

Dave Isbel - 1st in age group 44m 14s

Nick Fell - 2nd in age group 45m 26s

Hayley Moody - 2nd female and 1st in age group 47m 23s

5km results

Josh Moody - 2nd male and 1st in age group 19m 09s

Lindy McDonnell - 2nd female and 1st in age group 23m 49s

Elite Energy's contribution to the towns' sporting events is most welcome. It is professionally run and organised, and we look

forward to this annual event continuing in the future.

Below: Forster Runners' Lindy McDonnell was second female in the 5km.



Locals (L-R) Brock Jagoe and Jake Myers (first male) at the start of the 10km Run event. Photos supplied.

Below: Forster Runners' Josh Moody was second male in the 5km.



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Forster Tenpin Bowlers selected for the Special Olympics National Games

Four Forster Special Olympics tenpin bowlers will be competing as part of the NSW team this October in Melbourne for the chance to compete at the Special Olympics World Games in Chile in 2027. The bowlers, a part of the Mid

North Coast Team, are Sophie Powick, Ellie Mugiven, Jason Holley and Steven Holland who qualified by winning Gold and Silver medals at the qualifying NSW State Championship.



The athletes train and compete in an all abilities tenpin league on Tuesday nights at Forster Tenpin Centre with coach Clay Small. Some of the athletes also travel to Port Macquarie once a fortnight to train and compete with the rest of their Mid North Coast team. The Mid North Coast team consists of Forster, Taree and Port Macquarie athletes.

Fundraising has begun with a chocolate drive and there will be many more events in the future to help with the approximate cost of \$4,000 per athlete to attend the week-long Nationals event. The major fundraising event will be the Law Enforcement Torch Relay (LETR) Polar Plunge at Port Macquarie in August.



Above: Four Forster Tenpin Bowlers are representing NSW in October later this year from the Mid North Coast Team (L-R) Jason Holley, Ellie Mugiven, Sophie Powick, Steven Holland with Coach Clay Small at Forster Tenpin Centre where they train. Photos by Mary Yule.

Viking Challenge 7 - 8 March



On 7 & 8 March 2026 , the Viking Challenge is back at the North Tuncurry Sporting Complex. Photo by Patricia Macvean.

Dani Scott soars to Aerials Olympic Silver

Australian Olympic Committee

Danielle Scott (from Pacific Palms) has won Olympic Silver in Aerial Skiing, Australia's sixth medal at an already historic Games for Australia.

The 35-year-old brought her best form to Milano Cortina 2026. From qualifications through to finals, the flying Aussie looked the one to beat.

Scott executed an immaculate full-full-full in Final 1 to shoot straight into the Super Final with a score of 117.19 – the highest score of the day and a personal best result for Scott.

In the one-jump Super Final, Scott's full-full-full was beautiful in the air, but a deep landing saw her draw a score of 102.17 to take home silver.

"To finally have this around my neck, I mean, it's taken four Olympics and it's been an incredible ride – a lot of highs, a lot of lows – but today I just put my heart out there, I left everything out there," an emotional Scott said.

"I jumped the way I wanted to, and I'm so grateful for my team around me for getting me to this point. This just means everything."

Coming into the Super Final as the top-seeded athlete, Scott said she focused on the job at hand and the performance she knew she was capable of delivering.

"It's a lot of pressure, and I thought I was prepared for these moments at the last two Olympics but I walked away heartbroken. I just told myself I wasn't prepared to walk away heartbroken again," she said.

"So, I just put one foot in front of the other. That's what I kept telling myself – to not get ahead of anything and just to believe in my team."

Defending Olympic champion Xu Mengtao won gold with 112.90 – becoming the first athlete



Above: Pacific Palm's Danielle Scott (on far right) was also part of the first-ever Olympic Mixed Aerials Team event, finishing fourth in the final competition with Australian teammates Abbey Willcox (left) and Reilly Flanagan (middle).

Knowing the Aussies are at a competitive disadvantage as the only team with two female skiers, Scott put the call out there to encourage more men to take up the sport.

"I'm so proud of these guys, because we literally put it all out there, and we'll come back stronger - hopefully with some more guys on the team if anyone's interested!"

to win two Olympic golds in the aerials – while compatriot Xi Shao took bronze with 101.90.

In a final where the top nine skiers were all performing triple jumps, it was the highest scoring women's aerials final in history.

Having not competed triples since 2023, Scott said she was thrilled to deliver a career-best performance on the world's biggest stage.

"Yeah, to see 117 on the scoreboard was pretty magic. I would like to have done that in the Super Final, but I can't get too greedy. I think today's been an awesome day.

"I hadn't competed triples until now. You know, it's been a rough ride, and I just kept believing the process was going to work.

"It's strategy as well – you've got to play the game sometimes, and my body has been through a lot. So I left [competing triples] to the right time and just believed that I've got the experience, I've done triples before and today was the day."

Already a multiple World Cup winner, the Victorian Institute of Sport athlete's previous best Olympic finish was 9th.

Two fantastic Ocean Swims on your doorstep! Club to Club Ocean Swim



3.8km Event Information

- All 3.8km competitors need to be at Forster Main Beach on the Sunday morning for race number and cap or bring your own cap and recycle.
- Forster Buslines transfer 3.8km swimmers from Forster SLSC to start line at Cape Hawke SLSC about 8.30am.
- Sunday late entry fee for Club 2 Club is \$10 extra. Contact John on 0427 415 283.

A day of ocean swim races is back again on Sunday 29 March 2026, organised by the Forster Surf Club and Cape Hawke Surf Club.

250m Ocean Swim

This swim is held on Forster Main Beach in front of the surf club. The beach is north facing and well protected. Swimmers will follow an around-the-buoys course before returning to shore to finish. (8yrs +)

500m Ocean Swim

The Professionals Forster & Tuncurry 500m swim is held on Forster Main Beach in front of the surf club. Swimmers will follow an around the-buoys course before returning to shore to finish. (10yrs +)

3.8km Ocean Swim

The 3.8km Club to Club is truly deserving of its 'epic' title. The swim starts out the front of Cape Hawke Surf Club on One Mile Beach, then goes west around the headland to finish near the Forster Surf Club on Main Beach. Always fun. Sometimes challenging. A wonderful swim. (14yrs +)

Cape Hawke SLSC to Forster SLSC Ocean Swim
29th of March 2026

3.8K Ocean Swim (\$50) 9.15am
500m Swim (\$15) 8am
250m Swim (\$10) 9.30am
held at Forster Main Beach

Entries online at oceanswims.com
(Entries close 2.00pm Saturday 28th March 2026)

OR Prerace day registration at Forster SLSC, Main Beach, Forster.
Saturday 28th March 2026. 8.30 am till 9.30am

Rock to Rock Ocean Swim



Held at Elizabeth Beach in Pacific Palms on Sunday 5 April (Easter weekend), the Rock to Rock & Mini Rock Ocean Swim is a fun and family friendly set of ocean swims for swimmers of all abilities to compete in. Organised by the Pacific Palms Surf Club.

Choose from the 1.5km Rock to Rock or the 600m Mini Rock swim or do both.

600m Ocean Swim

Swimmers in the Mini Rock will follow a course that will take them straight across the beach before finishing on the sand. Elizabeth Beach is quite well protected from the worst weather conditions and big swell. As a relatively calm and safe beach, the event is suitable for competitors of all abilities, including those new to the sport. (10yrs +)

1.5km Ocean Swim

Swimmers in the main event, will follow a 1.5km triangular course around the buoys in the bay. (10yrs +)

Pacific Palms Real Estate
Rock to Rock Ocean Swim
Sunday 5th April
Elizabeth Beach Pacific Palms
600m Swim (\$30) 11am
1.5km Swim (\$45) 12pm
Both Swims \$70
Entries online at
<https://oceanswims.com/event/rock-to-rock-elizabeth-beach/>
Online close - 3pm Saturday 4th April

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Great Lakes United Football Club

Come down and support the teams and watch some high quality football!

On 7 & 8 March, the Viking Challenge for 2026 is back at the North Tuncurry Sporting Complex.

This annual 6 a side Football (soccer) Tournament has been running for approximately 33 years, having its humble beginnings at Boronia Park Forster under the direction of the Great Lakes United Football Club. In recent years it has moved its base over to the Tuncurry Touch and Union Fields. In that time, we have seen thousands of people descend upon the Great Lakes area to either participate or observe the tournament. It has been a key event in the Mid Coast Calendar almost since its inception. Many of the businesses have benefitted from the

tournament and many of the locals have enjoyed and supported the event in a variety of different ways. It has also had a positive impact on the growth of the local football community.

Teams have travelled from all parts of NSW and some from interstate. In recent years we have seen participants from Tweed Heads, Kingscliff, Dubbo, Urunga, Grafton, Newcastle, Sydney and local teams to name just a few and we are expecting similar teams for 2026.

Since the inception of the Viking Challenge it has also supported many community groups who volunteer at the event, including the Great Lakes Suicide Prevention, Rural Fire Service, Lions Club, Christian Surfers just to name a few. We also support the East Coast Eagles All Abilities team from Port Macquarie.

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By Aaron Dodds

The Dolphins travelled north undefeated after claiming their regional title, carrying confidence, pride and humility in equal measure. The road trip was filled with laughter and brotherhood, but when it was time to hit the sand, the boys were all business.

The final was intense from the outset. All-In brought a highly physical approach, attempting to unsettle the game with aggression and chaos. The Dolphins responded with composure. Aside from one moment where they were briefly drawn into the heat of the contest, the boys stuck to their structure and played quality football — communicating strongly, trusting one another, and backing themselves in key moments.

On review, the Dolphins displayed high-level beach rugby, executing plays, defending with heart, and showing maturity beyond their years. The match went down to the wire, eventually pushing into golden point. In heartbreaking fashion, the game was decided on the final buzzer.

While the result didn't fall their way, the Foster-Tuncurry Dolphins proved they belong on the national stage.

What makes this achievement even more powerful is the story behind the team. A



The Forster-Tuncurry Dolphins dominated the local Gold Coast sides to earn a place in the Grand Final on 14 February 2026.

group of young men who many might have overlooked — boys who simply wanted to play a bit of footy and enjoy the sand — found themselves competing in an Australian Grand Final. From humble beginnings to the biggest stage in the country, they have shown

what belief, hard work, and brotherhood can achieve.

There are areas to refine and lessons to take forward, but the entire squad should be incredibly proud of what they accomplished.

The team would like to extend a heartfelt thank you to the local community and sponsors whose support made this journey possible. Without them, this opportunity would not have existed.

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