



**Easter School
Holidays p18 & 19**

**Regular visitor
Janet Ejsymontt p25**



**Star Pet
Oakie p23**



Forster Fortnightly

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

FREE

Wednesday 1 April 2026

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.143

Hazel celebrates 105th!



Above: Celebrating Hazel's 105th Birthday with members of the Ladies Forster Tuncurry Golf Club. (L-R) Barbara Simpson (daughter), Hazel Donaldson, Jan Lynch (daughter), President Jenny Newton and Captain Lynne Mackin. Photo by Karen Butler.

By Mary Yule – Forster Fortnightly

Hazel Donaldson has marked her 105th birthday surrounded by family and golfing friends at the Forster Golf Club on 24 March.

Speaking alongside her daughters, Barbara and Jan, Hazel said the simple pleasures of connection have remained central throughout her life.

"I think it's the get-together for all the girls," she said of her fond memories at the golf club, a place she continues to visit regularly.

When asked about life's priorities, her answer was simply "The family."

Barbara said Hazel's strong sense of family was forged during her childhood in Bellingen, where she grew up on a farm during the war years.

"She has very good memories of her parents and her brothers and sisters... helping her dad out on the farm when the boys went away to war," Barbara said. "She milked cows and rode horses."

Hazel's wartime experiences also touched her immediate family. She recalled that both her brother and her future husband were prisoners of war held by the Japanese, with her husband forced to work on the Burma-Thailand Railway.

Barbara recounted the moment of reunion following the war. Hazel waited roadside in Liverpool with a photograph, hoping to find him among returning servicemen.

Continued on page 26.

Rediscover our backyard



Above: Bruno Ferer and Rachel McFadden at the Forster Information Centre, 4 Lake Street.

MidCoast Council

As the Easter school holidays arrive, the Barrington Coast is once again ready to welcome families, day-trippers and curious explorers. While rising cost-of-living pressures and fuel prices may mean fewer long-distance visitors this season, there's a silver lining—this is the perfect time to rediscover the beauty right here in our own backyard.

Our region offers an abundance of natural charm, from winding hinterland roads to breathtaking coastal lookouts.

For those planning a relaxed "holiday at home," the local visitor centre is a great place to start. Pop in to pick up a scenic drive map, complete with highlighted points of interest, hidden gems, and must-see stops that showcase the very best of the Barrington Coast.

This Easter, embrace a slower pace, support local businesses, and take the scenic route. You might just find that the perfect getaway is closer than you think.

See p6 for local tourism perspective.

See p2 for an interview with the Director of the Energy Futures Network.

Grand Opening Sale on Now

The world's most popular recliner - La-Z-Boy, All 30%

Queen Size Mattresses starting from \$499

All King Koil Mattresses - 50% off

All Sealy Posturepedic - 50% off

25% off all outdoor



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Forster
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Manning - Great Lakes Police

Dear Readers,

It is common for police to seek the assistance of the public to obtain information that can assist in solving crimes. Sometimes we make requests for information in relation to Missing Persons – which usually results in the Missing Person being found swiftly so we can help them get back to their loved ones. Below are two recent requests for public assistance:

Police are appealing for information following a fail to stop crash near Tuncurry. Just after 9.50pm on Thursday 19 March 2026, emergency services responded to reports of a crash involving a pedestrian on the north bound lane of The Lakes Way, Darawank. Officers attached to Manning Great Lakes Police District attended and were told a 39-year-old woman was struck by an unknown vehicle and sustained serious injuries to her pelvis and lower leg. The woman was treated at the scene by NSW Ambulance Paramedics before being conveyed to the Manning Base hospital in Taree. Police established a crime scene and commenced an investigation into the circumstances of the crash. As inquiries continue, police are appealing for anyone with information, CCTV, and/or dashcam footage to contact Crime Stoppers on 1300 333 000 or Taree Police Station on 55948299.

Police are also appealing for information in relation to a fire that occurred at Cundle Road Lansdowne on Thursday 9 October 2025. If you have any information in relation to the Fire, please contact Crime Stoppers on 1300 333 000 or Taree Police Station on 55948299.

Road safety “Did you know?” time!

Did you know full licence drivers can use their mobile phone in a phone holder or connected to the car’s hands-free system?

Getting into the habit of putting your phone 'out of sight and out of mind' can help you focus and avoid being distracted - especially if you're an L or P plater who can't use their phone at all while driving.

Here are some suggestions for where your phone could be when you're behind the wheel:

- Put it in the glovebox
- Put it in the centre console
- Put it in a bag (handbag, backpack or similar)
- Put it in the backseat pocket

Where do you put your phone while you're driving?

So why is it important to put your phone away while you're driving?

Scrolling to find the perfect road-trip song might only take two seconds, but you know what else only takes two seconds?

At 60km/h, it only takes two seconds of distracted driving to travel 33 metres blind.

In fact, simply taking your eyes off the road for longer than two seconds, DOUBLES your risk of a crash.

Please, just take two seconds before you set off to sort out your playlist and then enjoy a distraction-free drive!

Did you know that about 20% of all road deaths involve heavy vehicles?

Crashes involving heavy vehicles like trucks are usually more serious because of their size and weight.

For everyone's safety, be cautious when driving next to or behind a truck. Give them extra space as they can take longer to stop, and be aware of a truck's blind spots.

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

Chief Inspector Timothy Bayly - OIC Forster Police Station



Advocacy for better health services recognised

Continued from page 2.

health services, with recognition delivered by Tanya Thompson MP, Member for Myall Lakes, on 3 February 2026 during the Fifty-Eighth Parliament. The recognition highlighted his decade long service with the Manning Great Lakes Community Health Action Group and his role as a former nurse with deep insight into the challenges faced by regional health systems. She emphasised his leadership in mobilising community support and ensuring that local health needs remained a priority for government attention.

The roots of Eddie's advocacy trace back approximately 10 years, following a significant local incident involving jockeys who were transported to Port Macquarie Hospital outside the region. This event revealed that Manning Base Hospital had lost its trauma capacity without consultation or public notification, prompting immediate concern within the community. In response, a meeting was convened at the local race club, chaired by Alan Tickle, where a committee was formed. This group became the foundation of what is now the Manning Great Lakes Community Health Action Group, with Eddie becoming President and continuing to lead its efforts.

One of the most notable examples of his leadership was organising a large-scale community petition in 2025. The petition, signed by more than 12,000 residents, called for the completion of Stage 2 and Stage 3 of the Manning Base Hospital redevelopment. Eddie led a delegation to Parliament to formally present the petition, an effort that contributed to unanimous support from the Legislative Assembly.

Eddie still strongly believes in a holistic approach to patient care, informed by his early training as a nurse at Manning Base Hospital during a period when it was regarded as being at the top of its game in the early 1980s. Under the leadership of influential figures such as Pat Morton, who served as Manager of Nursing Services, Eddie was exposed to high standards

of clinical practice, ongoing education, and an environment that encouraged nurses to question, learn, and improve systems. This foundation shaped his approach to patient care and service improvement.

A key example of this philosophy was his focus on family involvement in patient care. In one case, Eddie remembers encouraging the family of a terminally ill patient to take an active role in her care, assigning simple but meaningful tasks to her children, who were later presented with certificates acknowledging their contribution. This approach provided the family with comfort and purpose during a difficult time and reflected Eddie's commitment to compassionate, person-centred care.

In his time, Eddie made major improvements in hospital safety, patient care and emergency response at Manning Base Hospital, with initiatives adopted across New South Wales and internationally. He reduced manual-handling injuries by introducing structured mobility systems and staff training, cutting annual cases from 68 to six with no long-term disabilities. A decade-long study into bariatric patient (larger patients) needs led to specialised equipment, improving safety for patients and staff. Wood also developed the Manning Evacuation Board, enabling unconscious patients to be removed from vehicles in under one minute, significantly accelerating treatment and improving outcomes.

Eddie's work has been supported by his wife, Trish Wood, a former nurse and secretary for the Health Action Group, who has contributed clinical insight over many years. They continue to advocate for regional health improvements, including an urgent care centre in Forster and expanded services in Bulahdelah.

Editor's note: The Manning Great Lakes Community Health Action Group had reached over 50,000 hits on their Facebook.

Keep up to date with their advocacy for better local health services at: <https://www.facebook.com/ManningGreatLakesCHAG>

New Cancer Care Unit in Taree reduces travel for patients

Manning Great Lakes Community Health Action Group

We were very honoured to attend the Official Opening of the new Cancer Care Manning Great Lakes Cancer Care unit in Cornwall Street, Taree on 20 March and to have played a part in advocating strongly alongside David Gillespie the former Federal Member for Lyne, Can Assist, Manning Valley Branch of Cancer Council NSW, Club Taree and many members of the community for it to become a reality.

We are so lucky to finally, after 7 long years of campaigning, have the opportunity to receive Oncology Radiation Therapy right here in Taree meaning that the people of the Manning Great Lakes Area will no longer have to travel long distances to Port Macquarie, Sydney, Newcastle or Coffs Harbour to receive treatment making it a little less stressful even though the staff in the other centres were very caring.

It was very inspiring to listen to the speeches of Uncle Will with his opening address and welcome to country, Damian Williams CEO of Cancer Care Council, Dr Tony Noun founder of Cancer Care Council and Assoc Prof Noel Aherne Radiation Oncologist and Alison Penfold



Above: (L-R) CEO Damian Williams, MP Alison Penfold and Dr Tony Noun. Dr Tony Noun stated that the unit, “is a private facility in receipt of federal funding and there is no out of pocket charges for radiation therapy for any patient holding a Medicare card. We are fully bulk billed.”

Ms Penfold stated, “The Taree centre features a state-of-the art single linear accelerator radiation oncology unit, designed to provide person-centred care with no waiting list for patients. While today was the official opening, the Centre has been operating since mid-December and has already treated over 30 patients.”

National Member for Lyne who officiated today in the opening of the centre and unveiling of the plaque alongside Dr Tony Noun.

This is a beautiful, outstanding state of the art unit, acknowledged by Dr Tony Noun as the newest and largest unit of the Cancer Care Council staffed by a wonderful caring team led by Bronny Fuller and Emma Longhurst. Stepping through the front door met by beautiful smiles felt so welcoming and would be so comforting and reassuring to patients and their families confronted with the daunting diagnosis of cancer.



The team at Manning Valley Cancer Care Unit with members of the MGLCHAG. Photos supplied.



New homes now selling

Luxury beachside living designed for over 55s. Display homes coming soon.



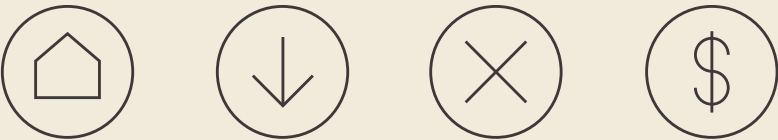
Artist's Impression to be used as a guide only.

Feel right at home at Ingenia Lifestyle Kokomo, just 2km from Blueys Beach. With architecturally designed 2 and 3 bed homes created for connection, wellbeing and some well deserved luxury.

Homes from \$865,000*



For life minded people



Own your own home Low maintenance living No exit fees or stamp duty Potential to free up money

*Prices are current at the time of publication in February 2026 and may be subject to change.



Learn more

Local tourism perspective



MidCoast Council

Local accommodation providers across the Barrington Coast report that while some guests have expressed concern about access to fuel—largely in response to recent media coverage—there is currently no noticeable increase in booking cancellations. At this stage, sentiment across operators remains cautiously optimistic.

Accommodation providers indicate that bookings for Easter and the first week of the school holidays are strong, with occupancy levels tracking well for the period.

Marine-based tourism operators have noted increased operating costs due to higher fuel prices. They report, however, that these additional expenses can be absorbed without impacting customer pricing, provided the elevated fuel costs are not sustained over a long period.

As a predominantly drive-based visitor economy, the region is expecting a slightly quieter Easter among travellers who have not yet booked or who may have been considering a spontaneous day trip, as fuel prices may influence last-minute decisions.

More detailed insights into visitor numbers and spending across the Easter period will be available in mid-May, once official data is released.

CWA scones a big hit at Forster Civic Centre



CWA members cooking up a storm in the kitchen with Chef Jill McKinnon (on far left).

By Mary Yule – Forster Fortnightly

Devonshire teas served by the Country Women’s Association (CWA) at the Forster Civic Centre are drawing good crowds, with demand for freshly baked scones continuing to grow each month.

CWA member Annette Fischer said the popularity of the offering has led to a steady stream of returning visitors.

“We’ve got a lot of regulars here,” she said. “They keep coming back because the scones are the best in town.”

“Our chef in the kitchen, Jill McKinnon, is trying to keep up with the orders,” she said.

“We’re having a run on scones,” Jill said. “I’m up to batch eight, with 20 scones in each batch - that’s 160 so far today - and we’ll likely do several more batches yet.”

Each batch takes about 30 minutes to prepare and bake, with staff working continuously throughout the morning.

Between serving trays of scones and tea, Barbara Filter said, “We sent someone out to buy more cream as we had run out. We are also flat out washing up cutlery to serve the next guests.”

Regular attendees Diana Woodwood and Beryl Fox said the appeal extends beyond the food.

“It’s the company, the scones - which we can’t resist - and it’s a good way to spend a Saturday morning,” they said.

Right: (L-R) Carolyn Robinson and Barbara Eskelinen with homemade cakes and craft.



Above: (L-R) Di Peden and Annette Fischer. Photos by Mary Yule.

The CWA hosts Devonshire teas on the third Saturday of each month. The next event is scheduled for 18 April from 9.30am to 11.30am at the Forster Civic Centre. Funds raised support local community groups.



Local Church and Easter Services



This year’s combined Easter Sunrise Service is at 6am on Sunday 5 April at “The Tanks” in Forster (see Forster/Tuncurry United Church Services below.) Photo by Geordie Yule.

Good News

Look on any media platform and there appears only to be ‘bad’ news stories. Whilst this may always have been the case as bad news sells, you would be forgiven for thinking that in our present times, the news not only appears to be especially bad but also emanates from and affects every aspect of our lives. Media outlets attempt to instil some feel good news item at the conclusion of a news segment but usually these consist of fluffy animal stories which are like fairy floss, sugary sweet but with no real substance.

What if there was a Good News item that had exactly that – substance. For people of faith, this is Easter. The news that Jesus’ death and resurrection has shown that the power of sin and death, and all that corrupts the world, doesn’t have the final say. God’s love for us and all of creation is so great that he was prepared to offer his son, in order that all that had become corrupted and sinful might be restored and re-created, that new life would spring forth.

Easter eggs and rabbits are our attempt to visually represent this idea. As commercial items they do well, but they don’t really

capture the depth and enormity of this restored, re-created life. But then again how can we adequately express God’s desire to restore the world to how he originally created it and us along with it, into a new, better relationship with him, free from sin and all which that represents?

It is this love, put into action that we remember and celebrate over the three days of Easter.

In a world that seems so divided and full of hate, where people are so determined to abuse each other and the planet itself, the news that God is into restoring all that he has created back to the way he wants it may sound fanciful and unrealistic. Yet people of faith hold onto this hope, this truth. And in the midst of all that is happening, to think that God is still so concerned about us and is doing something about it, surely this is Good News

Happy Easter,
Geoff Battle, Pastor – Forster/Tuncurry Uniting Church

The Saviour of the World!

Our world needs saving, and we recognise that the problems in the world are caused by people. How can people be changed to not “behave badly”? Jesus is the answer to that question. He was a real man as history clearly demonstrates. There’s more evidence that’s been unearthed that prove the events for Jesus’ birth, ministry, execution and resurrection than for any other famous person in history (Aristotle, Plato, Cleopatra, Shakespeare)

Jesus came (from God - that’s Christmas) to save us from ourselves. He is a man who never sinned, and who is in a perfect relationship with God the Father Almighty through his Spirit. This perfect man was born to pay for the rebellion of humanity against God (and each other), and to make it possible for us to be made perfect and fit to live in God’s presence for ever after this life is over.

How does Jesus save us? He defeated death itself. After dying on that first good Friday, Jesus rose from the dead never to die again. This event was witnessed by over 500 people and led the church to being formed and growing from zero to 10s of 1000s in a very short period! The radical growth was a threat to Nero in Rome and he sought to crush this new religion (and failed miserably – check out the history!)

How does Jesus’ defeating death help us? He calls on us to put our trust in him and follow him. it’s that simple!

This Easter, consider trusting Jesus.
“Now we have heard for ourselves, and we know that this man really is the Saviour of the world.” (John 4:42) Have a happy Easter!

Rev Mark Harris on behalf of the Anglican Parish of Forster Tuncurry and Nabiac

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

Forster Tuncurry Uniting Church

**The promise and joy of Easter is that Jesus is alive
Join us as we celebrate God’s love for the world.**

- **Thursday Service Tuncurry Church 7pm**
- **Good Friday Service Forster Church 9am**
- **Easter Sunday Sunrise Service “The Tanks” Forster 6am**
- **Easter Sunday Service Forster Church 9.00am**

Forster - Cnr of Lake St & Macintosh St
Tuncurry - 33 Bent St
“The Tanks” - Head St, Foster
Enquiries - 6555 8573

Love Languages

Love Languages – Learn to connect in a way that’s truly felt

Strong relationships are not just built on love, but on understanding how love is expressed and received. This free Love Languages event helps people discover why they may feel misunderstood in relationships and how to better connect with those around them.

Through simple and practical teaching, attendees will learn about the different ways people give and receive love, and how small changes can make a big difference in communication and connection. This is valuable for couples, families, friendships, and anyone wanting healthier, stronger relationships.

The event is open to all and provides a supportive, welcoming space to learn and grow, with a light lunch provided.

LOVE LANGUAGES
Sunday 19th April

Understand how you give and receive love.
All sessions start at 12pm – 2pm
C3 Church - 51 Bent Street Tuncurry
Light lunch provided
RSVP for catering - info@c3pmq.com

Anglican Church
Forster-Tuncurry & Nabiac

Good Friday 18th April
Forster: 9am - Proclamation of the Cross
Nabiac: 11am - Proclamation of the Cross

Easter Day 20 April
Forster: 9am - Communion service suited to all ages
4pm - Contemporary Communion Service
Nabiac: 11am - Traditional Communion

Our addresses are:
♦ 4 St Albans Place, Forster.
♦ 38 Clarkson St, Nabiac.
Parish Office Phone: 6555 5565
www.forsteranglican.com

Responsible handling & quick release of any non-target fish species encouraged



On 16 and 17 March, a number of residents at Forster Keys reported signs of multiple dead and dying mullet in the water to the NSW Department of Primary Industries and Regional Development (DPIRD) and to this newspaper.

A spokesperson said DPIRD Fisheries was made aware of a large number of flat tail mullet dead or in distress at Quays Canal Estate.

The fish are believed to have been released by a commercial fisher following unintended capture.

DPIRD Fisheries encourages the responsible handling and quick release of any non-target fish species captured by fishers.

Community members are encouraged to report any observations through the Fishers Watch phoneline on 1800 043 536.

Community turnout highlights support for Manning Entertainment Centre

By Mary Yule – Forster Fortnightly

A public meeting to discuss the future of the Manning Entertainment Centre (MEC) has drawn a strong community response, with close to 400 residents attending a forum in Taree on 4 March.

The meeting followed a MidCoast Council resolution late last year calling for staff to engage with the community and explore options to improve the venue's long-term financial sustainability. It also came after a financial report on the MEC was presented at Council's February meeting, outlining the centre's operating position.

While the MEC generates significant revenue and covers a large portion of its costs, it does not operate at a profit and requires an annual subsidy from Council and ratepayers.

Mayor Claire Pontin said the purpose of the meeting was to gather community input, not to propose closure of the facility.

"We publicised the reason for the meeting, but a lot of people jumped to conclusions and thought we were setting it up to close it," Cr Pontin said. "We're not proposing to close it. We want to hear from the community and ask whether there's a better way of doing it because that's always a sensible thing to ask. It does cost money to run. Is there a better way of doing it? Are we meeting expectations of the users? And we know that not everybody goes to the MEC and it's probably a minority, but every town needs a MEC and needs an art scene and culture."

Cr Pontin said the strong attendance reinforced the community's connection to the venue.

"It was very pleasing to see that many people turn up. It reinforced our belief that it's a much-loved facility," she said.

The session began with a presentation from General Manager Adrian Panuccio, outlining



the history of the centre, including significant contributions from community fundraising and grants. Among these was a major bequest from Beryl Jane Flett, which funded a substantial portion of the MEC's studio space.

Following the presentation, attendees were invited into the foyer to provide feedback through written submissions, interactive boards and direct conversations with staff and councillors.

Cr Pontin said the format allowed for more meaningful engagement.

"People weren't just writing 'don't close the MEC'. They were providing detailed feedback, with pages of ideas and suggestions," she said.

She also acknowledged the ongoing efforts of staff and volunteers in maintaining and improving the centre.

"The staff are very passionate about it too. They have done internal reviews over the last couple of years and initiated some of their own programs which has improved its efficiency," Cr Pontin said.

Council staff are now in the process of collecting and analysing the feedback, identifying common themes and potential areas for improvement. The findings will be presented to councillors at a future strategic workshop. Council is expected to provide a public update on the outcomes of the consultation once the feedback has been reviewed.

Tell Me a Story Competition wins a heart

By Lorraine Rogers – Tell Me a Story

Forster Public School Student Georgia Croker was awarded 'Highly Commended' for both her story and illustration, titled "My Best Friend Oakie", in last year's story writing and illustrating competition. (See her story below.)

Afraid of dogs? Not anymore, was the theme of this heartwarming story. Georgia tells of her fear of dogs, which was gradually overcome when a small puppy was introduced into the family and she chose the name 'Oakie' for her new friend.

"Writing and drawing are my favourite things," Georgia explained how both are encouraged by her teachers and also her mother, "who helps me correct my grammar and writing."

The aim of the competition in local schools, supported by teachers, is to help students with their writing and illustrating.

Now, in year 6, Georgia is planning to write and illustrate another story in this year's 'Tell Me A Story' competition, which ends in term 3, July 31. Could this be the beginning of a series of 'Oakie' stories?

All relevant information for students, teachers and parents is on our website, at: tmas@tellmeastory.org.au

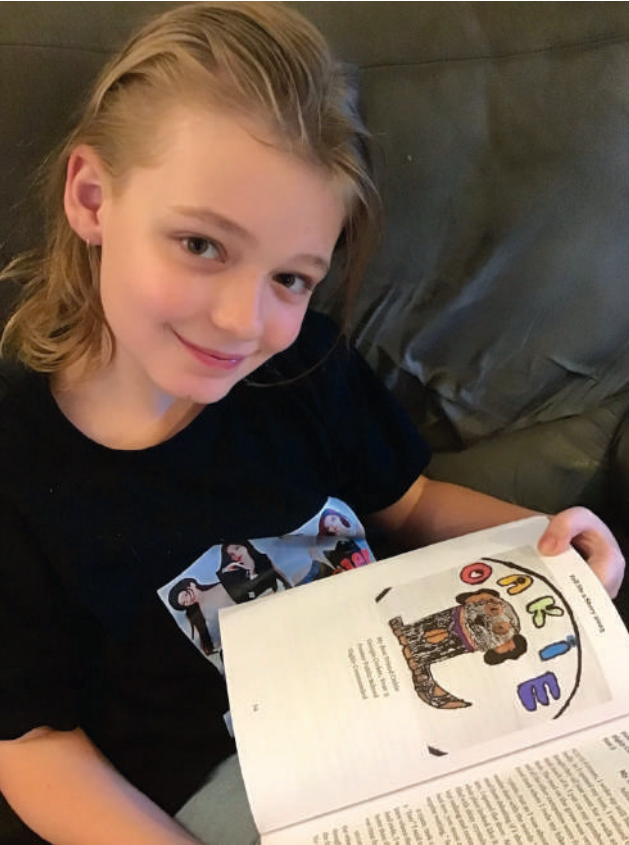
My Best Friend Oakie

By Georgia Croker

Hi, I'm Rose, and I used to be terrified of dogs. Like, full-on run-and-hide-behind-my-mum kind of scared. I don't really know why. It's not like a dog ever bit me or chased me or anything. But they bark SO loud, and they jump up with their big paws and slobbery tongues, and it just totally freaked me out.

My big brother thought I was being silly. He's always loved dogs. He'd stop to pat every single one he saw on the street, even the huge ones with giant teeth. One day, he told Mum and Dad his friend had some puppies for sale and begged them to get one.

Guess what? THEY SAID YES.



Above: Georgia Croker with her published story.

I nearly cried. I thought they were joking. A DOG?

In our house? But they weren't joking. A week later, a tiny puppy with floppy ears and big brown eyes came trotting into our living room. She had soft tan and black fur and the cutest little paws. Her name was Oakie.

At first, I stayed far away from her. I watched her from the couch like she was a tiger or something. But Oakie didn't bark much. And she didn't jump on me. She just sort of waddled

around wagging her tail and looking at everyone like we were her favorite people in the world.

My brother said, "Come on, Rose. She won't hurt you." I wasn't so sure, but then Oakie came over and gently licked my hand. It tickled a bit and kind of made me laugh. That's when I thought... maybe she's not that scary.

I started helping with her puppy stuff. I'd pour her food into her bowl and help brush her fur. One time she pooped in the middle of the hallway and my brother made me clean it up! Gross! But I did it. Because Oakie was starting to feel like... part of the family.

Then something crazy happened - I started to like her. A lot. I even played fetch with her in the backyard! She'd chase the ball like a maniac, then come zooming back like she'd won a prize. She'd drop the ball at my feet and bark her little squeaky bark, like she was saying, "Again! Again!"

Fast forward two years - now Oakie is HUGE. She's strong and fast and can't fit on my bed anymore (even though she still tries). I can't walk her by myself because she pulls too hard, but we still run around together at the park near the water. She chases birds (but never catches them), and I try to race her (but I never win).

Oakie is my best friend in the whole wide world. She snuggles with me on the couch while we watch cartoons. She steals half my popcorn (but only the pieces I drop - mostly).

Right: Georgia reading next to Oakie. See p23 for Star Pet Oakie.

She sleeps next to my bed every single night, like a big fluffy guardian. We fight over my soft fluffy animals, as she likes to rip all the fluff out!

And the coolest part? She protects me. Like, if my dad tries to tickle me or my brother messes around and pretends to wrestle me, Oakie jumps in between us like, "Hey! Not on my watch!" It's kind of hilarious. She's like a bodyguard made of fur.

Now when I see other dogs, I don't get scared anymore. I even pat my cousin's giant Labrador, and I don't even flinch when dogs bark at the park. Oakie helped me be brave.

I don't know what I'd do without her. She's not just a pet - she's family. She's my best bud. My protector. My couch snuggler and popcorn thief.

I'm so glad we got her. I can't believe I ever didn't want a dog.

Dogs are awesome. Especially mine.



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.

HOPE SKIN CANCER & GP CLINIC

Bulk billing available

At Hope Clinic and Manning St Medical, we understand that the recent hike in fuel prices has put a strain on many in our community.

To ensure no one has to compromise on their health, our doctors have committed to bulk billing anyone struggling financially. This coverage includes all consultations and procedures, such as skin cancer removals.

Upholding the Hippocratic Oath and serving our community is our highest priority. If you are doing it tough, please let our team know.

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We have Instagram page to follow under @Hopelaserandbeautyclinic.

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Choose from a selection of four different crowd-favourite pasta dishes.
Options change weekly.

TUESDAY SCHNITTY NIGHT
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ADD A PARMY TOPPER FOR \$4
choose from 4 different toppings.
Toppings change weekly.

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Steak cooked to your liking.

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Changing of the guard at Forster Shores Combined Probus



Our new management team celebrate their election. Photos by Christine Lidbury.

By Gail Henley - Forster Shores Combined Probus

At the Annual General Meeting, Outgoing President Robert Henley welcomed our new President Brian Lidbury. In handing over the Chain of Office, Rob said that Brian brings a wealth of experience to the position having held the position of President in local Rotary and Lions clubs.

This is the fiftieth year of Probud in Australia and it remains a wonderful opportunity for retired locals to meet, to extend their knowledge and above all enjoy themselves. It is a non religious, non political organisation that is not involved in fund raising. They have monthly meetings with both local and external speakers along with regular lunches, dinners and outings and some wonderful trips.

With our new Probud year new members are welcome and you are invited to make contact with our Membership team of Col Jay on 0448 918 645 or Linda Lovell on 0447 473 510.



Return & Earn is even more convenient in Forster



Return and Earn
Forster residents have even more locations to recycle their eligible bottles, cans and cartons with the opening of a new Return and Earn machine.

The Breese Parade Return and Earn machine is the 15th return point in the MidCoast Council area, making it easier than ever to recycle eligible containers and get your 10c refund.

The new machine is located at 8 Breese Parade, Forster. It is open daily from 7.00 am to 10.00 pm.

“MidCoast Council residents are enthusiastic recyclers, having returned over 258 million eligible bottles, cans and cartons through local return points since the scheme began,” said James Dorney, CEO of TOMRA Cleanaway, network operator for Return and Earn.

“Statewide, more than 15.4 billion drink containers have been returned for recycling through the network of over 660 return points across NSW since Return and Earn began, resulting in over \$1.5 billion in container refunds back in people’s pockets.”

The new machine features the latest ‘takes-all’ technology, which means all eligible drink containers can be returned through any of the machine’s four chutes, without the need to pre-sort glass containers from plastic and aluminium.

Recyclers can print a voucher for the refund amount, which can be redeemed at Coles for a discount on their shopping or for cash. Recyclers can also opt for an e-voucher or

payment directly into their bank or PayPal account using the Return and Earn app.

Locals can also donate their refund to one of over 500 donation partners listed on the Return and Earn app, including Great Lakes Women’s Shelter, which provides accommodation and support for women seeking refuge from domestic violence or homelessness.

Alternatively, recyclers can donate to the current statewide donation partner, Jeans for Genes, to support research into treatments and cures for children’s genetic conditions.

Return and Earn has become a key fundraising channel for many charities and community groups in NSW. Over \$91 million has been raised from donations and fees from hosting return points since the scheme launched in 2017.

For more information on Return and Earn visit: returnandearn.org.au

Graham Barclay Inducted into National Water Ski Hall of Fame



Above: (L-R) Graham Barclay and Mark Beretta at the awards night in Melbourne.

By Mary Yule - Forster Fortnightly

Forster water skier Grahame Barclay has been inducted into the Water Ski & Wakeboard Australia Hall of Fame, recognised for a lifetime of achievement and contribution to the sport.

The induction ceremony was held on 7 March 2026 at the Crown Casino Palladium, with Graham accompanied by his wife Kay and their friend Mary New.

Graham’s competitive career began after he and close friend and mentor Fred Williams constructed a ski course and jump in waterways near what is now Forster Keys. Through sustained training and experimentation, he rose to prominence, winning multiple local, state, interstate and national titles.

His peak achievement came in 1959 when he represented Australia at the World Water Ski Championships in Milan, Italy.

Following his international career, Graham remained actively involved in the sport, focusing on coaching and mentoring while encouraging new participants. From 1988 Graham organised the New Year’s Eve legendary Water Ski Shows for several years which entertained the town from the foreshores. He continued skiing and performing demonstrations well into his seventies.

Reflecting on the honour, Graham said he was surprised by the recognition.

“It was unbelievable. I couldn’t believe what they’d done for me. I didn’t think they’d ever do that for me. It was terrific,” he said.

At the awards Graham acknowledged Mary New for her role in preparing the nomination and organising the trip to Melbourne.

“Oh, you’ve got no idea about the Casino. It’s a huge place. I gave Mary New a big wrap when I got up there. She works for us in the marine. She did all the research for this award and did a really good job. She organised the trip and we wouldn’t have got down there without her.”

Graham also used the occasion to recount how water skiing shaped his life, including meeting his wife Kay after establishing a ski school in Forster.

“I told the audience how I met Kay. I wanted to be a footballer. I got that far with St George and played one pre-season with them. Next thing Canterbury, Bankstown bought me. It’s great

but I got halfway through the season and got smashed. I could never play again. So, I used to go out and watch the water skiing. There are people skiing at Manly Dam there. So I said, I’ll buy a boat now. I went and bought a boat and learned to ski. I said this was the best thing that I ever did, because when we had a ski school at Foster, Kay came out to learn to ski, and I said, I’ll teach you to ski. She was a good skier. We got together and we’re still here. On the stage (at the Ceremony in Melbourne) I asked Kay to stand up. When she stood up they all gave her a big cheer. If I played football, I would have never met Kay.”

“Water skiing...that’s the luckiest thing that ever happened for me. It opened up my whole life.”



Sustainable Business Certification for MidCoast Tourism Industry

MidCoast Council
Following sponsorship of three local operators in 2025, MidCoast Council is again offering the Tourism Industry an opportunity to strengthen their appeal to high yielding, environmentally conscious visitor markets by sponsoring business certification programs with Ecotourism Australia.

Executive Manager Sustainable Development, Rachel Pleasant said the program helps local businesses grow while protecting the region’s natural assets.

“With an abundance of attractive natural assets, we also want to ensure the supply and diversity of certified accommodation, tours and experiences across the region meets future market demand,” she said.

In the next round of support, Council will reimburse costs of up to \$1,430 for small and micro businesses to become certified through a program relevant to their operation. Council is committed to supporting an increase in the number of certified local operators into the future. Eco certification gives visitors confidence that a business meets globally recognised sustainability standards and also helps businesses improve their practices and build long-term resilience.

Two certification programs are available:

- ECO Certification for nature-based tourism businesses
- Sustainable Tourism Certification for other tourism operators

Businesses will receive guidance and support throughout the certification process from Ecotourism Australia and MidCoast Council.

Expressions of interest are now open and close 19 April 2026 at: <https://www.midcoast.nsw.gov.au/ecotourism>

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Dorothy Sutton celebrates 90th 'Paint the Track Pink' 18 April

By John Sutton - Forster

Long-time Forster resident Dorothy Sutton marked her 90th birthday with a celebration attended by family and friends at Forster Golf Club on 13 March.

Guests travelled from across the region and further afield to honour the milestone, with Dorothy described by attendees as the "sparkling presence" at the centre of the gathering.

Thank you to those who contributed to the event, including the club's Ashleigh Livett and staff for catering and service, with Toby and Sam assisting with drinks throughout the afternoon. Other contributors included Candice Fanning's exquisite birthday cake, Craig Mason's captivating photos and Terry Davis's soulful singing. All came together to create a truly special, unforgettable day.



Dorothy (white top) celebrating with friends & family.

With heartfelt appreciation, thank you to all who made this day so extraordinary, and to those who sent messages and videos, your kindness and thoughtfulness mean everything.

By Mary Yule – Forster Fortnightly

Tuncurry Jockey Club and Pink Up Forster Tuncurry will join forces on Saturday, 18 April to stage the inaugural Pink Up Race Day, combining a traditional race meeting with a coordinated community fundraising effort for the McGrath Foundation.

Race Day Operations Manager Mel Payne said the event is designed to turn the racecourse into a highly visible show of support for breast cancer awareness.

"We're going to paint the track pink," she said, encouraging racegoers to embrace the theme. "We want everyone to wear pink."

A key feature of the day will be the "Pink Party," an exclusive function hosted in the Evermore Solaris Marquee. All proceeds from the event will be directed to Pink Up Forster Tuncurry, supporting the McGrath Foundation's work in funding breast care nurses and improving outcomes for patients and families.

The Pink Party will include best-dressed competitions, raffles, auctions, entertainment and curated goodie bags. Bookings and event details are available through the Forster Tuncurry Chamber of Commerce website at <https://ftchamber.com.au>

Additional hospitality will be offered through MacQuillan Pavilion packages, providing options for larger groups and corporate attendees.

Mel said the race day has been structured to remain accessible to the broader public.



Photo by Patricia Macvean.

General admission areas will be open, with two large, covered seating spaces and live entertainment available throughout the venue.

"We want everyone to come along, wear pink and enjoy the day," she said, adding that best-dressed prizes will also be awarded across general admission areas.

The feature race, sponsored by Evermore Solaris, will extend the visual theme onto the track. Horses will carry pink saddlecloths, while barrier attendants will wear pink safety vests, reinforcing the day's message across all aspects of racing operations. The sponsor has also contributed the marquee, enabling a greater proportion of funds raised to go directly to the cause.

Preparations for the event have been supported by improvements to the track, led by new track manager Connor Macy. Mel said Macy had "fitted right in," with the surface already receiving strong feedback. Leading local trainer Terry Evans described the track as being "in great order" following recent training.

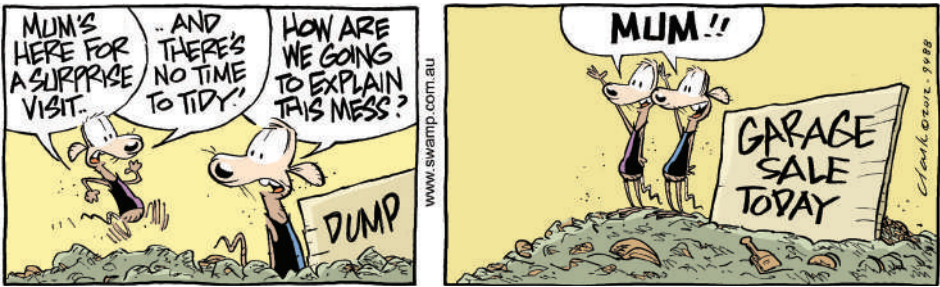
The Grin Bin



Doodley Squat



Swamp

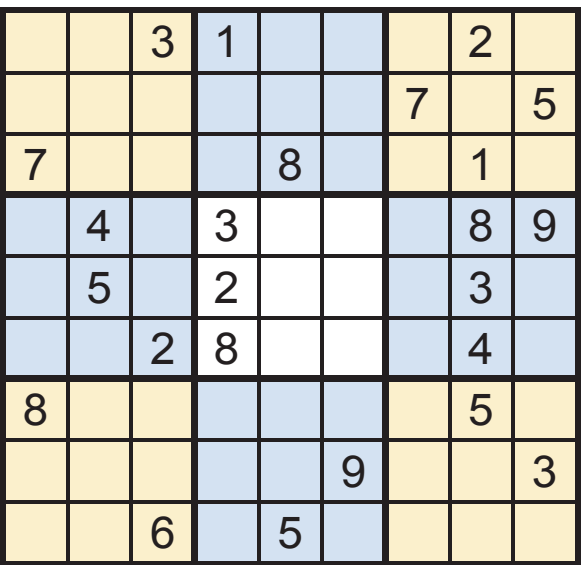


Bushy Tales



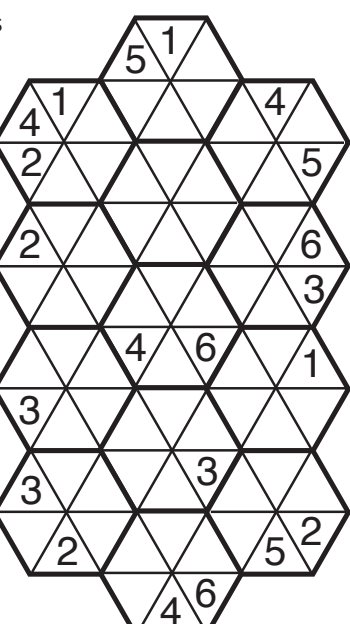
Sudoku

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

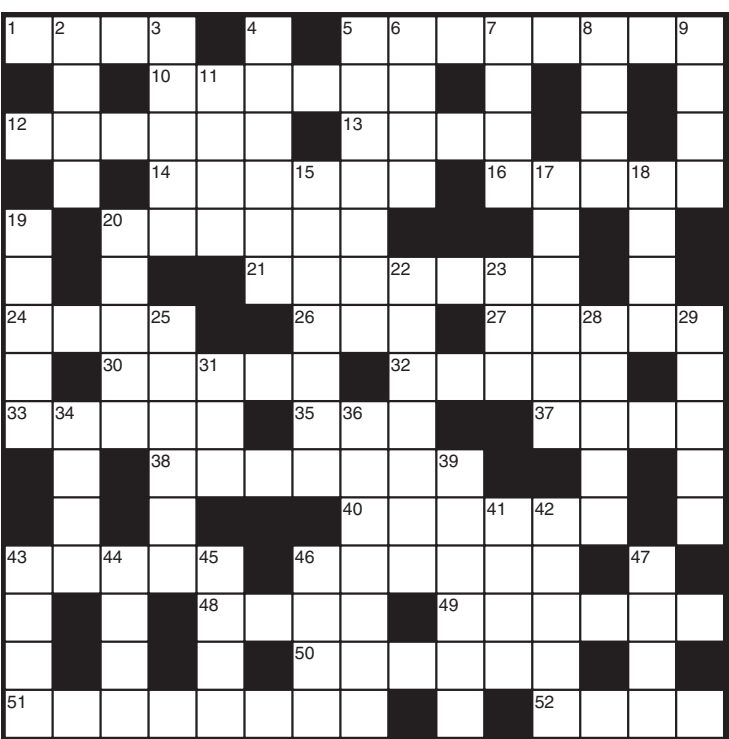


Quick Workout

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



Crossword

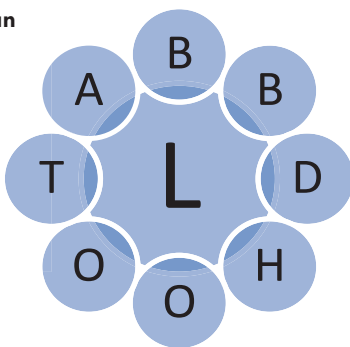


Focus

An All Australian Word Game

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

TODAY'S FOCUS: Good: 12 words
Very good: 18 words
Excellent: 25 words

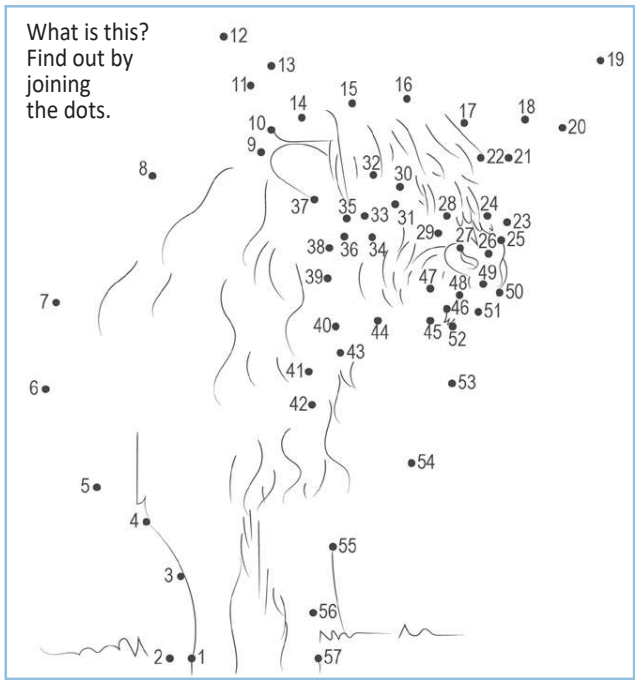


Reference: Macquarie Concise Dictionary
Focus No. 3981

Spot the 5 Differences

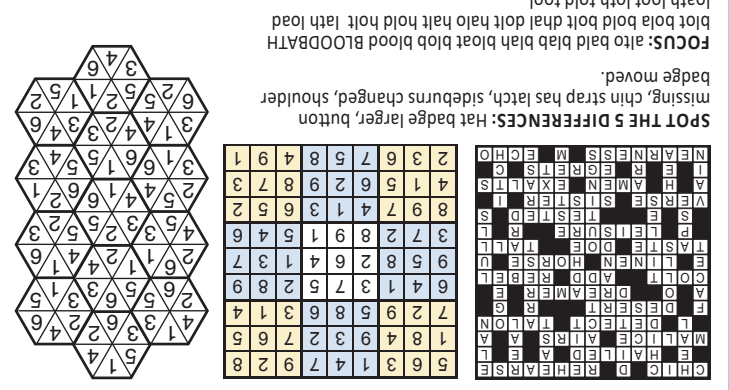


Join the Dots



Solutions

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YOUR FORTNIGHTLY TV GUIDE

April 1 - 7

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Fake Or Fortune? 4.00 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 Can You Keep A Secret? 9.30 Melbourne Comedy Festival: Allstars Supershow. 11.30 Planet America. 12.00 Murdoch Mysteries. 12.50 Long Lost Family. 1.30 Parliament. 2.30 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Dateline. 2.35 Insight. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Secrets Of The Tower Of London. 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 Mysteries Of Loch Ness. 9.20 Prisoner 951. 10.15 SBS News. 10.45 Rise Of The Raven. 11.50 Darkness: Those Who Kill. 1.40 Classified. 3.20 Designing Paradise With Bill Bensley. 3.45 Mountain Vets. 4.55 Destination Flavour Bitesize. 5.00 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. 3.30 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club Uk. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (M) 10.00 The Agenda Setters. 11.00 No Holds Barred: GWS Giants. (M) 12.00 Business Builders. 12.30 The Act. 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. 8.00 NRL. 8.30 Travel Guides. 9.30 One Tank Holiday. 10.00 9News Late. 10.30 Freddy And The Eighth. 11.25 Law & Order: Organized Crime. 12.15 Tipping Point. 1.05 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 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Dog House. 11.30 My Market Kitchen. 12.00 GCBC. 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. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 Australian Survivor: Redemption. (PG) 8.00 Elsbeth. (M) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. (PG) 12.30 Shopping.
THURSDAY	6.00 Morning Programs. 11.25 Can You Keep A Secret? 12.00 News. 1.00 Frauds. 1.45 Spicks And Specks. 2.15 Brush With Fame. 2.55 Fake Or Fortune? 3.55 Sister Boniface Mysteries. 4.40 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 The Piano. 9.50 The Matter Of Facts. 12.05 10.40 News. 10.55 The Business. 11.10 Sister Boniface Mysteries. 11.55 Long Lost Family. 12.45 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 The Great House Revival. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.10 Cecil: The Real Lion King. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Treasures With Bettany Hughes. 8.25 Our Medicine. 9.35 Riot Women. 10.40 SBS News. 11.10 In Memoriam. 12.05 Blackwater. 1.10 Blackwater. 2.15 Beyond Signs. 3.15 Designing Paradise With Bill Bensley. 4.30 Designing Paradise With Bill Bensley. 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. (M) 8.30 Motorway Patrol. (PG) 8.30 Britain's Got Talent. (PG) 12.40 1.00 Australian Idol. (PG) 12.40 Damnation. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 One Tank Holiday. 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 Rugby League. 8.00 NRL. 8.30 Travel Guides. 9.30 One Tank Holiday. 10.00 9News Late. 10.30 Freddy And The Eighth. 11.25 Law & Order: Organized Crime. 12.15 Tipping Point. 1.05 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 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 11.40 Local. 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. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 Gogglebox Aust. 8.30 The Graham Norton Show. (M) 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. (PG) 12.00 Shopping.
FRIDAY	6.00 Morning Programs. 1.45 Can You Keep A Secret? 2.15 The Assembly. 3.00 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 National News. 7.30 Gardening Aust. 8.30 Patience. 9.20 Tonight At The Museum. 9.50 The Weekly. 10.20 Shaun Micallef's Eve Of Destruction. 10.55 Melbourne Comedy Festival: Allstars Supershow. 12.20 Shaun Micallef's Eve Of Destruction. 12.55 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bits. 2.05 Tommy Fleming Live From Galway Cathedral. 3.00 Nula. 3.30 The Cook Up. 4.05 Building The Vatican. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Going Places. 8.30 Secrets Of The Conclave. 9.40 Lost Secrets Of Jesus. 10.40 Behind The Chocolate Curtain. 11.00 Sgt. 12.15 Babylon Berlin. 2.05 Nordland 99. 3.05 Designing Paradise With Bill Bensley. 3.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Morning Show Mystery. Mortal Mishaps . (2018) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 Seven News. 7.00 Better Homes And Gardens. 8.00 MOVIE: My Best Friend's Wedding. (1997) (M) Julia Roberts, Cameron Diaz, Dermot Mulroney. 10.15 MOVIE: The Bounty Hunter. (2010) (M) 12.35 Get On Extra. 1.05 Damnation. (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: The Nut Farm. (2024) 2.00 Tipping Point Australia. 3.00 Rugby League. NRL . Round 5. South Sydney Rabbitohs v Canterbury Bulldogs. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL . Round 5. Penrith Panthers v Melbourne Storm. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: The Foreigner. (2017) (MA15+) 1.00 Explore TV. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Morning Programs. 7.30 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 12.00 GCBC. 12.30 Family Feud. 1.00 Wheel Of Fortune Australia. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Love It Or List It Australia. 8.40 Location. Location. Location. 9.30 The ABC Of 2.35 Shaun Tan's Tales From Outer Suburbia. 4.10 The Matter Of Facts. 5.00 Story. 5.35 Landline. 6.00 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Blue Murder Motel. (M) 8.15 Top End Bub. (PG) 8.45 Death In Paradise. (M) 9.45 Frauds. (M) 10.30 Rage. (MA15+) 2.00 TBA. 5.00 Rage.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Blue Murder Motel. 1.15 Patience. 2.00 Killer Whale. Australia's Megapod. 3.00 Shaun Tan's Tales From Outer Suburbia. 4.10 The Matter Of Facts. 5.00 Story. 5.35 Landline. 6.00 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Blue Murder Motel. (M) 8.15 Top End Bub. (PG) 8.45 Death In Paradise. (M) 9.45 Frauds. (M) 10.30 Rage. (MA15+) 2.00 TBA. 5.00 Rage.	6.00 Morning Programs. 1.00 Motor Racing. Bathurst 6 Hour. Day 1. Qualifying. 5.00 Stories From The Cities. 5.30 Plat Du Tour. 5.35 Orphans Of WW2. 6.30 News. 7.30 Edward Vs George: The Windsor At War. 8.25 Magical Train Journeys In Switzerland. 9.25 Jersey And Guernsey. 11.15 Highclere: The Real Downton Abbey. 11.15 Snowpiercer. 1.00 Going Places. 1.59 Going Places. 3.00 Matched. 3.05 Bamay. 4.50 Destination Flavour China Bitesize. 5.00 Bamay. 5.15 Euronews. 5.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Day On The Trot At Royal Randwick and Caulfield Eastern Cup. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Better Homes And Gardens. 8.00 MOVIE: Snow White And The Huntsman. (2012) (M) 10.45 MOVIE: Mercury Rising. (1998) (M) 1.00 Devils. (MA15+) 2.00 Shopping. 4.00 Tales Of Aluna. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 1.00 Explore TV Viking. 1.30 My Way. 2.00 The Long Drive For Drought. 2.30 Taronga: Who's Who In The Zoo. 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: Wonka. (2023) 10.50 MOVIE: The Legend Of Tarzan. (2016) 12.50 Taronga: Who's Who In The Zoo. 1.50 My Way. 2.00 The Incredible Journey. 2.15 TV Shop. 2.30 Epic Builds. 3.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 10.00 Roads Less Travelled. 10.30 My Market Kitchen. 11.00 GCBC. 11.30 Dogs Behaving (Very) Badly Australia. 12.30 Dog House. 1.30 What's Up Down Under. 2.00 Australian Survivor: Redemption. 3.00 Deal Or No Deal. 3.30 Lingo. 4.30 Ultimate Classroom. 5.00 News. 6.30 Dog House. 7.30 Love It Or List It Australia. 9.30 Gogglebox Aust. 10.30 Ambulance Australia. 12.30 Elsbeth. 1.00 NCIS: Origins. 1.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Rage. 7.00 Wknd Brekky. 9.00 Pope Leo's Easter Vigil. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 The Piano. 3.30 Inside The Sydney Opera House. 4.30 Creative Types. 5.00 Back Roads. 5.30 Fake Or Fortune? 6.30 Compass. 7.00 News. 7.30 The Piano. 8.20 Can You Keep A Secret? (M) 8.50 Frauds. (M) 9.40 Blue Murder Motel. 10.25 Top End Bub. 10.55 MOVIE: Ten Canoes. (2006) 12.25 Rage. 1.45 Unforgotten. 3.00 Gardening Aust. 4.55 Dream Gardens. 5.30 A Bite To Eat.	6.00 Morning Programs. 5.30 Going Places. 6.00 Grand Tours Of Scotland's Rivers. 6.30 News. 7.30 Unwrapping King Tut: Secrets Of The Mummy. 8.25 Akhenaten: The Secrets Of The Forgotten Pharaoh. 9.25 Leonardo Da Vinci. 10.25 Lost Treasures Of Egypt. 11.20 Bronze Age Apocalypse. 12.55 Me And My Toubette's. 2.00 Matched. 2.50 Mastermind Aust. 3.20 Mastermind Aust. 3.55 Mountain Vets. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 House Of Wellness. (PG) 3.30 Border Security. (PG) 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 Seven News. 7.00 The 1% Club Uk. (PG) 8.00 Working Class Man. (M) 10.30 INXS: Live At Wembley. (M) 12.30 A Friend Of The Family. (MA15+) 1.30 Travel Oz. (PG) 2.00 Home Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.00 NRL Sunday Footy Show. 1.00 Drive TV. Drive Car Of The Year. 1.30 Reel Destinations. 2.00 Oz Off Road TV. 3.30 Rugby League. NRL . Round 5. Newcastle Knights v Canberra Raiders. 6.00 NBN News. 7.00 60 Minutes. 8.00 MOVIE: Hot Potato: The Story Of The Wiggles. (2023) 10.15 9News Late. 10.45 The First 48. 11.40 A Killer Makes A Call. 12.35 Oz Off Road TV. 1.30 TV Shop. 4.00 Skippy. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Buy To Build. 8.00 Australia By Design: Architecture. 8.30 My Market Kitchen. 9.00 Freshly Picked. 9.30 Well Traveller. 10.00 Farm To Fork. 10.30 GCBC. 11.00 Australian Survivor: Redemption. 1.30 Dogs Behaving (Very) Badly Australia. 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 10 News+. 12.00 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. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.35 Four Corners. 9.20 Planet America. 9.50 Foreign Correspondent. 10.25 News. 10.40 The Weekly. 11.10 Murdoch Mysteries. 11.55 Long Lost Family. 12.45 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 Dare To Hope. 3.15 Plat Du Tour. 3.20 The Cook Up. 3.55 Sic: Behind A History Making Achievement. 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. 9.20 Buzzcocks. 10.10 SBS News. 10.40 Herhausen: The Banker And The Bomb. 11.35 Gomorrah. 12.30 Gomorrah. 1.30 Gomorrah. 2.25 Mastermind Aust. 3.30 Mountain Vets. 4.35 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 11.30 Athletics. Stawell Gift. Easter Monday session. 2.30 AFL Pre-Game. 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) 9.15 9-11. (M) 10.15 The Agenda Setters: Rugby League. 11.15 The Agenda Setters. 12.15 Conviction. (MA15+) 1.15 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 MOVIE: A Royal In Paradise. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.15 100% Footy. (M) 10.15 9News Late. 10.45 Outback Opal Hunters. (PG) 11.35 Footy Classified. (M) 12.35 Tipping Point. (PG) 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 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 11.40 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. (PG) 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	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 The Matter Of Facts. 9.20 Creative Types. 9.50 Compass. 10.20 News. 10.35 The Business. 10.50 Four Corners. 11.40 Murdoch Mysteries. 12.50 Long Lost Family. 1.15 Rage. 1.50 Unforgotten. 4.00 Gardening Aust. 5.00 Late Programs.	6.00 Morning Programs. 2.00 The Great House Revival. 3.00 Trail Towns. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Secret World Of Snacks. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Continental Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 Rock Legends. 10.30 SBS News. 11.00 Exit. 11.55 Elvira. 12.45 Elvira. 2.20 Elvira. 3.00 Mastermind Aust. 4.05 Bamay. 4.50 Destination Flavour China Bitesize. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.30 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) 8.40 Doc. (M) 9.40 House Of Wellness. (PG) 10.10 The Agenda Setters. 11.40 St. Denis Medical. (PG) 12.10 Dirty John. (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 MOVIE: Romance At The Vineyard. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.15 100% Footy. (M) 10.15 9News Late. 10.45 Outback Opal Hunters. (PG) 11.35 Footy Classified. (M) 12.35 Tipping Point. (PG) 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 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 11.40 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. (PG) 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.

April 8 - 14

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.45 Spicks And Specks. 2.20 Brush With Fame. 2.50 Fake Or Fortune? 3.50 Murdoch Mysteries. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Tonight At The Museum. 8.30 The Weekly. 9.00 Can You Keep A Secret? 9.30 QI. 10.00 Planet America. 10.35 News. 12.50 The Business. 11.05 You Can't Ask That. 11.40 Murdoch Mysteries. 12.55 Long Lost Family. 1.15 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Dateline. 2.35 Insight. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Secret World Of Snacks. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 48 Hours: Escape From Chernobyl. 8.50 Chernobyl: The Lost Tapes. 10.35 SBS News. 11.05 Rise Of The Raven. 12.10 Darkness: Those Who Kill. 1.55 Classified. 2.35			



Easter & Autumn School Holidays

Local Calendar

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

April



Sat 4 April - Real Food Market (see above)
8am -11am Pacific Palms Community Centre.
Enquiries: Sue Williams 0438 433 063.

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

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

Sun 12 April - Forster Town Park Market
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.

Sat 18 April - Forster Farmers Market
8am to 12pm in the grounds next door to Forster Court House on Little St.
Enquiries: Linda 0421 347 273

Sat 18 April - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994



Saturday 25 April - ANZAC Day
ANZAC Day commemorations will be held at at various locations around the Forster Tuncurry region.

Daylight Saving Time Ends



When local daylight time is about to reach Sunday, 5 April 2026, 3:00 am clocks are turned backward 1 hour to Sunday, 5 April 2026, 2:00 am local standard time instead.

Sunrise and sunset will be about 1 hour earlier on 5 Apr 2026 than the day before. There will be more light in the morning and less light in the evening.

www.timeanddate.com

School holiday ideas

The Easter/Autumn school holidays are a great time to enjoy our beautiful waters and outdoor playgrounds and skate parks for all ages. Most places listed below have shaded seating, drinking fountains, toilets and some have free BBQS to use.

Local beaches - Lifeguards will be on patrol during weekdays from 9am - 5pm during the school holidays at Bennetts, Elizabeth, Forster Main and One Mile Beaches. Boomerang Beach will be patrolled seven-days-a-week. Local Surf Lifesaving Clubs will provide beach patrol services on weekends and public holidays at Bennetts, Black Head, Elizabeth, Forster Main, and One Mile beaches. ANZAC Day marks the end of the surf patrol season.

Black Head Pool - a 4-laned 30m ocean pool located on Main St at the back of the surf club. Next to Black Head Beach.

Tuncurry Water Playground - Free and open every day 9am to 5pm on Point Rd, Tuncurry. Next door is a large skatepark.

Tuncurry Rock Pool - a netted pool enclosure on Rockpool Rd next to the Tuncurry Breakwall. Read the safety signs as can have strong currents. Adventure playground nearby.

The Bullring - a large safe enclosed ocean pool next to Main Beach, Forster.

Little Street Baths - a small safe netted enclosure in the channel on Little St Forster.

The Tanks - a natural rock formation providing an inlet for swimming off Bicentennial Park, Forster. Playground nearby.

Coomba Park Tidal Pool - a netted pool in the lake on Tallawalla Rd. Half netball court and playground nearby.



Halidays Point Skate Park - a new landscaped skatepark is located on Black Head Rd next to the shopping complex in Halidays Point.

Smiths Lake - has an updated recreational area with a skate bowl, netball/basketball hoops and a landscaped park on Paradise Dr at Smiths Lake.

Green Point - has a small skate park and playground located on Bottle Brush Cl in Green

FORSTER TUNCURRY LIONS CLUB TRAMPOLINE & MINI GOLF PARK
OPEN OVER APRIL SCHOOL HOLIDAYS
10AM - 9PM
3rd - 19th April

TRAMPOLINES: 10 minute sessions \$5 per person
MINI GOLF: \$5 per person (9 holes)

Interested in having a friendly family competition? We offer free free playoff hole.
There are Putt Putt Trophies for sale @\$15 each.

Drinks \$2.50 each
Eftpos available
Lions Club Fundraising

Forster Gallery's Art Prize is bristling with talent

By Elizabeth Ho - Forster Gallery

Forster Gallery was abuzz with over 160 attendees at the awards presentation for The Forster Art Prize on Saturday 28 March.

With a record 322 entries this year it was quite a task for this year's judge, Ali Haigh, who complimented the high standard of works submitted. "Judging this year's exhibition was both a privilege and a genuine challenge, due to the exceptional calibre and diversity of work presented," she said.

"Many works stood out for their sensitivity and thoughtful resolution, making final decisions particularly difficult. In the end, selections came down to subtle distinctions - works that held their presence just a little longer or continued to resonate after viewing. The overall quality of the exhibition is a testament to the strength and vitality of the artistic community here."

Covering a wide range of styles and mediums the works include pastels, watercolours, drawings, small paintings, mixed medias, oils, acrylics, fibre art, ceramics and sculptures.

Entries arrived from Sydney, Newcastle, Port Macquarie, Northern NSW, and as far afield as rural Queensland, vying with many local gallery members for a prize pool of over \$10,000 due to the generosity of our local businesses.

"We have such a vibrant art community here in Forster," said Forster Gallery President, Christine Rands. "A big thanks goes to our sponsors, Ray White Forster Tuncurry, Beaver Novello Moss, Ken Richards and Family, Ultimate Eyecare, Tanya Thompson MP, Palm Lake Resort, Alison Penfold MP, Club Forster

and Jill Woods Edworthy. A shout out also to our hard-working team of volunteers and our passionate members who make all this possible."

The popular People's Choice award will be announced at the close of the exhibition which finishes 26 April and is open seven days a week from 10 am to 4 pm daily. All works are for sale and now is the time to come along and discover for yourself the wonderful art of our coast, to cast your vote and perhaps snaffle a beautiful work for yourself or as a gift for that someone special.

You will find Forster Gallery at 34 Lake St, Forster. Parking is available and is disability friendly. Our classes and workshops are listed online at www.forstergallery.org

See p28 for results of Forster Gallery Art Prize.
(See advertisement below.)



(L-R) Paula Young (Ray White Forster Tuncurry) presented the Overall Exhibition Winner Award to Julia Davis for her artwork 'Memories of my Mum'.

FORSTER GALLERY

THE FORSTER ART PRIZE 2026
28 March - 26 April

FORSTER GALLERY
34 Lake St, Forster, 10am - 4pm daily, entry free
www.forstergallery.org

Sponsors: Tanya Thompson MP, Alison Penfold MP, Ultimate Eyecare, BNM, Beaver Novello Moss, Palm Lake Resort, Ken Richards & Family, club forster

Easter & Autumn School Holidays



School holiday activities



MidCoast Council

The upcoming School holidays just got a whole lot more fun! MidCoast Council Libraries, Manning Entertainment Centre and the Manning Regional Art Gallery are hosting free and low-cost activities to keep the kids busy.

Join in on the fun with: Holiday art club, Drama club sessions at the MEC, Eco-craft activities, Movie screenings, Reptile shows, Science workshops, Magic shows

Book now, these events sell out quickly! www.midcoast.nsw.gov.au/Get-involved/Whats-on

Family fun at parkrun

Forster Parkrun

Everyone is welcome to join Forster parkrun on a Saturday morning with your family or holiday visitors. Run Director Christine Newell (pictured right) is "Looking forward to our Easter parkrun on 4 April, so dig out your bunny ears and hop along."

The 5km Forster parkrun starts at the Pebbly Beach playground off Head Street Forster at 8am every Saturday. A race briefing for newcomers is at 7:50am.

Parkrun is a positive, welcoming and inclusive experience. Everyone is invited to participate by walking, jogging, running, volunteering or as a simple spectator.

Register for free and print out your barcode at: www.parkrun.com.au



LEARN TO SAIL

APRIL SCHOOL HOLIDAY CLASSES

For kids aged 5 - 16*

Tuesday APRIL 7 & 14

9.30-NOON AT THE CLUB WHARF

Coomba Road. Enter via access lane opp. Warramutty St.

* NB - A parent must remain on site all morning.

Please bring:

- A hat
 - Sunscreen
 - Suitable shoes
- And, your appetite for our...

\$3 SAUSAGE SIZZLE LUNCH

(Our sailing program is free, however a donation to defray costs is always appreciated.)

For more information, please call Craig on 0434 596 247



What's On club forster

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

CLUB FORSTER PROUDLY PRESENTS

AUSTRALIA'S PREMIER

BARNES STORM

JIMMY BARNES AND GOLD CHISEL SHOW

FRIDAY 3RD APRIL 2026

Delivering the sound, energy and stage presence that made Jimmy Barnes an Australian legend.

On Sale Now

CLUBFORSTER.COM.AU/SHOWS

EASTER FAMILY FUN DAY

in the BACKYARD

DON'T BE LATE FOR THIS VERY IMPORTANT DATE!

SAT, 04 APRIL 12PM - 4PM

Magical Face Painting
Topsy-Turvy Games
Egg-straordinary Activities
Exciting Easter Giveaways

PLUS a visit from the White Rabbit at 2pm!

FREE EVENT

www.clubforster.com.au

club forster

SCHOOL HOLIDAY FUN!

KIDS

BINGO

MONDAYS

06 & 13 APRIL

ON SALE 3.30PM STARTS 4PM

Bring the kids along for an afternoon of fun! Games are called at a slower pace for our younger players, with fantastic toys & beach gear to be won!

Why not stay for dinner?

Check out the Bistro Menu

JUST \$10.00 PER CHILD

PLEASE BRING CASH TO PLAY!

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



Start of the 250m swim on Main Beach, Forster. See p28 for more photos.



www.moir.com.au



(L-R) Ella Szpindler won 2nd Prize for Best 3D with her 'Dispersed Light', and Pat Mackaway. See p18 & 28.

Book Review



Book Review by John King - Pacific Palms Librarian

'SEX'

Now that we have your attention, welcome to the disinformation age, the sub-title to Ed Coper's book Facts* and other lies. Why a new age? Simple. Traditionally, we have relied upon the media of newspapers, radio, TV, books etc. Now we have the internet and social media. Of course, we've long had "shock-jocks" but now we have "influencers" who are even invited to budget lock-ups (previously the preserve of journalists). Whatever constraints we may have had (on Murdoch media?) can now be bypassed. Moreover, journalists themselves can now be bypassed. Rather than relying on the politician/journalist symbiosis, social media allows direct contact – think Trump.

Coper investigates why disinformation can get such a hold on us. Rational beings? No, social people open to emotional appeal. We all love a good story and never let the facts get in the way. White lies? Of course, we don't want to hurt others' feelings. Dissenting views implying others are idiots to believe in such conspiracy theories? Be careful because we might find our group turns its back on us.

The point is that social media is an echo chamber so readily allowing for tweets, and retweets and references to similar uploads that reinforce preconceptions. Add to that the algorithms that judge value by volume with dummy web sites piling on, and "group think" takes on a life of its own. We like to be part of a group with common beliefs and if it involves "secret knowledge" that is a powerful glue. Even trying to debunk disinformation and misinformation risks highlighting and reinforcing it: we don't like our preconceptions challenged and so up the ante.

Can Coper be believed? There are so many examples of pernicious disinformation which are hard to ignore. "Vaccines kill!" "Climate change is a hoax"! Headline grabbing clickbait. A nice simple example. Two people are on a stage. One talks about ending the war on Gaza. The other falls into the orchestra pit. Which one gets the front page tomorrow? If there ever is a prime example of disinformation,

FACTS*

* and other lies

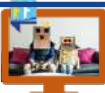
Welcome to the Disinformation Age
Ed Coper

then Trump would have to be it. Even Twitter banning him, but it only worked until dummy sites picked up and broadcast his tweets.

Are there answers? Yes. It starts with recognizing human nature; are we not nearly as rational as we like to think we are? Let Malcolm Turnbull have the last word. "Ed Coper explains how lying has been normalised in right-wing media - both social and mainstream. The Trump-inspired attack on the US Capitol on 6 January (2020) is just one consequence. Coper deftly shows us what is to be done and offers real solutions to restore trust in public discourse."

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

Screen Reviews



TV Show Reviews by Leon Batman - Forster

Prisoner 951 - SBS, 4 episodes miniseries released 23-11-25

A British Drama/Documentary that follows the real life story of British/Iranian woman Nazanin Zaghari-Ratcliffe who is arrested at Khomeini International Airport in Tehran after visiting her parents in Tehran with her infant daughter. She is subsequently charged with spying and spends 6 years in jail. This series follows her stay in Iranian jails and the attempts by her family in both the UK and Iran to get her released with not much help from the British government. An excellent series to watch.



Scarpetta - Prime TV, first season, 8 episodes, released 11-03-26

This American medical drama has some big names starring in this series with Nicole Kidman and Jamie Lee Curtis the stars. Nicole Kidman is a brilliant forensic pathologist whilst Jamie Lee Curtis is her rather kooky sister who is a writer. Despite the big names starring I found the show confusing with two time lines following through the show and couldn't really get into the show. However, that is only my opinion as others may like it.

Out There - Britbox, 6 episodes, released 19-01-26

Starring Martin Clunes of Doc Martin fame, this Welsh drama involves a Welsh farmer (Clunes) who will do anything to protect his son who has been drawn into a web of organised crime. I feel the show is a bit clunky and slow moving, but I hope the series gets better as more episodes are released. If you enjoy British drama, you well may like this show.



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FORSTER-TUNCURRY

Late Lynette Fazio



11 Aug 1935 - 11 Mar 2026
Aged 90

Late of Forster Tuncurry

Cherished wife of Brian (dec).

Loved Mother of Scott & Samantha
and their partners, Maria & Craig.

Beloved Grandmother to Brianna,
Ben, Savannah & Amber.

Beloved Great Grandmother to
Marcella, Jackson & Alphonse.

"Will be sadly missed"

AP ALLAN PEARSE 6554 5433

The Late John Pimbury Wigmore

Formerly of Forster

7 Nov 1936 - 14 Mar 2026
Aged 89

Loved Husband of Janice
Brother & Brother in law
to Knight, Pratt, Kingston,
Hansen & Portlock.

Will be sadly missed by all
John's funeral Service was
held Monday 23rd March at
St Nicholas Church, Tuncurry
NSW 2428

Forever in our hearts

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February results for FDPC

By Keith Pascoe – Forster Digital Photographic Club

For the month of February members entered 52 images for the subject Mono and 47 images for Beach Related.

The Judges Choice for Mono was awarded to Helen Walker for her great image "Looking Up" and the Judges Choice for Beach Related was awarded to Keith Pascoe for his image "Ghost Crab". Our congratulations to both members.

Mono

Merits: Looking Up by Helen Walker (also Judges Choice) Throwing a Cowboy by Helen Walker, Riggig by Lyn Wilson, Central Market by Lesley Walter, Baby Tawny Frogmouth by Malcolm Walker.

Credit: Splash by Kathy Majewski, Feeding Frenzy by Marguerite Lamb, Call of the Forest by Robyn Pascoe, Just Resting by Janice Amato, Discarded in the Flinders Ranges by Lesley Walter.

Beach Related

Merits: Ghost Crab by Keith Pascoe (also Judges Choice) Dawn patrol by Kathy Majewski, Ascending from Pool to Boardwalk by Malcolm Walker, Will you be Long by Yvonne Moule.

Credits: Rough Surf by Robyn Pascoe, Hunting by Lyn Wilson, Mindil Beach Markets NT by Keith Pascoe, Turimetta Beach Swell by Malcolm Walker.

Flash Photography Workshop

Further club news on the 16th May we plan to hold a workshop for members on Flash Portrait Photography. Popular local professional photographer Craig Mason will be on hand to guide us through the ins and outs of flash photography showing how to take the perfect portrait photo. The workshop will be held at the Council Library meeting rooms from 10.00 am to Noon. Members of the public are welcome to join us and perhaps have their portrait taken.

Left: The Judges Choice for Beach Related was awarded to Keith Pascoe for his image "Ghost Crab".



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Pipers Bay

Great Lakes Museum

William Brisbane Piper

William Brisbane Piper was born in Kincumber in 1844, the third son of Jonathan and Anne Piper. In his youth he trained under the watchful eye of his father as a shipwright. In 1864 William married Rachel Bramble, daughter of William and Lydia Bramble. For a time they remained in the Myall District.

In 1866 they decided to follow the Godwin's rough tracks to Cape Hawke by bullock wagon and settled some two miles south in an area called Tobwabba by the aboriginals. Here they settled on the eastern shore of the bay, building their home on top of a small hill with a view of the bay looking across at now Green Point. This sheet of water is now known as Pipers Bay. A deep well was dug, a vegetable garden, orchard and dairy established, chickens and pigs were raised thus rendering the homestead to a very large extent, self supporting. It would appear that initially, the Pipers squatted, but in 1880 they gained title to a total of 159 acres, 40 acres fronting the bay, and a further 119 acres to the east. For reasons best known to himself William, obtained the land in the name of his second son Jonathan, then only 11 years old. A pit saw was set up for sawing of timber and on the shore of the bay a slipway was built to construct vessels.

The first registered and built vessel at Cape Hawke in 1872 was 'Rachel' named after his wife. The next vessel was 'Laura' a 60ft. ketch. In late 1874, William launched the 'Lucy Ravel' the largest vessel recorded as having been built at Cape Hawke.

William continued building many ships, not only at Pipers Bay, but following his father's death in 1879, William returned to Brisbane Waters to complete the 'Jonathan' that his father had commenced. Another trip away from home, with much despair to Rachel was to Spencer's Creek on the Macleay River to build the 100ft long schooner 'Ann Powell.' Other vessels attributed to William but not shown on the register include 'The Shannon,' 'Sarah,' 'Emily T,' 'Hawke,' 'Friday,' 'Volunteer,' 'Bramble' and the 'Wampoo.

William, aged 53 died in Bulahdelah on 28th March, 1898 a victim of a typhoid epidemic and was buried the next day at the Bulahdelah Cemetery. Rachel Piper (Bramble) born 25th July, 1846 died 10th February 1936 was buried in the Church of England portion of the Forster Cemetery. William and Rachel had 9 children, William, Eliza, Jonathan, Ann, Lydia, James, George, Nathaniel and Robert.

The Great Lakes Museum is at 1 Capel Street, Tuncurry. Open hours are Tues, Wed, Fri 10am-1pm and Sun 1pm-3pm.

Above: William Piper.

Above: Rachel Piper.



Above: William Piper.



Above: Rachel Piper.

Regular Visitor – Janet Ejsymontt

Interview by Vanda Gooley - Forster

Janet Helen Ejsymontt, 71, lives in Croatia but has been a regular visitor to Forster over many years. She is a chameleon, constantly reinventing her life's direction. Currently she is an artist, jewellery designer and manufacturer, yoga teacher, retreat organiser and charity worker. She's also studying a masters of Buddhist Studies.

Jan was born in Bradford, UK to an English mother (Margaret) and Polish father (Ludwig). Jan has three siblings, one older brother and two younger sisters. Her brother, Anthony, still lives in Bradford with his immediate family. Her sister, Vanda, has lived in Forster for 37 years with her husband, Wayne, and the youngest sister, Julianna, lives in Spain.

The Ejsymontt children grew up in a Northern English, working class, catholic family. Their father grew up in war torn Poland and had been incarcerated in the gulags in Siberia from which he escaped and joined the Polish army.

After the war, he was given a choice to resettle in an allied country and he chose England. In this sense they were part of the immigrant group of Polish and Ukrainian kids in school, but in those days, they did not see that as any disadvantage.

Jan was quite sporty but wasn't considered 'academic' and often struggled her way through studies. Her greatest passion at school was, 'getting lost in my thoughts in the art room where I spent hours, neglecting my other studies.' Jan was a bit of a dreamer and spent hours looking out of the bedroom skylight looking for alien spaceships. Jan said, she should have gone to art collage, instead her hardworking parents thought she would never get a good job unless she went to university, which was the only career advice available those days. "If we didn't go to university, the options for a woman were to be a secretary, a nurse or a typist! Nothing like being your own boss, a doctor or a lawyer. So, I drifted through university not knowing who I was or where I wanted to go".



However, Jan looks back on her childhood as being carefree. She was picked to be the Communion May queen when she was 11 and remembers climbing up some steps to put a crown on Mary and there was a lump of plasticine stuck on the back of Mary's head on which Jan had to rest her crown. A brief mystical period followed this when Jan thought becoming a nun would be a good idea. That soon diminished around age thirteen when she discovered the boys in the school opposite to hers!

Jan opened an art gallery in Rovinj in a cute side street with a view of the sea and an outdoor table and chairs where friends visited her at coffee time. She continued to make and sell her jewellery from there and sold her very first artwork shortly after opening. "It is still an enormous excitement to sell my paintings. In semi-retirement." She closed her gallery a couple of years ago and continues to sell her work through another gallery.

Each decade since she has rung the changes (continually changed something). For her 60th she treated herself to a yoga teacher training, in Sri Lanka. Since then, she has been holding regular classes in the summer and has held several yoga retreats. The most recent is a group of yogic friends all meeting in Nepal for a 10-day retreat and pilgrimage to Buddhist and Hindu sites. There will be lots of meditation and journaling, and no doubt lots of 'sharing' chats alongside the Yoga and Qi Gong.

Jan started online Sunday morning meditations during the covid lockdown. It is still going and the group are now firm friends.

Jan also occasionally holds group art and creativity classes. Two years ago, she held one in Woolli near Grafton with the local art group



Above: Jan Ejsymontt with her sister Vanda Gooley in Croatia.

the wheat with a sickle! After, Jan and her cousins got to ride home on the top of the hay cart pulled by a horse. Jan thinks these summer adventures contributed to her love of travel, which she continues to do to this day and she frequently spends three months of the year in Asia and Australia.

Jan has never had any children of her own but spends time with children at a home in Sri Lanka, where she is called Aka (auntie) Jan. 'Visiting there and helping out is one of the biggest rewards in my life. I have nephews and nieces and have two young women in my life who call me their 'second mother'.'

Jan went to a Catholic school where the nuns were strict and the headmistress, a tyrant. She ruled by fear and discipline. Jan attended University in Cardiff and got a mediocre degree in English Literature, never being very studious. She worked as a buyer for a large departmental store in the UK for a few years, and this enabled her to travel to Hong Kong, Taiwan, Japan and the US on business. She has since discarded the suited look and no longer carries a briefcase.

Fed up with the fashion and corporate world, Jan moved to France for four years with her ex partner and since her French was not good enough to get work, she began a small jewellery making business which still survives to this day.

Jan bravely made the massive change to live in a very foreign land when she was 50. She came to live in Croatia, solo, 20 years ago, to a beautiful Italianate town called Rovinj, with a labyrinth of cobbled streets, shuttered, colourful houses with washing lines across from one house to another. The region is famous for its olive oil, wine and truffles. Jan lives by The Adriatic Sea which is a beautiful cerulean blue and serves as a major subject for her artwork. The Forster Turtle group has visited Rovinj twice to swim in the glorious waters there.

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where they all created communal artworks which were auctioned at their Easter Art Exhibition.

For Jan's 70th birthday, she once again decided to treat herself. This time, to undertake a 3-year master's degree in Buddhist Studies with the University of South Wales. "This is all online, so getting to grips with the technology has been a trial, along with getting the old synapses firing again to try and study. Thank goodness I do not have to sit an old-fashioned exam, my memory would not be able to cope with that." Jan is now in the third and final year, the thesis year. Jan's subject is a combination of her passions; artwork in temples and how the images serve as teaching of the Dharma, which are the Buddha's teachings.

Jan is combining these studies with her love of travel, so her research is taking her to Sri Lanka, Vietnam and Nepal, each country representing a different branch of Buddhism and with three very distinctly different cultures. She is taking three months to cover these countries. Jan doesn't mind travelling alone, "It gives me time to move at my own pace. I like to take time meditating in temples, travelling alone suits this.' She travels through Asia for around three months each year and often works at schools. One year Jan was teaching yoga at an Ayurvedic hospital (Ayurvedic is a form of healing).



Jan thinks going back into study has been both a major trial and a very valuable achievement. 'Where it will lead, well who knows, I am learning lots and can never say I am bored.' She doesn't know yet if she wants to take the study further or give herself more time for painting again. 'I must admit I do rather fancy having a go at ceramics next.'

Jan's motto is: Nurture your friendships and relationships, be a good listener and as the Dalai Lama says 'Try to help all beings, and if you can't help them, don't harm them.' Jan became a vegetarian because of the idea that all sentient beings are to be cherished and she tries to live by this. Also, never stop learning; facing new challenges and exploring our capabilities whether physical, mental or both is a secret to staying joyful and creative.

When asked what Jan loves about Forster she said she loves visiting because her family are here and over the years she has grown some very lovely friendships. She loves the breathtaking ocean and 'that golden sand is enticing, as is the vegetation and rather noisy, squawking birds, fascinating reptiles and furry creatures. You have some jolly good coffee corners where I can go and hide with a good book or go along to sit amongst your Warrior Women ocean swim group who always seem to be celebrating something or other.'

Jan has been visiting Forster since her niece (Grace), was a baby, so coming to Australia to meet Grace's new baby 32 years later is a blessing, 'Aka Jam visits once more.'

Long term friend, Leone Cooper said this of Jan...

"All of us who call Jan 'friend', are in awe of her. Not only is she a fun, kind friend, always the best dinner, wine, swim or walk companion, but she is so talented!

She is a healer - true- you may be skeptical, but I've witnessed her powers myself. She is an artist - she owned a thriving gallery in the beautiful Croatian town Rovinj for nearly 20 years - creating all the art and jewellery herself.

She teaches yoga, meditation and Qi Gong - all mixed in with a bit of art inspiration.

I snaffled her to teach art classes in Woolli (NSW), where I live, when she was last in Australia. She was voted one of the most fun and inspiring art teachers we'd ever had.

She is one of the bravest people I know. She left her home in the UK on a whim, having working in retail, to open her gallery in Rovinj.

Back then, Croatia was just emerging from the breakup of Yugoslavia and the war traumas this involved. So, it wasn't the tourist destination it is today! And there were very few expats living there.

I first met Jan at an exhibition of her art and poetry inspired by her experience going through breast cancer in Istria. She used this exhibition to draw attention to breast cancer and inspire the creation of an organisation to raise awareness and support women during their breast cancer journey.

Now she has finally (semi) retired, she has taken up a Master of Buddhist Studies and as I write this, she is involved in researching Buddhist art in Sri Lanka, Vietnam and Nepal."

Friend in Rovinj, Candice, said this of Jan...

"My husband and I moved to Croatia from the US seeking change and adventure. We were buying property in Rovinj and doing a full gut renovation. I kept seeing a flyer for "Yoga on the Hill," and I kept telling myself it would be good for me, but I procrastinated until the end of August. Finally, I woke up early and went. That changed everything. I met Jan, and joined the yoga group for coffee afterward, as is the ritual. One class and coffee became another, and so on. It was a breath of fresh air. I started to feel part of a community.

As with most things in Rovinj, it all came to an end as the seasons changed. I was back to being (mostly) alone in the most beautiful town in the world. Then, on a spring day at the end of March, I ran into Jan, who had just returned from her journey abroad. I was so happy to see her! She offered a coffee date, which I gladly accepted. Coffee led to yoga, and yoga led to friendship. We connected spiritually on life, and the day-to-day.

Suddenly, I was part Jan's group of friends and lovingly called "the baby girl." despite being almost 40. I found friendship in this group of women whom I deeply admire. They are older and wiser, but so fun - and living life to the fullest. They have taught me the importance of friendship regardless of age, but also how women can support, love, and nurture one another. I know this friendship with Jan was not a coincidence, and I am so grateful I took the leap to move to Croatia."

Hazel Donaldson celebrates her 105th birthday!



Above: Jim and Hazel Donaldson at Changi Jail in Singapore for the last official commemoration of the Fall of Singapore in 2002.

Continued from page 1.

"When the bus came, the driver saw them and said, 'Hop on!'" Barbara said. "Mum got on next to Dad, and Dad used to say she never let me go from that day on."

"I think we taught ourselves," Hazel said. "All we had to do was walk down the hill and dive in the river."

Today, Hazel remains active and engaged with family life. Weekly traditions include Thursday night dinners at the golf club, which Jan described as her "home away from home."

"She is just enjoying life at the moment," said Jan. "We have dinner at the club together every week, dressed up nice. She has her hair done every Thursday and her nails done every month. She enjoys a scotch and a glass of red wine - Shiraz."

Right: Jim and Hazel's wedding day. Photos supplied.



For many years Hazel represented her club in Pennants matches, and had a reputation as being pretty reliable and very hard to beat. She finally stopped playing Pennants when one particularly wet year, despite heavy rain, she found that the matches still went on because the courses were open. "That was it for me," she says, "golf is supposed to be fun and playing in pouring rain wasn't my idea of having a good time."

Hazel's last few years of golf were spent in the company of her daughters. When Jan retired, the two of them played together regularly in the weekly competitions, and when Barbara arrived, they became a trio.

By this time Hazel was 86 and using a cart. She has always said that the introduction of carts had prolonged her golfing life, and this is no doubt correct, as Hazel continued to play golf until she was 101. She was no slouch either - she was always up to her drive and had her second shot before anyone realised. In June 2019 she won the Lady Vets' Division 3 monthly medal - an achievement made a little more memorable by the fact that her daughter Jan won the Division 2 medal on the same day.

When Tuncurry course was closed for several weeks in 2022 because of prolonged rain, Hazel called "time" on her golfing days. At the time, her handicap was 41- and the clubs are still in the garage, just in case she feels like having another game one day."

Speech given at Hazel's 105th Birthday Party by Jenny Newton - Ladies President of Forster Tuncurry Golf Club, held 24 March at Forster Golf Club.

"Today Hazel Donaldson turns 105. Hazel, all the ladies of FT Golf Club wish you a very happy birthday and we are so thrilled you are with us today to celebrate this magnificent milestone.

I'd like to share with you all some snippets of Hazel's golfing life.

Hazel did not start playing golf until she was 50, (four children over a period of 12 years tends to put paid to opportunities to play golf.) Both husband, Jim, and son, Bruce (who became a golf professional) were keen golfers.

Hazel always enjoyed the social aspect, especially when the family lived in Taree. Ladies in those days were not permitted to enter Taree Golf Club until after 6.00pm on Saturdays - Saturday being sacrosanct to the men.

Jim, a police officer, was posted to Wyong in 1965, and soon Hazel saw her opportunity to finally pick up the clubs. She took to golf like a duck to water, practising as often as she could. They joined Tuggerah Lakes Golf Club, now known as Shelly Beach - although Hazel still refers to it as Tuggerah Lakes. She says, "There is only one Tuggerah Lakes, but there are lots of Shelly Beaches."

Hazel and Jim played together regularly on Saturdays, as Sunday was Men's day at Tuggerah Lakes, and they always enjoyed the

incredulous looks of visiting friends, who were astounded at the thought of women playing golf on a Saturday.



Above: Hazel playing golf in 2019, just before covid hit.

she made during her time at Tuggerah. They were the days of bus trips visiting clubs in Sydney, and Hazel has lots of great memories of the camaraderie of these times. She also has a cabinet full of beautiful trophies, because in those days clubs made it an art form to provide lasting memories of their competitions.

Hazel always enjoyed the Central North Coast (CNC) tournament every year. She and several friends from Tuggerah would travel up the coast, stopping in at Forster to catch up with Jan and Roger and old friends from Taree.

Hazel particularly liked it when Sawtell or Coffs Harbour were hosting the CNC, as she had a sister who lived in Sawtell, who also played golf. The sisters always played together in the Four Ball event and there was a fair bit of competition when it came to who was on the lower handicap too.

Because of their connection with the Taree-Forster area, Hazel and Jim were, for many years, country members of Forster Golf Club, then in 1986, Hazel and Jim moved to Forster, and they both played several times a week. Tuncurry course opened at around this time and Hazel played three times a week - Tuesdays at Forster, and Wednesdays and Fridays at Tuncurry. She and Jim also played in the mixed competitions on Thursdays and Sundays.

Hazel loved the days in the old clubhouse at Tuncurry, when it was so crowded that women sat on the stairs while presentations were held.



Above: Hazel with her letter from the Queen and her 3 daughters (L to R) Barbara, Jan and Gayle at her 100th birthday party in 2021. Photo by Mary Yule.

Our Local wildlife



Broad-toothed Rat

By Kym Kilpatrick - FAWNA Hallidays Point

The last article focussed on the harm done by second generation rodenticides to our native wildlife, particularly birds of prey. This article is a bit of a related tangent, instead focussing on one of our very special native 'rat' species.

The Broad-toothed Rat (Mastacomys fuscus) is not found specifically in our local coastal area but is in the not too far away Barrington Tops. So special is this little Aussie native, and so Endangered is its status, that Aussie Ark has embarked on a world first breeding program to try and prevent its decline into extinction.

Unlike introduced 'feral' rats, the Broad-toothed Rat, or as Aussie Ark are describing it, the Pygmy Wombat, is primarily a herbivore, feeding on grasses, sedges shrubs, fungi, bark and moss. It is found mainly in wet Alpine and Subalpine regions of Barrington Tops, the Kosciuszko National Park, the Victorian Otways and in Tasmania.

In adulthood their bodies are between 14 to 17cm long, excluding tails. Unlike feral rats, they are plump and rounded, with short tails, small ears, blunt, 'chubby' faces and short button noses. Their fur is long, dense, and coloured fine grey to brown tinged with rufous (reddish brown) on the sides. The common name is derived from their broad, chisel like teeth, needed for grinding up their diets of tough vegetation. They have little to no smell and their droppings are green and fibrous.

Unlike feral rats, the Broad-toothed Rat breeds only during the summer and only produces one to four young at a time. Females have only 4 nipples. Gestation is around 5 weeks and young are born already partially furred.

Broad-toothed Rats build elaborate complexities of runways through dense vegetation of wet grass, heath and sedge, and tunnels under the snow of Winter. They are active all year round but largely nocturnal. During Winter they build nests in dense vegetation or under logs and several might huddle together for warmth. Generally, males



have large territories that overlap several females.

Their personalities are described as gentle, calm, inquisitive and most similar to guinea pigs.

There are so many differences between Broad-toothed Rats and Rattus species that it is hard not to agree that their common name is a disservice and a misnomer, hence Aussie Ark's push to rename them Pygmy Wombats. Notably, their genus, Mastacomys, is uniquely Australian. Similar to Wombats, they play an important role in the preservation of native ecosystems, contributing to soil turnover and plant diversity whilst other species use their runways and tunnels to safely travel and survive.

There are so many threats facing these special little Australian battlers. Invasive weeds such as Scotch Broom and blackberry choke the last remaining swamps where they survive. They are, of course, incredibly vulnerable to feral predators such as cats and foxes, but other feral species, pigs, deer and horses also trample and destroy the delicate swamp undergrowth on which they depend for food, shelter and safe runway cover. Climate change with increasing temperatures, decreasing reliability of precipitation, plus of course increased severity and frequency of bush fires, is destroying their habitat and decimating their populations. It is not surprising, therefore, that they are sometimes considered the furry canaries in the coal mine.

Image Credit: Aussie Ark.

Boot Bash Trivia Night draws big crowd for Local Education Fund

By Mary Browne - Great Lakes Education Fund

The Great Lakes community turned out in style - boots and all - for a lively Boot Bash-themed trivia night on Saturday 14 March, raising vital funds for the Great Lakes Education Fund, part of the Country Education Foundation of Australia.

More than 130 people filled the venue, forming 17 enthusiastic tables ready to test their knowledge, out wit their neighbours, and show off their finest footwear. The atmosphere was loud, friendly, and full of the kind of banter that only a well loved community event can produce.

The Boot Bash theme added a playful twist to the evening, with prizes awarded for Best Boots in both the female and male categories. The parade of glitter, leather, colour, and even flowers set the tone for a night full of laughter and friendly rivalry.

The night was an outstanding success, raising vital funds to help local students pursue further education, training, and career opportunities. Organisers expressed their gratitude to everyone who attended, noting that the strong turnout reflects the region's ongoing commitment to supporting young people.

GLEF extends a special thank you to quizmasters, Helen Duggan and Shirley Craig, ably supported by Roger Duggan recording all results. MC Bec Harper's smooth running of the evening kept the competition sharp and the laughs flowing. Appreciation also goes to the many local businesses and individuals who generously donated raffle prizes, helping boost fundraising efforts and adding extra excitement



Above: Male Best Boot winner Peter Morgan, chosen by inaugural GLEF president and local expert Mal Saad.

to the night: Aqua Marine Skin and Beauty, Circle of Friends, Farmers Patch, Foodworks, Grant Moss, MH Hair Designs, Priceline, Vanessa Denning, Workwise Clothing.

Organisers noted that anyone inspired by the evening and keen to support local young people even further might consider becoming a partner of the Great Lakes Education Fund, helping ensure more students can access the opportunities they deserve.

Pacific Palms Bowling Club

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

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Curry Night \$20	Happy Hour 3pm to 5pm Members Swipe Draw at 5:30pm Bingo From 10:30am Pizza's L \$20 / S \$15 \$15 Seniors Lunch + Drink	Raffles from 6pm Club Super Draw from 6pm 220gr Porterhouse w/Chips & Salad \$25	Mufti Bowls & Raffle from 12:30pm Happy Hour 3pm to 5pm Ribs Night \$25	Raffles from 6pm Super 100 Draw after Raffles Tradies Lunch + Beer \$20 Fresh Fish Friday Night \$34 Live Music Every Friday 8pm

Saturday	Sunday
Fishing Club Raffle starts at 3pm & 4pm Happy Hour 3pm to 5pm Kids Meals \$5 (16y) with Meal Purchase	Chook Run Bowls from 10:30am Kids Meals \$5 (16y) with Meal Purchase

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Forster Gallery’s Art Prize is bristling with talent



Above: (L-R) Pat Mackaway - Vice President, James and Toni de Bruin - Exhibition Coordinator, Bettina Digby - MC and Leigh Vaughan OAM - Patron of Forster Gallery. Photos by Mary Yule.

Continued from page 18.

Winners’ List

- Packing Room Prize: Julia Davis
- Pastel: Barry Patterson
- 3-D: Anne De Nooijer
- Watercolour: Sandi Lear
- Drawing: Julia Davis
- Small Painting: Margaret Stockdale
- Mixed Media: Tina Jones
- Oil: Josh Edge
- Acrylic: Ella Mucha
- Overall Exhibition Winner: Julia Davis



Above: (L-R) Mayor Claire Pontin presented Best Acrylic to Ella Mucha for her Quiet Morning IV.

Left: Barry Patterson was presented Best Pastel for The Lavender Lake, by MP Tanya Thompson.

Below: Tina Jones was presented Best Mixed Media for her Follow Me by Grant Moss (Beaver Novella Moss).



Below: (L-R) Julia Davis won the Packing Room Prize for View towards Nabiac, with Alison Bowland (Ken Richards & Family).



Above: (L-R) Judge Ali Haigh with Bettina Digby.



Club to Club Ocean Swim goes ahead in calm conditions

By Mary Yule - Forster Fortnightly

A full program of ocean swim events proceeded on Sunday 29 March, with favourable conditions allowing competitors to take to the water after a period of large and hazardous surf along the coast.

Forster Surf Life Saving Club and Cape Hawke Surf Life Saving Club once again combined efforts to deliver the annual Club to Club Ocean Swim, providing water safety crews and volunteers to support swimmers across a range of distances and age groups.

Events began at Main Beach with the 500-metre and 250-metre swims, before the headline 3.8-kilometre Club to Club race. The longer course started at One Mile Beach, rounding Bennetts Head and finishing at Main Beach.



Placegetters in the 3.8km swim (L-R) Callum Boag from Black Head (2nd male), Bevan Smith from Taree (1st male), Peter Naylor from Tuncurry (4th male), Courtney Warren from Manly (1st female), Emma Sewell from Taree (2nd female) and Ali Joyce from the Palms (3rd female). Photos by Mary Yule.

aren’t travelling as far. Normally we have around 80 swimmers,” he said.

Bevan Smith of Taree was first out of the water in the 3.8-kilometre event, a clear 10 minutes ahead of everyone else.

“There was a bit of sea lice out there, so it got a bit rough, a bit swirly, with a sweep, but yeah, it was good - bit of fun,” Bevan said. “I swim for Taree Torpedoes. My mum Kim Smith is the coach there. She’s done a great job. I’m swimming there five days a week. Most mornings I swim about 5km.”

Local swimmer Louise Keegan also praised the experience.

“I saw some great stingrays in the bay as I was coming in. No sharks, but a couple of really big schools of fish out of The Tanks area.... it was so beautiful,” she said.

Results

Male:

- 1. Bevan Smith 1:02:26
- 2. Callum Boag 1:13:02
- 3. Aaron Haywood 1:21:04
- 4. Peter Naylor 1:21:08 (72 yrs)

- 5. Pavel Tatarov 1:23:07
- 6. Nicholas Croad 1:24:31
- 7. Greg Randall 1:32:03
- 8. David Scott 1:32:07

Female:

- 1. Courtney Warren 1:19:23 (3rd)
- 2. Alison Joyce 1:20:48 (4th)
- 3. Emma Sewell 1:21:20 (7th)
- 4. Susan Gonzalez 1:24:28
- 5. Louise Keegan 1:27:50
- 6. Eliza Wall 1:29:18
- 7. Amelia Moore 1:29:40
- 8. Louise Every 1:31:38



Right: Placegetters in the 250m. Some also swam the 500m.

Forster Croquet Club hosts 4 day Autumn Carnival



Players were divided into blocks of 12, with each competitor facing all others within their group. At the conclusion of the round-robin format, a winner was determined for each block. Groupings were based on handicap, ensuring a balanced field that ranged from social players through to state-level competitors.

Rigby said the carnival continued to attract strong interest due to both the quality of facilities and the appeal of the Forster region as a holiday destination, with many participants extending their stay beyond the competition.

This year marked Rigby’s first time organising the event. She described the experience as “a steep learning curve, but enjoyable,” crediting extensive support from club members.

By Mary Yule – Forster Fortnightly

The Forster Croquet Club welcomed players from across the state for its annual four-day Autumn Carnival, held from 17 to 20 March, drawing strong participation and reinforcing the region’s growing reputation as a competitive and social croquet destination.

Tournament Director Carmel Rigby said the event featured 48 players representing 14 clubs, competing in singles and doubles matches. Across the four days, each player contested up to 16 games, contributing to an overall total of approximately 320 matches.

“We don’t actually play as we are all hosting the four-day event,” Rigby said, noting the scale of coordination required.

Preparation for the event included significant groundwork, with volunteers installing new hoop placements, maintaining courts, and coordinating daily operations. “The support from the club has been magnificent,” she said.

Results

Winners Singles

- Block A - Kay Elliott (SWRocks)
- block B - Margaret Lund (Sutherland)



Tracey Croft and Donna Sinclair ready to play in the rain.

Block C - Warren Wilson (Toronto)

Block C - Phillip Watts (Maitland)

Winners Doubles

- Block 1 - Tony Croft (Port Mac) & Greg Carter (SWR)
- Block 2 - Steve Hutchison (Nowra) & Wendy Forbes (Sawtell)



Forster’s Barb and Robyn entering the results.



Kay Elliott - Winner of Singles Block A.

Block 3 - Robyn Watts (Maitland) & Charles Britton (Marrickville)

Block 4 - Jenny Charnock ((Woolgoolga) & Colleen Brooks (Hurstville)



Block 1 Doubles Winners.

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Great Lakes AFL Club welcomes new players at 'Come & Try' Day

Great Lakes Australian Football Club

The Great Lakes Australian Football Club is inviting the local community to get involved in one of Australia's most exciting sports, with a Come & Try Day set to launch the 2026 season.

The event will be held at Tuncurry Cricket Oval on Sunday, April 12 from 11am to 12pm, and is open to players of all ages and abilities.

Families are especially encouraged to attend, with a range of activities planned for juniors and seniors alike. As an added bonus, every child who attends will receive a free football, along with a free sausage sizzle for all participants.

Club President Alex Jacobs said the day is all about making the sport accessible and enjoyable for everyone.

"We're really focused on creating a welcoming and social environment where people can come down, have a run around and see what AFL is all about," he said.

"There's no pressure — whether you've played before or never picked



Come & Try Day - 11am on 12 April at Tuncurry Oval (South St Cricket Oval).

up a footy, this is a great chance to get involved."

The club continues to build its inclusive local competition, offering programs across Auskick (ages 5-7), Superkick (8-13), and a mixed senior nine-a-side competition designed for all skill levels.

The Come & Try Day will give participants the opportunity to meet players and coaches, learn basic skills, and take part in fun, modified games in a relaxed setting.

"It's a great way for families to get involved together," Jacobs said. "We've got opportunities for kids, parents, and anyone in the community who just wants to enjoy some social footy."

The club is encouraging anyone interested to come along, bring a friend, and experience the strong community spirit that has become a hallmark of the Great Lakes AFL scene.

For more information, contact Alex Jacobs on 0400 643 317 or visit the Great Lakes Giants AFL Facebook or Instagram pages.

Perfect day on the water

By Dave Nash - Club Forster Blue Water Fishing Club

Autumn has seen some an increase in good offshore conditions for fishing. The March weekend's competition for the Club Forster Bluewater Fishing Club (14-15th March) was almost the perfect example. Near windless conditions on a virtually non-existent swell made for a dream boating environment.

Unfortunately, the fish were not jumping on the line, though a good mix of Piscean pleasures were measured in at the recorders table.

Six boats signed on for the competition, with 14 anglers contributing. Faithful stalwart Barry Wrench picked up a snapper almost as long as he is tall! At a solid 623 millimetres, the snapper required careful angling skills but was eventually boarded and then gently released

to swim away and fight another day. Jimmy Smith and Anthony Flicker both landed some solid good Mulloway (776mm and 880mm respectively). A smattering of Mahi Mahi and some Flathead were also included in the days results. Perhaps angler of the day was a rising star (he gets taller every time we see him!) Matthew Judd. Though not measuring in a lot of fish, he won runner up Snapper (571mm) and also in the Flathead category (545mm). Overall winner for the weekend competition was however, yet again, Martyn Barry with a total length of 5.8 meters of fish.

Whilst the club's next monthly competition is scheduled for the weekend of 18 and 19th April 2026, the club is excited to be gearing up for the annual Rowley Kay competition against the Newcastle Bluewater Fishing Club



Left: (L-R) Anthony Flicker, Barry Wrench, Ray Morrison, Garry Smith, Martyn Barry and Matthew Judd. Photos supplied.



Above: Barry Wrench picked up a snapper almost as long as he is tall!

held over the Easter weekend. Unfortunately for our club, the Novocastrians usually beat us on our home turf! (Oh, the shame!) Here's hoping for better results this year. For spectators, hanging around the Forster boat ramp from about 2:00pm on Easter Saturday will result in a fair spectacle of fish and boats and anglers weighing in their catches for the competition.

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

State success for local Athletes

Some stand out results included:

- Buddy Schubert - 1st 17yrs High Jump
- Chelsea McDonald - 6th 200m, 9th 70m (Finals)
- Abby Blatch - 8th 300m Hurdles (Finals)
- Jasmine Lette 3rd Javelin, 300m - Multi Class
- Hudson Keegan - 9th 70m (Finals)

What was pleasing to see is that not only did our athletes make finals, but we have seen a number of them rising to the occasion and running, throwing and jumping further than they had ever done before. Just qualifying for state is an achievement in itself with Athletes contesting Zone, Regional and Country championships to set qualifying marks and more kilometres travelled than the Leyland brothers TV series!



Above: Buddy Schubert (red top) came first in the state for High Jump.

By Lee McDonald – President of Forster Tuncurry Athletics Club.

Over the last 2 weekends, 12 Athletes from the Forster Tuncurry Athletics Club have contested the NSW Junior and NSW Open and Little Athletics Championships at the Sydney Olympic Centre in Sydney Olympic Park.

In what could be described as the toughest competition in Australia against the best athletes from all corners of NSW, local athletes held their own. For some of these athletes it was their first time competing in the shadows of the Olympic Stadium.

Forster Tuncurry Athletes that qualified for State:

Buddy Schubert, Abby Blatch, Cody Murray, Georgia Hardy, Jasmine Lette, Nate Castelli, Chelsea McDonald, Isaac Mayo, Hudson Keegan, Olice Care-Unger, Hazel Care-Unger, Jackson Everton.

Also, a massive thank you to Tarli Black and Gareth Care-Unger for donating their time and knowledge in training and preparing the athletes for these events.



Clockwise from above: Jasmine Lette, Hudson Keegan, Abby Blatch and Chelsea McDonald.



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Tobwabba Dolphins compete at Aboriginal Elders Olympics

By Mary Yule – Forster Fortnightly

Fourteen Elders from Forster competed at the 24th Aboriginal Elders Olympics, held on Yaegl Country at Yamba on 11–12 March.

Travelling by bus as the Tobwabba Dolphins team, the group joined more than 400 Aboriginal Elders for the annual event organised by the NSW Aboriginal Land Council to celebrate sport, community and culture.

Aunty Janice Paulson loved the opening day meet-and-greet.

“It’s about rekindling old relationships with friends and family you haven’t seen for years — from places like Moree, Wellington, Tinga, Lismore and Batemans Bay,” said Aunty Janice. “We’re all a bit older and a bit greyer,” she

said with a laugh, “But it’s beautiful. There’s so much joy in seeing everyone again, linking up and talking.”

Aunty Janice also praised the strong local support at the event.

“We were well looked after — there was tea, coffee and little cakes served by local school children from Ballina and Yamba, along with their teachers and volunteers from Rotary and Lions, as well as Aboriginal organisations such as medical centres and Land Councils,” she said.

Competition took place on the second day at the Raymond Laurie Sports Complex, held indoors to due high temperatures. Teams of 10 rotated through a series of timed fun activities designed to test coordination and teamwork. Events included football throwing, golf



Local Tobwabba Team at the Parade of Banners in Yamba NSW.
Image credit: NSW Aboriginal Land Council



Aunty Nolen in action and Aunty Janice (on far left) at the Elders Olympics.

Photos by Denise York.

putting, hockey stick drills, soccer goal kicking, basketball shooting and quoits.

“It was a bit of a hit or a miss and giggle, but great fun,” Aunty Janice said. “Nolene Levy did especially well in the quoits.”

Westlakes Elders from the Newcastle and Lake Macquarie region were crowned overall champions at the end of the second day and will host the event in 2027, while the Wellington team won best banner in the Parade of Banners.

“They had a beautiful banner — we’ll be working on a new one for next time,” Aunty Janice said.

The event concluded with an Elders Presentation Dinner, featuring a three-course meal and entertainment.

“There was too much nice food!” Aunty Janice said.

Aunty Janice extended thanks to Tobwabba Aboriginal Corporation for providing team shirts, accommodation and transport, as well as Forster Neighbourhood Centre for the great food, and Kiahna Paulson for designing the popular team shirts.

“They made sure we had everything we needed,” she said.

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